



NUNAVUT FOOD PRICE SURVEY REPORT



2025

Nunavummit Kiglisiniartiit

Department of Executive and Intergovernmental Affairs

statsbureau@gov.nu.ca

Contents

- Executive Summary**3
 - Territorial Overview3
 - Southern Comparison3
 - Per Unit Analysis4
 - Data Continuity4
- Introduction**6
- Survey Background**7
- Methodology**8
 - Survey Scope and Coverage8
 - Data Collection Procedures8
 - Unit Standardization and Price Conversion8
 - Data Entry and Review9
 - Calculation of Averages9
 - Reference Period9
 - Limitations10
- Data Continuity and Comparability**10
- Results**11
 - 24 Select Food Basket Items by Community, Region and Territory11
 - Regional Level Price Comparison Summary11
 - Community Level Price Comparison Summary13
 - Per Unit Comparisons (kg/L)15
 - Average Price Per Kilogram of Select Food Items, by Region16
 - Average Price Per Litre of Select Food Items, by Region17
 - Average Price Per Kilogram of Select Vegetables and Fruit, by Region18
 - Average Price Per Kilogram of Select Milk and Alternatives, by Region19
 - Average Price Per Kilogram of Select Grain Products, by Region20
 - Average Price Per Kilogram of Select Meat and Alternatives, by Region21
 - Average Price Per Kilogram of Miscellaneous Processed Food, by Region22
- Acknowledgements**23

Table of Figures

Table 1: 2025 Nunavut Food Price Survey- Comparison of Regional and Territorial Averages 11

Table 2: 2025 Average Prices for 24 Select Food Basket Items, by Region..... 11

Table 3: Nunavut Food Price Survey- Community, Regional and Territorial Food Basket..... 14

Table 4: Average Price Per Kilogram of Select Food Items, By Region..... 16

Table 5: Average Price Per Litre of Select Food Items, by Region 17

Table 6: Average Price Per Kilogram of Select Vegetables and Fruit, by Region..... 18

Table 7: Average Price Per Kilogram of Select Milk and Alternatives, by Region 19

Table 8: Average Price Per Kilogram of Select Grain Products, by Region 20

Table 9: Average Price Per Kilogram of Select Meat and Alternatives, by Region 21

Table 10: Average Price Per Kilogram of Miscellaneous Processed Food, by Region 22

Executive Summary

The 2025 Nunavut Food Price Survey conducted by Nunavummit Kiglisiniartiit¹ marks the re-establishment of a core territorial statistical dataset that monitors food costs across Nunavut. Conducted in March 2025 across all twenty-five communities in the territory, the survey provides standardized, comparable price information for commonly purchased food and essential household items.

This survey cycle marks the first fully verified and published food price survey conducted by the Government of Nunavut since 2019, and it establishes a new baseline for tracking food prices in Nunavut.

Territorial Overview

The average cost of the Nunavut food basket² was \$198.75 in March 2025.

Regional food basket costs were:

- Qikiqtaaluk: \$199.44
- Kivalliq: \$192.49
- Kitikmeot: \$204.31

The highest regional food basket cost was recorded in the Kitikmeot region, while the Kivalliq region recorded the lowest. The difference between the highest and lowest basket costs was \$11.82.

Southern Comparison

Prices were collected for the same basket of items in Ottawa, Ontario, for a southern comparison. The Ottawa food basket cost \$132.44, which is \$66.31 less than the Nunavut

¹ Nunavummit Kiglisiniartiit is the official name of the Nunavut Bureau of Statistics, according to the Statistics Act, 2026. It is also referred to as “the Bureau” throughout this document.

² The food basket is comprised of 24 selected food and household items that are regularly purchased across the territory.

territorial basket. The lowest regional basket in Nunavut exceeded Ottawa's basket cost by \$60.05.

Fresh produce and staple items showed the most pronounced price differences across communities. Oatmeal, bananas, canned goods, and frozen vegetables were often double the Ottawa price in Nunavut. Perishable items also showed wide variation across regions.

Per Unit Analysis

To allow meaningful comparison across communities, prices were converted to standardized units (per kilogram or per litre).

The analysis shows that:

- The highest prices were recorded for several dairy and meat products in the Kitikmeot region.
- Higher prices were also recorded for some grains and processed goods in the Qikiqtaaluk region.
- There is greater price stability for some shelf-stable items compared to fresh produce.
- There is a wide variance for selected products such as macaroni and cheese dinners, ground beef, and chocolate bars.

These patterns highlight differences in cost across food categories and regions.

Data Continuity

The last fully published survey cycle was completed in 2019. Although data were collected in 2021, the results were not released because they did not meet publication-quality standards, largely due to capacity challenges at the time.

The 2025 cycle restores a consistent, clearly documented approach to data collection and reporting. As a result, 2025 serves as a new baseline for future comparisons. Direct

comparisons with 2019 should be interpreted cautiously, given the time gap and broader economic conditions affecting food prices across Canada.

Introduction

The Nunavut Food Price Survey is one of the Government of Nunavut's long-standing territorial tools for understanding community-level food prices and for supporting evidence-based decision-making across the Government of Nunavut. Conducted by Nunavummit Kiglisiniartiit, a division of the Department of Executive and Intergovernmental Affairs, the survey provides reliable, relevant food price statistics to inform policy development and promote public transparency.

The 2025 Nunavut Food Price Survey cycle marks the resumption of the survey after several years without a complete reporting cycle. Although previous survey cycles were conducted from 2013 to 2019, capacity challenges led to a hiatus. The 2025 cycle restores a consistent, quality-assured approach to data collection, processing, and analysis across all Nunavut communities.

