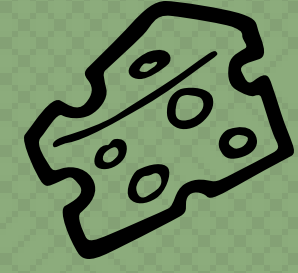


Are Healthy Foods Affordable?



The Greater Vancouver Food Bank (GVFB) is a non-profit organization that aims to "create empowering environments that provide and promote access to healthy food, education and training"¹

Issue

In 2016, it was found that one in nine households (11.8%) in British Columbia can be seen as food insecure²

Food bank use in British Columbia increased by 32.5% from 2008-2016³

The Goal

Determine if a correlation exists between location and healthiness to price of food products based on the GVFB's in-house dietitian approved ranking system⁴



Significance

GVFB provides food to 27,000 people weekly through both purchased and donated food¹

22% Adolescent Members



22% Senior Members

Methods

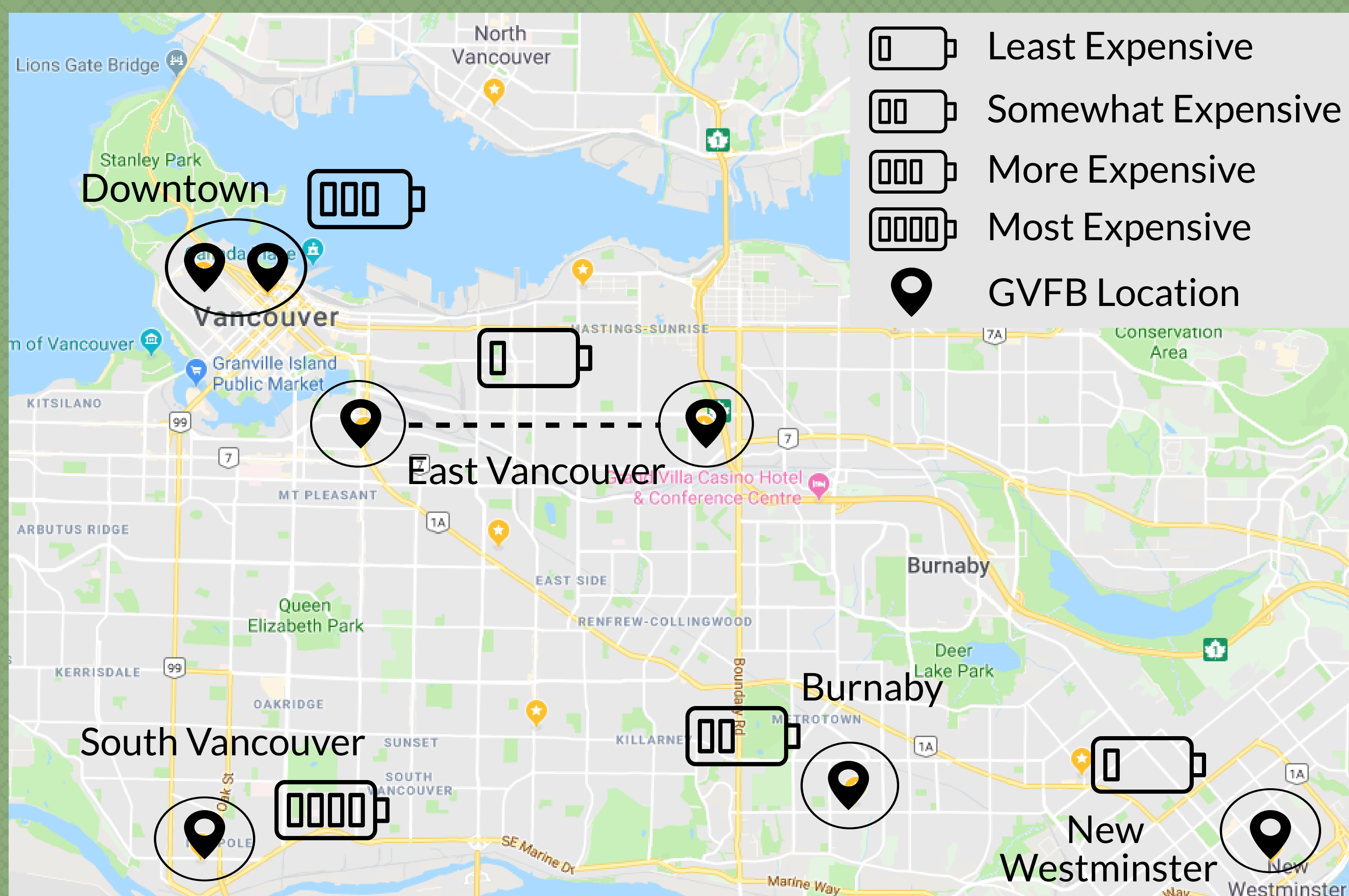
1 Visit grocers close to GVFB locations

3 Enter products into GVFB ranking system that is based on: category, product size, nutritional values, ingredients, and packaging
Rank = 1: Most Healthy
Rank = 6: Not as Healthy

2 Take pictures of 21 different food items

4 Complete regression analysis of price, store location and rank of food products to observe their associations with one another

Results



14
Stores Visited

623
Products Analyzed

Location Affects Price

Example: Yves Canned Corn
Burnaby Price: \$2.27
Downtown Price: \$3.99

Rank Affects Price



Higher the rank (not as healthy) = Slightly lower the price

Example:
Average price for rank = 2: \$4.05
Average price for rank = 4: \$3.85

Take Home Message

Non-profit food organizations such as food banks and donors may reconsider where they purchase food if further travel is feasible, and aligns with their budget

More studies should be done to determine what defines the 'healthiness' of food products to potentially create a universal method that can be used by everyone when assessing their diets

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