

Nutrition North Canada



What is Nutrition North Canada?

Nutrition North Canada (NNC) is a federal program in Canada that helps reduce the cost of nutritious food and essential items for people living in remote communities, where transportation costs make food more expensive.

How Nutrition North Canada Came to Be

For decades, the Canadian government operated the Food Mail Program, which subsidized the shipping of groceries and perishable foods to remote northern communities; however, over time it faced growing criticism for being costly, inefficient, inflexible, and lacking transparency.

Nutrition North Canada



By the late 2000s federal audits and feedback from northern communities revealed that subsidies were not clearly reaching consumers, there was limited accountability in how savings were passed on, and the overall system had become outdated.

In response to these concerns, the Government of Canada replaced the Food Mail Program in April 2011 with Nutrition North Canada (NNC), shifting to a market-based retail subsidy model that lowers the cost of nutritious food by subsidizing retailers, suppliers, and other registered entities rather than covering postal shipping costs.

Goals & Structure

NNC was intended to:

- Make fresh, nutritious foods more affordable in isolated northern communities.
- Be more transparent by publishing eligible food lists, subsidy rates, and community eligibility.
- Work with private sector retailers to pass subsidies onto consumers.

Nutrition North Canada



Nutrition North Canada currently subsidizes food in about 124 isolated Northern Communities across Canada.

- Yukon
- Northwest Territories
- Nunavut
- Alberta
- Saskatchewan
- Manitoba
- Ontario
- Quebec
- Labrador

Annual Budget

Subsidy Budget (2024–25):

About \$144.8 million for the retail subsidy component.

Funding Allocations (2025–26):

- \$20 million for the Harvesters Support Grant.
- \$20.2 million for the Community Food Programs Fund.
- \$766,000 for the Food Security Research Grant.

Nutrition North Canada

Eligible Food List



NUTRITION NORTH CANADA ELIGIBLE FOOD LIST EFFECTIVE FROM FEBRUARY 1ST, 2026

Medium Subsidy Level 1

<u>NNC ID</u>	<u>Description of eligible items</u>	<u>Additional Details Inclusion</u>	<u>Exclusions</u>
1-A02	All frozen French fries, hash browns and other potato products	Including frozen French fries that are flavored, seasoned or battered.	
1-A04	Frozen juice concentrate (unsweetened)		
1-A05	Dried fruit unsweetened (e.g., raisins, dates, cranberries and apricots)		
1-A06	Dried unseasoned vegetables (e.g., onion flakes, dried vegetable mixes, instant potato flakes, seaweed)	All varieties of mashed potatoes accepted.	Excludes dip mix or similar products, scalloped potato with seasoning.
1-A07	Unsweetened juice in individual-size TetraPaks and similar containers (250ml and less)	Includes multi-packs (e.g. 3x250 ml juice boxes).	Excludes baby juices and excludes glass bottles and cans.
1-A17	All fresh vegetable	Includes fresh herbs (e.g. basil, parsley, etc.) Also eligible 100% Fresh-cut of Veggies platter/tray/tube <u>but should not have added sugar, sauce or dips</u> . Eligible even if subject to GST or HST.	Excludes all varieties of whole pumpkins and salad kits that contain dressing and/or croutons.