This report presents territorial, regional, and community-level findings on a standardized list of commonly purchased foods and essential household items. To ensure meaningful comparisons, prices were converted to common units (per kilogram or per litre) to maintain consistency across package sizes and retail formats. Results are presented in a clear, structured format to support interpretation by Nunavummiut, government decision-makers, partners, and the broader public.

As the first fully verified and published cycle since 2019, the 2025 survey establishes a new baseline for measuring food price variation across Nunavut. Future cycles will build on this foundation to enable consistent year-over-year analysis and strengthen monitoring of food affordability throughout the territory.

Survey Background

The Nunavut Food Price Survey was established in 2013 as a territorial initiative to better understand variation in food costs across Nunavut communities. The initial cycle was conducted in collaboration between the Nunavut Bureau of Statistics, a division of the Department of Executive and Intergovernmental Affairs, and the Poverty Reduction Division of the Department of Family Services, collecting prices for food and non-food items in eleven (11) Nunavut communities as part of broader work to understand cost-of-living differences across the territory. Following the success of that pilot, the survey expanded to all twenty-five (25) communities in 2014 and included 113 food items and 18 essential household items.

Since its expansion to all communities in 2014, the survey has been a key source of community-level price information. Government Liaison Officers (GLOs) have played a central role in the survey cycles, collecting shelf prices directly from local retailers using a standardized price collection survey instrument. Over time, the survey evolved to include both food and selected non-food household essentials, reflecting the broader cost-of-living pressures across Nunavut.

The last full survey cycle, with complete analysis and reporting, was completed in 2019.

Although data collection took place in 2021, capacity constraints prevented the analysis and publication of those results.

The 2025 Nunavut Food Price Survey focused on restoring a consistent and reliable survey process after several years without a complete reporting cycle. Reviving the Nunavut Food Price Survey in 2025 meant returning to its foundational purposes, ensuring a clear methodology, and working closely with the GLOs to collect accurate information across the territory. The 2025 cycle did not introduce new technologies or major changes; instead, emphasis was placed on clear guidance, consistent application of item definitions, and careful review of the information collected.

Methodology

Survey Scope and Coverage

Nunavummit Kiglisiniartiit (Nunavut Bureau of Statistics) conducted the 2025 Nunavut Food Price Survey from March 17 – 21, 2025, in all twenty-five (25) communities across Nunavut's three regions. Price data for one hundred and forty-one (141) items, including nineteen (19) non-food items, was collected from forty-five (45) stores across all communities. The items were selected to reflect products typically available and regularly purchased in the communities.

Data Collection Procedures

Government Liaison Officers (GLOs) collected prices across all three regions: Qikiqtaaluk, Kivalliq and Kitikmeot, by visiting participating retailers in each community.

For each item, GLOs recorded:

- The shelf price (excluding sales or promotional prices)
- The package size
- The product brand or description
- The availability of the item at the time of collection

Prices were collected from at least two stores in most communities.

Unit Standardization and Price Conversion

Because food items were sold in different package sizes, prices were converted to standard units (per kilogram or per litre) to enable meaningful comparisons across communities. Liquid items were converted to price per litre, and solid food items to price per kilogram. Only observed prices were included in the analysis.

Data Entry and Review

Completed survey booklets were returned to the bureau for data entry and review.

Prices and package data were entered into standardized spreadsheets to ensure consistency across communities and items.

A structured review process was applied to:

- Identify duplicate entries and missing values.
- Review package sizes and measurement units.
- Confirm unit conversions
- Flagging unusual or unexpected values
- Cross-check entries against original survey forms

Corrections were made where necessary to ensure accuracy before analysis.

Calculation of Averages

Community averages were calculated from observed shelf prices collected in each community.

Regional and territorial averages were calculated from aggregated community data. In communities with one or more stores, prices were averaged at the community level before inclusion in regional calculations. Only observed prices were included; items unavailable at the time of collection were excluded from the location's average.

The total food basket cost is the sum of the selected items, using standardized prices for each community, region, and the territory.

Reference Period

All prices presented in this report reflect shelf prices observed in March 2025. As food prices may vary seasonally, results should be interpreted as representative of that reference period.

Limitations

All prices presented in this report reflect shelf prices observed in March 2025. As food prices may vary seasonally, results should be interpreted as representative of that reference period.

Data Continuity and Comparability

The Nunavut Food Price Survey was last fully published in 2019. Although data collection activities occurred in 2021, the bureau determined that the information collected during that cycle did not meet the methodological and quality standards required for official release. As a result, the 2021 data were not published and are not considered statistically comparable to either past or current survey cycles.

The 2025 survey marks the first quality-assured and verified reporting cycle since 2019. For this cycle, emphasis was placed on restoring consistent item definitions, standardizing unit conversions, implementing structured data-cleaning procedures, and establishing a systematic verification process. These measures were implemented to ensure that the results meet the required statistical standards for reliability, transparency, and statistical integrity.

Due to the six-year gap between the 2019 and 2025 published cycles, direct comparisons should be interpreted with caution. During this period, significant external factors, including global supply chain disruptions, rising transportation costs, and border-related inflationary pressures, affected food prices across Canada, including Nunavut. As a result, differences observed between 2019 and 2025 cannot be interpreted as incremental or annualized changes.

Accordingly, the 2025 Nunavut Food Price Survey establishes a new territorial baseline for measuring food prices. Future survey cycles will enable consistent trend analysis, with 2025 as the reference point. This approach ensures that subsequent comparisons are based on standardized, fully validated data collected using a stable, documented methodology.

