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DEPARTMENT OF HEALTH AND FAMILIES

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NORTHERN TERRITORY
Market Basket Survey
2008

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DEPARTMENT OF HEALTH AND FAMILIES

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Disclaimer

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This is general information, correct at the time of publication to the best of our knowledge.

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EXECUTIVE SUMMARY

- Sixty-six rural and remote stores in the Northern Territory (NT) were surveyed between April and June 2008
- A standard basket of foods was priced in each of the stores. This basket is sufficient to provide foods for a hypothetical family of six for a fortnight. A major supermarket and corner store in each of the district centres were surveyed for comparison of prices
- In addition to price, information was also collected on availability and variety of selected healthy food items, quality of fresh fruit and vegetables, store ownership, employment characteristics and other store management practices
- The average cost of foods was \$665 in remote stores, \$670 in district centre corner stores and \$563 in district centre supermarkets
- Barkly remote was the most expensive district (\$720) and Alice Springs remote the least expensive district (\$625)
- On average, the cost of the food basket in remote stores was 23 per cent more expensive than the Darwin supermarket, and 19 per cent more expensive than the Darwin corner store
- The cost of the food basket increased by four per cent in remote stores and increased by five per cent in district centre supermarkets compared to the same period last year
- The percent of family income required to purchase the basket of foods was 28 per cent in a Darwin supermarket, this was a decrease from the 2007 survey where the per cent of income was 30 per cent.
- The percent of family income required to purchase the basket of foods was 35 per cent in remote stores, this remained the same from the 2007 survey
- 63 percent of people employed in remote community stores were Aboriginal
- The average number of fresh fruit choices available in remote stores was eight, which was the same as 2007
- The average number of fresh vegetable choices available in remote stores was 15, which was the same as 2007
- On average 93 per cent of items in the food basket were available, or usually available, in the remote stores surveyed.

1. BACKGROUND

The food supply in remote communities has changed significantly in recent years with community members having access to various sources, such as takeaways and private vendors; school canteens and nutrition programs; and aged care programs. Despite this the community store remains a major contributor to the food supply in remote communities¹. Community stores are therefore key players in the health of Aboriginal people living in remote areas.

In 1995 the NT Department of Health and Families developed the NT Food and Nutrition Policy. One of the strategies identified in this policy was to develop a tool (the "Market Basket Survey") to monitor food cost, availability, variety and quality in remote community stores. The Market Basket Survey also enables information to be collected on: store management, employment of Aboriginal people, existence of a store nutrition policy, community development initiatives by the store such as sponsorship and donations, nutrition promotions and store worker training. The first Territory wide survey of remote stores was carried out in 1998 when 45 stores were surveyed².

The survey includes a basket of foods which meets the average energy and recommended nutrient needs of a hypothetical family of six people for a fortnight. The family was chosen to represent a cross-section of people who had important nutrient requirements because of their age and sex. The family consists of:

- a grandmother aged 60 years
- a man aged 35 years
- a woman aged 33 years
- a male aged 14 years
- a girl aged 8 years, and
- a boy aged 4 years.

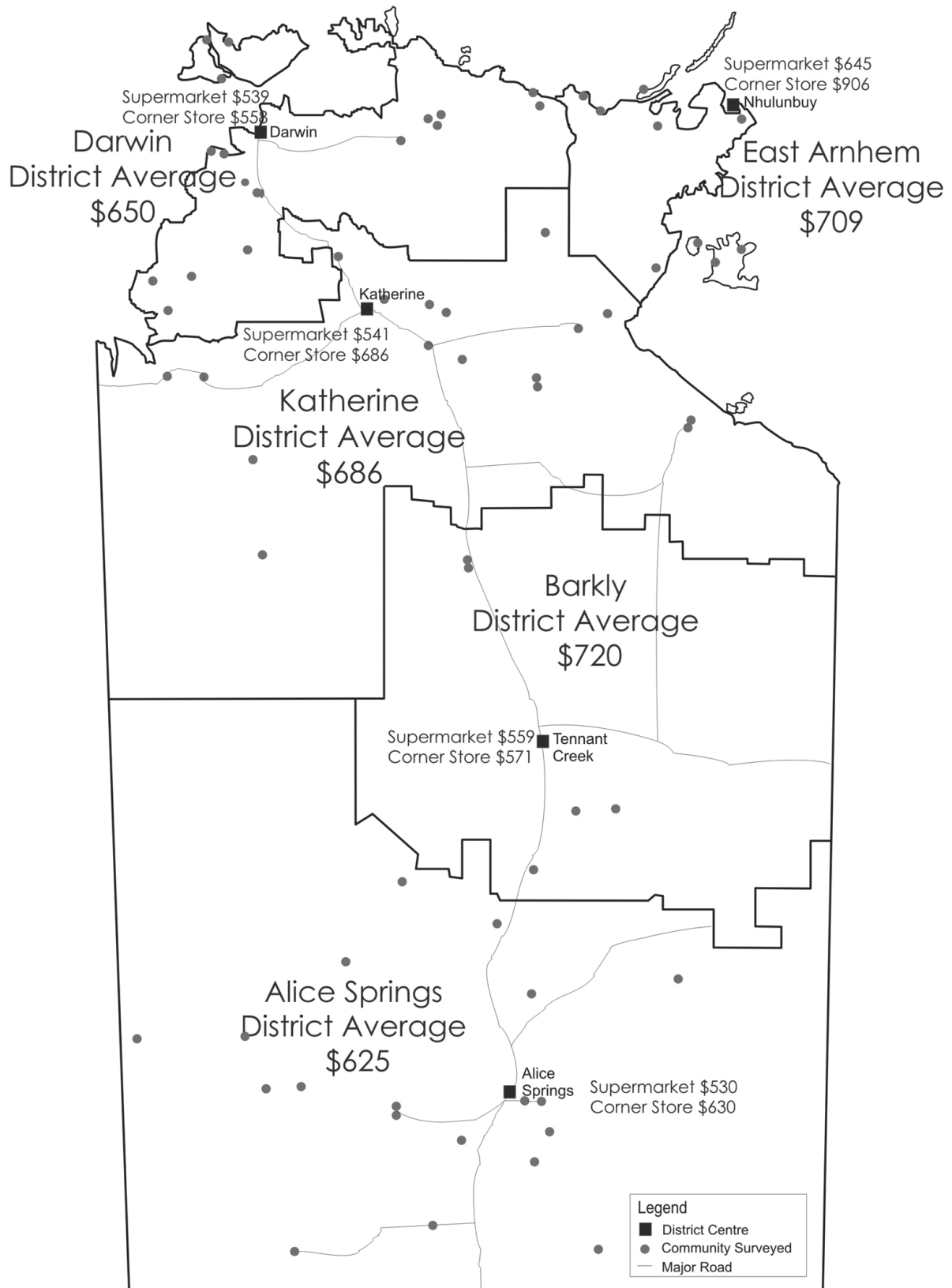
The foods that make up the basket to feed this family are shown in *Appendix A*. Model C from the Core Food Groups³ was used to determine the quantities of each food required to provide 100 per cent of the family's nutrient requirements and 95 per cent of the family's energy requirements for a fortnight.

