

Nunavik Comparative Price Index 2006

Nick Bernard

Under the direction of Gérard Duhaime

September 2006



	echerche du Canada sur la condition autochtone comparée est affiliée au Centre e d'études et de recherches autochtones (CIÉRA) et à la Faculté des sciences sociales de al.
Adresse postale	e:
	(418) 656-7596 (418) 656-3023 aval.ca

© Nick Bernard et Gérard Duhaime

ISBN: 2-921438-64-X

Bibliothèque nationale du Québec, 3^è trimestre 2006 Bibliothèque nationale du Canada, 3^è trimestre 2006 Dépôt légal:

EXECUTIVE SUMMARY

The *Nunavik Comparative Price Index 2006* compares the prices of 199 food products, 24 household products, 16 personal care products, 14 commonly used models of snowmobiles, and certain essential hunting and fishing equipment (including gasoline), not to mention monthly housing costs.

The study was carried out by the Canada Research Chair on Comparative Aboriginal Condition at the Université Laval. Data collection in Nunavik was completed by local employment officers of the Kativik Regional Government in the communities of Kuujjuaq, Salluit and Inukjuak based on the method developed for the *Nunavik Comparative Price Index 2000*. This method involves the use and adaptation of national socio-economic indicators as well as the goods, products and services list used by Statistics Canada to produce *The Consumer Price Index*. This method makes it possible to measure differences in prices between Nunavik and the Quebec City area.

The *Nunavik Comparative Price Index 2006* demonstrates that a majority of the products and services compared under the study are, on average and to varying degrees, more expensive in Nunavik. In particular, food products are, on average, 57% more expensive than in the Quebec City area.

RESULTS SUMMARY

Nunavik Comparative Price Index 2006 Results Summary

	Price Average		Difference between	
	Nunavik Quebec City area		Nunavik and the Quebec City are	
	\$	\$	%	
Food products	5.34	3.40	57	
Housing				
Social housing				
Average income security recipients	223	310	-28	
Employer-subsidized housing				
Average for all dwellings	369	752	-51	
Private house				
Operation costs - Low average	2 900	1 583	83	
Operation costs - High average	3 626	1 583	129	
Hunting and fishing Snowmobiles (average commonly used models)	11 610	10 132	15	
Regular gasoline	1.44	0.978	47	
Camping equipment - high replacement rate	12.22	6.96	75	
Camping equipment - low replacement rate	214	171	25	
Shotguns and rifles	660	514	29	
Ammunitions	13.75	13.52	2	
Mechanical repairs				
Trucks	60	68.64	-13	
Snowmobiles	47.83	54.33	-12	
Household equipments and services				
Household products	7.39	3.76	97	
Household appliances and furniture	846	594	43	
Internet access (basic service)	59.50	32.95	81	

TABLE OF CONTENTS

EXECUTIVE SUMMARY	
RESULTS SUMMARY	
TABLE OF CONTENTS	
LIST OF TABLES	
ACKNOWLEDGEMENTS	
INTRODUCTION	
1.1 Research and Basic Choices	
1.2 Comparison Categories	2
1.3 Food	3
Definition	3
Data Collection	3
1.4 Housing	3
Definition	3
Data Colletion	4
1.5 Hunting and Fishing Activities	4
Definition	4
Data Collection	5
1.6 Household Equipment and Products	6
1.7 Personal Care	6
1.8 Other Categories	6
1.9 Limitations	7
2.0 RESULTS	8
2.1 Food	8
2.2 Housing	10
2.4 Household Equipment and Products	13
2.5 Personal Care	14
DISCUSSION	
CONCLUSION	
Appendix 1: Tables	

LIST OF FIGURES

Figure 1	Correspondence between Statistics Canada and the NCPI consumer price categories	2
Figure 2	Comparative price index and average price (\$) of 199 food products between Nunavik and the Quebec City area, 2006	
	(Quebec City Index = 100)	8
Figure 3	Comparative price index and average price (\$) of selected food products between Nunavik and the Quebec City area, 2006	
	(Quebec City Index = 100)	9
Figure 4	Difference between selected food products under the 2000 and 2006 indexes, Nunavik only	9
	(Quebec City Index = 100)	
Figure 5	Comparative price index and average rent (\$) for a 3-bedroom social housing unit in Nunavik and the Quebec City area (income security recipients), 2006 (Quebec City Index = 100)	10
Figure 6	Comparative price index and average rent (\$) for a 3-bedroom social	10
rigule 6	housing unit in Nunavik (tenants) and a rented apartment in the Quebec City area, 2006	10
	(Quebec City Index = 100)	
Figure 7	Comparative price index and average monthly rent (\$) for employer- subsidized housing in Nunavik and a rented apartment in the Québec City area, 2006	11
	(Quebec City Index = 100)	
Figure 8	Comparative price index and average monthly operation costs (\$) for a private home between Nunavik and the Quebec City area, 2006	
	(Quebec City Index = 100)	12
Figure 9	Comparative price index and average price (\$) of one model of snowmobile in Nunavik and the Quebec City area, 2006	4.0
	(Quebec City Index = 100)	12
Figure 10	Comparative price index and average price (\$) of 24 household products between Nunavik and the Quebec City area, 2006 (Quebec City Index = 100)	13
F: 44	,	13
Figure 11	Comparative price index and average price (\$) of 16 personal care products between Nunavik and the Quebec City area, 2006	4.4
E' 40	(Quebec City Index = 100)	14
Figure 12	Comparative price index for various categories of products, 2006 (Quebec City Index = 100)	15

LIST OF TABLES

Table 1	and in the Quebec City area, 2006	20
Table 2	Comparison of the monthly rent for social housing in relation with the type of accomodations and the number of bedrooms between Nunavik and the Quebec City area, 2006	32
Table 3	Comparison of the monthly rent for employer-subsidized housing in relation with the number of bedrooms between Nunavik and the Quebec City area, 2006	33
Table 4	Comparison of the monthly operation costs of a private home in Nunavik and in the Quebec City area, 2006	34
Table 5	Comparison of prices for commonly used models of snowmobile between Kuujjuaq and the Quebec City area, 2006	35
Table 6a	Comparison of snowmobile prices between Kuujjuaq and the Quebec City area Polaris snowmobiles, 2006	36
Table 6b	Comparison of snowmobile prices between Kuujjuaq and the Quebec City area Yamaha snowmobiles, 2006	37
Table 6c	Comparison of snowmobile prices between Kuujjuaq and the Quebec City area Arctic Cat snowmobiles, 2006	38
Table 6d	Comparison of snowmobile prices between Kuujjuaq and the Quebec City area Bombardier snowmobiles, 2006	39
Table 7	Price comparison of gasoline prices between Nunavik and the Quebec City area, 2006	40
Table 8	Price comparison of the hourly rate for mechanical repairs in Kuujjuaq and in the Quebec City area, 2006	41
Table 9	Price comparison for hunting and fishing equipment between Nunavik and the Quebec City area, 2006	42
Table 10	Price comparison for guns between Nunavik and the Quebec City area, 2006	43
Table 11	Price comparison for ammunition between Nunavik and the Quebec City area, 2006	44
Table 12	Price comparison of 24 household products in Nunavik and in the Quebec City area, 2006	45
Table 13	Price comparison of 17 pieces of furniture and household appliances between Nunavik and the Quebec City area, 2006	47
Table 14	Price comparison of Internet access in Nunavik and in the Quebec City area, 2006	49
Table 15	Price comparison of 16 personal care products in Nunavik and in the Quebec City area, 2006	50

ACKNOWLEDGEMENTS

This research project could not have been completed without the close collaboration of the Kativik Regional Government's Employment, Training, Income Support and Childcare Department: Jobie Tukkiapik, Maggie Shea and Junior May in Kuujjuaq, Paul Okituk in Salluit, as well as Mary Weetaluktuk and Annie Tukai in Inukjuak who co-ordinated and completed the collection of food product prices in their respective communities.

A word of appreciation should also be extended to the following individuals who provided valuable information in their field of work: the managers of the Northern and co-operative stores in Kuujjuaq, Salluit and Inukjuak; the owners of Newviq'vi in Kuujjuaq; the grocery retailers Métro, IGA and Provigo in the Quebec City area; Joë Lance and Frédéric Gagné of the Kativik Regional Government; Eileen Klingit of the Makivik Corporation; Watson Fournier, Pierre Roy and Richard Touchette of the Kativik Municipal Housing Bureau; Daniel Martin of the Nunavik Regional Board of Health and Social Services; Jean-Luc Malette of the Federation of Co-operatives of Northern Quebec; Willie Gordon of Shell Petroleum Distribution in Kuujjuaq; François Dion of the Canada Mortgage and Housing Corporation; Jocelyn Bigras of the Office municipal d'habitation de Québec; Kuujjuaq Motorsport in Kuujjuaq and Polaris, Yamaha, Arctic Cat and Bombardier dealerships in the Quebec City area; the Magasin Latulipe in Quebec City; and finally, Andrée Caron of the Canada Research Chair on Comparative Aboriginal Condition and Lise Fortin of the Centre interuniversitaire d'études et de recherches autochtones, both at the Université Laval.

INTRODUCTION

The Nunavik Comparative Price Index research project was initiated at the end of 1999 at the request of the Kativik Regional Government (KRG) in order to document consumer prices in Nunavik and, based on a list of items (food, housing, transportation, etc.), compare them with those of a region of southern Québec¹. The current study followed the same method employed in 2000 and may therefore serve as an updated comparative price index.

The study was carried out by the Canada Research Chair on Comparative Aboriginal Condition at the Université Laval. Data collection in Nunavik was completed by KRG local employment officers in the communities of Kuujjuaq, Salluit and Inukjuak based on the method developed for the *Nunavik Comparative Price Index 2000* (NCPI 2000). This method involves the use and adaptation of national socio-economic indicators as well as the goods, products and services list used by Statistics Canada to produce *The Consumer Price Index*. The method makes it possible to measure differences in prices between Nunavik and southern Québec.

The challenge posed by this method is to apply statistical techniques to a reality for which they were not designed. For example, as snowmobile and firearm use in the Quebec City area is associated, for the most part, with recreational activities, attendant expenditures are not considered to be related to transportation or food production. In Nunavik, snowmobiles are an important means of transportation and firearms are used to harvest wildlife consumed by the members of households and their extended family. Another example concerns clothing. Inuit produce at home various articles of clothing, combining materials purchased from the South and materials acquired locally (such as leather, fur and down). In this context, it is difficult to assess actual production costs and compare them with the prices of similar clothing sold in the Quebec City area. Differences of these kinds are numerous and they make it difficult to arrive at accurate comparisons of the realities of each region.

1.0 METHOD

1.1 Research and Basic Choices

The Nunavik Comparative Price Index 2006 (NCPI 2006) provides a systematic comparison of the prices of various products available in Nunavik, including food, household and personal care products as well as housing, gasoline, snowmobiles, firearms, ammunition, camping equipment, certain furniture and appliances. The list of products used to produce the NCPI 2000 was validated and updated in Kuuijuag in February 2006. Identical product categories were adopted and available products were verified at the three grocery stores in Kuujjuag, which lead to a few changes. In particular, new products were substituted for those that were no longer available or to take into account different formats.

The NCPI 2006 compares prices found in Nunavik with those in the Quebec City area without comparing prices found in Nunavik's different villages. The NCPI 2006 uses a representative sample of the prices found in three villages (Inukjuak, Salluit and Kuujjuaq), which are located respectively along the coasts of Hudson Bay, Hudson Strait and Ungava Bay.

The Quebec City area was selected as the reference region (index 100). Data collection was carried out in March and April 2006 in both regions.

¹ Duhaime, G., P. Fréchette, J.-F. Langlais and T. Strong. 2000. *Nunavik Comparative Price Index*. Quebec City, GÉTIC, Université Laval.

1.2 Comparison Categories

The collection and processing of data was organized in accordance with the categories used by Statistics Canada¹ to produce *The Consumer Price Index*: food, shelter, household operations and furnishings, clothing and footwear, transportation, health and personal care, recreation, and alcoholic beverages and tobacco products.

Under the research project, these categories have been adapted to better suit the distinct characteristics of Nunavik. Accordingly, the comparison categories used in the NCPI 2006 are: food, housing, hunting and fishing activities (including camping), household equipment and products, and personal care. Correspondence between the two groups of categories is shown in Figure 1.

Figure 1
Correspondence between Statistics Canada and the NCPI consumer price categories

Statistics Canada	Nunavik Comparative Price Index (NCPI)	Remarks
Food	Food	Includes food bought from grocery stores only.
Shelter	Housing	The word "housing" is widely used in Nunavik.
Transportation Clothing and Footwear Recreation, Education and Reading	Hunting and Fishing	In Transportation, the compared vehicles are snowmobiles only.
Household Operations and Furnishings	Household Equipment and Products	
Health and Personal Care	Personal Care	Goods, but not services, are compared.
Alcoholic Beverages and Tobacco	-	Alcohol is unavailable locally in Nunavik; tobacco product prices are not compared.

_

¹ Statistics Canada. 2006. *The Consumer Price Index.* January 2006. Catalogue no. 62-001-XIB. 52p.

1.3 Food

Definition

Statistics Canada includes in this category food that can be purchased at both grocery stores and restaurants. Considering the scarcity of the latter in Nunavik however, only the prices of products sold in stores were compared.

Data Collection

Two grocery chains have stores in the villages selected to produce the sample for Nunavik: cooperative stores are grouped under the banner of the Federation of Co-operatives of Northern Québec, and Northern Stores (a private chain) are owned and operated by the Northwest Company of Winnipeg. Another privately owned store in Kuujjuaq was also surveyed for the purpose of producing the Nunavik sample. In short, data was collected from the co-operative and Northern stores in Kuujjuaq, Salluit and Inukjuak, and from Newvig'vi in Kuujjuaq.

The list for the survey contained 304 products for which prices were collected between March 15 and April 21, 2006 (Appendix 2). This list was designed for the NCPI 2000 to reflect local and regional consumer preferences as well as to contain an assortment of items available in Nunavik (a representative food basket). Products were selected as follows: 1) the item (or an equivalent) had to be available in both of the regions contemplated under the study: 2) a range of formats for each item were included to increase the chances of finding identical products in all the stores surveyed. In the event that certain products might not be available, blank lines were inserted in each category for recording substitute products.

The data collected in Nunavik was forwarded to Université Laval personnel in two stages: first, completed survey forms were faxed so that Université Laval personnel could verify the information and follow up with KRG local employment officers if required; secondly, finalized survey forms were mailed. At the same time that this work was being performed in Nunavik, data was collected in the Quebec City area. Four stores of three separate grocery retailers (Métro, IGA and Provigo) were surveyed. These stores are located in different sectors of the Quebec City area to reflect

different socio-economic environments (Sainte-Foy, Québec Haute-Ville, Québec Basse-Ville and Beauport). Supermarkets, such as those operated by MAXI and Super C which generally offer lower prices, were not surveyed. Moreover, only regular prices were recorded for the purpose of the NCPI 2006.

In addition, certain operations had to be effected before the collected data could be compared. First, discrepancies between the data collected in the different stores were eliminated. Secondly, adjustments were made to standardize the products under comparison and to identify substitutes whenever brands or formats differed. For example, the prices of certain products were calculated per 100 mL or 100 g so that slightly different formats of the same brands could be compared. In other cases, an average price was calculated for similarly sized products sold under different brand names. Another operation was effected to standardize the prices of certain fruit and vegetables from Nunavik so that they could be compared with prices in the Quebec City area. Since several products are sold in Nunavik by the unit, it was necessary to convert unit prices into a price per kilogram form. This same operation was also effected in a few cases for products available in stores in the Quebec City area. Finally, a few products were withdrawn from the study either because there was insufficient information to make a comparison or because the prices recorded in the two regions differed too greatly. Such cases may have been the result of faulty labelling or data collection and would have distorted the results of the comparative analysis.

Of the 304 products contained in the survey list, 199 were found both in the stores of Nunavik and those of the Quebec City area.

1.4 Housing

Definition

Statistics Canada's shelter category comprises rental accommodations and private homes, as well as all related costs: mortgage payments, property taxes, insurance premiums, maintenance, heating and electricity.

Data Colletion

The comparison of housing prices in Nunavik and the Quebec City area necessarily involves compromise and any claim to have systematically compared such utterly distinct situations would be false. Notwithstanding, by focussing solely on occupancy and price, it was possible to make a few comparisons.

In Nunavik, there are three types of housing: social housing, employer-subsidized housing and private homes. While small in size compared with the other two types of housing, the private home market is steadily being developed under programs delivered by the Société d'habitation du Québec (housing corporation. SHQ): Affordable Housing Québec - Kativik Component and the Home Ownership Program for Residents of the Kativik Region. Social housing prices were provided by the Kativik Municipal Housing Bureau (KMHB); employer-subsidized housing prices were provided by the organizations themselves, which is to say the KRG, the Nunavik Regional Board of Health and Social Services (NRBHSS) and the KMHB. At the time of the survey, these prices were applicable throughout the entire region.