Results

24 Select Food Basket Items by Community, Region and Territory

This section presents the average prices of twenty-four (24) selected food items across the three Nunavut regions (Qikiqtaaluk, Kivalliq and Kitikmeot), as well as the territorial average. The items were chosen to represent the typical food basket of the average consumer within the territory. The analysis provides a breakdown of how each region compares to the territorial average price for these selected items. The data highlights price variation across the territory.

Regional Level Price Comparison Summary

Table 1 presents a summary of regional food basket prices relative to the Nunavut basket.

Table 1: 2025 Nunavut Food Price Survey- Comparison of Regional and Territorial Averages

Table 1: 2025 Nunavut Food Price Survey – Comparison of Regional and Territorial Averages

Region	Items Priced Above Nunavut Avg	Items Priced Below Nunavut Avg	% Above	% Below
Qikiqtaaluk	12 out of 24 items	9 out of 24 items	50%	38%
Kivalliq	7 out of 24 items	16 out of 24 items	29%	67%
Kitikmeot	11 out of 24 items	9 out of 24 items	46%	38%

Note: Some values are neutral (equal to average) or imputed and thus may not sum to 100%.

Qikiqtaaluk Region Food Basket

In the Qikiqtaaluk region, fifty percent (50%) of the food basket items had average prices higher than the Nunavut average. Of the twenty-four (24) items, twelve (12) were priced above the Nunavut average, and nine (9) were priced below the territorial average. The region recorded lower costs for eggs (\$5.99), bananas (\$5.17), and canned beans (\$5.62) compared with the other regions. It also recorded higher average prices for staples such as flour (\$11.61), ground beef (\$14.69), white bread (\$4.28), and carrots (\$7.49).

Table 2: 2025 Average Prices for 24 Select Food Basket Items, by Region

Table 2: 2025 Average Prices for 24 Select Food Basket Items, by Region (\$)

Item	Qikiqtaaluk Average	Kivalliq Average	Kitikmeot Average	Nunavut Average	Ottawa Average
Milk, 2%	6.95	6.47	8.45	7.29	5.53
Margarine, Soft	8.19	6.28	8.03	7.50	5.99
Eggs, Large	5.99	6.14	6.57	6.23	4.89
Frozen Corn	7.18	6.62	8.25	7.35	3.58
Frozen French-Fried Potatoes	10.21	8.73	10.33	9.76	4.51
Frozen Pizza	18.47	18.31	17.68	18.15	6.49
Soda Crackers	11.25	11.32	11.88	11.48	6.99
Canned Salmon, Pink	7.02	6.61	7.55	7.06	5.56
Canned Baked Beans	5.34	5.79	5.75	5.62	2.69
Canned Cream of Mushroom Soup	4.85	3.90	4.03	4.26	2.99
Rice, Instant	8.35	6.90	7.75	7.67	6.49
Spaghetti Noodles	5.12	4.62	5.31	5.02	2.79
Macaroni & Cheese Dinner	4.67	3.80	3.80	4.09	1.84
Oatmeal, Quick Type	8.61	7.25	10.57	8.81	3.99
Flour, White	11.61	10.29	8.01	9.97	6.64
Baby Food in Jars	3.23	2.82	4.03	3.36	2.46
White Bread	4.28	4.19	4.27	4.25	3.99
Apples	8.39	10.99	9.78	9.72	6.49
Bananas	5.17	5.33	5.53	5.34	1.72
Carrots	7.49	4.34	5.74	5.86	5.49
Potatoes	10.31	10.48	10.24	10.34	4.98
Ground Beef	14.69	12.78	11.96	13.14	17.96
Pork Chops	13.66	21.16	20.49	18.44	13.17
Wieners, Hotdogs	8.44	7.38	8.31	8.04	5.21
Total Basket Cost	199.44	192.49	204.31	198.75	132.44

Highest regional prices in blue.

Table 2 provides a breakdown of the regional averages for the 24 items represented in the food baskets.

Kivalliq Region Food Basket

The Kivalliq region's basket was the most affordable of the three regions, with sixty-seven percent (67%) of its items priced below the Nunavut average. Sixteen (16) of twenty-four (24) items were priced below the territorial average, while seven (7) items were priced above average. Low regional prices were observed for margarine (\$6.28), frozen corn (\$6.62), frozen French-fried potatoes (\$8.73), rice (\$6.90), and canned cream of mushroom soup (\$3.90), among others. Higher average prices were observed for canned baked beans (\$5.79), apples (\$10.99), potatoes (\$10.48), and pork chops (\$21.16).

Kitikmeot Region Food Basket

The Kitikmeot region had the highest overall basket cost at \$204.31, \$5.56 above the Nunavut basket. The highest regional prices were recorded for several items, including 2% milk (\$8.45),

oatmeal (\$10.57), and spaghetti noodles (\$5.31). Lower regional costs included frozen pizza (\$17.68), flour (\$8.01), potatoes (\$10.24), and ground beef (\$11.96).

Community Level Price Comparison Summary

A breakdown of community-level prices provides a more detailed look at the composition of the regional average prices:

Graph 1 compares community basket prices with the territorial basket. A detailed breakdown of the prices is provided in Table 3. Communities with below-average food basket costs relative to the territorial average include Kinngait, Arctic Bay, Rankin Inlet, Pond Inlet, Sanikiluaq, and Kugluktuk. Communities with above-average food basket costs relative to the territorial average include Clyde River, Coral Harbour, Iqaluit, Kimmirut, and Sanirajak. The results show that sixty percent (60%) of surveyed locations have above-average prices, while the remaining forty percent (40%) are below the Nunavut average.