The actual selection of brands and sizes was made by consultation with the leading grocery suppliers in the Northern Territory and with input from nutritionists regarding their observations in communities. The most commonly sold items were ones included in the 'basket'.

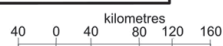
As part of the survey, a major supermarket and corner store in each of the district centres is also surveyed for comparison of prices. The corner store is a small suburban supermarket that provides a benchmark store with a more similar buying power to the remote stores.

The income for the hypothetical family was determined by obtaining Centrelink and Family Assistance figures from the Centrelink website. Details of the family's income are shown in *Appendix B*.

Figure 1: Location of stores surveyed and cost of food basket in each district.



NT remote community store average \$665



2. RESULTS

2.1 2008 Survey

Sixty six remote stores were surveyed between April and June 2008. *Figure 1* on the previous page illustrates the locations of the stores surveyed and the average cost of the basket of foods in each district.

Table 1: Ownership/Management characteristics in remote stores.

	Darwin District	Katherine District	East Arnhem District	Alice Springs District	Barkly District	Total all Districts
*Ownership						
Community owned	6	7	3	17	2	35
Privately owned	5	5	1	2	3	16
Aboriginal Corporation eg ALPA	5	1	5	0	0	11
Leased from community	0	2	0	0	0	2
Joint	0	2	0	0	0	2
Total Stores Surveyed	16	17	9	19	5	66
*Management Characteristics						
Store Committee	8	9	4	11	1	33
Nutrition Policy	2	6	7	5	2	22

- 53 per cent of stores surveyed were owned by the community
- Community owned stores may be managed by ALPA or Outback Stores
- 33 per cent of stores stated that they had a Nutrition Policy although these were not sighted for confirmation
- 50 per cent of stores surveyed had a Store Committee.

Table 2: Employment characteristics in remote stores.

	Darwin District	Katherine District	East Arnhem District	Alice Springs District	Barkly District	Total all Districts
Stores with Aboriginal employees	14	11	9	14	3	51
Number of Aboriginal employees	98	60	163	48	8	351
Total employees	180	113	195	94	15	551
Percent Aboriginal employees	54%	53%	84%	51%	53%	64%
Total Stores Surveyed	16	17	9	19	5	66

- 64 per cent of employees in the remote stores surveyed were Aboriginal
- The proportion of Aboriginal employees was lowest in the Alice Spring District
- The proportion of Aboriginal employees was greatest in East Arnhem stores where Aboriginal people made up 84 per cent of the workforce in stores.

*Note: Store Managers were asked about ownership of the store, and if they had a Nutrition Policy, and / or Store Committee. At the time the surveys were undertaken it was not stipulated what constituted a 'policy', a 'committee', or exactly how 'ownership' was to be defined. Therefore, in reading this report the information about Nutrition Policy, Store Committee and ownership are based on the information supplied. Further work needs to be done to define these terms to avoid misinterpretation.

Variety and quality of fruit and vegetables

Table 3: Comparison of the range of fresh fruit and vegetables available in remote stores.

	Darwin District	Katherine District	East Arnhem District	Alice Springs District	Barkly District	All Districts
Average number fresh fruit choices	9	7	10	8	9	8
Range (Lowest - Highest)	0 - 16	0 - 15	3 - 18	3 - 16	3 - 17	0 - 18
Average number of fresh vegetable choices	16	13	17	14	15	15
Range (Lowest - Highest)	0 - 26	1 - 25	9 - 26	4 - 21	4 - 23	0 - 26
Total stores surveyed	16	17	9	14	5	66

- On average there were 8 different choices of fresh fruit and 15 different choices of fresh vegetables in remote stores
- Information was not collected on the quantities of fruit and vegetables available
- Almost all stores had fresh fruit and vegetables available on the day of survey; one store had no fresh fruit or vegetables available on the day of the survey.

Table 4: Comparison of the quality of fresh fruit available in remote stores.

	Darwin District	Katherine District	East Arnhem District	Alice Springs District	Barkly District	All Districts
Good	87%	88%	98%	80%	87%	87%
Fair	10%	9%	2%	16%	13%	10%
Poor	2%	<1%	-	3%	-	1%
Rotten	1%	3%	-	1%	-	1%

Table 5: Comparison of the quality of fresh vegetables available in remote stores.

	Darwin District	Katherine District	East Arnhem District	Alice Springs District	Barkly District	All Districts
Good	91%	90%	99%	82%	87%	89%
Fair	9%	6%	1%	16%	13%	9%
Poor	-	-	-	1%	-	<1%
Rotten	-	4%	-	<1%	-	1%

- Overall 87 per cent of fresh fruit and 89 per cent of fresh vegetables were 'good' on the day of survey
- East Arnhem District had the highest proportion of 'good' fresh fruit on the day of survey
- East Arnhem District had the highest proportion of 'good' fresh vegetables on the day of survey.

Note: Rating quality of fresh food is difficult and very much dependent on the opinion of those undertaking the survey. Descriptive tables were included on the survey sheets to help reduce the variance amongst those undertaking the survey. Due to the rounding of numbers, percentages shown in the tables 4 and 5 do not total 100% in some instances.