Medium Subsidy Level 1 & 2

1-A26	All fresh fruits	Also eligible 100% Fresh-cut of Fruits platter/tray/tube but should not have added sugar, sauce or dips. Eligible even if subject to GST or HST.	
1-B01	Cook-type cereal (e.g., porridge, oatmeal and cream of wheat)	Includes mixed granola and sugar-added products.	Excludes granola bars.
1-B02	Ready-to-eat breakfast cereal	Includes mixed granola and sugar-added products.	Excludes granola bars.
1-B03	Bread	Includes all types of fresh and frozen loaves of bread (e.g., whole wheat bread, gluten-free bread).	Excludes garlic bread
1-B04	Bread products without sweetened fillings or coatings (e.g., bagels, English muffins, bread rolls, raisin bread, hamburger buns, hot dog buns, pizza crusts, frozen bread dough, tortilla).	Includes croissants and garlic bread.	Excludes prepared mixes, croutons, bread crumbs, graham crumbs, fresh/frozen pie crusts and waffles.
1-B05	All purpose flour and whole wheat flour		Excludes, rye and other semi-perishable flours and cake and pastry flour (see code 2-B05).
1-B06	Pasta and rice - dry, plain and unseasoned.	Spring roll wrappers made primarily from rice flour.	Excludes flavoured or seasonned pasta.
1-C05	UHT milk	Includes Milk2Go 1% et 2% (no other varieties).	
1-C06	Buttermilk		
1-C07	Chocolate milk	Includes eggnog and all varieties of flavoured milk (e.g. strawberry).	Excludes Milk2Go, Ensure, protein shakes/drinks and similar products.
1-C08	Powdered milk and canned evaporated milk		
1-C09	Yogurt and yogurt drinks	<p>Includes kefir.</p> <p>Includes yogurts made of coconut or other plant based ingredients (e.g. code 1-C12).</p> <p>Yogurt with fruits and/or berries in the yogurt are fine (even with some sugar).</p>	<p>Exclude yogurt with ingredients TO ADD to the yogurt such as: jams, cereals, spices, confectionery, seasonings, herbs or nuts. (e.g. ingredients in a separate container on top of the yogurt).</p>
1-C10	Cheese (block and shredded)	Includes cottage cheese, cheese sticks (e.g. ficollo) and Babybel.	Excludes whey cheese (e.g. ricotta) and cold packed cheese.
1-C11	Processed cheese (e.g., Kraft and Velveeta)	Includes laughing cow cheese and processed cheese slices.	Excludes processed cheese spreads (see 2-C01).

Medium Subsidy Level 1 & 2

1-C12	Beverages made from soy, almond, oats, rice, cashews and coconut.	Includes UHT containers that do not require refrigeration before opening.	
1-D01	Eggs	Includes egg whites.	
1-D02	Tofu and similar vegetable-based meat substitutes (e.g., vegetable patties and nut burgers)		Excludes breaded tofu nuggets and all other products that are breaded, battered or in pastry.
1-D03	Unsweetened seeds and nuts	Includes Salted nuts Includes Chia and Quinoa	Excludes seasoned, flavored and sweetened nuts.
1-D04	Peanut butter and other nut butters	Includes Wow Butter	Excludes Nutella and similar products
1-D05	Dried beans, lentil, split peas and barley.	Includes kidney, pinto and black beans; barley, lentil and split peas.	
1-D06	Fresh and Frozen (store) meat (e.g., beef, pork, lamb, caribou, muktuk, peameal and back bacon, other cured and smoked products)	Meat packs are eligible but should be claimed individually under the correct code. Please provide the details of your packs. All burger patties are included in this code even if mixed with cheese or bacon. Beef tournedos wrapped in bacon are eligible also. All type of meat sausages also are included (with maple syrup, berries, cheese, etc.).	Excludes side bacon and products that are breaded, battered or in pastry. Excludes fresh pâtés and cretons. Excludes Jerky with shelf life of over 12 months not eligible. Excludes sauced meats such as ribs and beef roast.
1-D07	Fresh and Frozen (store) poultry (e.g. chicken, turkey, goose)	Meat packs are eligible but should be claimed individually under the correct code. Please provide the details of your packs. All chicken burger patties are included in this code even if mixed with cheese or bacon. Chicken tournedos wrapped in bacon are eligible also. All type of chicken sausages also are included (with maple syrup, berries, cheese, etc.).	Excludes products that are breaded, battered or in pastry. Excludes sauced meats such as chicken wings and grilled chicken skewers in sauce.

