

Newfoundland and Labrador Nutritious Food Basket

... monitoring the cost of healthy eating ...

⦿ The Newfoundland and Labrador Nutritious Food Basket (NLNFB) is a tool for monitoring the cost and affordability of healthy eating and is based on the National Nutritious Food Basket developed by Health Canada.

⦿ The NLNFB consists of 63 foods that reflect average purchasing patterns of Newfoundland and Labrador households as reported in Statistics Canada's Canadian Community Health Survey Nutrition focus.

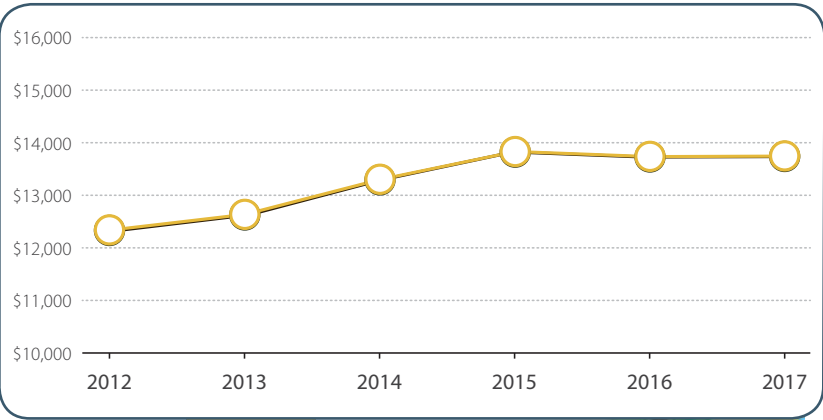
⦿ Pricing information for the basket has been collected on an annual basis since 2000 by regional nutritionists in the four Regional Health Authorities and coordinated by the provincial government department responsible for health promotion.

Nutritious Food Data

⦿ Used by policy and decision makers to assist them with formulating sound health, nutrition and social policies.

⦿ Used to establish cost of living estimates in the Market Basket Measure

Annual cost of nutritious food for a family of 4

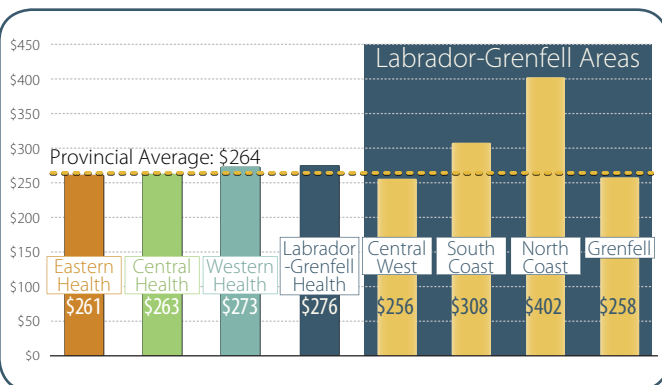


In 2015, nutritious food was the largest component of the low income threshold for a family of 4

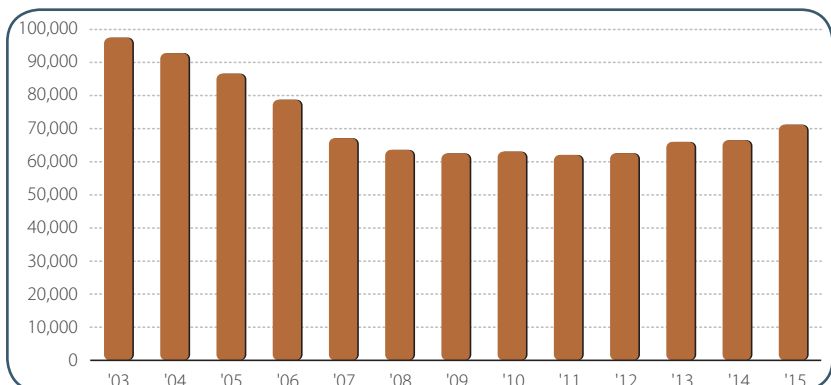


Families that don't have enough money to purchase all components are determined to be in **low income**

Weekly cost of nutritious food for a family of 4 by Health Region, 2017



Number of persons in low income



Source: Newfoundland and Labrador Market Basket Measure of Low Income