Figure 1: 2025 Nunavut Food Price Survey Food Basket Costs by Community

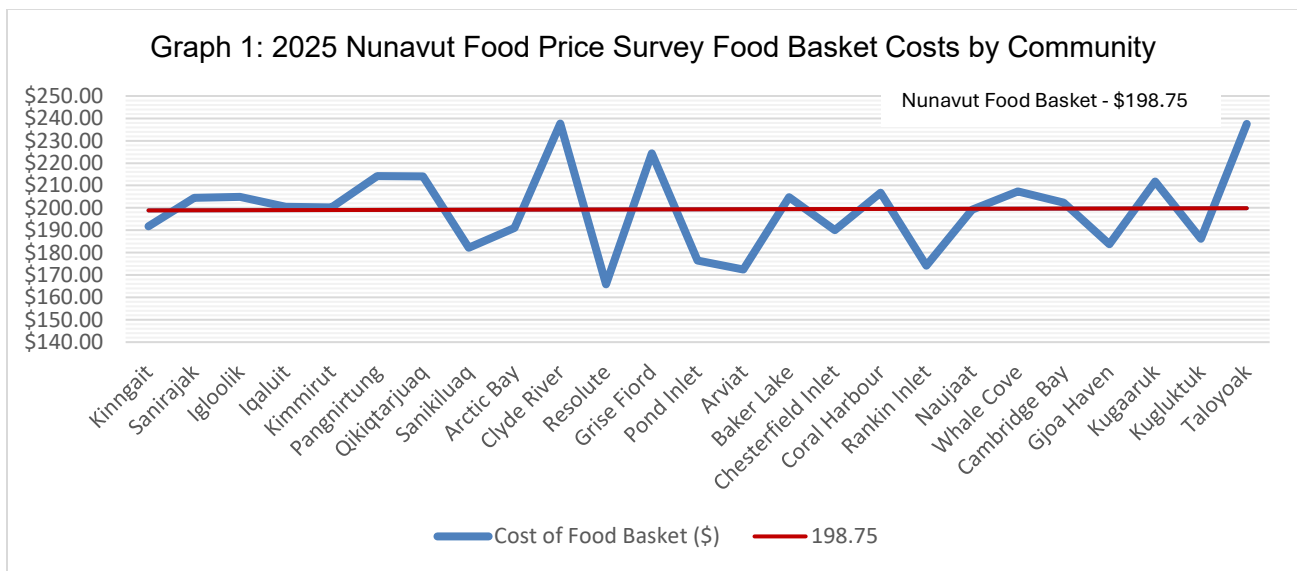


Table 3: Nunavut Food Price Survey- Community, Regional and Territorial Food Basket

Communities and Regions	2025		
	Cost of Food Basket	Difference with Nunavut	Difference with Nunavut
	(\$)	\$	(%)
Kinngait	191.69	7.06	-3.55%
Sanirajak	204.55	-5.80	2.92%
Iglolik	204.93	-6.18	3.11%
Iqaluit	200.43	-1.68	0.85%
Kimmirut	200.15	-1.40	0.70%
Pangnirtung	214.25	-15.50	7.80%
Qikiqtarjuaq	214.02	-15.27	7.68%
Sanikiluaq	182.15	16.60	-8.35%
Arctic Bay	191.10	7.65	-3.85%
Clyde River	237.68	-38.93	19.59%
Resolute	165.83	32.92	-16.56%
Grise Fiord	224.37	-25.62	12.89%
Pond Inlet	176.41	22.34	-11.24%
Arviat	172.45	26.30	-13.23%
Baker Lake	204.76	-6.01	3.02%
Chesterfield Inlet	190.07	8.68	-4.37%
Coral Harbour	206.75	-8.00	4.03%
Rankin Inlet	174.24	24.51	-12.33%
Nauyasat	199.26	-0.51	0.25%
Whale Cove	207.32	-8.57	4.31%
Cambridge Bay	202.34	-3.59	1.81%
Gjoa Haven	183.72	15.03	-7.56%
Kugaaruk	211.80	-13.05	6.56%
Kugluktuk	186.23	12.52	-6.30%
Taloyoak	237.47	-38.72	19.48%
Qikiqtaaluk	199.44		
Kivalliq	192.49		
Kitikmeot	204.31		
Nunavut	198.75		
Ottawa	132.44		

Per Unit Comparisons (kg/L)

This section compares food prices by converting them to a standard unit of measurement (cost per kilogram or litre), making it easier to compare items sold in different package sizes. This approach enables fair price comparisons across products and communities. For example, a 2.5 kg bag of flour priced at \$13.70 has an equivalent cost of \$5.48 per kg.

The 44 selected food items are grouped into the Nunavut Food Guide categories, except for the miscellaneous (processed foods) and liquid items.

For visual purposes only, the Qikiqtaaluk region is divided into two subregions in selected tables and graphs. As the largest region in Nunavut by the number of communities, splitting Qikiqtaaluk enables more balanced visual comparisons by showing a similar number of communities across regions. However, in the written analysis, Qikiqtaaluk is reported as a single region to ensure consistency with standard regional reporting and to facilitate direct comparison with Nunavut's official regions.