Medium Subsidy Level 1 & 2

1-D08	Fresh and Frozen (store) fish and seafood	Includes frozen breaded fish sticks and frozen fish cakes.	Excludes other products that are breaded, battered or in pastry.
1-E01	Butter (salted and unsalted)		Excludes all flavoured butters.
1-E02	Cooking oil (only Canola, Olive and Vegetable)		All other cooking oils (see 2-E02)
1-E03	Lard		Excludes shortening.
1-E04	Salt	Includes table salt and sea salt.	Excludes all other types of salt.
1-G04	Yeast		
1-G05	Baking powder		
1-X01	Diapers	Includes pull up diapers	
1-X03	Feminine hygiene products		

2-A02	Unsweetened juice - fresh and in large TetraPaks and similar containers (more than 250 ml)		Excludes glass bottles and cans.
2-B01	Crackers, crispbread, hard bread, Pilot biscuits, melba toast, Arrowroot and social tea cookies	Crackers include products such as soda crackers, cheese-flavoured crackers, wheat or vegetable thins and rice cakes without icing (Original).	Excludes cracker chips.
2-B03	Fresh and Frozen pasta - <i>excluding combination foods that contain pasta</i>		
2-B05	Rye and other semi-perishable flours - excluding cake and pastry flour		Excludes all purposes flour and whole wheat (see code 1-B05).
2-C01	Processed cheese spread	Includes Cheez Whiz and Maclarens Imperial cheese.	
2-C02	Cream, sour cream and cream cheese	Cream cheese: includes Philadelphia cheese and Boursin.	Excludes flavored cream.
2-C03	Ice cream, ice milk, frozen yogourt and sherbet	Includes ice cream novelties (e.g., ice cream sandwich, fudge bars), real fruit smoothie bars and ice cream mix for soft ice cream machine.	Excludes popsicles.
2-D01	Bacon	Includes all types of bacon (e.g., pork, turkey).	

Medium Subsidy Level 1 & 2

2-E01	Salad dressing and mayonnaise		
2-E02	All cooking oils like safflower, peanut, and flaxseed oil		Excludes canola, olive, and vegetable oil (see code 1-E02).
2-E03	Shortening		Excludes Lard (see 1-E03).
2-E05	Margarine	Includes vegan butter made of vegetable oils.	Excludes all flavoured margarines.
2-E06	Perishable dips	Includes spinach dips, sour cream dips, hummus, guacamole and salsa.	Excludes dry mixes. Excludes dips with shelf life of over 12 months.
2-F02	Fresh and Frozen pizzas	Includes frozen pizza snacks (e.g., pizza bites, pops, pockets). Includes pizza crust with bag of tomato sauce.	
2-F04	Fresh and Frozen combination foods (e.g., lasagne)	<p>Includes frozen dumplings, frozen wontons and frozen perogies.</p> <p>Includes salad kits with salad dressing and/or croutons.</p> <p>Includes Fresh-cut of Fruits/Veggies platter/tray/tube with sauce or dips. Eligible even if subject to GST or HST.</p> <p>Includes prepared meals with small dessert (e.g. Hungry-Man with brownie).</p>	Excludes those containing products that are breaded, battered or in pastry, desserts , poutine, prepared sandwiches , hamburgers, hot dogs, soups , prepared salads, sushi and other prepared foods for immediate consumption that are subject to GST . Excludes also Kraft Dinner and Hamburger Helpers and all similar products.
2-G03	Non-prescription drugs	<p>The products should have a valid Drug Identification Number (DIN) or a Natural Health Product (NPN) to be sold in Canada.</p> <p>Example of eligible products: Antacids, Rub A535 (cream and patches), Cough and cold medication (syrup, spray, lozenge), Absorbine Junior, Orajel, Ozonol, Polysporin, Vicks Vapour Rub, Decongestant, Tylenol, Advil, Pepto-Bismol.</p>	Excludes: Contact lens solution, Blistex, Eye drops, Condoms, Aloe gel.

