

# Highlights of 2025-2026 NAFB report

**1.** 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. All meals and snacks are home cooked.

## Current cost

**2.** In July 2026, a family of four (woman and man aged 31-50, boy aged 14-18, girl aged 9-13) was spending **\$10.47/day per person**, or **\$293/week** on food to meet their nutritional needs.

## Annual change

**3.** Between July 2025 and July 2026, **the cost increased by 1%**, with variations of  $\pm 2-3\%$  throughout the year.

## Change by category or subcategory

**4.** Significant increases (2025-2026)

- Meat (+13%)
- Fresh fruit (+12%)
- Basic grain products (+7%)

## The reality at Alima, Perinatal Social Nutrition Centre

**5.** **68% of the pregnant women** supported by Alima are living with **moderate or severe food insecurity**, meaning they have difficulty accessing sufficient quantities or quality of food.

**6.** The **most common household among Alima's clients** faces a monthly shortfall after covering the costs of housing and a basic nutritious diet, even before accounting for other essential expenses such as transportation, childcare and clothing.

**7.** Meeting the increased nutritional needs associated with **pregnancy** and **breastfeeding costs an additional \$64 and \$40 per month**, respectively.

**8.** For an infant aged 0-6 months, **commercial infant formula** costs approximately **\$4 more per day** than the cost of meeting the additional nutritional needs associated with breastfeeding, or approximately \$121 more per month.

**9.** During the 2025-2026 fiscal year, Alima **distributed nearly 12,000 kilograms of food to families** through its various services. This included eggs, milk, bread, meat, vegetables, and non-perishable food items. Emergency food assistance helps meet immediate needs but cannot, on its own, overcome the financial barriers to a nutritious diet.



Visit our website, [centrealima.ca](https://centrealima.ca), to consult the 2025-2026 Nutritious and Affordable Food Basket report in its entirety (available in French only).

[centrealima.ca](https://centrealima.ca)

For any questions, please contact us at [ppne@centrealima.ca](mailto:ppne@centrealima.ca).