Data concerning social housing in the Quebec City area were provided by the SHQ and the Office municipal d'habitation de Québec (Quebec City municipal housing bureau). Data concerning rental accommodations and private homes in the Quebec City area were obtained from the Canada Mortgage and Housing Corporation (CMHC). As regards accommodations, the data represent average prices in different sectors of Quebec City where accommodations are similar to those found in Nunavik. The sectors were selected based on the likely presence of tenants occupations and income would be similar to those of Nunavimmiut. As the data represent average prices in each sector, it is very likely that actual accommodations vary in terms of price, quality and condition. Moreover, as the average accommodation prices may or may not have included heating and electricity, these prices may be slightly under-valued compared with housing prices in Nunavik, where prices include all services.

The private home market in Nunavik needs to be contemplated separately from the two other types of housing available in the region since private home prices can vary Considering the small size of the private home market, a representative home was identified to resemble the kind of private home that would likely be constructed in Kuujjuag. According to knowledgeable advisors, this representative home would be a single-family, three-bedroom without 1400-sq.-ft. dwelling basement constructed from materials imported by ship. Monthly operation costs for this representative home would include mortgage payments, property taxes, electricity and heating costs, as well as heating and property tax subsidies. The same expenditures were included in the monthly operation costs for a private home in the Quebec City area. Home value was established in accordance with the median sale price in each sector during the last quarter of 2005¹.

1.5 Hunting and Fishing Activities

Definition

The categories used by Statistics Canada to define the consumer habits of Canadians could not be applied under the study without modification because they do not correspond to the consumer habits of Nunavimmiut. To compensate as best as possible for differences, transportation, clothing and footwear as well as recreation activities were placed in a new category, entitled hunting and fishing activities.

In Nunavik, hunting and fishing activities are viewed as an integral part of the Northern way of life. As a result, an important portion of household budgets is devoted to related costs. Although not generally used for the same purpose in the Quebec City area, it was nonetheless possible to find identical or equivalent equipment in both regions so that price comparisons could be made.

In its transportation category, Statistics Canada includes automobiles and related costs, as well as public transit costs. Snowmobiles and all-terrain vehicles are not covered in this category.

¹ Canada Mortgage and Housing Corporation. 2005. *Rental Market Report: Québec*. October 2005. URL: http://www.cmhc-schl.gc.ca/fr/prin/remaha/stdo/index.cfm.

In Nunavik however, automobiles are used less extensively than snowmobiles. Moreover, apart from the para-transit services for elders and people with disabilities created in 2005, public transit is non-existent in Nunavik. As a result, only gasoline prices and hourly rates for mechanics were compared with respect to transportation.

In its category clothing and footwear, Statistics Canada includes related household expenditures. The availability of these kinds of products however is very different in Nunavik and the Quebec City area. In addition, many Nunavimmiut produce at home various articles of clothing, using materials purchased from the South. In particular, these articles include parkas, tuques, mittens and certain kinds of boots. As a result, few valid comparisons could be made in this category.

Finally, from Statistics Canada's recreation, education and reading category, only snowmobiles were compared under the study. It was not possible to systematically compare the other products normally included in this category either because they are often purchased directly in the South during occasional trips (books) or they do not exist in Nunavik (travel agencies and other services).

Data Collection

Unlike the rest of Québec, where the price of gasoline fluctuates on a weekly basis, gasoline prices in Nunavik remain unchanged all year round (September to August). Gasoline is transported to the region by tanker ship every summer, after which prices are set for the year. In addition, the gasoline sold in Nunavik contains additives to permit its use in different types of engines (snowmobiles, all-terrain vehicles, outboard engines, automobiles and trucks) as well as to take into account the climate and extended storage conditions. Of course, this situation limits the options open to consumers. Two companies are responsible for gasoline distribution throughout the entire region: Shell delivers services in Kuuijuag. Kangiqsualujjuaq and Quaqtaq; the Federation of Co-operatives of Northern Québec (FCNQ-Petro) provides services in the region's 11 other communities. Gasoline prices for Nunavik were obtained from these two distributors. For prices across Québec, data was obtained from the

Régie de l'énergie du Québec which publishes monthly and annual summaries of the average prices at the pump in each region of the province¹.

For Nunavik, the average hourly rate for snowmobile and automobile repairs was based on information obtained from two snowmobile repair garages and one automobile repair garage in Kuujjuaq. For the Quebec City area, the average hourly rate for snowmobile repairs was based on the rates charged by three dealerships (Arctic Cat, Bombardier and Yamaha). The average hourly rate for automobile repairs was based on the rates charged by four authorized dealerships, four franchised repair garages and four independent repair garages, all located in different sectors of the Quebec City area.

The list of camping equipment designed under the NCPI 2000 was used under the current study. The list was based on information obtained during interviews with knowledgeable advisors concerning commonly used equipment such as winter boots and sleeping bags. These products are generally available at Northern Stores or through the company's order catalogue *Selections*². In Kuujjuaq, Newviq'vi also offers a variety of similar products. The prices of similar products in the Quebec City area were obtained from the Magasin Latulipe and the company's Website³, as well as from the on-line catalogues of Le Baron Outdoor Products⁴ and Canadian Tire⁵.

A similar process was employed to establish a list of the hunting and fishing products that are commonly used in Nunavik. Most products may be ordered through Northern's Selections catalogue. In addition, local hunter support programs sell ammunition to beneficiaries of the James Bay and Northern Québec Agreement. Identical or similar products were surveyed at the same Quebec City area stores used to price camping products.

¹ http://www.regie-engie.qc.ca/energie/prodpetro/ Revue_CAPNAT_2005_Janv06.pdf

² http://www.northwest.ca/BackOffice/DesktopDefault.aspx? tabindex=1&tabid=10311

³ http://www.latulippe.com/fr/default.asp

⁴ http://www.lebaron.ca/index_fr.html

http://www.canadiantire.ca/index.jsp

With respect to transportation, snowmobiles represent the most common means of transportation for Nunavimmiut, both for their day-to-day as well as hunting and fishing activities. As a result, the study focusses on snowmobiles even though all-terrain vehicles, cars and trucks are sometimes present (especially in Kuujjuaq). The two snowmobile dealerships in Kuujjuaq were surveyed for prices: one retailer sells Arctic Cat, Polaris and Yamaha, while the other sells Bombardier. A list of the 14 most common models in use in Nunavik was drawn up and the necessary data collected from the retailers. The same list was used to collect data on identical snowmobile models sold in the Quebec City area.

1.6 Household Equipment and Products

This category comprises a variety of products, including communications, child care and domestic services, cleaning products, as well as paper, plastic and aluminum foil supplies. The category also comprises equipment such as living room (including electronic devices) and kitchen furnishings, as well as appliances (stove-ovens, refrigerators, washers and dryers). Only commonly used equipment that would likely be found in Inuit households was selected for comparison (Table 13). The prices for products available in Nunavik were obtained from Northern's Selections catalogue. The prices for identical or similar products in the Quebec City area were obtained from catalogues published by Sears¹, Leon's² and Tanguay³.

The prices for other common household products were collected at the same time as food product prices since these products are available at grocery stores in both Nunavik and the Quebec City area. Household products included cleaning products, garbage bags, aluminum foil, toilet paper, etc. (Table 12).

Finally, the NCPI 2006 compared the rates charged for basic Internet access subscriptions (Table 14). Over the last couple of years, close to a third of households in Nunavik have

subscribed to an Internet access service via satellite. However, unlike Internet access subscriptions in southern urban centres, Nunavik subscribers possess only a limited volume of bandwidth for their up-loading and down-loading needs. For Nunavik, Internet access subscription data was collected from Tamaani Nunavik Wireless Internet⁴ and for the Quebec City area from Bell⁵.

1.7 Personal Care

In its category health and personal care, Statistics Canada includes drug products (prescription and non-prescription) as well as other services such as dental and eye care. Notwithstanding, in Nunavik most medication and drug products are available free of charge at the local health centres and nursing stations. As regards dental and eye care, few specialists deliver these services in the region on a regular basis. As a result, these products and services were not compared under the study.

As was the case for household products, personal care products are available at grocery stores in both regions and their prices were therefore collected at the same time as food product prices. Personal care products included diapers, toothpaste, soap, sanitary pads, etc. (Table 15).

1.8 Other Categories

All the Statistics Canada categories selected for the study were subjected to rigorous analysis prior to being incorporated as is, adapted to the distinct characteristics of Nunavik, or discarded. Certain components of the Statistics Canada categories were not applied under this study. This was the case for alcohol and cut flowers, which are not sold locally in Nunavik but must be ordered from suppliers in the South and shipped by air. Aside from non-availability, the main reason for not incorporating items under the study was lack of understanding of their importance in household budgets in Nunavik. These items included jewelry and home exercise equipment.

¹ http://www.sears.ca/

² http://www.leons.ca/setlocation/lang.asp

³ http://www.tanguay.ca/b2c/redirect.cfm?pn=1

⁴ http://www.tamaani.ca/fr/index.htm

⁵ http://www.bell.ca/shopping/PrsShpInt_Access.page

1.9 Limitations

Under the NCPI 2006, the method designed for the NCPI 2000 was again applied. Insofar as possible therefore, identical product lists were used in order that the two studies might present comparative indexes based on similar realities.

Notwithstanding, the NCPI 2006 is not a comparative study of the cost of living in Nunavik and the Quebec City area, nor does it provide a composite index or over-all index. To obtain these kinds of results, the data collected would have to be weighted in accordance with consumer habits, which is to say that instead of comparing product prices between the two regions the importance allocated by households to each product would need to be taken into consideration. It is important to bear in mind therefore that the NCPI 2006 simply provides a comparison of the prices of certain goods and services in the two regions.

Furthermore, the NCPI 2006 does not attempt to measure inflation since 2000, when the first comparative price index was produced, even if the prices of certain food products between these years may be compared for illustrative purposes. Indeed, the deviations cited may not necessarily be the result of inflation as prices can fluctuate for many reasons, including changing markets or commercial practices, or due to the implementation of new public policies. The NCPI 2006 is not intended to demonstrate deviations in prices between 2000 and 2006 nor to explain them.

The NCPI 2006 serves to compare, at the time of the study, the prices paid by consumers for identical or similar products in Nunavik and the Quebec City area. Although these comparisons can not be used to produce a cost of living index, the systematic comparison of prices in the two regions is currently one of the most valid means of comparing a segment of the economic reality of Nunavik with a segment of the economic reality of the Quebec City area.

2.0 RESULTS

2.1 Food

A comparison of the prices of the 199 food products examined under the study demonstrates that a representative food basket worth \$100 in the Quebec City area would cost \$157 in Nunavik. On average, an identical food basket is 57% more expensive in Nunavik than in the Quebec City area (Table 1, Figure 2). This result however needs to be interpreted carefully for two reasons. First, it is based on the assumption that the same products are typically purchased by households in the two regions contemplated under the study; this assumption has not yet been verified. Secondly, the result was obtained without the application of weighting, which is to say without taking into consideration the importance allocated by households to each product; the relative importance of products has also not yet been verified. An in-depth study of consumer habits would serve to qualify the result by allowing the composition of the representative food basket to be weighted according to actual consumer habits in the regions contemplated under the study. Though such a study would have been extremely appropriate, it could not be realized in the framework of the current project.

The prices of certain products help paint a picture of the situation in Nunavik (Figure 3). For example, a grade-A whole chicken was selling at the time of the survey for \$9.75/kg in Nunavik and \$4.16/kg in the Quebec City area. On top of this difference, several meat products in Nunavik are sold frozen (especially at the co-operative stores) while they may be purchased fresh in the Quebec City area.

Although prices are generally higher in Nunavik than in the Quebec City area, deviations exist from one product to another. For example, the difference between prices for pork loin chops and ground beef is between 14 and 15%, for dairy products is between 82 and 90%, and for products such as whole chickens, fruit juice and some formats of flour are over 100%. Only one product, grapefruit, was less expensive in Nunavik than in the Quebec City area.

Moreover, large formats normally provide some cost-savings for consumers. In Nunavik however, large formats are heavier products that are more expensive to ship. As a result, cost-savings connected with the purchase of large formats are smaller for Nunavimmiut than for residents in the Quebec City area.

Although this study is not intended to measure price changes over a period of time, a comparison of the prices of some staple food products between 2000 and 2006 reflects variable deviations that are shown on the following page solely for illustrative purposes (Figure 4).

Figure 2

Comparative price index and average price (\$) of 199 food products between Nunavik and the Quebec City area, 2006 (Quebec City Index = 100)

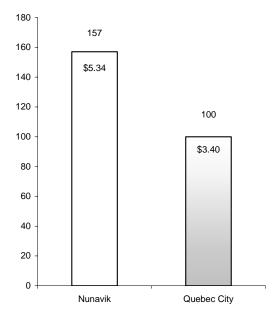


Figure 3

Comparative price index and average price (\$) of selected food products between Nunavik and the Quebec City area, 2006
(Quebec City Index = 100)

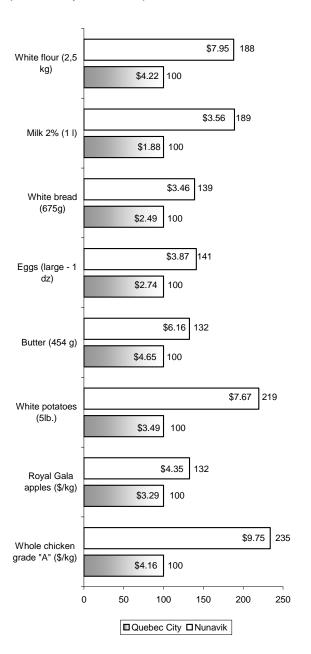
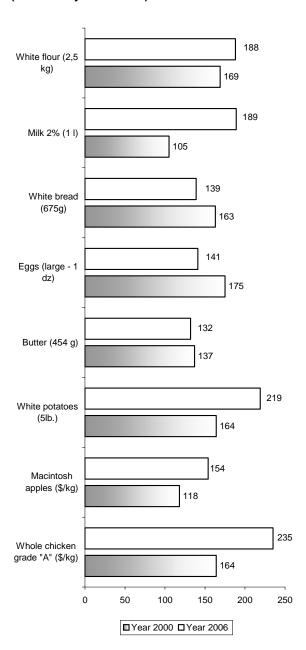


Figure 4
Difference between selected food products under the 2000 and 2006 indexes, Nunavik only (Quebec City Index = 100)



2.2 Housing

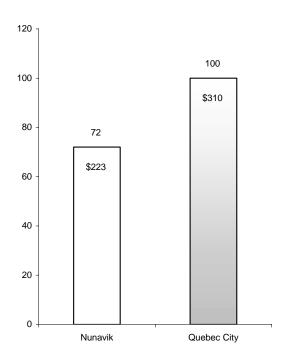
In Nunavik, there are three types of housing: social housing, employer-subsidized housing and private homes. The comparison between these types of housing and similar accommodations in the Quebec City area is based on monthly rent, except in the case of private homes.

The most common type of housing in Nunavik is social housing, representing roughly 80% of the housing market. Social housing units are neither furnished nor equipped with household appliances. Rent is determined by the number of bedrooms and the householder's source of income (wages or income security benefits). Finally, the KMHB is responsible for the management of social housing.

In Nunavik, householders receiving income security benefits pay a monthly rent of \$223 for a three-bedroom dwelling, including heating,

Figure 5

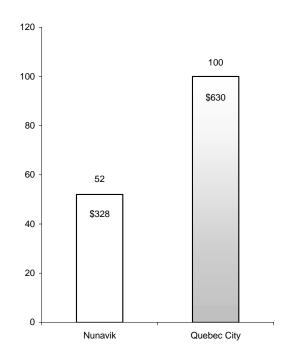
Comparative price index and average rent (\$) for a 3-bedroom social housing unit in Nunavik and the Quebec City area (income security recipients), 2006
(Quebec City Index = 100)



electricity and property taxes. In the Quebec City area, most low-rental housing is occupied by householders who receive income security benefits. The basic rent for a three-bedroom, low-rental housing unit in the Quebec City area is \$310, including electricity. This level of rent is 28% higher than that paid in Nunavik (Figure 5).

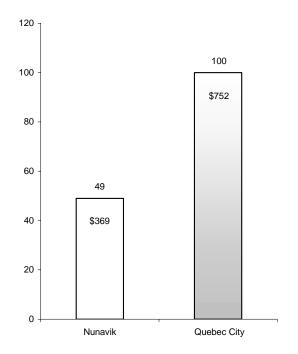
Householders in Nunavik who have a source of income other than income security benefits pay a monthly rent of \$328 for a three-bedroom social housing unit. In the Quebec City area, similar three-bedroom accommodations would be found in one of the following sectors identified by the CHMC: Québec Basse-Ville, Val-Bélair, St-Émile, Vanier. Loretteville. Ancienne-Lorette and Beauport. In these sectors, the average monthly rent for a threebedroom dwelling is \$630. This level of rent is 48% higher than that paid in Nunavik (Figure 6). A detailed list of monthly rent paid for social housing in Nunavik and in the Quebec City area. as well as for rental accommodations in the aforementioned sectors is provided in Table 2.