Low Subsidy Level 3 & 4

Eligible non-perishable items

3-A01	Canned fruit and vegetables	<p>Includes bottled fruit (e.g., applesauce, cherries) and vegetables (e.g., marinated artichokes).</p> <p>Includes plastic fruit cups.</p>	
3-A03	Tomato-based sauces (including tomato pasta sauces)		
3-A04	Unsweetened canned juice		
3-B03	Pancake mixes and bannock mixes		
3-B04	Unseasoned plain popping corn, kernels only (unpopped)		
3-D01	Canned fish and seafood		
3-D02	Canned legumes (e.g., baked beans, chickpeas and lentils)		Excludes dried legumes (see code 1-A06).
3-F01	Pizza mixes		
3-G01	Spices, flavouring and extracts	<p>Includes bouillon cubes.</p> <p>Includes a mix of only herbs with no salt and no sugar.</p>	Excludes baking powder (see code 1-G05) and seasoning mixes.
3-G02	Artificial sweeteners		
4-X02	Wipes		
4-X04	Disposable undergarments		
4-X05	Toilet paper		
4-X06	Facial tissues		
4-X07	Nursing pads		
4-X08	Toothpaste, dental floss, denture adhesive and cleaner and toothbrushes		
4-X09	Hand and body lotions	Includes products like Vaseline Petroleum Jelly.	
4-X10	Soap, shampoo, conditioner, body wash and deodorant		
4-X11	Laundry detergent		
4-X12	Dishwashing liquid and powder	Includes bleach	

High Subsidy Level 7

7-A01	Frozen vegetables		Excludes french fries, hash browns and other potato products.
7-A03	All frozen fruits		
7-C01	Fresh milk (whole, 2%, 1%, skim) - <i>excluding chocolate milk</i>	Includes all types of cow's milk (e.g. fine-filtered, lactose-free milk).	Excludes flavoured milk, milk with sweetening agents, milk drinks (e.g.: soy milk, almond milk, rice milk, coconut milk, or other milk beverages), milk shakes and milk shakes mixes and buttermilk.
7-G01	Infant formula (including liquid concentrate and powder)		
7-G03	Foods prepared specifically for infants, including cereals		Excludes products intended for kids 12 months + old (toddler food).

SEASONAL/SEALIFT TRANSPORTATION SUBSIDY

Level 8

NNC CODE	Eligibility	Subsidy Level [8]	Food/Non-food Items
8-B05	Eligible	8	All-purpose flour, whole wheat
8-B06	Eligible	8	Pasta and rice - dry, plain and unseasoned. Spring roll wrappers made primarily from rice flour.

NNC CODE	Eligibility	Subsidy Level [8]	Food/Non-food Items
8-E01	Eligible	8	Butter (salted and unsalted)
8-E02	Eligible	8	Cooking oil (only Canola, Olive and Vegetable)
8-E03	Eligible	8	Lard
8-E04	Eligible	8	Salt, Includes table salt and sea salt.

ONLY FOR NON- PROFIT ORGANIZATIONS

Only for Non Profit Organizations			
9-A01	Food Items	All kind of food donated	
9-A02	Non-Food Items	Things like donated clothing, shoes and boots.	