District centre costs compared with remote store costs

Comparison of the cost of the food basket in different communities needs to be done carefully. It must be noted that in order to estimate the cost of a similar basket of goods for all communities it was necessary to 'cost' items even when they were not available in the community store. In cases where an item was not available in the remote store, the price of that item at the district supermarket was used. Consequently, stores that have a higher proportion of 'missing' or unavailable items are likely to have a cheaper total basket of goods because the supermarket cost is used. If an item was out of stock but was usually carried by the store, the store price of that item was included in the survey. Thus the term 'availability' in the table below refers to the availability of a *price* from the store, not necessarily the availability of the item on the day of the survey.

Table 6: Availability of items in the food basket in remote stores.

	Darwin District	Katherine District	East Arnhem District	Alice Springs District	Barkly District	NT Average
Average availability of items in the food basket	94%	86%	98%	95%	96%	93%
Range (lowest - highest)	73 - 100%	51 - 100%	90 - 100%	68 - 100%	90 - 100%	51 - 100%
Number of stores with 100% of items	4	1	6	5	1	17
Total stores surveyed	16	17	9	19	5	66

- On average 93 per cent of items listed in the basket were available, or usually available, in the remote stores
- 26 per cent (17) of the 66 remote stores surveyed had, or usually had, all the listed items on their shelves at the time of the survey
- Stores with a low percentage (<70%) of items available were omitted when determining district averages in the tables below. Two stores in the Katherine District had 51% availability and one store in the Alice Springs District had 68% of items available; these stores were therefore omitted from further calculations.

Table 7: Average cost of food basket in remote stores.

	Darwin District	Katherine District	East Arnhem District	Alice Springs District	Barkly District	NT Remote Store Average
Bread & Cereals	\$106	\$108	\$114	\$98	\$114	\$106
Fruit	\$164	\$170	\$163	\$139	\$184	\$160
Vegetables	\$138	\$152	\$149	\$137	\$163	\$145
Meat & alternative	\$95	\$101	\$105	\$102	\$127	\$103
Dairy	\$118	\$124	\$144	\$118	\$106	\$122
Other foods	\$28	\$31	\$34	\$31	\$26	\$30
Total Basket	\$650	\$686	\$709	\$625	\$720	\$665
Number of Stores	16	15	9	18	5	63

- The average cost of the basket of foods ranged from \$625 in the Alice Springs District to \$720 in the Barkly District
- The average cost of the basket of foods in all remote stores surveyed was \$665.

Note: Due to rounding of numbers the sum of food groups does not equal the total basket cost in some instances in *Table 7*.

Table 8: Cost of food basket in district centre supermarkets and corner stores.

	Darwin	Katherine	East Arnhem	Alice Springs	Barkly	NT Average
Bread & Cereals						
Supermarket	\$91	\$92	\$97	\$89	\$67	\$87
Corner store	\$87	\$111	\$134	\$98	\$73	\$101
Fruit						
Supermarket	\$132	\$126	\$169	\$108	\$149	\$137
Corner store	\$146	\$157	\$249	\$149	\$168	\$174
Vegetables						
Supermarket	\$100	\$106	\$124	\$112	\$108	\$110
Corner store	\$129	\$171	\$222	\$140	\$107	\$154
Meat & alternative						
Supermarket	\$76	\$77	\$95	\$85	\$79	\$82
Corner store	\$75	\$91	\$114	\$92	\$90	\$92
Dairy						
Supermarket	\$120	\$120	\$138	\$118	\$133	\$126
Corner store	\$99	\$128	\$149	\$127	\$113	\$123
Other foods						
Supermarket	\$20	\$20	\$22	\$18	\$23	\$21
Corner store	\$23	\$27	\$39	\$24	\$19	\$26
Total Basket						
Supermarket	\$539	\$541	\$645	\$530	\$559	\$563
Corner store	\$558	\$686	\$906	\$630	\$571	\$670

Supermarket

- The average cost of the basket in the supermarkets was \$563
- East Arnhem had the most expensive supermarket food basket (\$645) and Alice Springs had the cheapest (\$530).

Corner store

- The average cost of the basket in the corner stores was 19 per cent higher in the corner stores than the district centre Supermarkets (\$670 compared to \$563)
- East Arnhem had the most expensive corner store food basket (\$906) and Darwin had the cheapest (\$558).

Note: Due to rounding of numbers the sum of food groups does not equal the total basket cost in some instances in *Table 8*.

Table 9: Percentage increase or decrease in cost of the food basket in remote stores (averaged) compared with a Darwin supermarket and Darwin corner store.

	Darwin Remote	Katherine Remote	East Arnhem Remote	Alice Springs Remote	Barkly Remote	Average-NT Remote Stores
Bread & Cereals						
Supermarket	17%	19%	25%	7%	25%	16%
Corner store	22%	24%	31%	12%	31%	22%
Fruit						
Supermarket	24%	29%	23%	5%	39%	21%
Corner store	12%	17%	11%	-5%	26%	9%
Vegetables						
Supermarket	38%	52%	49%	37%	63%	45%
Corner store	7%	18%	15%	6%	27%	12%
Meat & alternative						
Supermarket	25%	32%	39%	35%	67%	35%
Corner store	27%	34%	40%	37%	69%	37%
Dairy						
Supermarket	-2%	3%	20%	-2%	-11%	2%
Corner store	19%	25%	45%	19%	7%	23%
Other foods						
Supermarket	42%	55%	71%	53%	29%	51%
Corner store	24%	35%	48%	33%	12%	32%
Total Basket						
Supermarket	21%	27%	31%	16%	34%	23%
Corner Store	16%	23%	27%	12%	29%	19%