Figure 6
Comparative price index and average rent (\$) for a 3-bedroom social housing unit in Nunavik (tenants) and a rented apartment in the Quebec City area, 2006
(Quebec City Index = 100)



Employer-subsidized housing represents roughly 18% of Nunavik's housing market. Most of these dwellings are furnished and equipped with household appliances. Under the study, prices for this type of housing were provided by the KRG, the NRBHSS and the KMHB. The monthly rent for their employees includes a taxable benefit. While this taxable benefit must be considered as part of their monthly rent, this action introduces some variation with respect to total rent since the study does not take into account the actual amount of income tax paid once this benefit is added to employees' total taxable incomes (refer to Note 1, Table 3, for details concerning methodology). For comparative purposes, the following sectors in the Quebec City area were identified as possessing accommodations with characteristics: Québec Haute-Ville, Sainte-Foy, Sillery, Cap-Rouge and Saint-Augustin. In these sectors, the average rent is 51% higher than in Nunavik. Average monthly rents are \$369 and \$752 (Figure 7).

Figure 7
Comparative price index and average monthly rent
(\$) for employer-subsidized housing in Nunavik and
a rented apartment in the Quebec
City area, 2006
(Quebec City Index = 100)



Private homes represent roughly 2% of Nunavik's housing market. The majority of these homes have been acquired under the Home Ownership Program for Residents of the Kativik Region (purchase of an existing home) or constructed under the program Affordable Housing Québec – Kativik Component (construction of a new home). Both programs are delivered by the SHQ1. The goal of these programs is to counteract the high costs of home ownership in the North attributable to superior insulation, the transport of materials and labour, higher insurance premiums and higher leasing costs for construction equipment.

According to knowledgeable advisors, the cost of constructing a single-family dwelling in Nunavik varies between \$290 and \$350 per square foot. This deviation reflects varying conditions in the region's different villages, their respective isolation, available resources, etc. For the purpose of the study, greater and lesser average costs were established for private home construction. Considering the number of factors that can influence residential construction costs throughout the region (market, number of projects per village, the interest of contractors), it was too difficult to establish a single average cost per square foot.

Average cost calculations supposed а 1400-sq.-ft. dwelling, plus attendant expenditures such as surveying, lot preparation, soil analysis, etc. Taking into account the program Affordable Housing Québec as well as other home operation subsidies for heating and property taxes, a 15-year, 6.45% mortgage (duration of the property tax subsidy), housing insurance premiums and maintenance costs, monthly operation costs for a private home in Nunavik were fixed at \$2,900 (lesser average cost) and \$3,626 (greater average cost)².

11

¹ http://www.habitation.gouv.qc.ca/programmes/volet_kativik.html

² For information purposes, Table 4 presents an estimate of operation costs, excluding property tax and heating subsidies.

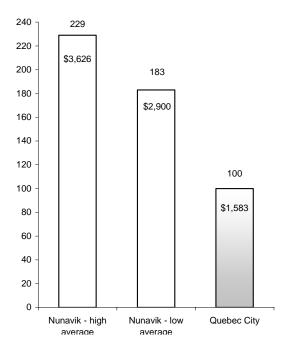
In comparison, a Quebec City area resident pays \$1,583 per month for a private home for which the value is based on the median sale price in the residential sectors of the Quebec City area identified by the CMHC (Figure 8, refer to Table 4 for details concerning methodology). Considering both the greater and lesser averages, monthly operation costs for private homes in Nunavik are, respectively, 129% and 83% higher than in the Quebec City area. Notwithstanding, it must be stated clearly that this comparison with a representative home is provided for information purposes only, since many options (number of bedrooms, basement. garage. windows. siding, construction techniques) are open to new homeowners and these can impact significantly on costs.

2.3 Hunting and Fishing Activities

Hunting and fishing activities (for the harvesting of food, the sale of wildlife and recreation purposes) continue to occupy a major place in the way of life of modern Inuit. While these

Figure 8

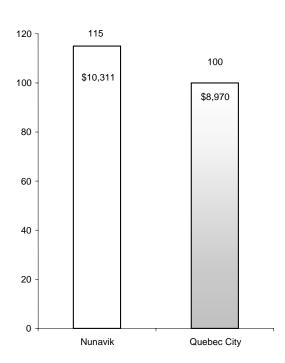
Comparative price index and average monthly operation costs (\$) for a private owned house between Nunavik and the Quebec City area, 2006 (Quebec City Index = 100)



activities remain entrenched in the rhythm of the seasons, they are also supported by the cash economy, advanced technology and equipment produced in the South. The study demonstrates that hunting and fishing equipment is indeed affected by shipping costs, which again push up prices.

Snowmobiles are one of the most important pieces of equipment for hunting and fishing activities. Due to their widespread use in Nunavik in 2005, the snowmobile models Trail Touring Deluxe by Polaris and Skandic SUV 550 F by Bombardier were examined under study on the recommendation of knowledgeable advisors. In 2005, the Polaris model sold for \$10,311 in Nunavik and \$8,970 in the Quebec City area, which represents a difference of 15% (including taxes, shipping and (Figure 9, pre-delivery set-up) Table 5). However, because prices for Nunavik were obtained from retailers in Kuujjuag, the main gateway for the shipping of merchandise by air and sea, additional fees would need to be considered in order to define prices in the other villages of the region.

Figure 9
Comparative price index and average price (\$) of one model of snowmobile in Nunavik and the Quebec City area, 2006
(Quebec City Index = 100)



Snowmobile operation costs were determined to be higher in Nunavik due to the cost of gasoline. Between September 1, 2005 and August 31, 2006, gasoline sold for \$1.44 per litre in Nunavik compared to 97.8¢ per litre in the Quebec City area (annual average for 2005), representing a difference of 47% (Table 7). The hourly rate for snowmobile repairs was 12% lower in Kuujjuaq than in the Quebec City area (Table 8). No generalization was proposed for the whole of Nunavik due to insufficient data concerning hourly repair rates elsewhere in the region. Notwithstanding, it was noted that throughout Nunavik repair garages do not possess the advanced computer equipment needed to perform engine diagnostics on recentmodel automobiles. As a result, mechanics often employ a trial-and-error method to identify problems, which serves to increase the cost of repairs.

Finally, a few additional items were subjected to systematic comparison under the study. These can be classified as items that need to be replaced often (propane and other liquid fuels, decoys, and fish hooks) and items for which prices are absorbed over longer periods (fishing rods, sleeping bags and winter boots). With respect to items requiring frequent replacement, the study demonstrated that their costs were 75% higher in Nunavik than in the Quebec City area. The difference was 25% for items that require less frequent replacement (Figure 12, Table 9). Results were similar for firearms (28.5%) and ammunition (24.8%) (Tables 10 and 11).

2.4 Household Equipment and Products

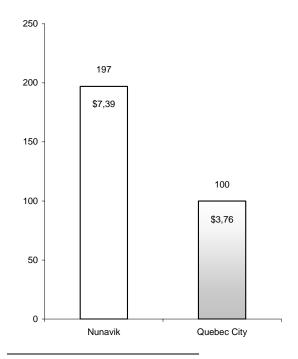
A comparison of the prices obtained for the 24 household products included under the study demonstrates that Nunavimmiut pay 97% more for this type of product than residents in the Quebec City area (Figure 10). Many products have different prices which deviate to varying degrees depending on the product. For example, 24 Glad Kitchen Catcher garbage bags cost almost the same amount (1.7% more expensive in Nunavik), but eight rolls of toilet paper were 157% more expensive (Table 12).

The sub-group furnishings and household appliances included living room sets, televisions, stove-ovens, refrigerators as well as washers and dryers. Since it was difficult to identify identical products in Nunavik and in the Quebec City area, products of similar quality and price range were sometimes compared instead. Accordingly, items likely to be found in Inuit households are, on average, 43% more expensive in Nunavik than identical or similar products in the Quebec City area¹. (refer to Table 13 for details concerning methodology).

Finally, with respect to Internet access subscriptions, two packages are available in Nunavik: the Basic package costs \$59.50 per month; the Power User package which costs \$99.50 per month permits faster downloading speeds, in addition to offering better radio and video feeds and double the volume of bandwidth. In comparison, Sympatico offers in

Figure 10

Comparative price index and average price (\$) of 24 household products between Nunavik and the Québec City area, 2006 (Québec City Index = 100)



Because employer-subsidized housing is generally furnished and equipped with household appliances, 18% of householders in Nunavik do not have expenditures for kitchen appliances or living room furniture.

13

the South a basic high-speed package and an Ultra high-speed package, costing \$32.95 and \$50 per month respectively. Accordingly, on average, a basic Internet access subscription is 80% more expensive in Nunavik and a higherend package is 99% more expensive (Table 14). A large majority of subscribers in Nunavik (90%) opt for the available basic package.

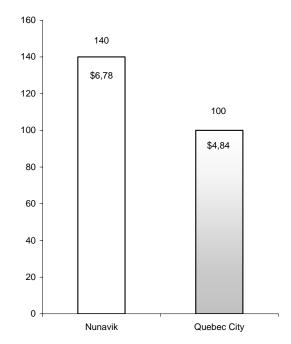
2.5 Personal Care

Personal care services in Nunavik are rare, which leaves only products to be compared. Accordingly, a comparison of the prices obtained for the 16 products examined under the study demonstrates that Nunavimmiut pay 40% more for this type of product than residents in the Quebec City area (Figure 11). In relation to other categories, the deviation in prices is less pronounced, falling somewhere between 50 and 75% (Table 15).

Finally, it should be noted that in Nunavik, where the birth rate is almost double the rate for all of Québec¹, the use of baby products is much more widespread and related expenditures represent a larger portion of most household budgets. In other words, baby diaper prices are not only higher, but Inuit households must buy a greater volume of this product over the same period of time as households in the Quebec City area.

Figure 11

Comparative price index and average price (\$) of 16 personal care products between Nunavik and the Quebec City area, 2006 (Quebec City Index = 100)



14

¹ The birth rate is 18.1 per 1000 inhabitants in Nunavik, while this rate is 9.8 for Québec as a whole. (Statistics Canada. *2001 Community Profiles.*)

DISCUSSION

The first observation to be made concerning the aforementioned results is that staple consumer products are more expensive in Nunavik than in the Quebec City area. However, even while these results are methodologically valid and provide a clearer understanding of Nunavik's economic reality, they do not demonstrate that the cost of living in Nunavik is truly higher than in the Quebec City area. Such a conclusion would in fact require research to contemplate consumer habits and to weight product prices in accordance with estimated consumption and proportion of household expenditures, in particular, as regards general clothing, the purchase of types of vehicles other than those discussed under this study (all-terrain vehicles, canoes, outboard motors) and housing.

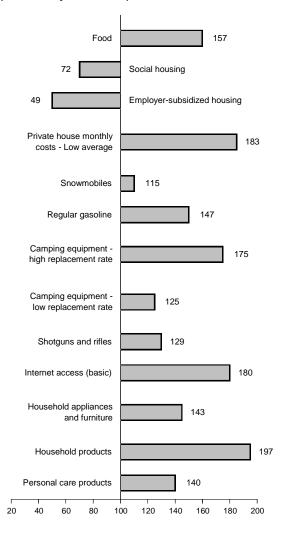
The foremost disadvantage faced Nunavimmiut is the absence of a genuine consumer market like that found in the Quebec City area. Due to the small number of retailers and products, consumer choice is limited. Nunavimmiut often have no option but to purchase available products when they are needed and, even then, at the prices demanded while they are available, or to order products from businesses situated outside of the region. In this context, Nunavimmiut are at a disadvantage compared with the residents of Quebec City who have access to a large market and pay less for the shipping of merchandise. Other, harder to define differences also stand out. For example another study has shown that the proportion of expenditures connected with food purchases and production through hunting and fishing activities represents 49% of household budgets in Nunavik¹ compared with 13% in the Quebec City area². In light of this

¹ Based on an average total income of \$43,796, a stratified sample of 38 Inuit households spends \$14,790 (33.8%) on grocery products and \$6,546 on food production (14.9%). (Chabot, M. 2004. "Consumption and Standards of Living of the Québec Inuit: Cultural Permanence and Discontinuities". *Canadian Review of Sociology and Anthropology.* 41(2): 147-170.)

situation and the above-mentioned discussion of food product prices, disparities between the two regions contemplated under the study are even greater.

Figure 12

Comparative price index for various categories of products, 2006
(Quebec City Index = 100)



² According to this study by Statistics Canada concerning household expenditures, households in Québec spent, on average, \$6,318 in 2001 for their food needs, with a median family income of \$50,242. (URL: http://www.statcan.ca/cgibin/imdb/p2SV_f.pl?Function=getSurvey&SDDS=3508&lang=fr&db=IMDB&dbg=f&adm=8&dis=2.)

In addition, the supply of fresh food products is sometimes unreliable, particularly in the more remote communities along the coast of Hudson Bay and the Hudson Strait, such as Akulivik, Ivujivik and Salluit. Supply difficulties during certain periods of the year impact negatively therefore on the freshness, quality and availability of food products. On top of this problem, Nunavimmiut are rarely afforded the opportunity to purchase large quantities of lessproducts; expensive sale for southern households, on the other hand, sales are a relatively regular occurrence.

As well, with the purchase of household appliances and electronic devices, Nunavimmiut are not always able to avail themselves of manufacturer warranties when these products malfunction. In most cases, the appliances and devices can not be repaired locally due to an absence of skilled technicians, and consumers are left with no choice but to replace defective equipment. As regards bulky products such as household appliances, these are only received at the time of the annual sea-lift, unless consumers are prepared to pay costlier air transport rates.

While the consumer choice restrictions described above are related to retailers and products, the climate and Inuit way of life also dictate consumer habits and further restrict consumer choice. For example, the climate forces Nunavimmiut to purchase or produce at home warm clothing, amplifying expenditures related to the acquisition of clothing. For their part, hunting and fishing activities require costly equipment. Snowmobiles, all-terrain vehicles, canoes and outboard motors are all necessary to access harvesting areas. As well, camping equipment is used much more intensively than in the South and conditions are more rugged, making necessary more frequent replacement creating greater financial Snowmobiles and all-terrain vehicles are also used for day-to-day transportation. In southern Québec, this type of equipment is largely associated with recreational activities and urbanites may even choose to use public transit to limit their transportation expenditures.

While the study does not present systematic observations concerning communications, specifically telephone costs, Nunavimmiut must pay long-distance charges each time they place

a telephone call outside of their community. With family members spread throughout the region's 14 villages, the communication expenditures of households that try to stay in touch with their families increase accordingly. Since implementation of Internet services in Nunavik. some families have been able to reduce their communication expenditures. although bandwidth constraints and a significant increase in residential subscribers limit the quality of information that can be transmitted. Distance is a further factor that must be considered with respect to regular postal services. In small markets where the local availability of products may be restricted, mail-order shopping is a products. simple alternative for some Notwithstanding, snowmobile repair costs can still be significantly higher in Nunavik than in the Quebec City area due to the intensive use of this type of equipment and shipping costs. In short, parts (such as snowmobile gearcases) can be both expensive to purchase and to ship. The replacement of a gearcase (which is not an unusual occurrence) is in fact quite expensive: the part itself is expensive and the weight of the product jacks up shipping costs.

While most of the aforementioned factors restrict the consumer choices of Nunavimmiut, other factors exert the opposite effect. Numerous lifestyle differences between the two regions contemplated under the study are proof of different individual and collective priorities. In Nunavik, the work environment and social obligations rarely require a strict dress code as is the case for certain occupations and trades in the urban centres of Québec. As well, the James Bay and Northern Québec Agreement requires the government to pay for medication for Inuit and most households living in social housing do not have to contract home insurance. Finally, most employer-subsidized housing is furnished and equipped with household appliances.

Nonetheless, observations under the study suggest that the cost of living in Nunavik is, in all likelihood, higher than elsewhere in Québec for the simple reasons that food is 57% more expensive and that, according to the aforementioned study, these types of purchases monopolize more than 40% of household budgets. In addition, the higher prices paid by Nunavimmiut for most goods and services should also be understood in terms of their lower incomes. The median income of Nunavik

families is \$39,328 while this income for Québec families is \$50,242¹. Furthermore, this difference does not take into account the number of individuals per family. Since the average Nunavik family formed by a married couple has 5.0 individuals and the average Québec family has 3.1 individuals, the family incomes of Inuit support the needs of a greater number of people², which has the effect of reducing the income per individual ratio. It may also be noted that government allowances for individuals, such as income security and old age pension benefits, apply identical scales throughout Québec and Canada, regardless of the different levels of cost of living in different regions. Consequently, if the cost of living is in fact higher in Nunavik, this situation would further increase the disadvantage faced by households in the region, which have a per capita income that is lower than the national average income. It might seem that these disadvantages would be counter-balanced by the price of housing. Representing an important portion of household budgets, housing expenditures do in fact help households deal with the reality of higher prices for staple consumer products; however, it is unlikely that housing prices compensate for the significantly higher prices paid for staple food products such as fresh fruit and vegetables, dairy products, meat, bread and flour.

In this context, hunting and fishing activities take on their full importance. It is probable that these activities help to keep food budgets under control, providing households with an alternative source of food³. Hunting and fishing activities

1 Produced in 2001, these data were the most recent available when the NCPI 2006 was being drafted: Statistics Canada. 2001 Community Profiles as regards median income in Nunavik. URL: http://www12.statcan.ca/english/profil01/CP01/Index.cfm?Lang=F and Statistics Canada.