Nutrition North Canada

Community Eligibility

Community	Community Type	Province/ Territory	High Subsidy Level (\$/kg)	Medium Subsidy Level (\$/kg)	Low Subsidy Level (\$/kg)	Seasonal Surface Transportation (\$/kg)
Aklavik	Inuit	Northwest Territories	3.10	2.90	1.40	1.80
Akulivik	Inuit	Quebec	6.85	5.90	3.95	1.85
Arctic Bay (Ikpiarjuk)	Inuit	Nunavut	12.10	10.00	8.50	2.65
Arviat	Inuit	Nunavut	3.45	3.25	1.40	1.75
Attawapiskat	First Nation	Ontario	3.10	2.90	1.40	1.10
Aupaluk	Inuit	Quebec	6.85	5.90	3.95	1.85
Baker Lake (Qamanituuq)	Inuit	Nunavut	5.10	4.60	2.10	1.90
Bearskin Lake	First Nation	Ontario	3.10	2.90	1.40	1.10
Big Trout Lake (Kitcheenuhmaykoosib Inniniuwug)	First Nation	Ontario	3.10	2.90	1.40	1.10
Black Tickle	Non-Indigenous community	Newfoundland and Labrador	3.10	2.90	1.40	1.10

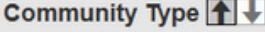
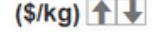
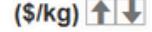
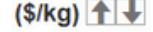
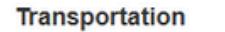
Nutrition North Canada

Community Eligibility

Community	Community Type	Province/ Territory	High Subsidy Level (\$/kg)	Medium Subsidy Level (\$/kg)	Low Subsidy Level (\$/kg)	Seasonal Surface Transportation (\$/kg)
Brochet	First Nation	Manitoba	3.10	2.90	1.40	1.10
Cambridge Bay (Iqaluktuutiaq)	Inuit	Nunavut	3.25	3.05	1.40	1.90
Cape Dorset (Kinngait)	Inuit	Nunavut	6.85	5.90	3.95	2.05
Cat Lake	First Nation	Ontario	3.10	2.90	1.40	1.10
Chesterfield Inlet (Igluigaarjuk)	Inuit	Nunavut	5.00	4.50	2.00	1.75
Chevery	Non-Indigenous community	Quebec	3.75	3.55	1.40	
Clyde River (Kangiqtugaapik)	Inuit	Nunavut	9.45	7.95	6.75	2.10
Colville Lake	First Nation	Northwest Territories	7.60	6.55	4.80	1.10
Coral Harbour (Salliq)	Inuit	Nunavut	6.15	5.40	3.25	2.05
Deer Lake	First Nation	Ontario	3.10	2.90	1.40	1.10

Nutrition North Canada

Community Eligibility

Community 	Community Type 	Province/ Territory 	High Subsidy Level (\$/kg) 	Medium Subsidy Level (\$/kg) 	Low Subsidy Level (\$/kg) 	Seasonal Surface Transportation (\$/kg) 
Deline	First Nation	Northwest Territories	4.30	3.95	1.40	1.10
Eabamet Lake (Fort Hope)	First Nation	Ontario	3.10	2.90	1.40	1.10
Favourable Lake (Sandy Lake)	First Nation	Ontario	3.10	2.90	1.40	1.10
Fond-du-Lac	First Nation	Saskatchewan	3.10	2.90	1.40	1.10
Fort Albany	First Nation	Ontario	3.10	2.90	1.40	1.10
Fort Chipewyan	First Nation	Alberta	3.10	2.90	1.40	1.10
Fort Good Hope (K'asho Got'ine)	First Nation	Northwest Territories	4.55	4.20	1.55	1.60
Fort McPherson	Non-Indigenous community	Northwest Territories	5.50	4.95	2.00	
Fort Severn	First Nation	Ontario	4.20	3.85	1.40	1.10
Fort Simpson	Non-Indigenous community	Northwest Territories	3.10	2.90	1.40	

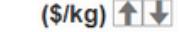
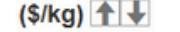
Nutrition North Canada