Here is a summary of the per-category analysis, which follows:

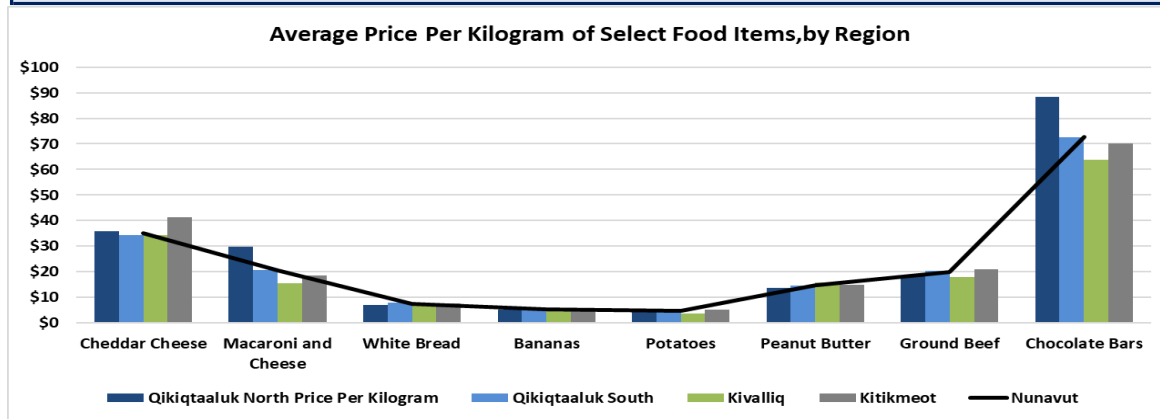
Theme	Observations
Most Expensive Items	Chocolate bars, cheddar cheese, skim milk powder.
Least Expensive Staples	Flour, potatoes, macaroni and cheese.
Region with Highest Prices	Kitikmeot for dairy and meats, Qikiqtaaluk for sweets and grains.
Widest Variance	Macaroni and cheese, ground beef, and chocolate bars.

Average Price Per Kilogram of Select Food Items, by Region

Table 4: Average Price Per Kilogram of Select Food Items, By Region

Average Price Per Kilogram of Select Food Items, by Region

	Qikiqtaaluk North	Qikiqtaaluk South	Kivalliq	Kitikmeot	Nunavut
	Price Per Kilogram				
Cheddar Cheese	35.95	34.45	34.39	41.44	35.15
Macaroni and Cheese	29.64	20.61	15.55	18.46	20.61
White Bread	7.14	7.94	7.43	7.50	7.58
Bananas	5.15	5.63	4.79	5.53	5.37
Potatoes	4.31	4.66	3.78	5.17	4.57
Peanut Butter	13.68	14.54	15.76	14.97	14.78
Ground Beef	18.11	20.28	18.01	21.08	19.84
Chocolate Bars	88.32	72.48	63.74	70.05	72.62



Thirty-seven (37) solid food items were analyzed across Nunavut. The lowest price in this group was \$3.78/kg for a 2.27 kg bag of potatoes in the Kivalliq region. The most expensive item was chocolate bars, which cost up to \$88.32/kg in the Qikiqtaaluk region.

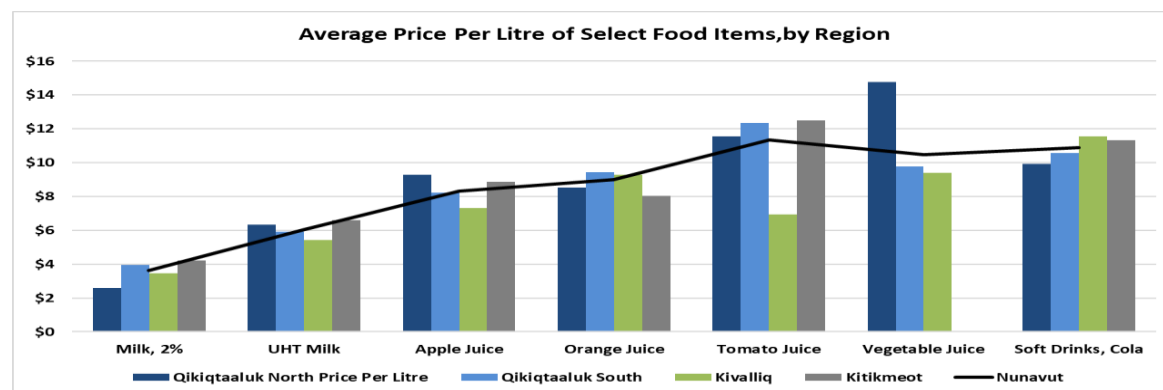
Cheddar cheese prices are consistently high across regions, with the highest recorded at \$41.44/kg in the Kitikmeot region. A macaroni and cheese dinner shows the greatest cost disparity among the group, ranging from \$15.55/kg in the Kivalliq to \$29.64/kg in the Qikiqtaaluk region.

Peanut butter is most expensive in the Kivalliq region (\$15.76/kg) and cheapest in the Qikiqtaaluk region (\$13.68/kg). Potatoes and bananas, while relatively stable, still cost 30%-50% more than southern prices, ranging from \$3.78/kg to \$5.63/kg.

Average Price Per Litre of Select Food Items, by Region

Table 5: Average Price Per Litre of Select Food Items, by Region

	Qikiqtaaluk North	Qikiqtaaluk South	Kivalliq	Kitikmeot	Nunavut
	Price Per Litre				
Milk, 2%	2.60	3.94	3.44	4.22	3.64
UHT Milk	6.33	5.90	5.41	6.59	6.03
Apple Juice	9.30	8.22	7.31	8.85	8.31
Orange Juice	8.52	9.45	9.30	8.04	8.98
Tomato Juice	11.54	12.36	6.93	12.51	11.35
Vegetable Juice	14.75	9.76	9.39 ...		10.47
Soft Drinks, Cola	9.94	10.58	11.57	11.34	10.87