2001 Census of Canada as regards income for Québec families. URL: http://www12.statcan.ca/francais/census01/

home/Index.cfm.

are more than traditional activities therefore: they are motivated by the need for cost-savings.

Finally and as already stated, the NCPI 2006 does not try to measure inflation since 2000, nor does it imply any systematic evolution of consumer prices. Such a conclusion would require the completion of a study with a number of specific parameters (such as gasoline prices and their impact on transportation expenditures, the evolution of incomes, the impact of public policies and subsidies concerning transportation, and consumer habits). Nonetheless, it may be postulated that the differences between prices in the North and in the South, despite counterbalance mechanisms, are linked to shipping costs, which fluctuate according to the price of petroleum. If this hypothesis were ever to be confirmed, it would mean that public authorities will always be hard pressed to mitigate the prices of staple consumer products, given the tendency of gasoline prices to rise.

² Statistics Canada. *2001 Community Profiles*. Data drawn from the 2001 Census of Canada.

³ Duhaime, G., M. Chabot. 2004. "The Impacts of Dietary Changes Among the Inuit of Nunavik (Canada): A Socioeconomic Assessment of Possible Public Health Recommendations Dealing with Food Contamination". *Risk Analysis*, 24(4), 1007-1118. Also refer to: Chabot, M. 2004, "Consumption and Standards of Living of the Québec Inuit: Cultural Permanence and Discontinuities". *Canadian Review of Sociology and Anthropology*, 41(2): 147-170.

CONCLUSION

The foremost goal of this study has been to increase understanding of the economic reality of Nunavik through a process that was initiated under the NCPI 2000. Although the ideal method for comparing the economic reality of Nunavik and that of the Quebec City area would incorporate consumer research, leading to a comparative analysis of cost of living in the two regions and the creation of a composite index, the current comparative price index nonetheless allows for productive comparisons.

In some cases, the incomplete results are partially attributable to the limitations of the method employed; but generally speaking, this method remains an appropriate tool for observing the economic differences between Nunavik and the Quebec City area, despite the fact that the distinct characteristics of the two regions can not always be systematically compared.

Other differences also hinder efforts to compare the prices of hunting, fishing and camping equipment. For example, this study does not take into account the service life of equipment, such as snowmobiles and firearms, or integrate this information into production costs for traditional foods. Moreover, with respect to housing comparisons, it is difficult to establish actual costs.

The results of this updated comparative price index for Nunavik will hopefully be useful for the formulation of public policies. For their part, the limitations of these results demonstrate the need for a comprehensive study of cost of living in order to provide a more accurate picture of the situation in Nunavik.

Appendix 1: Tables

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006

Food Product Categories Secondary Food Product Categories	Average Price in Nunavik Grocery Stores	Average Price in the Québec City Area Grocery Stores	Difference betwee Nunavik and the Québec City Are
Characteristics of Products	(\$)	(\$)	(%)
	(Ψ)	(4)	(/0)
eat - Fresh and Frozen			
Beef			
Lean ground beef (\$/kg)	9,47	8,19	15,60
Lean ground beef "Family format" (\$/kg)	9,52	7,40	28,64
T-bone steak (\$/kg)	26,73	20,37	31,24
Chicken			
Chicken drumsticks (\$/kg)	7,49	4,47	67,64
Chicken whole grade "A" (\$/kg)	9,75	4,16	134,75
Chicken breast boneless skinless (\$/kg)	20,91	16,56	26,31
Chicken legs back on (\$/kg)	6,87	3,06	124,38
Pork			
Pork loin chops (\$/kg)	13,75	6,94	98,20
Loin roast (\$/kg)	8,96	7,86	14,07
resh Fruits			
** Apples			
MacIntosh (\$/kg)	4,05	2,63	54,16
Royal Gala (\$/kg)	4,35	3,29	32,36
Granny Smith (\$/kg)	4,69	3,75	24,82
** Bananas			
Dole (\$/kg)	3,04	1,19	155,46
** Grapes			
Green - seedless (\$/kg)	6,09	4,94	23,24
Red - seedless (\$/kg)	8,36	5,16	62,02
** Oranges			
Oranges (\$/kg)	4,12	2,28	80,28
Oranges - Clementine (\$/kg)	6,34	4,28	48,19

^{**} Priority Perishable Foods under the Food Mail Program of Indian and Northern Affairs Canada

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

n Food Product Categories	Average Price in Nunavik Grocery	Average Price in the Québec City Area	Difference betwee Nunavik and the
Secondary Food Product Categories	Stores	Grocery Stores	Québec City Area
Characteristics of Products	(\$)	(\$)	(%)
** Other fruits			
Grapefruit (each)	1,39	1,62	-14,06
Kiwis (each)	0,78	0,50	56,00
resh vegetables			
** Carrots			
Bag (2 lb.)	2,52	1,99	26,38
Bag (5 lb.)	5,15	3,92	31,27
Mini-Carrots (340 g)	2,80	1,77	58,36
** Celery			
Stalk	3,13	1,89	65,61
** Green cabage			
cabage (\$/kg)	3,44	2,12	62,26
** Green peppers			
pepper (\$/kg)	6,25	4,35	43,68
** Lettuce			
Iceberg (each)	2,52	1,79	40,78
** White onions			
bag (2 lb.)	2,61	1,62	61,73
bag (5 lb.)	4,94	2,99	65,33
** White potatoes			
bag (2 lb.)	5,17	2,99	72,80
bag (5 lb.)	7,67	3,49	119,63

^{**} Priority Perishable Foods under the Food Mail Program of Indian and Northern Affairs Canada

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

n Food Product Categories Secondary Food Product Categories	Average Price in Nunavik Grocery Stores	Average Price in the Québec City Area Grocery Stores	Difference betwee Nunavik and the Québec City Area
Characteristics of Products	(\$)	(\$)	(%)
Dairy products and eggs			
Butter			
Average (454 g)	6,16	4,65	32,47
Average store brands or No Name (454 g)	5,67	4,44	27,70
** Eggs			
Average - Medium size (1 dz)	2,89	2,38	21,43
Average - Large size (1 dz)	3,87	2,74	41,24
Evaporated milk			
Nestlé Carnation (385 ml)	2,60	1,72	51,16
Margarine			
Becel (454 g)	4,42	2,87	54,33
Lactantia (454 g)	2,49	1,92	29,46
Merit Selection (454 g)	2,25	1,94	15,98
** Milk 2%			
Lactancia Pur Filter (1 litre)	3,45	1,88	83,51
Natrel Ultra Milk (1 litre)	3,56	1,88	89,36
Lactancia Pur Filter (2 litres)	6,30	3,66	72,04
Natrel Ultra Milk (2 litres)	6,59	3,46	90,46
** Milk 3,25%			
Lactancia Pur Filter (1 litre)	3,43	1,79	91,62
Natrel Ultra Milk (1 litre)	3,77	2,02	87,10
Lactancia Pur Filter (2 litres)	6,42	3,51	82,91
** Partly skimmed milk 2%			
Grand Pré (1 litre)	3,26	2,64	23,48
** Processed cheese slices			
Kraft Singles (24 slices, 500 g)	8,07	5,17	56,28
Kraft Singles (48 slices, 1 kg)	13,99	9,22	51,68

^{**} Priority Perishable Foods under the Food Mail Program of Indian and Northern Affairs Canada

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

Food Product Categories Secondary Food Product Categories	Average Price in Nunavik Grocery Stores	Average Price in the Québec City Area Grocery Stores	Difference betwe Nunavik and th Québec City Are
	Stores	Grocery Stores	Quebec City Are
Characteristics of Products	(\$)	(\$)	(%)
ozen products			
* Batter-coated weiners			
Pogo - Original (4 units, 300 g)	5,88	3,89	51,16
* Chicken wings			
Flamingo - B.B.Q. (650 g)	15,88	12,09	31,32
St-Hubert B.B.Q. (730 g)	17,99	12,66	42,14
* Fish sticks			
Highliner (700 g)	9,17	5,34	71,72
Bluewater Seafoods (700 g)	9,23	4,99	84,97
* Fish and Chips			
Highliner Tempura batter (600 g)	6,90	4,99	38,28
Frozen dinners			
Stouffer's - Chicken Chow Mein (241 g)	5,94	3,57	66,62
Stouffer's - Macaroni & Cheese (\$/100 g)	1,20	1,00	20,30
* Swanson - Fried Chicken 280 g)	6,03	3,49	72,64
* Swanson - Beef Dinner (325 g)	5,71	3,49	63,67
* Frozen French Fries			
McCain - Supercrisps Tasti Tater regular (1 kg)	5,59	2,99	86,96
McCain- Regular smile (750 g)	5,32	2,99	78,04
McCain - Premium Superfries (2 kg)	9,39	3,49	168,91
* Frozen Pizzas			
McCain - Pizza Premiere Deluxe (900 g)	11,07	7,72	43,45
McCain - Deep & Delicious Pepperoni (8) (820 g)	11,92	7,39	61,34
McCain - Pizza Pockets Pepperoni or Deluxe (400 g)	5,27	2,99	76,37
Grilled fillets			
Bluewater Seafoods Salmon grilled lemon & herbs (215 g)	5,69	3,59	58,50

^{*} Ineligible products to the Food Mail Program of Indian and Northen Affairs Canada

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

Food Product Categories	Average Price in Nunavik Grocery	Average Price in the Québec City Area	Difference between Nunavik and the
Secondary Food Product Categories	Stores	Grocery Stores	Québec City Are
Characteristics of Products	(\$)	(\$)	(%)
anned meat and meat preparations			
Luncheon meat			
Kam - Original (340 g)	4,35	2,89	50,42
Klik - "our premium pork" (340 g)	4,04	2,82	43,59
Wieners			
Average all mainstream brands (450 g)	5,21	2,83	84,10
Merit Selection (375 g)	2,33	1,79	30,17
Average store brand or No Name (450 g)	3,12	1,99	56,78
Ocean's (170 g)	0.00		
Flaked white tuna in water	2.00		
	2,29	1,19	92,44
Merit Selection (170 g)	1,79	1,19 0,99	92,44 80,81
Merit Selection (170 g)	1,79	0,99	80,81
Merit Selection (170 g) Clover Leaf (170 g)	1,79	0,99	80,81
Merit Selection (170 g) Clover Leaf (170 g) Sardines Brunswick - Canadian sardines in soya oil (106 g) akery and other cereal products	1,79 3,71	0,99 1,94	80,81 91,31
Merit Selection (170 g) Clover Leaf (170 g) Sardines Brunswick - Canadian sardines in soya oil (106 g) akery and other cereal products Baking powder	1,79 3,71 1,50	0,99 1,94 1,04	80,81 91,31 44,23
Merit Selection (170 g) Clover Leaf (170 g) Sardines Brunswick - Canadian sardines in soya oil (106 g) akery and other cereal products Baking powder Magic (225 g)	1,79 3,71 1,50	0,99 1,94 1,04	80,81 91,31 44,23
Merit Selection (170 g) Clover Leaf (170 g) Sardines Brunswick - Canadian sardines in soya oil (106 g) akery and other cereal products Baking powder	1,79 3,71 1,50	0,99 1,94 1,04	80,81 91,31 44,23
Merit Selection (170 g) Clover Leaf (170 g) Sardines Brunswick - Canadian sardines in soya oil (106 g) akery and other cereal products Baking powder Magic (225 g) Magic (450 g) * Cookies	1,79 3,71 1,50 4,37 6,89	0,99 1,94 1,04 3,19 5,14	80,81 91,31 44,23 36,99 34,05
Merit Selection (170 g) Clover Leaf (170 g) Sardines Brunswick - Canadian sardines in soya oil (106 g) akery and other cereal products Baking powder Magic (225 g) Magic (450 g) * Cookies Christie - Pirate (350 g)	1,79 3,71 1,50 4,37 6,89	0,99 1,94 1,04 3,19 5,14	80,81 91,31 44,23 36,99 34,05
Merit Selection (170 g) Clover Leaf (170 g) Sardines Brunswick - Canadian sardines in soya oil (106 g) akery and other cereal products Baking powder Magic (225 g) Magic (450 g) * Cookies	1,79 3,71 1,50 4,37 6,89	0,99 1,94 1,04 3,19 5,14	80,81 91,31 44,23 36,99 34,05

^{*} Ineligible products to the Food Mail Program of Indian and Northen Affairs Canada

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

Food Product Categories	Average Price in Nunavik Grocery	Average Price in the Québec City Area	Difference between Nunavik and the
Secondary Food Product Categories	Stores	Grocery Stores	Québec City Are
Characteristics of Products	(\$)	(\$)	(%)
Crackers			
Christie - Premium Plus Crackers (225 g)	4,29	2,79	53,58
Christie - Premium Plus Crackers (450 g)	5,90	3,99	47,98
Christie - Ritz Crackers (225 g)	3,74	2,34	59,69
Christie - Ritz Crackers (450 g)	4,58	2,79	64,28
White bread			
Average for 450 g (all brands included)	2,66	2,07	28,50
Average for 675 g (all brands included)	3,46	2,49	38,96
asta products			
Macaroni			
Catelli (500 g)	2,40	1,54	56,06
Catelli (900 g)	3,83	1,99	92,66
Catelli (2 kg)	6,97	3,66	90,61
Macaroni & cheese			
Kraft - Kraft Dinner "The original" (225 g)	2,00	1,14	75,44
Pasta in sauce			
Betty Crocker - Hamburger Helper - Beef Noodle (200 g)	3,87	2,59	49,34
Chef Boyardee - Beefaroni (425 g)	2,64	1,77	49,41
Chef Boyardee - Beefaroni (850 g)	4,47	2,69	66,17
Heinz - Alpha-getti (398 ml)	2,29	1,34	70,65
Spaghetti			
Catelli (500 g)	2,46	1,56	58,03
Catelli (900 g)	3,86	1,87	106,70
Catelli (2 kg)	7,23	3,02	139,14

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

Food Product Categories	Average Price in Nunavik Grocery	Average Price in the Québec City Area	Difference between Nunavik and the
Secondary Food Product Categories	Stores	Grocery Stores	Québec City Are
Characteristics of Products	(\$)	(\$)	(%)
Cereal grains and other cereal products			
* Cake Mix			
Betty Crocker - Super Moist Cake Mix (510 g)	3,24	1,77	83,33
Duncan Hines - Moist Deluxe Cake Mix (515 g)	3,01	1,77	70,35
* Cereals			
Kellogg's - Froot Loops Cereals (275 g)	5,76	3,59	60,35
Post - Honey Comb Cereals (400 g)	6,26	4,66	34,17
General Mills - Cheerios Cereals Honey Nuts (375 g)	6,58	3,99	64,91
Kellogg's - Variety Pack (8 units) (275 g)	7,02	4,99	40,61
Flour			
Five Roses - All-purpose Flour White (2,5 kg)	7,95	4,22	88,61
Five Roses - All-purpose Flour White (10 kg)	18,44	8,99	105,12
Robin Hood - All-purpose Flour White (2,5 kg)	9,56	4,62	107,04
Robin Hood - All-purpose Flour White (10 kg)	18,92	9,47	99,84
Instant rice			
Kraft - Minute Rice (350 g)	3,30	2,59	27,58
Kraft - Minute Rice (700 g)	5,86	3,77	55,56
Uncle Ben's - Converted (900 g)	6,99	4.12	69.52
Dainty - Instant Flavor Rice (Beef, Chicken, Chinese) (350 g)	2,52	1,09	131,35
Fruit juice			
Juice			
Oasis - Apple Juice (960 ml)	2,98	1,45	105,93
Ocean Spray - Cranberry cocktail (1,89 I)	10,89	4,02	171,23
McCain - Apple juice (1 l)	3,68	1,29	184,88
Juice Boxes			
Del Monte - Orange juice (3x250 ml))	4,39	1,32	233,84
Oasis - 100% pure orange (3x200 ml)	3,03	1,42	112,88

^{*} Ineligible products to the Food Mail Program of Indian and Northen Affairs Canada

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

n Food Product Categories Secondary Food Product Categories	Average Price in Nunavik Grocery Stores	Average Price in the Québec City Area Grocery Stores	Difference betwee Nunavik and the Québec City Are
Characteristics of Products	(\$)	(\$)	(%)
Canned fruits and fruit preparation			
Apples sauce			
Mott's - Homestyle Apple Sauce (796 ml)	5,76	1,99	189,28
Store brands or No Name (average) (398 ml)	2,50	1,12	124,22
Fruit cocktail			
Del Monte - Chunky Fruit Cocktail (zip-top can) (284 ml)	2,74	1,99	37,69
Merit Selection (398 ml)	2,59	1,59	62,89
Del Monte (398 ml)	3,16	2,42	30,48
Store brands or No Name (\$/100 ml)	0,52	0,35	48,57
Fruit cups			
Del Monte - 4 cans (4 x 112,5 g)	5,33	2,79	91,04
Store brands or No Name (average) (4 x 142 g)	3,67	2,79	31,42
Mandaribe Oranges			
Clover Leaf (284 ml)	1,80	0,99	81,82
Peaches			
Del Monte - Peach halves in light syrup (398 ml)	3,01	2,64	13,83
Del Monte - Sliced peaches (398 ml)	3,24	2,09	55,22
* Stawberry jam			
Kraft - Pure Strawberry Jam (250 ml)	3,94	2,66	48,31
Kraft - Pure Strawberry Jam (500 ml)	6,67	3,99	67,11
Habitant - Pure Strawberry Jam Homestyle (500 ml)	5,30	2,92	81,65
Other vegetables and vegetable preparations			
Canned stew			
Puritan - Meatball stew (665 g)	4,93	4,19	17,66
Kernel corn (Canada choice)			
Green Giant (341 ml)	2,30	1,27	81,98
Merit Selection (398 ml)	1,49	0,89	67,42