Community Eligibility

Community	Community Type	Province/ Territory	High Subsidy Level (\$/kg)	Medium Subsidy Level (\$/kg)	Low Subsidy Level (\$/kg)	Seasonal Surface Transportation (\$/kg)
Fox Lake	First Nation	Alberta	3.10	2.90	1.40	
Gameti (Rae Lakes)	First Nation	Northwest Territories	4.55	4.20	1.55	1.10
Gjoa Haven (Uqsuqtuuq)	Inuit	Nunavut	5.25	4.70	2.25	2.25
Gods Lake Narrows	First Nation	Manitoba	3.10	2.90	1.40	1.10
Gods River	First Nation	Manitoba	3.10	2.90	1.40	1.10
Granville Lake	Non-Indigenous community	Manitoba	3.10	2.90	1.40	1.10
Grise Fiord (Ausuiktuq)	Inuit	Nunavut	21.85	18.65	16.70	2.65
Hall Beach (Sanirajak)	Inuit	Nunavut	8.15	6.95	5.35	2.15
Harrington Harbour	Non-Indigenous community	Quebec	3.75	3.55	1.40	
Hopedale	Inuit	Newfoundland and Labrador	3.10	2.90	1.40	1.10

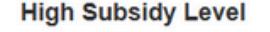
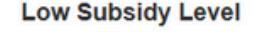
Nutrition North Canada

Community Eligibility

Community 	Community Type 	Province/ Territory 	High Subsidy Level (\$/kg) 	Medium Subsidy Level (\$/kg) 	Low Subsidy Level (\$/kg) 	Seasonal Surface Transportation (\$/kg) 
Igloolik	Inuit	Nunavut	8.15	6.95	5.35	2.15
Inukjuak	Inuit	Quebec	4.55	4.20	1.55	1.60
Inuvik	Inuit	Northwest Territories	3.60	3.20	1.40	
Iqaluit	Inuit	Nunavut	3.75	3.55	1.40	1.70
Island Lake (Garden Hill)	First Nation	Manitoba	3.10	2.90	1.40	1.10
Ivujivik	Inuit	Quebec	8.00	6.85	5.20	1.85
Kangiqsualujjuaq	Inuit	Quebec	6.40	5.60	3.50	1.85
Kangiqsuuaq	Inuit	Quebec	7.60	6.55	4.80	1.85
Kangirsuk	Inuit	Quebec	7.90	6.75	5.05	1.85
Kasabonika	First Nation	Ontario	3.10	2.90	1.40	1.10

Nutrition North Canada

Community Eligibility

Community 	Community Type 	Province/ Territory 	High Subsidy Level (\$/kg) 	Medium Subsidy Level (\$/kg) 	Low Subsidy Level (\$/kg) 	Seasonal Surface Transportation (\$/kg) 
Kashechewan	First Nation	Ontario	3.10	2.90	1.40	1.10
Keewaywin	First Nation	Ontario	3.10	2.90	1.40	1.10
Kimmirut	Inuit	Nunavut	7.90	6.75	5.05	2.05
Kingfisher Lake	First Nation	Ontario	3.10	2.90	1.40	1.10
Kugaaruk	Inuit	Nunavut	6.15	5.40	3.25	2.25
Kugluktuk	Inuit	Nunavut	4.20	3.85	1.40	2.15
Kuujjuaq	Inuit	Quebec	4.20	3.85	1.40	1.85
Kuujjuarapik	Inuit	Quebec	3.65	3.45	1.40	1.85
La Romaine (Gethsémani)	First Nation	Quebec	3.75	3.55	1.40	
La Tabatière	Non-Indigenous community	Quebec	3.75	3.55	1.40	

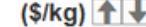
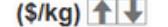
Nutrition North Canada