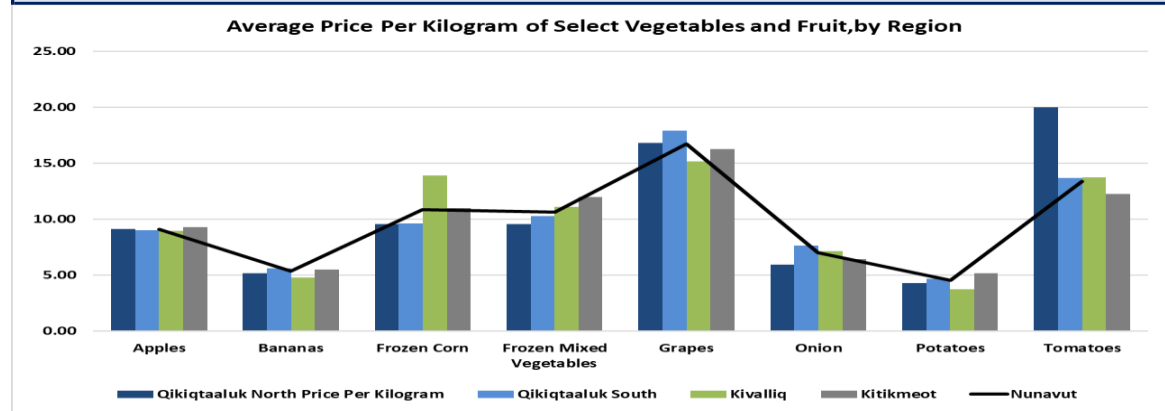
An analysis of the liquid items on the list showed that the cheapest item was 2% milk, priced at \$2.60/L in the Qikiqtaaluk region and \$4.22/L in the Kitikmeot region. The most expensive item in this group was vegetable juice, priced at \$14.75/L in the Qikiqtaaluk region. Soft drink prices ranged from \$9.94/L in the Qikiqtaaluk region to \$11.57/L in the Kivalliq region.

Prices for liquids vary less than those for solid goods but still reflect 40%-60% regional price differences, especially for juices and milk alternatives.

Average Price Per Kilogram of Select Vegetables and Fruit, by Region

Table 6: Average Price Per Kilogram of Select Vegetables and Fruit, by Region

	Qikiqtaaluk North	Qikiqtaaluk South	Kivalliq	Kitikmeot	Nunavut
	Price Per Kilogram				
Apples	9.15	9.05	8.98	9.27	9.10
Bananas	5.15	5.63	4.79	5.53	5.37
Frozen Corn	9.57	9.62	13.88	11.00	10.85
Frozen Mixed Vegetables	9.58	10.30	11.09	12.01	10.61
Grapes	16.83	17.91	15.16	16.24	16.73
Onion	5.95	7.66	7.18	6.43	7.01
Potatoes	4.31	4.66	3.78	5.17	4.57
Tomatoes	19.99	13.71	13.74	12.24	13.40



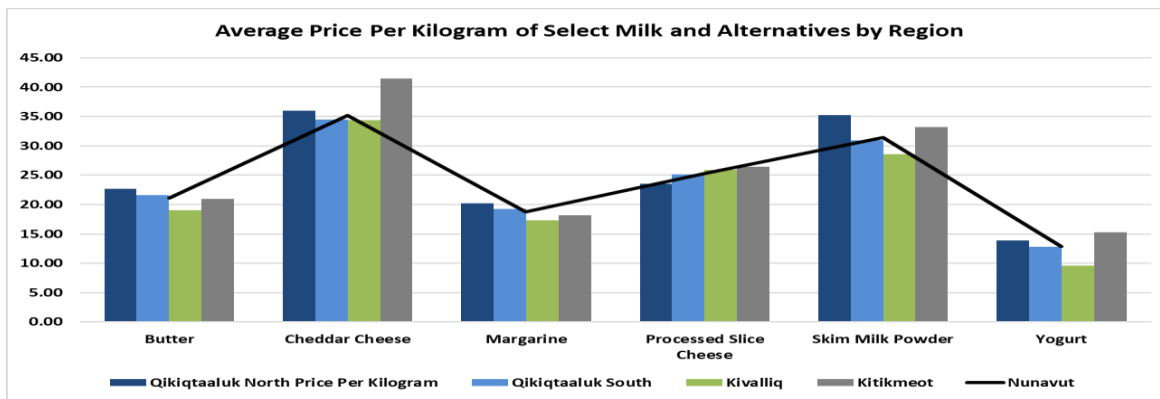
Tomatoes are the most expensive item in the vegetables and fruit category, with a high of \$19.99/kg in the Qikiqtaaluk region. The lowest tomato price was recorded in Kitikmeot at \$12.24/kg. Potatoes and bananas are the cheapest items in the group, with the lowest prices recorded in the Kivalliq region at \$3.78/kg and \$4.79.

Frozen corn and mixed vegetables range from nearly \$10/kg to over \$12/kg, while grapes are the second-most-expensive item on the list, priced from \$15.16/kg (Kivalliq) to \$17.91/kg (Qikiqtaaluk).

Average Price Per Kilogram of Select Milk and Alternatives, by Region

Table 7: Average Price Per Kilogram of Select Milk and Alternatives, by Region

	Qikiqtaaluk North	Qikiqtaaluk South	Kivalliq	Kitikmeot	Nunavut
	Price Per Kilogram				
Butter	22.72	21.57	18.98	20.93	21.09
Cheddar Cheese	35.95	34.45	34.39	41.44	35.15
Margarine	20.16	19.22	17.31	18.22	18.74
Processed Slice Cheese	23.54	25.11	25.88	26.46	25.31
Skim Milk Powder	35.25	30.91	28.52	33.18	31.46
Yogurt	13.82	12.75	9.57	15.22	12.86