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

n Food Product Categories Secondary Food Product Categories	Average Price in Nunavik Grocery Stores	Average Price in the Québec City Area Grocery Stores	Difference between Nunavik and the Québec City Area	
<u>Characteristics of Products</u>	(\$)	(\$)	(%)	
	(4)	(4)	(73)	
Peas (Canada choice)				
Del Monte (284 ml)	1,80	1,07	69,01	
Del Monte (398 ml)	2,48	1,34	85,07	
Store brands or No Name (\$/100 ml)	0,37	0,21	76,19	
Condiments, spices and vinegar				
Mayonnaise				
Kraft - Real Mayonnaise (475 ml)	4,79	3,19	50,00	
Hellmann's (475 ml)	5,38	2,99	79,93	
Mustard				
French's - Prepared Mustard Squeezable (225 ml)	2,61	1,69	54,56	
French's - Prepared Mustard Squeezable (400 ml)	3,55	2,19	62,21	
Salad dressing				
Kraft - Miracle Whip (475 ml)	4,95	2,99	65,70	
Kraft - Miracle Whip (950 ml)	8,59	4,97	73,08	
Merit Selection (475 ml)	3,99	2,29	74,24	
Tomato ketchup				
Heinz (375 ml)	3,82	2,57	49,06	
Heinz (1 I)	7,22	3,87	86,77	
Store brands or No Name (1 I)	4,02	2,37	70,06	
Sugar and sugar preparations				
* Hot Chocolat Mix				
Carnation - Hot Chocolate Mix "Rich chocolate" (pouches) (10 x 28 g)	4,84	2,82	71,63	
* Natural Granulated Sugar				
Lantic or Redpath (900 g)	2,87	1,99	43,97	
Lantic or Redpath (2 kg)	4,88	2,42	101,24	
Lantic or Redpath (4 kg)	8,96	3,99	124,60	

^{*} Ineligible products to the Food Mail Program of Indian and Northen Affairs Canada

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

in Food Product Categories	Average Price in Nunavik Grocery	Average Price in the Québec City Area	Difference between Nunavik and the
Secondary Food Product Categories	Stores	Grocery Stores	Québec City Are
Characteristics of Products	(\$)	(\$)	(%)
- Coffee and tea			
Ground coffee			
Maxwell House (300 g)	6,42	4.49	42.87
Maxwell House - Original roast (326 g)	6,48	4,49	44,32
Nabob Coffee co. (350 g)	8,79	5,99	46,74
Instant coffee			
Nescafé (200 g)	13,49	6,12	120,61
Maxwell House (200 g)	9,89	5,74	72,30
Taster's choice (250 g)	14,66	8,99	63,10
Orange Pekoe Tea			
Tetley (72 bags)	6,77	4,62	46,79
Red Rose (72 bags)	6,64	4,46	49,09
Salada (72 bags)	6,48	4,49	44,29
Salada (144 bags)	12,78	7,49	70,56
- Fats and oils			
Shortening			
Crisco - All Vegetable Shortening (454 g)	3,31	2,29	44,54
Tenderflake - Pure Lard (454 g)	3,22	2,22	45,05
Vegetable Oil			
Crisco (946 ml)	6,44	4,14	55,56
Crisco (1,89 litre)	10,09	6,54	54,31
- Soup			
Canned Tomato Soup			
Campbell's (284 ml)	1,57	1,09	43,73
Store brands or No Name (284 ml)	1,98	0,63	213,89

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

n Food Product Categories Secondary Food Product Categories	Average Price in Nunavik Grocery Stores	Average Price in the Québec City Area Grocery Stores	Difference betweer Nunavik and the Québec City Area
Characteristics of Products	(\$)	(\$)	(%)
Dried soup			
Lipton - Chicken noodle soup mix (2 pouches) (166 g)	2,70	1,82	48,60
Lipton - Chicken noodle soup mix (4 pouches) (338 g)	4,52	2,69	68,09
Lipton - Soupworks (110 g)	3,88	2,72	43,03
Instant noodles			
Gattuso - Instant snack in a cup (65 g)	1,56	0,88	77,11
Mr. Noodles (85 g)	0,58	0,39	47,86
Express (65 g)	1,47	0,62	135,03
No Name (85 g)	1,39	0,33	321,21
Infant or junior foods			
Baby food			
Heinz (128 ml)	1,42	0,67	111,94
Baby Formula	0.00	0.00	04.70
Enfalac - Infant Formula Powder (\$/100 g)	3,69	3,03	21,78
Other food preparations			
* Coffee whitener			
Carnation - Coffee Mate Whitener Substitute (170 g)	3,73	2,49	49,73
Carnation - Coffee Mate Whitener Substitute (450 g)	5,94	3,94	50,76
* Fruit Drink Crystals			
Kool-Aid - Sugar sweetened drink mix (517 g)	5,48	3,52	55,49
Lipton - Orange drink crystals (425 g)	3,65	1,49	144,63
Tang - Orange flavor crystals (276 g)	1,93	0,99	94,95
* Instant pudding			
Jell-O (106 g)	1,96	1,12	76,08
Jell-O (135 g)	2,74	1,12	145,74
* Jelly powder			
Jell-O (85 g)	1,16	0,75	54,67
ligible products to the Food Mail Program of Indian and Northen Affairs Canada			

Table 1 - Price comparison of 199 food products in Nunavik and in the Quebec City area, 2006 (continued)

Food Product Categories	Average Price in Nunavik Grocery	Average Price in the Québec City Area	Difference between Nunavik and the	
Secondary Food Product Categories	Stores	Grocery Stores	Québec City Are	
Characteristics of Products	(\$)	(\$)	(%)	
* Microwave Popping Corn				
Orville redenbacher's (3 x 99 g)	4,83	2,54	90,16	
Peanut butter				
Kraft (500 g)	5,31	3,42	55,49	
Skippy (500 g)	4,69	3,39	38,35	
Store brands or No Name (500 g)	4,14	2,07	100,48	
* Potato Chips				
Pringles (163 g)	3,46	1,99	73,62	
Humpty Dumpty - Regular Premium Chips (190 g)	4,47	2,87	55,93	
Lays - various flavors (230 g)	4,85	2,69	80,30	
Ruffles - various flavors (300 g)	5,23	3,07	70,64	
Non-alcoholic beverages				
* Fruit Drinks				
McCain - Frozen Fruit Punch (Orange) (355 ml)	2,90	0,89	225,62	
Sunny Delight - Citrus Beverage Florida Style (1,6 l)	8,29	2,39	246,86	
Fruité - Drink (Orange) (2 I)	7,87	2,19	259,13	
* Soft Drinks				
Pepsi (2 I)	3,91	1,89	106,70	
Pepsi - 1 can (355 ml)	1,58	0,59	167,55	
Pepsi - Case (12 cans)	18,04	4,99	261,47	
Coke (2 I)	3,91	1,89	106,70	
Coke - 1 can (355 ml)	1,74	0,59	195,16	
Coke - Case (12 cans)	23,88	5,04	373,81	
age	5,34	3,40	57,06	
		0,10	91,00	

^{*} Ineligible products to the Food Mail Program of Indian and Northen Affairs Canada

Table 2 - Comparison of the monthly rent for social housing in relation with the type of accomodations and the number of bedrooms between Nunavik and the Quebec City area, 2006

	Nun	avik	Quebec City area ¹						
	Social			rented apartments ²					
	housing for income support recipients	Social housing for workers	L.C.H.	Québec Basse-Ville, Vanier	Québec Des Rivières, Anc. Lorette	Val-Bélair, St- Émile, Loretteville	Grand Beauport, Boischâtel, I.O.		
Number of bedrooms	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)		
1 bedroom	154,00	204,00		440,00	512,00	466,00	442,00		
2 bedrooms	220,00	283,00	306,40	544,00	612,00	564,00	537,00		
3 bedrooms 3	223,00	328,00	310,00	622,00	683,00	641,00	577,00		
4 bedrooms	228,00	371,00							
5 bedrooms	235,00	411,00							

Source:

Rent price for social housing in Nunavik: Kativik Municipal Housing Bureau.

Apartments in the Quebec City area: Canadian Mortage and Housing Coporation, Rapport sur le marché locatif. RMR de Québec, octobre 2005.

Low Cost Housing (L.C.H.): Office municipal d'habitation de Québec et Société d'habitation du Québec, 2005.

Notes:

- 1. Prices for the Quebec City area, except for Low Cost Housing (L.C.H.) are average monthly rent prices for the designated zones of the tables. Accordingly, some tenants in these accommodations are income support recipients and others are low income workers, but the proportions and respective rent prices for these two populations are not factored in the present calculations.
- 2. The average monthly rent price consists of appartment leased both with and without heating and electricity costs included.
- 3. The average monthly rent price of 3 bedrooms apartments in the Quebec City area is calculated based on apartments of 3 bedrooms and more.

Table 3 - Comparison of the monthly rent for employer-subsidized housing in relation with the number of bedrooms between Nunavik and the Quebec City area, 2006

	E	Nuna mployer-subsid (KRG, NRHBS	lized Housing		Q Rei		Difference between		
Number of bedrooms	KRG	NRHBSS	КМНВ	Average Monthly Rat	Québec Haute-Ville	Ste-Foy, Sillery, Cap- Rouge, St- Augustin	Average Monthly Rent	Nunavik and the Quebec City area	
	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)	(%)	
1 bedroom	313	290		301,74	688	589	639	-52,74	
2 bedrooms	349	320	343	337,20	823	722	773	-56,35	
3 bedrooms ³	413	374	402	396,49	878	811	845	-53,05	
4 bedrooms	453		432	442,55				·	
5 bedrooms			411	411,00					
Average	382,04	327,96	397,15	369,05	796,33	707,33	752	-50,91	

Source:

Rent price for employer-subsidized housing in Nunavik: Kativik Municipal Housing Bureau, Kativik Regional Government, Nunavik Regional Health Board and Social Services Apartments in the Quebec City area: Canadian Mortage and Housing Coporation, Rapport sur le marché locatif. RMR de Québec, octobre 2005.

Notes:

- 1. The monthly rate for KRG, NRHBSS and KMHB employees includes a taxable benefits for housing. It is the difference between \$575 less the monthly rental fee, and multiplied by 30% (average tax rate of 30%). For the purpose of the study, this monthly taxable benefit is included in the monthly rent.
- 2. The average monthly rent price consists of appartment leased both with and without heating and electricity costs included.
- 3. The average monthly rent price of 3 bedrooms apartments in the Quebec City Area is calculated based on apartments of 3 bedrooms and more.

Table 4 - Comparison of the monthly operation costs of a private home in Nunavik and in the Quebec City area, 2006

			Quebec City area ²							
	Nunavik ¹		Québec Basse- ville, Vanier	Québec Des Rivières, Anc Lorette	Val-Bélair, St- Émile, Loretteville	Grand Beauport, Boischâtel, Île d'Orléans	Average Quebec City area	Nunavik and	e between I the Quebec area	
	Including subsidies	Excluding subsidies		(\$) (\$) (\$)			Including subsidies	Excluding subsidies		
	(\$)	(\$)	(\$)		(\$)	(\$)	(\$)	(%)	(%)	
Single-family house			1 498,00	1 692,00	1 557,00	1 586,00	1 583,25			
Low average cost per square foot (\$290)	2 900,00	3 608,00						83,17	127,89	
High average cost per square foot (\$350)	3 626,00	4 334,00						129,02	173,74	

Calculation methods used for this price comparison:

1. These monthly operation costs are for a typical 3-bedroom house of 1,400 square feet. The low average cost of construction is estimated at \$290, although some houses may be built at \$275 per square foot; the high average cost is estimated at \$350 per square foot. Thus, the construction costs of the examples are calculated on the amounts of \$406,000 (low average) and \$490,000 (high average), for which the following factors are taken into consideration: a) purchase grant of \$162,563, representing 76,5% of a maximum allowed amount of \$212,500; b) a 15-year mortage with a 6,45% interest rate (no cash down payment required); c) municipal taxes (75% subsidized, or a maximum of \$7,000 per unit for a period of 15 years); d) 50% grant for heating based on an amount of \$3,000 per year; e) electricity at an average of \$87,000 per year; home repair and maintenance at an average of \$1,200 per year. Rental of the plot of land is established at \$1,00 per year for the beneficiaries, while it can be as much as \$1,500 per month for non beneficiaries; however, the latter situation does not reflect the Nunavik context and is not considered in the estimates. The estimates for Nunavik both include and exclude subsidies for municipal tax and heating to show

^{2.} Based on the average selling price of houses for each zone of the Quebec City area calculated by the Canadian Mortage and Housing Corporation (CMHC) for the fourth quarter of 2005, which was \$139,278, the following costs were added: a) a 15-year mortage with a 6,45% interest rate and a 5% cash down; b) CMHC premium representing 2,75% of the total mortage; c) municipal taxes, established on an average taxation level for the Quebec City area (\$2,244 per year); d) heating and electricity costs (\$1,704 per year), home insurance (\$480 per year) and home repair and maintenance (\$480 per year) are based on Statistics Canada's Survey of Houselhold expenses, 2004 (average for the whole Québec). The average selling price includes the building plot.

Table 5 - Comparison of prices for commonly used models of snowmobile between Kuujjuaq and the Quebec City area, 200

		Kuujjuaq		Que	ebec City area	a ³		
	Dealer's retail price	Taxes	Total Price	Dealer's retail price	Taxes	Total Price	Difference between Nunavik and the Quebec City area	
Model name (2006 models)	(\$)	(\$)	(\$)	(\$)	(\$)		(%)	
Polaris models ¹								
Trail Touring Deluxe	7 999,00	1 201,85	10 311,00	7 799,00	1 171,80	8 970,80	14,94	
340 Touring	6 999,00	1 051,60	9 160,75	6 899,00	1 036,57	7 935,57	15,44	
Trail RMK 136"	7 899,00	1 186,82	10 195,97	7 699,00	1 156,77	8 855,77	15,13	
Wide Trak LX	9 699,00	1 457,27	12 266,42	9 449,00	1 419,71	10 868,71	12,86	
Yamaha models ¹								
Bravo Long Track	4 499,00	675,97	6 285,12	4 499,00	675,97	5 174,97	21,45	
Viking 540 II	9 299,00	1 397,17	11 806,32	9 299,00	1 397,17	10 696,17	10,38	
Arctic Cat models ¹								
F7 Firecat Sno Pro	11 799,00	1 772,80	14 681,95	11 398,00	1 712,55	13 110,55	11,99	
Crossfire 700	11 999,00	1 802,85	14 912,00	11 598,00	1 742,60	13 340,60	11,78	
Panther 370	6 199,00	931,40	8 240,55	6 398,00	961,30	7 359,30	11,97	
Bearcat 570	8 199,00	1 231,90	10 541,05	8 098,00	1 216,72	9 314,72	13,17	
Bearcat 660 WT	11 699,00	1 757,77	14 566,92	11 398,00	1 712,55	13 110,55	11,11	
Bombardier models ²								
Skandic SUV 550 F	11 387,00	1 710,90	13 097,90	10 255,00	1 540,81	11 795,81	11,04	
Skandic LT 440	9 539,40	1 433,29	10 972,69	8 680,00	1 304,17	9 984,17	9,90	
GTX Sport 500	10 699,00	1 607,52	12 306,52	9 855,00	1 480,71	11 335,71	8,56	
Average	9 136,74	1 372,80	11 609,54	8 808,86	1 323,53	10 132,39	14,58	

^{1.} The total price for Polaris, Yamaha and Arctic Cat models includes the air transport fee, which is \$1,110,15 per snowmobile, added to the retail price and applicable taxes.

^{2.} The retail price for Bombardier snowmobiles includes the sealift transport fee.

^{3.} The dealer's retail price in Quebec City includes transport and preparation fee.