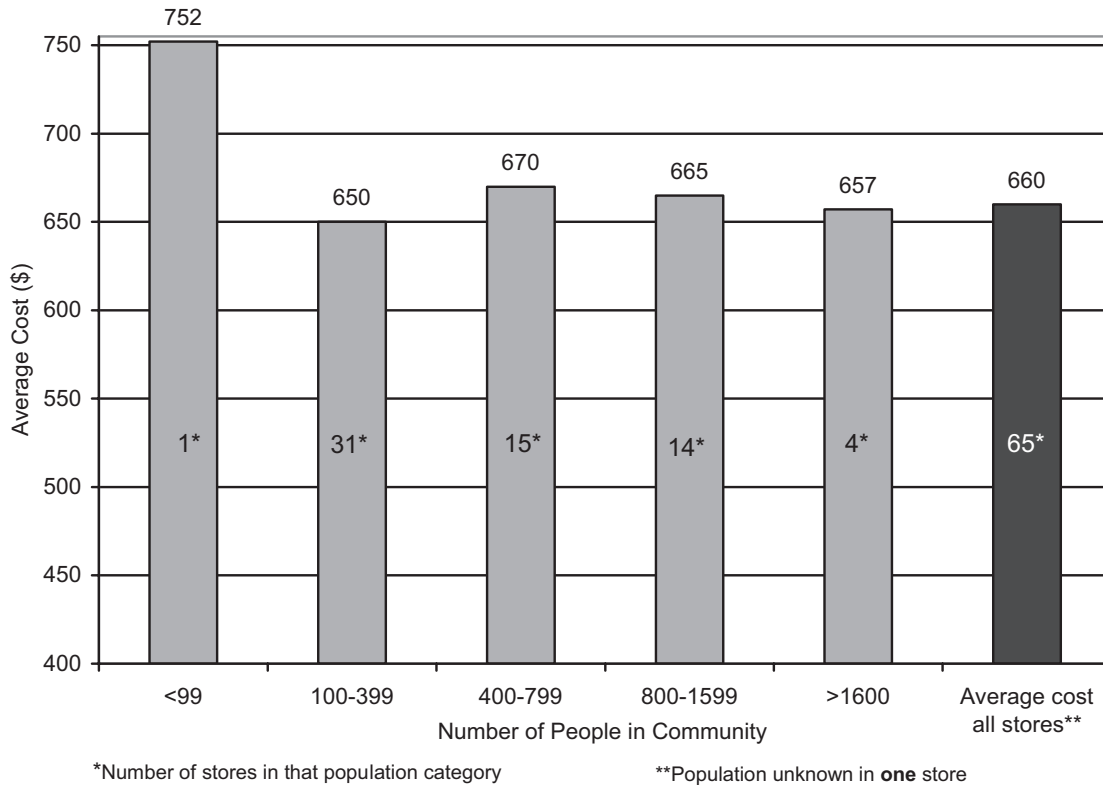
- Overall the prices in remote stores were 23 per cent higher than the same basket of goods bought in a Darwin supermarket, and 19 per cent higher than in a Darwin corner store
- Barkly remote stores were the most expensive, being 34 per cent and 29 per cent higher than the Darwin supermarket and corner store respectively
- Alice Springs remote stores were the least expensive, being 16 per cent and 12 per cent higher than the Darwin supermarket and corner store respectively.

Remoteness

The stores surveyed were classified using the ARIA Remoteness Index⁴ to determine the remoteness of the community. The average cost of the food basket in the stores classified as 'very remote' was \$675 (48 stores) and the average cost of the food basket in stores classified as 'remote' was \$616 (9 stores). The remaining six stores were in the 'moderately accessible' category and the average cost at these stores was \$663.

Population

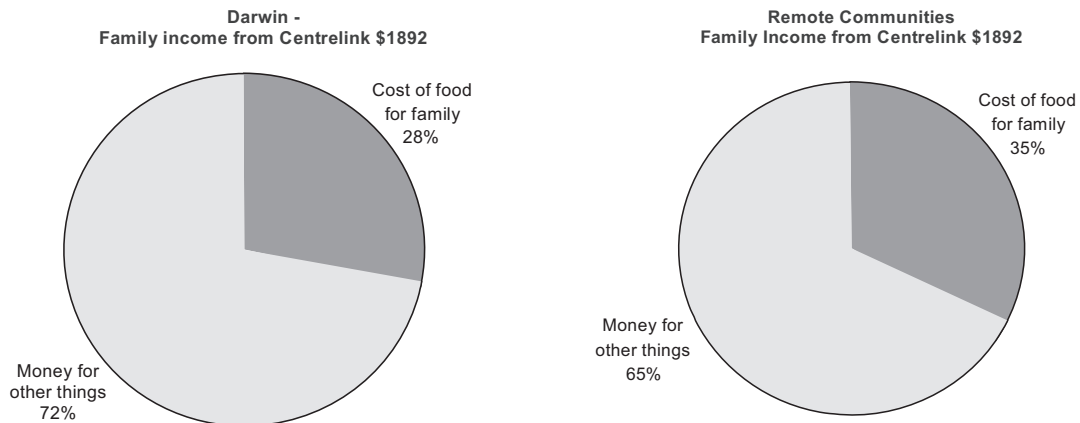
Figure 2: Average cost of the food basket and population of community.



Apart from the smallest community, there was little variation in the cost of the food basket with community size.

Relation between family income and the cost of the food basket

Figure 3: Relationship between cost of food basket and income in remote communities compared to Darwin.



The above graphs show the amount of money a family of six needs to spend on the food basket for two weeks. The family's income has been determined as outlined in *Appendix B*. For every \$100 of income, a family in Darwin spends \$28 on the food basket, whereas a family in a remote community will spend approximately \$35 on the same basket of food.

2.2. Cost compared to last year's survey

Table 10: Changes (in per cent) in food prices in remote stores from 2007 - 2008.

	Darwin Remote	Katherine Remote	East Arnhem Remote	Alice Springs Remote	Barkly Remote	NT Average
Bread & Cereals	3%	6%	7%	2%	0%	3%
Fruit	0%	8%	-3%	-12%	-10%	-3%
Vegetables	-1%	13%	2%	-1%	4%	3%
Meat & alternative	0%	2%	-1%	3%	13%	3%
Dairy	18%	17%	33%	20%	-24%	15%
Other foods	2%	7%	18%	18%	-17%	8%
Total Basket	3%	9%	7%	2%	-5%	4%

- Overall prices in the remote stores were 4 per cent higher than last year
- Katherine remote stores had the biggest (9 per cent) price rise of all the districts and the average price decreased by 5 per cent in Barkly remote stores
- The fruit portion of the basket decreased by 3 per cent compared to last year
- The dairy portion of the basket had the greatest price increase from last year (15 per cent).