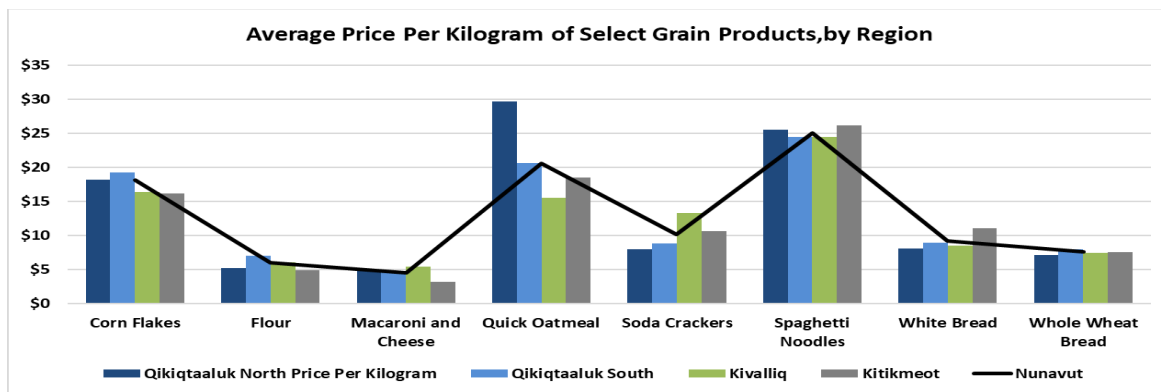
Yogurt had the lowest recorded price in the Milk and Alternatives group at \$9.57/kg in the Kivalliq region. Margarine is another affordable option in this group, with recorded prices ranging from \$17.31/kg in Kivalliq to \$20.16/kg in Qikiqtaaluk.

The highest price recorded for yogurt was \$15.22/kg in the Kitikmeot region. Cheddar cheese was the most expensive item, with a high of \$41.44/kg in Kitikmeot and a low of \$34.39/kg in Kivalliq. Skim milk was the second-most-expensive item in the group, with a high of \$35.25/kg in Qikiqtaaluk and a low of \$28.52/kg in Kivalliq.

Average Price Per Kilogram of Select Grain Products, by Region

Table 8: Average Price Per Kilogram of Select Grain Products, by Region

Average Price Per Kilogram of Select Grain Products,by Region					
	Qikiqtaaluk North	Qikiqtaaluk South	Kivalliq	Kitikmeot	Nunavut
	Price Per Kilogram				
Corn Flakes	18.22	19.20	16.41	16.17	18.11
Flour	5.24	7.02	6.08	4.87	5.99
Macaroni and Cheese	4.79	4.73	5.41	3.20	4.51
Quick Oatmeal	29.64	20.61	15.55	18.46	20.61
Soda Crackers	7.98	8.85	13.27	10.65	10.18
Spaghetti Noodles	25.50	24.45	24.51	26.16	25.07
White Bread	8.05	8.95	8.52	11.10	9.21
Whole Wheat Bread	7.14	7.94	7.43	7.50	7.58



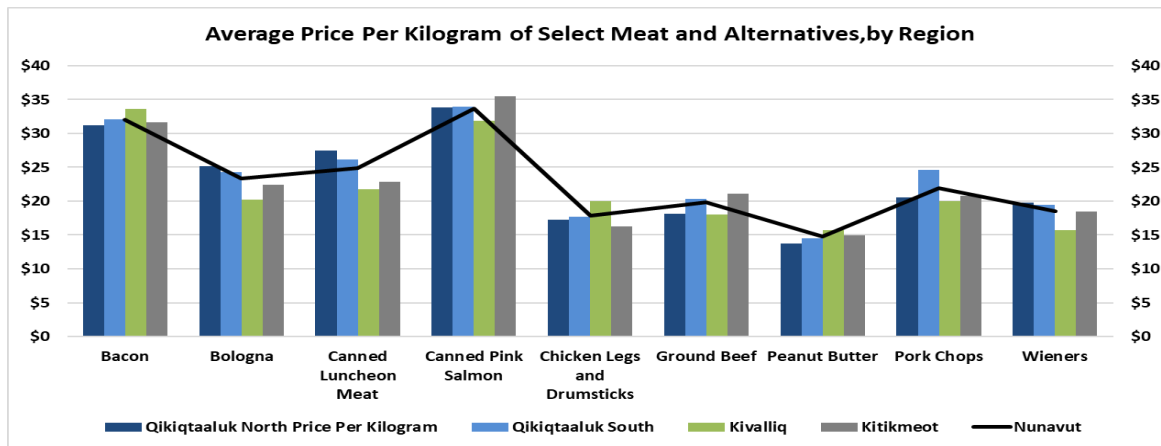
Quick Oatmeal, Spaghetti and Noodles, and Corn Flakes had the highest recorded prices for Select Grain Products across the territory. Quick Oatmeal in Qikiqtaaluk was the most expensive item at \$29.64/kg. The cost for Spaghetti and Noodles ranged from \$24.45/kg in Qikiqtaaluk to \$26.16/kg in Kitikmeot.

Bread and flour were the most affordable items in this food group across the territory. The price of whole wheat bread ranged from \$7.14/kg to \$7.94/kg in the Qikiqtaaluk region, while white bread ranged from \$8.05/kg in Qikiqtaaluk to \$11.10/kg in Kitikmeot. Flour, the cheapest item in the food group, ranged from \$4.87/kg (Kitikmeot) to \$7.02/kg (Qikiqtaaluk).