Table 6a -Comparison of snowmobile prices between Kuujjuaq and the Quebec City area Polaris snowmobiles, 2006

		Kuujjuaq		Que	ebec City Area		
	Dealer's retail price	Taxes	Total Price ¹	Dealer's retail price ²	Taxes	Total Price	Difference between Nunavik and the Quebec City Area
Model	(ው)	(ው)	((h)	/ው\	((((((((((((((ቀ)	(0/)
name (2006 models)	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)	(%)
Popular models in Nunavik							
Trail Touring Deluxe	7 999,00	1 201,85	10 310,95	7 799,00	1 171,80	8 970,80	14,94
340 Touring	6 999,00	1 051,60	9 160,70	6 899,00	1 036,57	7 935,57	15,44
Trail RMK 136"	7 899,00	1 186,82	10 195,92	7 699,00	1 156,77	8 855,77	15,13
Wide Trak LX	9 699,00	1 457,27	12 266,37	9 449,00	1 419,71	10 868,71	12,86
Other models							
550 Classic	7 699,00	1 156,77	9 965,87	7 499,00	1 126,72	8 625,72	15,54
340 Classic	6 499,00	976,47	8 585,57	6 299,00	946,42	7 245,42	18,50
700 Classic	12 399,00	1 862,95	15 372,05	12 099,00	1 817,87	13 916,87	10,46
700 Touring	13 199,00	1 983,15	16 292,25	12 899,00	1 938,07	14 837,07	9,81
FST Touring	13 199,00	1 983,15	16 292,25	12 799,00	1 923,05	14 722,05	10,67
FS Touring	12 099,00	1 817,87	15 026,97	11 799,00	1 772,80	13 571,80	10,72
600 Touring	10 999,00	1 652,60	13 761,70	10 749,00	1 615,04	12 364,04	11,30
Trail Touring	7 499,00	1 126,72	9 735,82	7 349,00	1 104,19	8 453,19	15,17
900 RMK 166"	15 049,00	2 261,11	18 420,21	13 749,00	2 065,79	15 814,79	16,47
900 RMK 159"	14 099,00	2 118,37	17 327,47	13 349,00	2 005,69	15 354,69	12,85
700 RMK 159"	12 399,00	1 862,95	15 372,05	12 099,00	1 817,87	13 916,87	10,46
700 RMK 151"	11 799,00	1 772,80	14 681,90	11 499,00	1 727,72	13 226,72	11,00
Average	10 595,88	1 592,03	13 287,91	10 252,13	1 540,38	11 792,51	12,68

^{1.} The total price in Kuujjuaq includes the air transport fee, which is \$1,110,15 per snowmobile, added to the retail price and applicable taxes.

^{2.} The dealer's retail price in Quebec City includes transport and preparation fees.

Table 6b - Comparison of snowmobile prices between Kuujjuaq and the Quebec City area Yamaha snowmobiles, 2006

		Kuujjuaq		Q	uebec City area		
Model	Dealer's retail Taxes price	Taxes	Taxes Total Price ¹ (\$) (\$)	Dealer's retail price ²	Taxes	Total Price	Difference between Nunavil and the Quebec City area
Model name (2006 models)	(\$)	(\$)		(\$)	(\$)	(\$)	(%)
opular models in Nunavik							
Bravo Long Track	4 499,00	675,97	6 285,12	4 499,00	675,97	5 174,97	21,45
Viking 540 II	9 299,00	1 397,17	11 806,32	9 299,00	1 397,17	10 696,17	10,38
ther models							
Apex RTX	13 799,00	2 073,30	16 982,45	13 799,00	2 073,30	15 872,30	6,99
Apex RTX ER	14 299,00	2 148,42	17 557,57	14 299,00	2 148,42	16 447,42	6,75
Attak	14 199,00	2 133,40	17 442,55	14 199,00	2 133,40	16 332,40	6,80
Nytro	12 099,00	1 817,87	15 027,02	12 099,00	1 817,87	13 916,87	7,98
Nytro ER	12 599,00	1 893,00	15 602,15	12 599,00	1 893,00	14 492,00	7,66
Apex GT	14 999,00	2 253,60	18 362,75	14 999,00	2 253,60	17 252,60	6,43
Apex ER	13 599,00	2 043,25	16 752,40	13 599,00	2 043,25	15 642,25	7,10
Apex Mountain	14 299,00	2 148,42	17 557,57	14 299,00	2 148,42	16 447,42	6,75
RS Vector	11 599,00	1 742,75	14 451,90	11 599,00	1 742,75	13 341,75	8,32
RS Vector GT	12 599,00	1 893,00	15 602,15	12 599,00	1 893,00	14 492,00	7,66
RS Vector ER	12 099,00	1 817,87	15 027,02	12 099,00	1 817,87	13 916,87	7,98
RS Vector MTN	12 199,00	1 832,90	15 142,05	12 199,00	1 832,90	14 031,90	7,91
RS Venture	12 499,00	1 877,97	15 487,12	12 499,00	1 877,97	14 376,97	7,72
RS Venture TF	12 699,00	1 908,02	15 717,17	12 699,00	1 908,02	14 607,02	7,60
Venture 600	10 599,00	1 592,50	13 301,65	10 599,00	1 592,50	12 191,50	9,11
verage	12 234,29	1 838,20	15 182,65	12 234,29	1 838,20	14 072,50	7,89

^{1.} The total price in Kuujjuaq includes the air transport fee, which is \$1,110,15 per snowmobile, added to the retail price and applicable taxes.

^{2.} The dealer's retail price in Quebec City includes transport and preparation fees.

Table 6c - Comparison of snowmobile prices between Kuujjuaq and the Quebec City area Arctic Cat snowmobiles, 2006

		Kuujjuaq		Q	uebec City area	1	
	Dealer's retail price	Taxes	Total Price ¹	Dealer's retail price ²	Taxes	Total Price	Difference between Nunavi and the Quebec City area
Model name (2006 models)	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)	(%)
opular models in Nunavik							
F7 Firecat Sno Pro	11 799,00	1 772,80	14 681,95	11 398,00	1 712,55	13 110,55	11,99
Crossfire 700	11 999,00	1 802,85	14 912,00	11 598,00	1 742,60	13 340,60	11,78
Panther 370	6 199,00	931,40	8 240,55	6 398,00	961,30	7 359,30	11,97
Bearcat 570	8 199,00	1 231,90	10 541,05	8 098,00	1 216,72	9 314,72	13,17
Bearcat 660 WT	11 699,00	1 757,77	14 566,92	11 398,00	1 712,55	13 110,55	11,11
Other models							
F7 Firecat	10 799,00	1 622,55	13 531,70	10 498,00	1 577,32	12 075,32	12,06
F6 Firecat EFI R	10 649,00	1 600,01	13 359,16	10 298,00	1 547,27	11 845,27	12,78
Sabercat 700 EFI EXT	12 299,00	1 847,92	15 257,07	11 798,00	1 772,65	13 570,65	12,43
T660 Turbo Touring	12 999,00	1 953,10	16 062,25	12 498,00	1 877,82	14 375,82	11,73
T660 Turbo LE	13 799,00	2 073,30	16 982,45	13 198,00	1 983,00	15 181,00	11,87
Panther 660	9 099,00	1 367,12	11 576,27	9 098,00	1 366,97	10 464,97	10,62
Panther 570	7 899,00	1 186,82	10 195,97	7 798,00	1 171,65	8 969,65	13,67
verage	10 619,83	1 595,63	13 325,61	10 339,67	1 553,53	11 893,20	12,04

^{1.} The total price in Kuujjuaq includes the air transport fee, which is \$1,110,15 per snowmobile, added to the retail price and applicable taxes.

^{2.} The dealer's retail price in Quebec City includes transport and preparation fees.

Table 6d - Comparison of snowmobile prices between Kuujjuaq and the Quebec City area Bombardier snowmobiles, 2006

		Kuujjuaq		Qu	ebec City are	а	
Model	Dealer's retail price ¹	Taxes	Total Price	Dealer's retail price ²	Taxes	Total Price	Difference between Nunavik and the Quebec City area
name (2006 models)	(\$)	(\$)	(\$)	(\$)	(\$)	(\$)	(%)
Popular models in Nunavik							
Skandic SUV 550 F	11 387,00	1 710,90	13 097,90	10 255,00	1 540,81	11 795,81	11,04
Skandic LT 440	9 539,40	1 433,29	10 972,69	8 680,00	1 304,17	9 984,17	9,90
GTX Sport 500	10 699,00	1 607,52	12 306,52	9 855,00	1 480,71	11 335,71	8,56
Other models							
GSX Sport 500	10 149,00	1 524,89	11 673,89	9 605,00	1 443,15	11 048,15	5,66
Skandic 600	12 437,00	1 868,66	14 305,66	11 205,00	1 683,55	12 888,55	11,00
Freestyle ES	6 361,00	955,74	7 316,74	5 379,00	808,19	6 187,19	18,26
Tundra ES	6 867,00	1 031,77	7 898,77	5 879,00	883,32	6 762,32	16,81
MXZ 600 HO	13 747,00	2 065,49	15 812,49	12 605,00	1 893,90	14 498,90	9,06
MXZ 800 HO	14 378,00	2 160,29	16 538,29	11 900,00	1 787,98	13 687,98	20,82
Average	10 148,30	1 524,78	11 673,08	9 182,88	1 379,73	10 562,60	10,51

^{1.} The retail price in Kuujjuaq for Bombardier snowmobiles includes the sealift transport fees, which are calculated by weight.

^{2.} The dealer's retail price in Quebec City includes transport and preparation fees.

Table 7 - Price comparison of gasoline prices between Nunavik and the Quebec City area, 2006

	Nunavik ¹	Quebec City area ²	Difference between Nunavik and the Quebec City area
	(\$)	(\$)	(%)
Unleaded Gasoline Pump Price			
(self-service)			
Akulivik	1,44		
Aupaluk	1,44		
Inukjuak	1,44		
Ivujivik	1,44		
Kangirsuk	1,44		
Kangiqsualujuaq	1,43		
Kangiqsujuaq (Shell)	1,44		
Kuujjuarapik	1,44		
Kuujjuaq (Shell)	1,47		
Puvirnituq	1,44		
Quaqtaq (Shell)	1,42		
Salluit	1,44		
Tasiujuaq	1,44		
Umiujaq	1,44		
Average	1,44	0,978	47,24

^{1.} Average price in the 14 villages of Nunavik (11 FCNQ dealers and 3 Shell dealers) for the period starting September 2005 until August 2006.

^{2.} Average unleaded gasoline price (self-service) from January to December 2005. Source: Régie de l'Énergie du Québec, January 2006.

Table 8 - Price comparison of the hourly rate for mechanical repairs in Kuujjuaq and in the Quebec City area, 2006

Vehicule type	Kuujjuaq	Quebec City area	Difference between Nunavik and the Quebec City area
	(\$)	(\$)	(%)
Snowmobiles			
Dealer 1	48,50	59,00	
Dealer 2	45,00	55,00	
Dealer 3	50,00	49,00	
Average	47,83	54,33	-11,96
Trucks and other vehicules			
Truck and car repairs	60,00		
Authorized car dealer 1		89,95	
Authorized car dealer 2		89,95	
Authorized car dealer 3		104,95	
Authorized car dealer 4		79,95	
Affiliated mechanic shop repair 1		64,99	
Affiliated mechanic shop repair 1		64,99	
Affiliated mechanic shop repair 1		64,99	
Affiliated mechanic shop repair 1		59,99	
Independant mechanics 1		59,95	
Independant mechanics 2		49,00	
Independant mechanics 3		50,00	
Independant mechanics 4		45,00	
Average	60,00	68,64	-12,59

Table 9 - Price comparison for hunting and fishing equipment between Nunavik and the Quebec City area, 2006

	Nunavik	Quebec City area	
Article Categories	Coop or Northern Store ¹	Latulippe, Le Baron or Canadian Tire ²	Difference between Nunavik and the Quebec City area
Articles	(\$)	(\$)	(%)
High replacement rate items			
Butane propane Mix Camping Gaz			
Coleman Propane bottle (16,4 oz)	10,74	3,99	169,17
Coleman Liquid Camp Fuel (3,8 I)	23,79	11,99	98,42
Fishing bait			
Len Thompson Original series (2 RW-28 g-1 oz)	6,09	4,31	41,30
Len Thompson Original series (4 YR-32 g-1 1/8 oz)	7,84	6,05	29,59
Williams Genuine Gold/Silver plate, large white fish	12,64	8,48	49,06
Average Medium and low replacement rate items Fishing rods	12,22	6,96	75,47
Zebco Prostaff Elite	24,99	19,99	25,01
Quantum Vapor 30	59,99	49,95	20,10
Flashlight			
Garrity Rubber Tuff Lite (with 2 D batteries)	18,49	11,99	54,21
Sleeping bags			
Woods Fairbanks (-40 celsius)	349,00	265,63	31,39
Woods Arctic 5 stars (-40 celcius)	699,99	572,08	22,36
Boots			
Sorel Glacier (-40 celcius)	128,74	107,63	19,61
Average	213,53	171,21	24,72

^{1.} Individual retail price; average price when an item is available at both stores.

^{2.} Individual retail price; average price when an item is available at the three stores

Table 10 - Price comparison for guns between Nunavik and the Quebec City area, 2006

	Nunavik Northern Store Catalogue ¹	Quebec City area Latulippe or Le Baron ²	Difference between Nunavik and the Quebec City area
rticle Categories Articles	(\$)	(\$)	(%)
ifles			
Remington Model 597 22 Long Rifle 20" carbon steel barrel Bolt-guidance system 10-shot metal detachable magazine grey synthetic stock (7 lb.)	217,98	169,95	28,26
T3 Tikka Lite Rifle 308 Glass smooth action adjustable trigger (2-4 lbs) free floating cold-hammer forged barrel Stainless Stock (7 lb.)	967,98	739,95	30,82
T3 Tikka Lite Rifle 222 Glass smooth action adjustable trigger (2-4 lbs) free floating cold-hammer forged barrel Stainless Stock (7 lb.)	967,98	739,95	30,82
Remington 30-06 700 SPS Centrefire Rifle 24" barrel synthetic stock rugged detachable stainless steel magazine (8 lb.)	700,55	569,95	22,91
hotguns			
Remington 870 Express Shotgun 12 gauge, 3" shells, synthetic stock (7 lb.)	447,98	349,95	28,01
verage	660,49	513,95	28,51

^{1.} Shipping fees are calculated according to the average fees of air cargo for the three communities (\$2,57/lb.)

^{2.} Individual retail price; average price when an item is available at both stores

Table 11 - Price comparison for ammunition between Nunavik and the Quebec City area, 2006

HSP 1	Stores ²	Latulippe et	Difference	Difference
		Le Baron ³	between HSP and the Quebec City area	between store and the Quebe City area
(\$)	(\$)	(\$)	(%)	
2,50	4,62	2,15	16,55	115,38
9,00	12,99	8,45	6,57	53,82
19,00	31,27	17,25	10,18	81,33
14,00	21,52	20,11	-30,38	7,01
19,00	25,69	17,25	10,18	48,97
19,00	23,99		19,12	50,41
		15,95		
				47,99
	2,50 9,00 19,00 14,00 19,00	2,50 4,62 9,00 12,99 19,00 31,27 14,00 21,52 19,00 25,69	2,50 4,62 2,15 9,00 12,99 8,45 19,00 31,27 17,25 14,00 21,52 20,11 19,00 25,69 17,25	(\$) (\$) 2,50 4,62 2,15 16,55 9,00 12,99 8,45 6,57 19,00 31,27 17,25 10,18 14,00 21,52 20,11 -30,38 19,00 25,69 17,25 10,18

^{1.} Average price is calculated from the retail price of the Hunters Support Program in Kuujjuaq and Salluit.

^{2.} Average price calcuted from the retail price of all other stores in Nunavik.

^{3.} Individual retail price; average price when a product is available at both stores.