Table 11: Changes (in percent) in food prices in district centre supermarkets from 2007 - 2008.

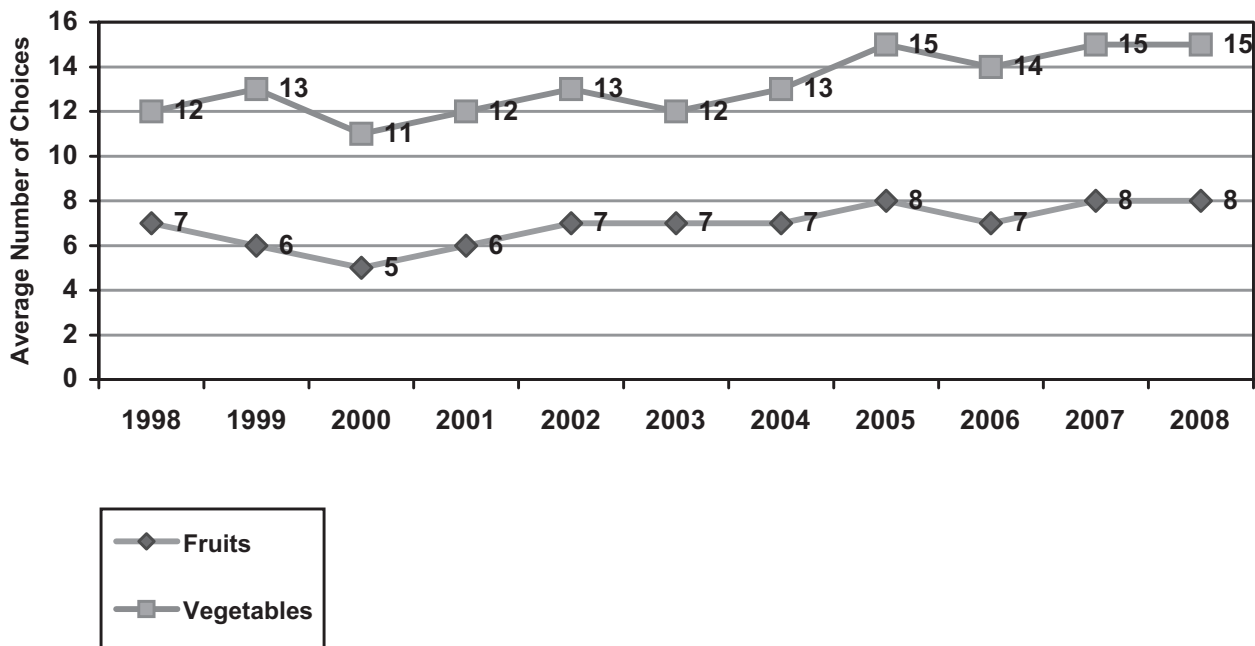
	Darwin Supermarket	Katherine Supermarket	East Arnhem Supermarket	Alice Springs Supermarket	Barkly Supermarket	NT Supermarkets Average
Bread & Cereals	0%	2%	10%	6%	-7%	3%
Fruit	-16%	-9%	-3%	-17%	-8%	-10%
Vegetables	-9%	2%	2%	12%	0%	1%
Meat & alternative	-3%	8%	9%	25%	5%	9%
Dairy	26%	26%	30%	34%	80%	37%
Other foods	5%	5%	0%	0%	5%	3%
Total Basket	-2%	4%	8%	9%	9%	5%

- The average price of the food basket in district centre supermarkets has increased by 5 per cent from last year
- The largest increase was in the Alice Springs and Barkly supermarkets (9 per cent) and the cost of the basket of goods fell by 2 per cent in the Darwin supermarket
- The increase was greatest in the dairy portion of the basket (37 per cent) and there was a decrease in the fruit portion (-10 per cent).