Average Price Per Kilogram of Select Meat and Alternatives, by Region

Table 9: Average Price Per Kilogram of Select Meat and Alternatives, by Region

Average Price Per Kilogram of Select Meat and Alternatives,by Region					
	Qikiqtaaluk North	Qikiqtaaluk South	Kivalliq	Kitikmeot	Nunavut
	Price Per Kilogram				
Bacon	31.20	32.07	33.64	31.68	32.07
Bologna	25.19	24.29	20.21	22.37	23.38
Canned Luncheon Meat	27.50	26.13	21.73	22.82	24.84
Canned Pink Salmon	33.87	33.90	31.84	35.43	33.64
Chicken Legs and Drumsticks	17.22	17.74	19.98	16.30	17.87
Ground Beef	18.11	20.28	18.01	21.08	19.84
Peanut Butter	13.68	14.54	15.76	14.97	14.78
Pork Chops	20.60	24.58	20.01	20.74	21.90
Wieners	19.83	19.40	15.75	18.47	18.53



Peanut butter, chicken legs, and wieners were the most affordable items in the meat and alternatives group. Peanut butter was the cheapest item in the group, priced from \$13.68/kg (Qikiqtaaluk) to \$15.76/kg (Kivalliq). Chicken leg prices ranged from \$16.30/kg in Kitikmeot to \$19.98/kg in Kivalliq, while wieners cost between \$15.75/kg in Kivalliq and \$19.83/kg in Qikiqtaaluk.

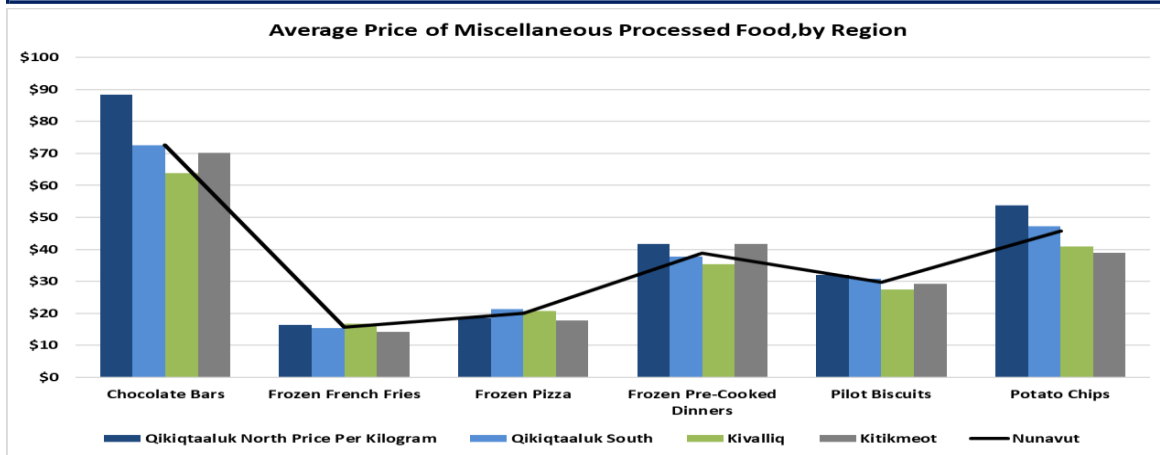
Canned pink salmon is consistently priced above \$31.84/kg across all regions, with a peak of \$35.43/kg in Kitikmeot. Bacon's highest recorded price was \$33.64/kg in Kitikmeot, 7.3% above the territorial average. Ground beef ranges from \$18.01/kg in Kivalliq to \$21.08/kg in Kitikmeot.

Average Price Per Kilogram of Miscellaneous Processed Food, by Region

Table 10: Average Price Per Kilogram of Miscellaneous Processed Food, by Region

Average Price of Select Miscellaneous Processed Foods, by Region

	Qikiqtaaluk North	Qikiqtaaluk South	Kivalliq	Kitikmeot	Nunavut
	Price Per Kilogram				
Chocolate Bars	88.32	72.48	63.74	70.05	72.62
Frozen French Fries	16.48	15.35	16.70	14.28	15.64
Frozen Pizza	18.48	21.26	20.74	17.68	19.98
Frozen Pre-Cooked Dinners	41.62	37.83	35.43	41.67	38.78
Pilot Biscuits	32.07	30.74	27.37	29.15	29.80
Potato Chips	53.84	47.29	40.82	38.84	45.77



This grouping of processed food items shows regularly purchased items, snacks, and their costs across Nunavut. Chocolates are the most expensive item surveyed across all categories, with a maximum of \$88.32/kg in Qikiqtaaluk, compared with \$63.74/kg in Kivalliq. This represents a regional spread of \$24.58/kg, or 38.6%. Potato chips, frozen pre-cooked dinners, and pilot biscuits also show higher per-kilogram prices across the territory, with highs of \$53.84/kg (Qikiqtaaluk), \$41.67/kg (Kitikmeot), and \$32.07/kg (Qikiqtaaluk), respectively.

Frozen pizza and frozen French fries offer more affordable, though still elevated, prices for commonly purchased processed foods in this group, with highs of \$21.26/kg (Qikiqtaaluk) and \$16.48/kg (Qikiqtaaluk), respectively.

Acknowledgements

Nunavummit Kiglisiniartiit acknowledges the valuable contributions of the Government Liaison Officers across all Nunavut communities for their role in collecting price information for the 2025 Nunavut Food Price Survey. Their consistent efforts and attention to detail were essential to the successful completion of this survey cycle.

The Bureau also thanks participating retailers and community partners for their cooperation and continued engagement in the survey process. The reestablishment of this flagship territorial survey reflects the collective efforts of those involved in supporting reliable and accessible statistical information for Nunavut.

Nunavummit Kiglisiniartiit Project Team:

Shereese Porter, Director

Kwanele Ncube, Project Manager/Senior Analyst

Donna Kilabuk, Information Analyst

Madiha Khan, Information Analyst

Ellie Tungilik, Information Clerk

THIS PAGE INTENTIONALLY LEFT BLANK