Table 12 - Price comparison of 24 household products in Nunavik and in the Quebec City area, 2006

Household Product Categories Secondary Household Product Categories	Average Price in Nunavik Grocery Stores	Average Price in the Québec City Area Grocery Stores	Difference betwe Nunavik and the Québec City Are	
Characteristics of Products	(\$)	(\$)	(%)	
leaning products				
Bleach				
Javex (3,6 litres)	6,49	2,54	155,51	
Dishwashing Liquid				
Sunlight (500 ml)	3,15	1,99	58,46	
Sunlight (950 ml)	5,58	2,82	98,29	
Palmolive (625 ml)	4,90	2,86	71,53	
Fabric softener				
Bounce (40 sheets)	5,35	3,49	53,30	
Bounce (80 sheets)	9,42	6,32	49,14	
Glass cleaner				
Johnson's - Windex Glass Cleaner original (765 ml)	7,52	3,99	88,47	
Hertel Glass (700 ml)	6,69	2,99	123,75	
Powder detergent				
Sunlight (3,3 kg)	16,10	9,12	76,59	
Tide - original (2,2 kg)	15,47	8,12	90,38	
Tide - Ultra 2 (2,4 kg)	19,05	8,47	124,99	

Table 12 - Price comparison of 24 household products in Nunavik and in the Québec City area, 2006

Household Product Categories	Average Price in Nunavik Grocery	Average Price in the Québec City Area	Difference between Nunavik and the
Secondary Household Product Categories	Stores	Grocery Stores	Québec City Area
Characteristics of Products	(\$)	(\$)	(%)
eaning products			
Bleach			
Javex (3,6 litres)	6,49	2,54	155,51
Dishwashing Liquid			
Sunlight (500 ml)	3,15	1,99	58,46
Sunlight (950 ml)	5,58	2,82	98,29
Palmolive (625 ml)	4,90	2,86	71,53
Fabric softener			
Bounce (40 sheets)	5,35	3,49	53,30
Bounce (80 sheets)	9,42	6,32	49,14
Glass cleaner			
Johnson's - Windex Glass Cleaner original (765 ml)	7,52	3,99	88,47
Hertel Glass (700 ml)	6,69	2,99	123,75
Powder detergent			
Sunlight (3,3 kg)	16,10	9,12	76,59
Tide - original (2,2 kg)	15,47	8,12	90,38
Tide - Ultra 2 (2,4 kg)	19,05	8,47	124,99

Table 12 - Price comparison of 24 household products in Nunavik and in the Quebec City area, 2006 (continued)

n Food Household Categories	Average Price in Nunavik Grocery	Average Price in the Quebec City area	Difference between Nunavik and the
Secondary Food Household Categories	Stores	Grocery Stores	Quebec City area
Characteristics of Products	(\$)	(\$)	(%)
aper products			
Aluminium foil			
Alcan (25 feet)	3,37	2,19	53,65
Alcan (50 feet)	6,02	3,29	82,98
Bathroom tissu			
Cashmere - 2-ply 198 sheets per roll (8 units)	10,14	3,94	157,26
Merit Selection - 2-ply 198 sheets per roll (8 units)	4,99	3,69	35,23
Average price for 8 units (all brands included)	10,57	7,99	32,23
Facial tissues			
Kleenex 2-ply facial tissues (184 units)	3,74	1,87	99,82
Royale - 2-ply facial tissues (140 units)	2,65	1,32	100,76
Scotties - 2-ply facial tissues (144 units)	2,52	1,29	95,09
Garbage bags			
Glad - Easy-tie (10 bags)	5,20	3,22	61,49
Glad - Kitchen Catcher's white garbage bags (24 bags)	3,52	3,46	1,73
Papertowels			
Bounty - (2-ply 52 sheets per roll) (2 units)	4,87	3,17	53,87
Scottowel - (2-ply 64 sheets per roll) (2 units)	4,75	3,04	56,09
Table napkins			
Kleenex - Boutique (75 units)	3,47	2,26	53,54

Table 13 - Price comparison of 17 pieces of furniture and household appliances between Nunavik and the Quebec City area, 2006

			Nunavik		Quebec City area	
cle Categories		Northern Store Catalogue	Transport ¹	Total cost	Sears Catalogue / Ameublement Tanguay or Leon's	Difference betwee Nunavik and the Quebec City area
Brand and model	size (weight)	(\$)		(\$)	(\$)	(%)
igerators						
Wood's 17 cu. ft. Top freezer refrigerator	30" w x 67" h x 31" d (200 lb)	799,99	234,00	1 033,99		
Kenmore 18 cu. ft. Top feezer refrigerator	28" w x 67,3"h x 28"				749,00	
Frigidaire 18 cu. ft. Stainless steel refrigerator	29,63" w x 65,33" h x 26,63" d (265 lb)	1 099,00	310,05	1 409,05	979,95	43,79
Whirlpool 18,2 cu. ft. Top Mount Fridge	30" w x 65,5" h x 32" d (203 lb)	899,99	237,51	1 137,50		
Whirlpool 18 cu. ft.	29,5" w x 65,5" h x 31 3/8" d				829,95	
hers and dryers						
Inglis Super Capacity Washer. 2-speed motor, 6 cycles, 3 temperatures, 2 water levels	27" w x 43" h x 25,5" d (151 lb)	499,99	176,67	676,66		
Inglis washer. 1-speed motor, 6 cycles, 3 temperatures, 2 water levels	27" w x 43" h x 25,5" d				499,95	
Inglis Large Capacity Dryer. Extra large capacity, 4 cycles, humidity moisture control	29" w x 43" h x 27,5" d (119 lb)	449,99	139,23	589,22		
Inglis Dryer, 4 cycles, spilltop proof	29" w x 43" h x 28,5" d				399,95	

^{1.} Shipping fees are calculated according to the average fees of sea lift for the three communities (\$1,17/lb.).

Table 13 - Price comparison of 17 pieces of furniture and household appliances between Nunavik and the Quebec City area, 2006 (contibued)

			Nunavik		Quebec City area	
icle Categories		Northern Store Catalogue	Transport ¹	Total cost	Sears Catalogue / Ameublement Tanguay or Leon's	Difference betwee Nunavik and the Quebec City area
Brand and model	size (weight)	(\$)		(\$)	(\$)	(%)
evision set						
JVC 27" Stereo TV Tinted picture tube, front firing bottom speakers	(76 lb)	319,99	88,92	408,91		
Toshiba 27" Tube cathodique FST Pure, Son ambiophonique, sortie audio 5 watts					299,95	
Panasonic 27" Flatscreen TV, Tau Pure Flat Picture Tube	(106 lb)	449,99	124,02	574,01		
JVC 27" flatscreen TV Tube cathodique plat FST Pure®, Sortie audio - 10 watt					399,95	
Panasonic 32" Flatscreen TV, Tau Pure Flat Picture Tube	(166lb)	799,99	194,22	994,21		
JVC 32" Flatscreen l'ART, Filtre peigne numérique 3 lignes, Format d'écran 4:3, Son BBE 2 x 7,5 watts					599,95	
ing room set						
Ashley - Soft and Comfy. Sofa slightly ribbed blue fabric (Northern 933-61785w)	88" w x 38" h x 38" d (122 lb)	699,99	142,74	842,73	599,00	40,
Ashley - Soft and Comfy. Loveseat slightly ribbed blue fabric (Northern 933-61794w)		679,99	117,00	796,99	579,00	37.

Average 846,33 593,67 42,56

^{1.} Shipping fees are calculated according to the average fees of sea lift for the three communities (\$1,17/lb.).

Table 14 - Price comparison of Internet access in Nunavik and in the Quebec City area, 2006

ernet access	Nunavik ¹	Quebec City ²	Difference betweer Nunavik and the Quebec City area
	(\$)/month	(\$)/month	(%)
	(Ψ)/ΠΙΟΠατ	(ψ)/πιστιείτ	(70)
naani - Nunavik Wireless Internet Internet Basic service	59.50	32.95	80,58

^{1.} Tamaani Wireless Internet: http://www.tamaani.ca/fr/index.htm

^{2.} Bell, Sympatico: http://www.bell.ca/shopping/PrsShpInt_Access.page

Table 15 - Price comparison of 16 personal care products in Nunavik and in the Quebec City area, 2006

n Personal Care Product Categories	Average Price in Nunavik Grocery	Average Price in the Quebec City area	Difference betwee Nunavik and the
Secondary Personal Care Product Categories	Stores	Grocery Stores	Quebec City are
Characteristics of Products	(\$)	(\$)	(%)
Baby products			
Baby oil	0.05	4.00	45.00
Johnson's (414 ml)	6,25	4,29	45,69
Diapers			
Pampers - Baby-dry (34 diapers)	18,23	15,94	14,34
Huggies - Baby-shaped (24 diapers)	19,79	13,73	44,10
lygiene products			
Feminine pads			
Always - Maxi pads (28 pads)	7,82	4,46	75,51
Always - Maxi overnight (14 pads)	7,01	4,44	57,88
Allways - Ultra Thin (18 pads)	7,52	4,39	71,27
Kotex Maxi (24 pads)	7,32	4,22	73,38
Kotex Ultra Thin (22 pads)	7,44	4,24	75,52
Mouthwash			
Scope (1 litre)	8,69	4,86	78,81
Soap and deodorant bars			
Irish Spring (3 x 90 g)	3,52	2,27	55,35
Lever 2000 - original (4 x 89 g)	5,11	3,79	34,88
Ivory (3 x 90 g)	2,36	1,29	82,69
Tampons			
Tampax Tampons (Regular) (10 units)	7,51	4,44	69,18
Tampax Tampons (Super) (20 units)	7,20	4,44	62,16
Tootpaste			
Crest - Toothpaste with Fluoristat (Regular) (75 ml)	1,94	1,24	56,34
Colgate total (75 ml)	2,52	1,47	72,21
rage	6.78	4,84	40.08

Appendix 2: Food Price Survey Form	

Nunavik Comparative Price Index 2005 (NCPI)

FOOD PRICE SURVEY

Survey completed by:	
Village:	CHAIRE CONDITION AUTOCHTON
Name of the store:	Chaire de recherche du Canada sur la condition autochtone compari
Date:	
Questionnaire #	



General Instructions

Introduce yourself to the Manager.

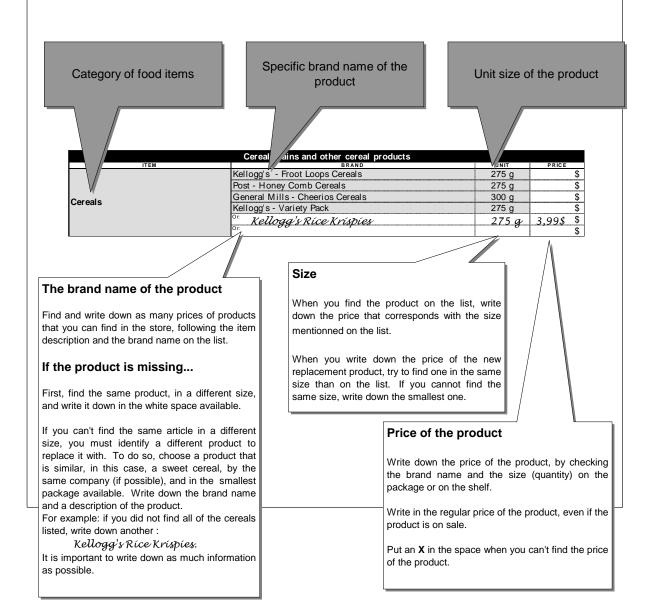
Take a shopping cart to put in the products that have no price tag or for which you could not find the price on the shelf, to bring to the cash to check the price.

Look around the store. Get a general idea of the way the products are organized.

Use a pen to fill out the questionnaire, and write only in the designated white spaces on the questionnaire.

When you are finished, bring back the items in the shopping cart.

How to complete the questionnaire



Nunavik Comparative Price Index 2005 (NCPI) FOOD PRICE SURVEY

	Fresh Meat		
ITEM	BRAND	PRICE/KG	PRICE
	Chicken drumsticks		\$
	Chicken whole grade "A"		\$
Chicken	Chicken breast boneless skinless		\$
Chicken	Chicken legs back on		\$
	Or:		\$
	Or:		\$
	Lean ground beef		\$
	Lean ground beef "Family format"		\$
Beef	T-bone steak		\$
	Or:		\$
	Or:		\$
	Pork loin chops		\$
Pork	Loin roast		\$
	Or:		\$
	Or:		\$

Frozen Meat			
ITEM	BRAND	PRICE/KG	PRICE
	Chicken drumsticks		\$
	Chicken whole grade "A"		\$
Chicken	Chicken breast boneless skinless		\$
Chicken	Chicken legs back on		\$
	Or:		\$
	Or:		\$
	Lean ground beef		\$
	Lean ground beef "Family format"		\$
Beef	T-bone steak		\$
	Or:		\$
	Or:		\$
	Pork loin chops		\$
Pork	Loin roast		\$
FOIR	Or:		\$
	Or:		\$

Dairy products and eggs			
ITEM	BRAND	SIZE	PRICE
	Lactancia Pur Filter	1 litre	\$
	Parmalat	1 litre	\$
	Québon	1 litre	\$
	Natrel Ultra Milk	1 litre	\$
Milk 2 %	Or:	1 litre	\$
WIIR 2 /6	Lactancia Pur Filter	2 litres	\$
	Parmalat	2 litres	\$
	Québon	2 litres	\$
	Natrel Ultra Milk	2 litres	\$
	Or:	2 litres	\$
	Lactancia Pur Filter	1 litre	\$
	Parmalat	1 litre	\$
	Québon	1 litre	\$
	Natrel Ultra Milk	1 litre	\$
Milk 3,25 %	Or:	1 litre	\$
Wilk 3,23 /6	Lactancia Pur Filter	2 litres	\$
	Parmalat	2 litres	\$
	Québon	2 litres	\$
	Natrel Ultra Milk	2 litres	\$
	Or:	2 litres	\$

	Northern	A	r.
	- Indiana in the second of the	454 g	\$
	Dallaire	454 g	\$
Butter	Multichoix	454 g	\$
Butter	Sealtest	454 g	\$
	Merit Selection	454 g	\$
	Or:		\$
	Kraft Singles (16 slices)	500 g	\$
	Kraft Singles (24 slices)	500 g	\$
December 1 Observe Officer	Kraft Singles (32 slices)	500 g	\$
Processed Cheese Slices	Kraft Singles (48 slices)	1 kg	\$
	Or:		\$
	Or:		\$
	Grand Pré	1 litre	\$
Partly skimmed milk 2%	Grand Pré (case)	12 x 1 litre	\$
,	Or:		\$ \$
	Nestlé Carnation	385 ml	\$
Evaporated Milk	Nestlé Carnation (case)	12 x 385 ml	\$
	Or:		\$
	Nutri Œuf - Medium	1 dozen	\$ \$ \$
	Northern - Medium	1 dozen	\$
_	Nutri Œuf - Large	1 dozen	\$
Eggs	Northern - Large	1 dozen	\$
	Or:		\$
	Or:		\$
	Becel	454 g	\$
	Merit Selection	454 g	\$
Maranina	Lactantia	454 g	\$
Margarine	Imperial	454 g	\$
	Or:	10.19	\$
	Or:		\$
			Ψ

Fresh Fruit				
ITEM	BRAND	WEIGHT	SIZE	PRICE
Bananas	Dole		ダlb ダkg	\$
Bariarias	Or:		划lb 划kg	\$
	Red Delicious		യിb യിkg	\$
	MacIntosh		划lb 划kg	\$
Apples	Royal gala		യിb യിkg	\$
	Granny Smith		划lb 划kg	\$
	Or:		划lb 划kg	\$
	Green - seedless		യിb യിkg	\$
	Green - with seeds		划lb 划kg	\$
Grapes	Red - seedless		划lb 划kg	\$
	Red - with seeds		ダlb ダkg	\$
	Or:		划lb 划kg	\$
	Oranges		划lb 划kg	\$
Oranges	Oranges - Clementine		划lb 划kg	\$
	Or:		划lb 划kg	\$
	Watermelon	•	മിb മkg	\$
Other Fruits	Kiwis		ダlb ダkg	\$
	Plums		ダlb ダkg	\$

Fresh vegetables				
ITEM	BRAND	WEIGHT	SIZE	PRICE
	Bag		2 lbs	\$
Yellow onions	Bag		5 lbs	\$
	Or:			\$
	Bag		5 lbs	\$
White Potatoes	Bag		10 lbs	\$
Willie F Glaloes	Or:			\$
	Or:			\$
Lettuce	Iceberg		1	\$
Lettuce	Or:			\$
Carrots	Bag		2 lbs	\$
	Bag		5 lbs	\$
	Mini-Carrots		340 g	\$
	Or:			\$
Celery	Stalk			\$
Green Cabbage	glb gkg gOther:			\$
Green Peppers	glb gkg gOther:		•	\$

	Frozen Products		
ITEM	BRAND	SIZE	PRICE
Fish Sticks	Highliner	700 g	\$
	Bluewater Seafoods	700 g	\$
	Or:		\$
Fish & Chips	Highliner Tempura batter	600 g	\$
i isii & Cilips	Or:		\$
	Bluewater Seafoods Salmon grilled lemon & herbs	179 g	\$
Grilled Fillets	Bluewater Seafoods Salmon grilled lemon & herbs	215 g	
	Or:		\$ \$
	Flamingo B.B.Q.	650 g	\$
Chicken Wings	Pinty's - Southern Style	907 g	\$
Onicken Wings	St-Hubert B.B.Q.	730 g	\$
	Or:		\$ \$
Batter-coated weiners	Pogo - Original (4 units)	300 g	\$
Batter-coated welliers	Or:		\$ \$
	McCain - Tasti Tater regular	1 kg	\$
Frozen French Fries	McCain - Premium Superfries	2 kg	\$ \$
Trozen French Fred	Or:		\$
	Or:		\$
	McCain - Pizza Premiere Deluxe	900 g	\$
	McCain - Deep & Delicious Pepperoni (4 units)	435 g	\$
	McCain - Deep & Delicious Pepperoni (8 units)	820 g	\$
Frozen Pizzas	Kraft - Delissio Deluxe	927 g	\$
	McCain - Pizza Pockets Pepperoni or Deluxe	400 g	\$
	Or:		\$
	Or:		\$
	Frozen Products (continued)		
ITEM	BRAND	SIZE	PRICE
	Stouffer's - Chicken Chow Mein	241 g	\$
	Stouffer's - Meat Lasagna	1,12 kg	\$
	Stouffer's - Macaroni & Cheese	1,13 kg	\$
Frozen dinners	Stouffer's - Hungry Man Fried Chicken	360 g	\$
1 102011 diffilliors	Swanson - Fried Chicken	312 g	\$
	Swanson - Beef Dinner	325 g	\$
	Or:		\$ \$ \$
	Or:		\$

	Canned meat and meat preparations		
ITEM	BRAND	SIZE	PRICE
	Maple Lodge Farms original	450 g	\$
	Highgrade - All beef	400 g	\$
Wieners	Maple Leaf - Hot dogs original	450 g	\$
vvieners	Schneiders - Red Hot original	450 g	\$
	Or:		\$
	Or:		\$
Luncheon meat	Klik - "Our premium pork"	340 g	\$
	Maple Leaf - KAM	340 g	\$
	Mario's Brand - Quality product	340 g	\$
	Or:		\$
	Or:		\$

