

Food Insecurity in the North

Food Security Clips – Check out the following information to learn more:

<https://www.youtube.com/watch?v=IW0tvGldc6k>

https://www.youtube.com/watch?v=uri_uZ6r6X8

<https://www.youtube.com/watch?v=riasQzXY3o8>

After watching the first video, compare the following food prices:

Food Item	Price in Nunavut	Price in Abbotsford (Save On Foods)
Tropicana Orange Juice		
Bick's Pickles		
5kg Flour		
10kg Sugar		
Mazola Oil		
Cracker Barrel Cheese		
Fresh Papaya		

Questions to Think About:

1. What is 'Nutrition North'?

2. Where else is hunger a problem? _____

3. What does it mean to be 'Food Insecure'?

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After watching the first video, compare the following food prices:

Food Item	Price in Nunavut	Price in Abbotsford (Save On Foods)
Tropicana Orange Juice	\$12.69	\$4.99
Bick's Pickles	\$16.99	\$4.99
5kg Flour	\$20.98	\$9.29
10kg Sugar	\$49.99	\$14.99
Mazola Oil	\$11.99	\$6.49
Cracker Barrel Cheese	\$9.00	\$13.59
Fresh Papaya	\$7.49	\$5.99

Questions to Think About:

1. What is 'Nutrition North'? A program to bring affordable food to the north.
2. Where else is hunger a problem? Prince Edward Island – there is a high percentage of people without food in PEI.
3. What does it mean to be 'Food Insecure'? Being food insecure means not having enough food.