

Highlights of 2024-2025 NAFB report

The NAFB (Nutritious and Affordable Food Basket) is a tool used to estimate the **cost of a basic balanced grocery basket that meets the nutritional needs of the population**, based on grocery store price surveys.

Current cost

In July 2025, a family of four (woman and man aged 31-50, boy aged 14-18, girl aged 9-13) has to pay **\$10.38/day per person**, or **\$290/week** to meet their nutritional needs.

Annual change

Between July 2024 and July 2025, **the cost remained mostly stable**, despite a small temporary increase in January 2025.

Change by category or subcategory

Significant increases (2024-2025)

- Commercial infant formula: +11%
- Frozen and canned fish: +12%
- Frozen and canned vegetables: +9%

Since October 2021, the price of commercial infant formula has jumped by 129%, reaching \$53.32/kg in 2025.

Share of income spent on food

For a person earning minimum wage and living alone, the NAFB represented 17% of their income in 2021, compared to 20% in 2025, despite the increase in minimum wage.

When the cost of the NAFB exceeds 20% of net income, Alima considers a household to be under significant financial strain.

The apparent stability of the NAFB **does not reflect a real improvement: past sharp price increases** and the **pressure of other essential expenses** are making it increasingly difficult for many households to afford food.



Visit our website, centrealima.ca, to consult the 2024-2025 Nutritious and Affordable Food Basket report in its entirety (available in French only).

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For any questions, please contact us at ppne@centrealima.ca.