2.3. Comparison of surveys 1998 – 2008

Changes in variety of fresh fruit and vegetables

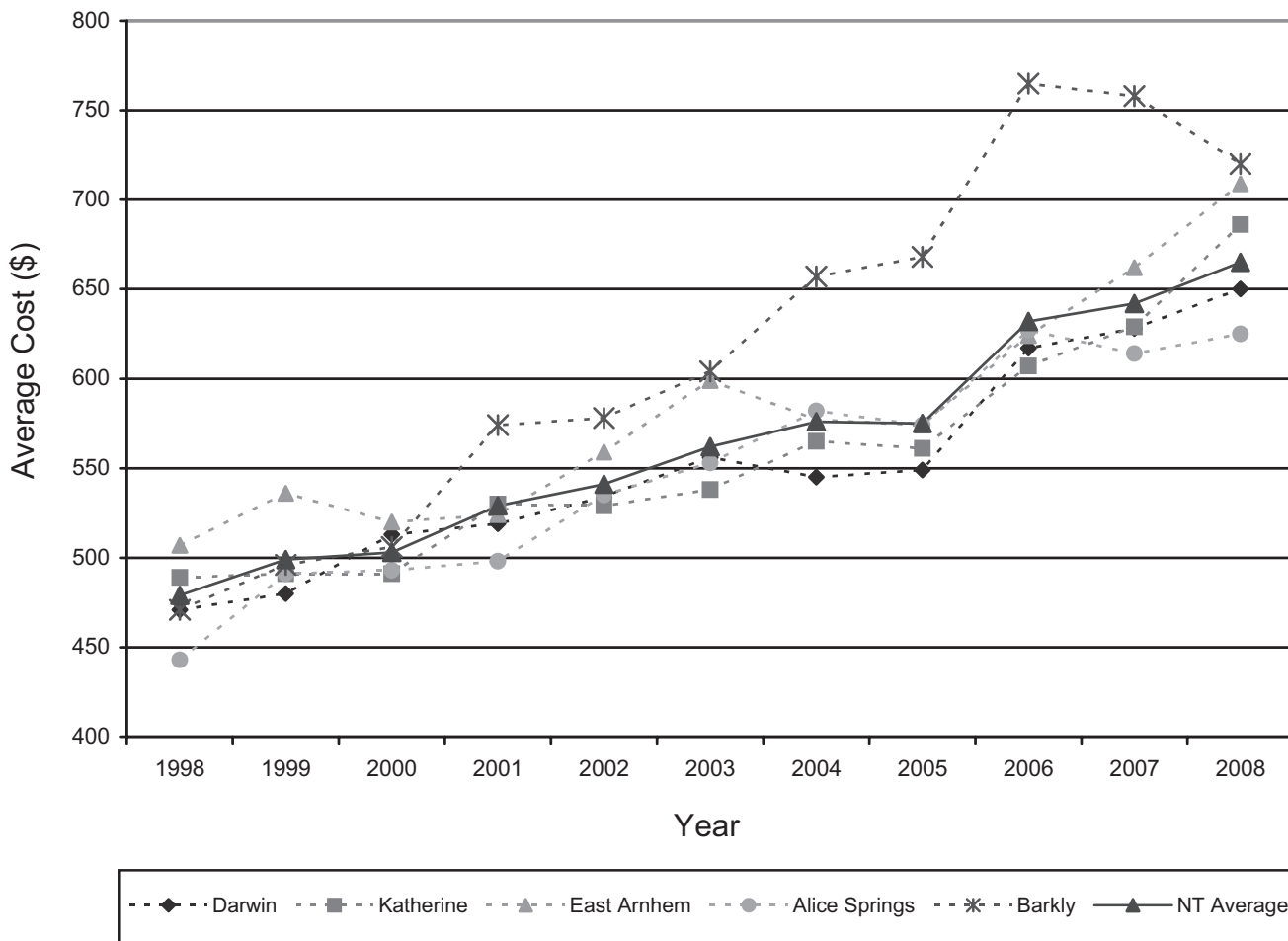
Figure 4: Average number of varieties of fresh fruit and vegetable in remote stores 1998-2008.



The average number of varieties of fresh fruit and vegetables available in remote stores was highest in 2005, 2007 and 2008, when there were of 15 varieties of vegetables and eight varieties of fruit available.

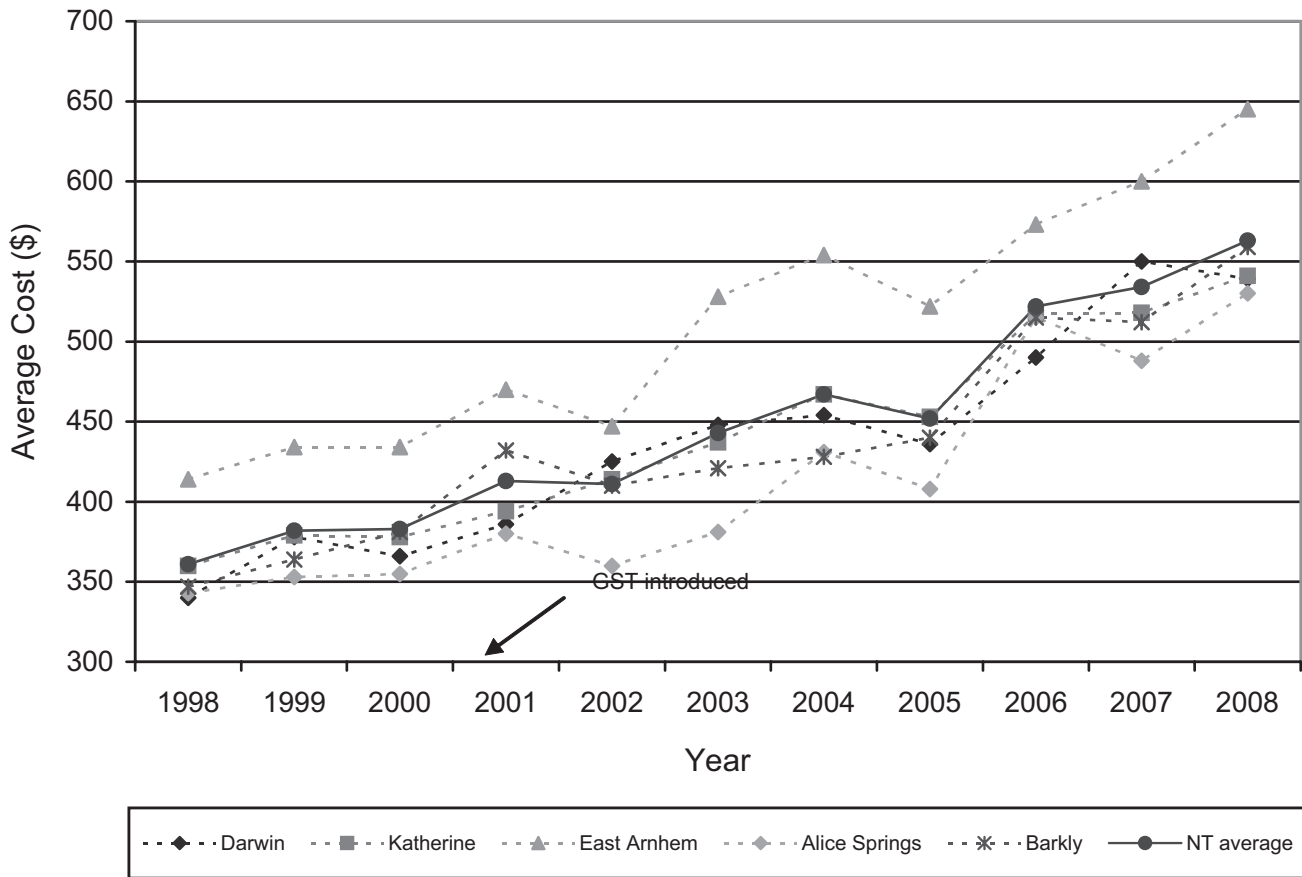
Price comparisons

Figure 5: Average cost of food basket in remote stores 1998 - 2008.