Fish and other marine products			
ITEM	BRAND	SIZE	PRICE
Sardines	Brunswick - Canadian sardines in soya oil	106 g	\$
Sardines	Or:		\$
Flaked white tuna in water	Ocean's	120 g	\$
	Merit Selection	120 g	\$
	Gold Seal	184 g	\$
	Or:		\$

	Bakery and other cereal products		
ITEM	BRAND	SIZE	PRICE
	Northern	570 g	\$
	Wonder	675 g	\$
White Bread	Durivage	450 g	\$
Willie Bread	Pom	450 g	\$
	Or:		\$
	Or:		\$
	Christie - Pirate	350 g	\$
	Christie - Favorites	450 g	\$
	Christie - Chips Ahoy!	350 g	\$
Cookies	Dare - Maxi Fruits Strawberry	315 g	\$
	Leclerc - Wafers (Strawberry or other)	400 g	\$
	Or:		\$
	Or:		\$
	Christie - Ritz Crackers	250 g	\$
	Christie - Ritz Crackers	450 g	\$
Crackers	Or:		\$
Crackers	Christie - Premium Plus Crackers	225 g	\$
	Christie - Premium Plus Crackers	450 g	\$
	Or:		\$
Danna Billat Biannita	Marven's	450 g	\$
Barge Pilot Biscuits	Or:		\$
D'' (D' ''	Marven's	350 g	\$
Pilot Biscuits	Or:		\$
	Magic	225 g	\$
	Magic	450 g	\$
.	Merit Selection	450 g	\$
Baking Powder	Blue Ribbon	450 g	\$
	Or:		\$
	Or:		\$

Pasta products			
ITEM	BRAND	SIZE	PRICE
	Catelli	500 g	\$
 Macaroni	Catelli	900 g	\$
	Or:		\$
	Or:		\$
	Catelli	500 g	\$
Smaghatti	Catelli	900 g	\$
Spaghetti	Or:		\$
	Or:		\$
	Heinz - Alpha-getti	398 ml	\$
	Or:		\$
	Chef Boyardee - Beefaroni	425 g	\$
Pasta in Sauce	Chef Boyardee - Beefaroni	850 g	\$
	Or:		\$
	Betty Crocker - Hamburger Helper - Beef Noodle	200 g	\$
	Or:		\$
	Kraft - Kraft Dinner "The original"	225 g	\$
Macaroni & cheese	No Name	200 g	\$
INIACATOTII & CHEESE	Italpasta	200 g	\$
	Or:		\$

	Cereal grains and other cereal products		
ITEM	BRAND	SIZE	PRICE
	Kraft - Minute Rice	350 g	\$
	Kraft - Minute Rice	700 g	\$
Instant Rice	Uncle Ben's - Coverted	900g	\$
mstant Rice	Dainty - Instant Flavor Rice (Beef, Chinese, Chicken)	350 g	\$
	Or:		\$
	Or:		\$
	Five Roses - All-purpose Flour White	2,5 kg	\$
	Five Roses - All-purpose Flour White	5 kg	\$
	Five Roses - All-purpose Flour White	10 kg	\$
	Robin Hood - All-purpose Flour White	2,5 kg	\$
Flour	Robin Hood - All-purpose Flour White	10 kg	\$
	Merit Selection - All-purpose Enriched Flour	3,5 kg	\$
	Merit Selection - All-purpose Enriched Flour	10 kg	\$
	Or:		\$
	Or:		\$
	Kellogg's - Froot Loops Cereals	275 g	\$
	Post - Honey Comb Cereals	400 g	\$
Cereals	General Mills - Cheerios Cereals Honey Nuts	375 g	\$
Cereais	Kellogg's - Variety Pack (8 units)	275 g	\$
	Or:		\$
	Or:		\$
Cake Mix	Betty Crocker - SuperMoist Cake Mix	510 g	\$
Cane IVIIA	Or:		\$

	Fruit Juice		
ITEM	BRAND	SIZE	PRICE
	Oasis - Apple Juice	960 ml	\$
Juice	McCain - Apple Juice	1 litre	\$
Juice	Or:		\$
	Or:		\$
	McCain - Apple juice (juice box)	3 x 200 ml	\$
	Del Monte - Orange juice	3 x 250 ml	\$
Juice Boxes	Oasis - 100% pure orange	3 x 200 ml	\$
	Or:		\$
	Or:		\$

	Canned fruits and fruit preparations			
ITEM	BRAND	SIZE	PRICE	
	Kraft - Pure Strawberry Jam	250 ml	\$	
	Kraft - Pure Strawberry Jam	500 ml	\$	
Strawberry Jam	Habitant - Pure Strawberry Jam	250 ml		
Strawberry Jam	Habitant - Pure Strawberry Jam	500 ml	\$	
	Multichoice - Strawberry Jam	500 ml	\$	
	Or:		\$	
	Multichoice - Peach halves in light syrup	796 ml	\$	
Peaches	Aylmer's - Peach halves	398 ml		
reaches	Del Monte - Sliced peaches	398 ml	\$	
	Or:		\$	
	Del Monte - Chunky Fruit Cocktail (zip-top can)	284 ml	\$	
Fruit Cocktail	Aylmer's	796 ml	\$	
Fruit Cocktail	Multichoix	796 ml	\$	
	Or:		\$	
	Clover Leaf	284 ml	\$	
Mandarine Oranges	Or:		\$	
	Or:		\$	
	Mott's - Homestyle Apple Sauce	398 ml	\$	
	Mott's - Homestyle Apple Sauce	796 ml	\$	
Apple Sauce	Allen's	398 ml	\$	
	Multichoix	398 ml	\$	
	Or:		\$	
Fruit cups	Del Monte - 4 cans	568 ml	\$	
	Multichoix - 4 cans	568 ml	\$	
	Or:		\$	

	Other vegetables and vegetable preparations	s	
ITEM	BRAND	SIZE	PRICE
	Carnation	350 g	\$
Mashed potato flakes	Carnation	500 g	\$
Iniasileu potato liakes	Or:		\$
	Or:		\$
	Aylmer	398 ml	\$
	Multichoix	398 ml	\$
Peas "Canada choice"	Ideal	398 ml	\$
	Del Monte	398 ml	\$
	Or:		\$
	Aylmer	540 ml	\$
	Multichoix	540 ml	\$
Kernel corn (Canada choice)	Green Giant - Niblets	398 ml	\$
	Or:		\$
	Or:		\$
	Puritan - Irish Stew - Zip Top	420 g	\$
	Puritan - Meatball Stew	680 g	\$
Canned Stew	Puritan - Corned Beef Hash	400 g	\$
	Or:		\$
	Or:		\$

	Condiments, spices and vinegar		
ITEM	BRAND	SIZE	PRICE
	Heinz	375 ml	\$
Tomato Ketchup	Heinz	1 litre	\$
Tomato Ketchup	Multichoix	1 litre	\$
	Or:		\$
	Kraft - Real Mayonnaise	500 ml	\$
Mayonnaise	Multichoix	500 ml	\$
	Or:		\$
	Kraft - Miracle Whip	500 ml	\$
Colod Dressins	Kraft - Miracle Whip	1 litre	\$
Salad Dressing	Multichoix	475 ml	\$
	Or:		\$
	Condiments, spices and vinegar (continued)		
ITEM	BRAND	SIZE	PRICE
	French's - Prepared Mustard	250 ml	\$
	French's - Prepared Mustard	500 ml	\$
Mustard	French's - Prepared Mustard Squeezable	250 ml	\$
	French's - Prepared Mustard Squeezable	500 ml	\$
	Or:		\$
	Or:		\$

Sugar and sugar preparations			
ITEM	BRAND	SIZE	PRICE
	Lantic	1 kg	\$
Natural Granulated Sugar	Lantic	2 kg	\$
Natural Granulated Sugar	Lantic	4 kg	\$
	Or:		\$
Popsicle	Good Humor - Assorted Ice Pops	24 x 75 ml	\$
	Or:		\$
Hot Chocolate Mix	Carnation - Hot Chocolate Mix " Rich chocolate" (sachets)	10 x 28 g	\$
	Or:		\$

Coffee and tea			
ITEM	BRAND	SIZE	PRICE
	Tetley	36 bags	\$
	Tetley	72 bags	\$
Orange Pekoe Tea	Red Rose	72 bags	\$
	Salada	72 bags	\$
	Or:		\$
	Nescafé	100 g	\$
	Nescafé	200 g	\$
Instant coffee	Taster's choice	150 g	\$
instant conee	Multichoix	150 g	\$
	SuperC	200 g	\$
	Or:		\$
	Maxwell House	300 g	\$
Ground Coffee	Nabob Coffee co.	250 g	\$
Ground Conee	Or:	_	\$
	Or:		\$

Fats and oils			
ITEM	BRAND	SIZE	PRICE
	Crisco	1 litre	\$
Vegetable Oil	Crisco	2 litres	\$
Vegetable Oil	Or:		\$
	Or:		\$
Shortening	Tenderflake - Pure Lard	454 g	\$
	Crisco - All Vegetable shortening	454 g	\$
	Or:		\$

	Soup		
ITEM	BRAND	SIZE	PRICE
	Lipton - Chicken noodle soup mix (2 pouches)	166 g	\$
	Lipton - Chicken noodle soup mix (4 pouches)	338 g	\$
Dried Soup	Lipton - Soupworks	110g	\$
	Or:		\$
	Or:		\$
	Gattuso - Instant snack in a cup	65 g	\$
Instant noodles	Mr. Noodles	85 g	\$
instant noodies	Ramen	85 g	\$
	Or:		\$
Canned Tomato Soup	Aylmer	284 ml	\$
	Campbell's	284 ml	\$
	Or:		\$

Infant or junior foods			
ITEM	BRAND	SIZE	PRICE
Baby food	Heinz	128 ml	\$
	Or:		\$
	Enfalac - Infant Formula Liquid Concentrate	385 ml	\$
	Enfalac - "Ready-to-serve" Instant Formula	235 ml	\$
Baby Formula	Enfalac - Instant Formula Powder	400 g	\$
	Or:		\$
	Or:		\$

	Other food preparations		
ITEM	BRAND	SIZE	PRICE
	Kraft	500 g	\$
	Squirrel	500 g	\$
Peanut Butter	Golden Boy	500 g	\$
l eariut Butter	Multichoix	500 g	\$
	Skippy	500 g	\$
	Or:		\$
	Carnation - Coffee Mate Coffee Whitener Subsitute	250 g	\$
	Carnation - Coffee Mate Coffee Whitener Subsitute	500 g	\$
Coffee Whitener	Northern	500 g	\$
	Northern	1 kg	\$
	Or:		\$
Jelly Powder	Jell-O	85 g	\$
Jelly Fowder	Or:		\$
	Jell-O	106 g	\$
Instant Pudding	Jell-O	170 g	\$
	Or:		\$
	Kool-Aid - Sugar sweetened drink mix	600 g	\$
	Kool-Aid - Sugar sweetened drink mix	135 g	\$
	Northern - Strawberry drink crystals	500 g	\$
Fruit Drink Crystals	Tang - Orange flavor crystals	276 g	\$
	Tang - Orange flavor crystals	613 g	\$
	Or:		\$
	Or:		\$
	Pringles	190 g	\$
	Humpty Dumpty - Regular Premium Chips	170 g	\$
	Humpty Dumpty - Regular Premium Chips	340 g	\$
	Humpty Dumpty - Doodles Cheese Sticks	190 g	\$
Potato Chips	Humpty Dumpty - Doodles Cheese Sticks	320 g	\$
	Econochoice	170 g	\$
	Multichoix	170 g	\$
	Or:		\$
	Or:		\$
	Orville Redenbacher's	3 X 99 g	\$
Microwave Popping Corn	Or:		\$
	Or:		\$

Non-alcoholic beverages				
ITEM	BRAND	SIZE	PRICE	
	Pepsi	2 litres	\$	
	Pepsi - 1 can	355 ml	\$	
	Pepsi - Case (24 cans)	355 ml	\$	
	Coke	2 litres	\$	
	Coke - 1 can	355 ml	\$	
Soft Drinks	Coke - Case (24 cans)	355 ml	\$	
Soft Dilliks	Northern	2 litres	\$	
	Northern - 1 can	355 ml	\$	
	Multichoix	2 litres	\$	
	Multichoix - 1 can	355 ml	\$	
	Or:		\$	
	Or:		\$	
	Non-alcoholic beverages (continued)			
ITEM	BRAND	SIZE	PRICE	
Fruit Drinks	McCain - Frozen Fruit Punch (Orange)	355 ml	\$	
	Sunny Delight - Citrus Beverage Florida Style	200 ml	\$	
	Sunny Delight - Citrus Beverage Florida Style	547 ml	\$	
	Fruité - Drink (Grape)	2 litres	\$	
	Or:		\$	
	Or:		\$	

Baby Products				
ITEM	SIZE	PRICE		
Diapers	Pampers - Baby-dry	34 diapers	\$	
	Huggies - Ultratrim Diapers	24 diapers	\$	
	Or:		\$	
	Or:		\$	
Baby Oil	Johnson's	414 ml	\$	
Baby Oil	Or:	ml	\$	

	Cleaning Products		
ITEM	BRAND	SIZE	PRICE
	Sunlight	500 ml	(
Dishwashing Liquid	Sunlight	950 ml	(
Distiwasiiiig Liquid	Or:		(
	Or:		(
	Johnson's - Windex Glass Cleaner with Amonia-D	765 ml	Ç
Glass Cleaner	Johnson's - Windex Glass Cleaner with Amonia-D	950 ml	(
Glass Clearler	Or:		Ç
	Or:		(
Disinfecting Cleaner	Comet	400 g	Ç
Distillecting Cleaner	Or:		Ç
	Bounce	25 sheets	Ç
Fabric Softener	Bounce	40 sheets	(
rabile Soitellei	Or:		(
	Or:		(
Bleach	Javex	1,8 litres	Ç
	Javex	3,6 litres	(
	Or:		(
	Or:		(
Powder Detergent	Sunlight	2 litres	(
	Sunlight	12 litres	(
	ABC	2,2 kg	Ç
	ABC	3,3 kg	(
	Or:		
	Or:		9

Paper Products				
ITEM	SIZE	PRICE		
	Kleenex Two-ply facial tissues	300 units	\$	
	Kleenex Two-ply facial tissues	150 units	\$	
Facial tissues	Kleenex - Pocket packs (15 two-ply tissues)	8 packs	\$	
	Or:		\$	
	Or:		\$	
Table Napkins	Hi-Dri - One-ply table napkins	150 units	\$	
таркіть	Or:		\$	
	Bounty - (96 two-ply sheets per roll) designs	2 units	\$	
	Bounty - (64 two-ply sheets per roll)	2 units	\$	
Papertowels	Bounty - (64 two-ply sheets per roll)	6 units	\$	
rapertowers	Econochoice	2 units	\$	
	Or:		\$	
	Or:		\$	

	Paper Products (continued)		
ITEM	BRAND	SIZE	PRICE
	Dove - Two-ply tissu paper (192 sheets per roll)	4 rolls	\$
	Dove - Two-ply tissu paper (192 sheets per roll)	8 rolls	\$
	Royale - Two-ply (192 extra long sheets per roll)	4 rolls	\$
Bathroom tissu	Royale - Two-ply (192 extra long sheets per roll)	8 rolls	\$
	Royale - Two-ply (192 extra long sheets per roll)	12 rolls	\$
	Or:		\$
	Or:		\$
Aluminum Foil	Reynold's	25 feet	\$
	Or:		\$
Garbage bags	Glad - Easy-tie	10 bags	\$
	Glad - Kitchen Catcher's white garbage bags	12 bags	\$
	Or:		\$
	Or:		\$

	Hygiene Products			
ITEM	BRAND	SIZE	PRICE	
	Irish Spring	270 g	\$	
	Lever 2000	2 X 95 g	\$	
Soap Deodorant Bars	Ivory (4 large size)	508 g	\$	
	Or:		\$	
	Or:		\$	
	Tampax Tampons (Regular)	10 units	\$	
Tampons	Tampax Tampons (Regular)	20 units	\$	
	Or:		\$	
	Always - Maxi pads	24 pads	\$	
	Always - Thin Jumbo pack	36 pads	\$	
	Always - Pantiliners	48 liners	\$	
Feminine Pads	Stayfree - Prima Ultra Thin Overnight	16 pads	\$	
reminine raus	Stayfree - Ultra Thin Regular with Wings	20 pads	\$	
	Stayfree - Ultra Thin Maxi	18 pads	\$	
	Or:		\$	
	Or:		\$	
Toothpaste	Crest - Toothpaste with Fluoristat (Regular)	75 ml	\$	
	Crest - Toothpaste with Fluoristat (Regular)	3 X 170 ml	\$	
	Aquafresh - Toothpaste Regular	75 ml	\$	
	Or:		\$	
	Or:		\$	
Meuthwash	Scope	710 ml	\$	
Mouthwash	Or:		\$	

Notes & Comments			
_	 _	_	