

Cost of Eating in BC

Submitted by Abra Brynn
BC Food Systems Network.

The 2007 Cost of Eating in BC Report has been released by the Dietitians of Canada, BC Region and the Community Nutritionists Council of BC.

As many of you will know, each year dietitians throughout BC price a basket of food at a number of grocery stores using a standardized food costing tool called the National Nutritious Food Basket (NFB).

The basket contains 66 basic foods that require preparation. The cost of the food basket is then compared to disposable income for a number of family scenarios. For those on income assistance, or with a low earned income, shelter and food costs consume an unreasonable proportion.

Just to give you a taste of what you will find in this important report, from their Media Backgrounder:

"The Facts:

- Poverty is a reality for many British Columbians, despite a booming economy.
- The province has the highest child poverty rate in the country.
- More than 76,500 British Columbians used food banks in 2007; almost 28,000 of these were children.
- For recipients of income assistance considered employable, shelter and support allowances have remained virtually the same since 2001, even though some individuals and families saw a \$50 increase to both in 2007. This increase only returned some, for example the lone parent family, to the support rate of 2001. In 2002, the support allowance was reduced by \$51 a month for this family.
- Minimum wage has remained at \$8 since 2001, while the costs of living have risen."

The 2007 report by the Dietitians of Canada, BC Region and the Community Nutritionists Council of BC can be found on the BC Food Systems Network's website, on the Resources & Links page as well as the What's New page:

<http://www.fooddemocracy.org/new.php>. It can also be found in the Resource Centre of the Dietitians of Canada's website: <http://www.dietitians.ca/>, along with many other useful resources.

Click below to return to the Making Food Matter newsletter:

http://www.communitycouncil.ca/crfair_nl/crfair_nl_issue3_index.html