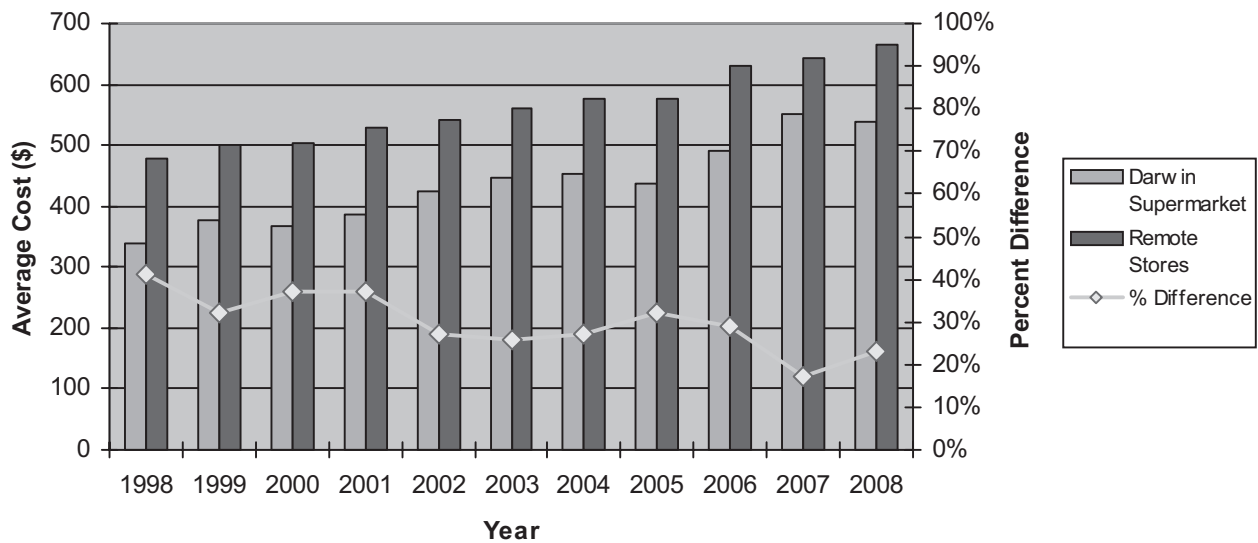
- East Arnhem remote stores were the most expensive from 1998 to 2000. From 2001 through to 2008, Barkly was the most expensive district with a marked increase in 2001, 2004 and 2006
- The average cost of the basket of foods in remote stores has increased each year except 2005 when there was a small decrease (-1 per cent) compared to the previous survey
- Overall the cost of the basket of foods increased by 39 per cent (\$479 to \$665) between 1998 and 2008.

Figure 6: Cost of food basket in district centre supermarkets 1998 - 2008.



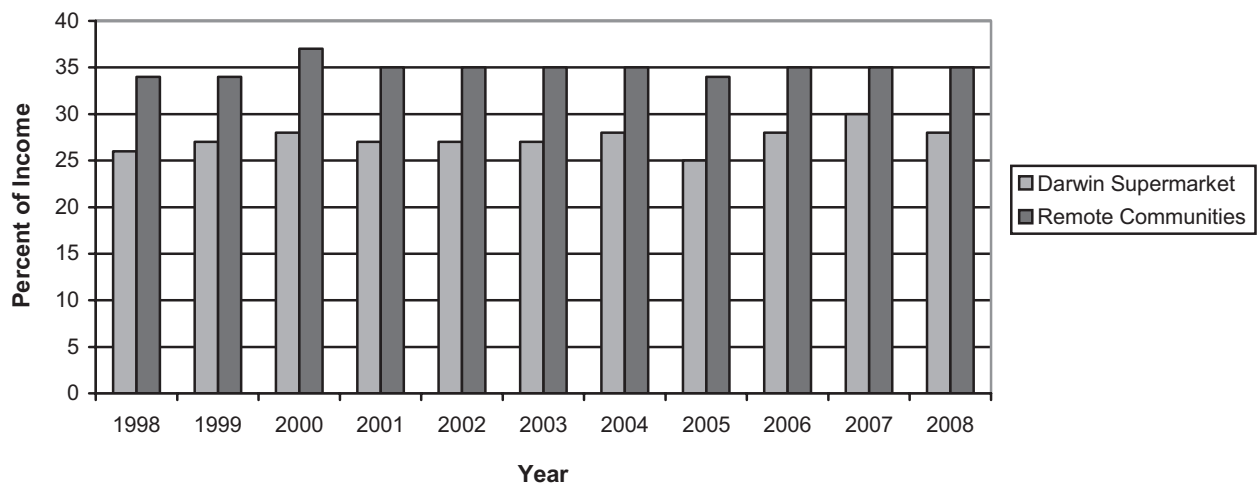
- The supermarket surveyed in East Arnhem has been the most expensive supermarket each year
- 2006 is the only year Darwin had the least expensive supermarket
- The average cost of the basket in NT supermarkets has risen by 56 per cent (\$361 to \$563) from 1998 to 2008.

Figure 7: Cost of basket of foods in remote stores compared with Darwin supermarket 1998 - 2008.