Community Eligibility

Community	Community Type	Province/ Territory	High Subsidy Level (\$/kg)	Medium Subsidy Level (\$/kg)	Low Subsidy Level (\$/kg)	Seasonal Surface Transportation (\$/kg)
Lac Brochet	First Nation	Manitoba	3.10	2.90	1.40	1.10
Lansdowne House (Neskantaga)	First Nation	Ontario	3.10	2.90	1.40	1.10
Little Grand Rapids	First Nation	Manitoba	3.10	2.90	1.40	1.10
Lutsel K'e	First Nation	Northwest Territories	4.55	4.20	1.55	1.40
Makkovik	Inuit	Newfoundland and Labrador	3.10	2.90	1.40	1.10
Moose Factory	Non-Indigenous community	Ontario	3.10	2.90	1.40	
Muskrat Dam	First Nation	Ontario	3.10	2.90	1.40	1.10
Mutton Bay	Non-Indigenous community	Quebec	3.75	3.55	1.40	
Nahanni Butte	First Nation	Northwest Territories	2.85	2.60	1.40	
Nain	Inuit	Newfoundland and Labrador	4.05	3.75	1.40	1.10

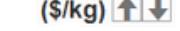
Nutrition North Canada

Community Eligibility

Community 	Community Type 	Province/ Territory 	High Subsidy Level (\$/kg) 	Medium Subsidy Level (\$/kg) 	Low Subsidy Level (\$/kg) 	Seasonal Surface Transportation (\$/kg) 
Natuashish	First Nation	Newfoundland and Labrador	3.45	3.25	1.40	1.10
Naujaat (Repulse Bay)	Inuit	Nunavut	6.30	5.50	3.40	2.15
Negginan (Poplar River)	First Nation	Manitoba	3.10	2.90	1.40	1.10
Norman Wells	Non-Indigenous community	Northwest Territories	3.65	3.45	1.40	1.80
North Spirit Lake	First Nation	Ontario	3.10	2.90	1.40	1.10
Ogoki (Marten Falls)	First Nation	Ontario	3.10	2.90	1.40	1.10
Old Crow**	Non-Indigenous community	Yukon	4.30	3.95	1.40	
Oxford House	First Nation	Manitoba	3.10	2.90	1.40	1.10
Pangnirtung	Inuit	Nunavut	6.15	5.40	3.25	2.05
Pauingassi	First Nation	Manitoba	3.10	2.90	1.40	1.10

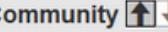
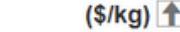
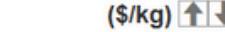
Nutrition North Canada

Community Eligibility

Community 	Community Type 	Province/ Territory 	High Subsidy Level (\$/kg) 	Medium Subsidy Level (\$/kg) 	Low Subsidy Level (\$/kg) 	Seasonal Surface Transportation (\$/kg) 
Paulatuk	Inuit	Northwest Territories	5.80	5.10	2.80	1.10
Peawanuck (Weenusk)	First Nation	Ontario	3.95	3.65	1.40	1.10
Pikangikum	First Nation	Ontario	3.10	2.90	1.40	1.10
Pond Inlet (Mittimatalik)	Inuit	Nunavut	11.40	9.50	8.00	2.65
Poplar Hill	Non-Indigenous community	Ontario	3.10	2.90	1.40	1.10
Port-Menier	Non-Indigenous community	Quebec	3.10	2.90	1.40	
Postville	Inuit	Newfoundland and Labrador	3.10	2.90	1.40	1.10
Puvirnituq	Inuit	Quebec	5.90	5.20	2.95	1.85
Qikiqtarjuaq	Inuit	Nunavut	7.10	6.10	4.20	2.05
Quaqtaq	Inuit	Quebec	8.00	6.85	5.20	1.85

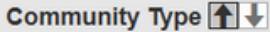
Nutrition North Canada

Community Eligibility

Community 	Community Type 	Province/ Territory 	High Subsidy Level (\$/kg) 	Medium Subsidy Level (\$/kg) 	Low Subsidy Level (\$/kg) 	Seasonal Surface Transportation (\$/kg) 
Rankin Inlet (Kangiqtiniq)	Inuit	Nunavut	3.65	3.45	1.40	1.75
Red Sucker Lake	First Nation	Manitoba	3.10	2.90	1.40	1.10
Resolute	Inuit	Nunavut	14.20	12.20	9.55	2.65
Rigolet	Inuit	Newfoundland and Labrador	3.10	2.90	1.40	1.10
Sachigo Lake	First Nation	Ontario	3.10	2.90	1.40	1.10
Sachs Harbour	Inuit	Northwest Territories	8.80	7.45	5.45	2.25
Saint-Augustin / Pakuashipi	First Nation	Quebec	3.75	3.55	1.40	
Salluit	Inuit	Quebec	7.60	6.55	4.80	1.85
Sambaa K'e (Trout Lake)	First Nation	Northwest Territories	5.00	4.50	2.00	1.10
Sanikiluaq	Inuit	Nunavut	3.25	3.05	1.40	1.85

Nutrition North Canada

Community Eligibility

Community 	Community Type 	Province/ Territory 	High Subsidy Level (\$/kg) 	Medium Subsidy Level (\$/kg) 	Low Subsidy Level (\$/kg) 	Seasonal Surface Transportation (\$/kg) 
Shamattawa	First Nation	Manitoba	3.10	2.90	1.40	1.10
St. Theresa Point	First Nation	Manitoba	3.10	2.90	1.40	1.10
Summer Beaver (Nibinamik)	First Nation	Ontario	3.10	2.90	1.40	1.10
Tadoule Lake	First Nation	Manitoba	3.10	2.90	1.40	1.10
Taloyoak	Inuit	Nunavut	5.60	5.00	2.70	2.25
Tasiujaq	Inuit	Quebec	6.40	5.60	3.50	1.85
Tête-à-la-Baleine	Non-Indigenous community	Quebec	3.75	3.55	1.40	
Tsiigehtchic	First Nation	Northwest Territories	5.50	4.95	2.00	
Tuktoyaktuk	Inuit	Northwest Territories	5.70	5.15	2.10	
Tulita	First Nation	Northwest Territories	4.30	3.95	1.40	1.60

Nutrition North Canada

Community Eligibility

Community	Community Type	Province/ Territory	High Subsidy Level (\$/kg)	Medium Subsidy Level (\$/kg)	Low Subsidy Level (\$/kg)	Seasonal Surface Transportation (\$/kg)
Ulukhaktok (Holman)	Inuit	Northwest Territories	6.65	5.80	3.80	2.15
Umiujaq	Inuit	Quebec	3.95	3.65	1.40	1.85
Uranium City	Non-Indigenous community	Saskatchewan	3.10	2.90	1.40	1.10
Waasagomach	First Nation	Manitoba	3.10	2.90	1.40	1.10
Wapekeka (Angling Lake)	First Nation	Ontario	3.10	2.90	1.40	1.10
Wawakapewin	First Nation	Ontario	3.10	2.90	1.40	1.10
Weagamow Lake	First Nation	Ontario	3.10	2.90	1.40	1.10
Webequie	First Nation	Ontario	3.10	2.90	1.40	1.10
Wekweèti (Snare Lake)	First Nation	Northwest Territories	4.55	4.20	1.55	1.10
Whale Cove (Tikirarjuaq)	Inuit	Nunavut	4.45	4.05	1.40	1.75

Nutrition North Canada

Community Eligibility

Community	Community Type	Province/ Territory	High Subsidy Level (\$/kg)	Medium Subsidy Level (\$/kg)	Low Subsidy Level (\$/kg)	Seasonal Surface Transportation (\$/kg)
Wollaston Lake	First Nation	Saskatchewan	3.10	2.90	1.40	1.10
Wrigley	First Nation	Northwest Territories	5.45	4.90	1.65	
Wunnummin Lake	First Nation	Ontario	3.10	2.90	1.40	1.10
York Landing	First Nation	Manitoba	3.10	2.90	1.40	1.10

**Check out these links to
find out MORE about NNC!**

<https://www.nutritionnorthcanada.gc.ca/eng/1415385762263/1415385790537>

<https://geo.sac-isc.gc.ca/NNCIM-CINNC/index-eng.html>