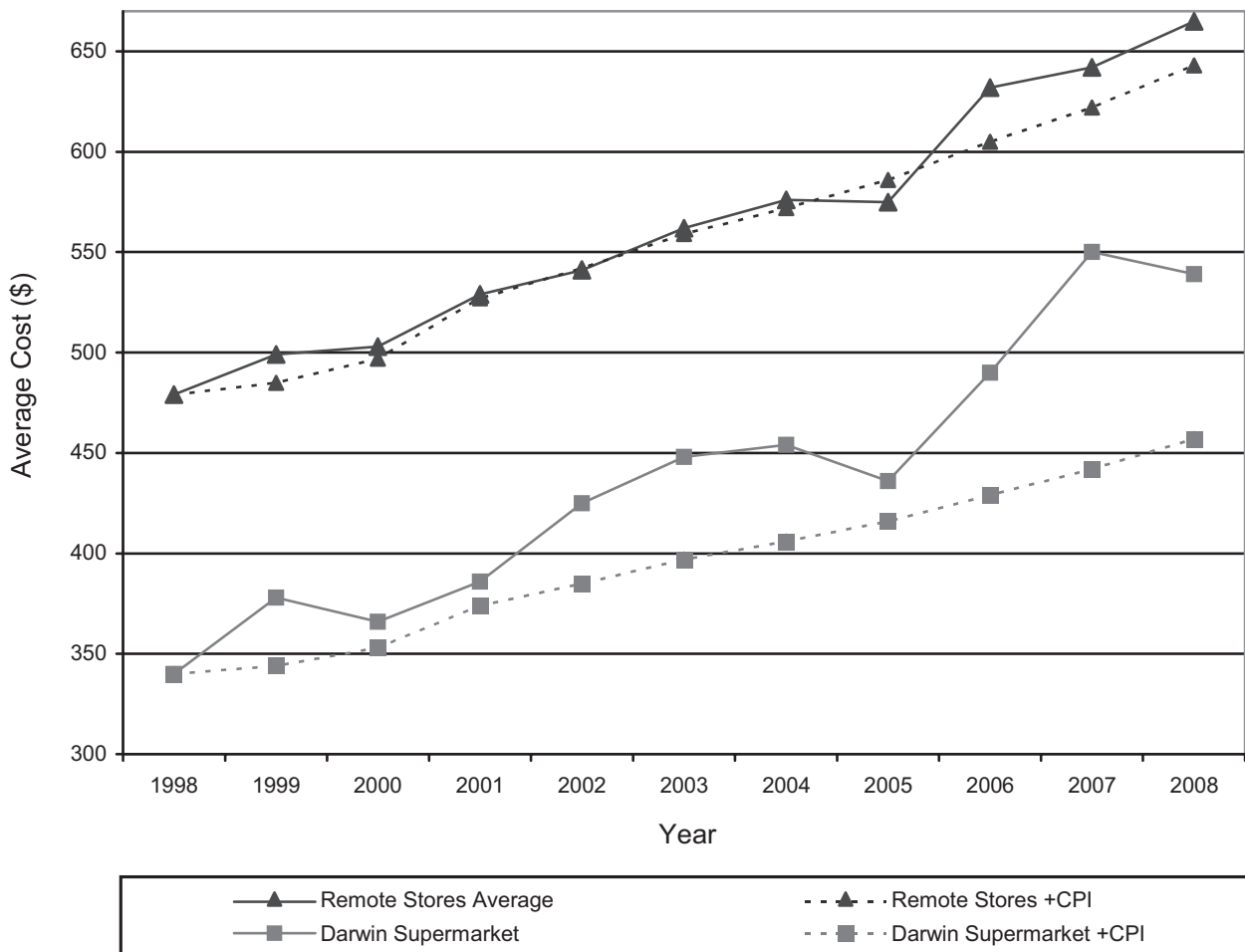
- The relative cost of the basket in the remote stores was greatest in 1998 when it was 41 per cent more than the Darwin supermarket
- In this year's survey the basket was 23 per cent more expensive in remote stores compared with the Darwin supermarket. This is the second smallest difference in all of the years surveyed.

Figure 8: Percent of income needed to purchase the food basket at Darwin supermarket compared to remote store.



- The proportion of income required to purchase the food basket from a Darwin supermarket was the lowest in 2005 (25 per cent) and highest in 2007 (30 per cent)
- The proportion of income required to purchase the food basket from remote community stores was highest in 2000 (37 per cent) and lowest in 1998, 1999 and 2005 (34 per cent).

Figure 9: Cost of basket of foods in remote stores and Darwin supermarket compared to Consumer Price Index (CPI).



The cost of the basket of foods is higher in both remote stores and a Darwin supermarket compared to the calculated cost of the basket using annual CPI⁵ figures. The difference is small for remote stores and is quite marked for the Darwin supermarket in 2007 and 2008.

3. DISCUSSION

Store characteristics

The Market Basket Survey collects information on the number of people employed in stores, an important source of employment for people living in remote communities. Note that it does not collect information on the type of employment (e.g. full time, part time or casual).

The proportion of Aboriginal employees in stores was greatest in the East Arnhem District (84 per cent), where there is a large number of stores owned or managed by Arnhem Land Progress Association (ALPA). ALPA has a policy of employing local Aboriginal people to work in their stores. The proportion of Aboriginal people employed in community stores was lowest in the districts where there is a greater proportion of privately owned/leased stores.

The East Arnhem and Alice Springs Districts had a high proportion of stores with a nutrition policy and store committees. This is mostly due to the number of Outback Stores and ALPA stores in these regions.

Fruit and vegetables

There is strong evidence that an adequate intake of fruits and vegetables is protective against diseases such as coronary heart disease, hypertension, type 2 diabetes, stroke and some cancers. Results from national surveys have shown that Australians do not consume the recommended amounts of fruit and vegetables. People living in remote communities in the Northern Territory are faced with higher prices and limited availability of fruits and vegetables that may further compromise intake. For these reasons improving the availability, variety, quality and affordability of fruits and vegetables is a priority identified in both Territory and national nutrition policies and additional data regarding fruit and vegetables is collected in this survey.

Whilst there are no recommendations as to the number of varieties of fruit and vegetables that should be available, the Australian Guide to Healthy Eating⁶ lists seven different 'groups' of fruits (citrus, tropical, melons, berries, grapes, stone, apples and pears) and six different 'groups' of vegetables (dark green, orange, cruciferous, starchy, salad and legumes).

Each of these groups of fruits and vegetables provide different nutrients. Eating from each of the groups of fruit and vegetables therefore increases the likelihood that one's diet contains more of the nutrients required for good health.

The average number of varieties of fresh fruit and vegetables available in remote stores in this survey was 8 and 15 respectively. This is the same number that was found in the 2005 and 2007 surveys, an increase on other surveys. Further analysis would be required to determine how many stores had at least one choice available from each of the 'groups' of fruit and vegetables.

Basket Costs

The Darwin supermarket and corner store were used as the benchmark for comparing prices in remote community stores in this report. These Darwin stores were chosen because the Darwin region is where the majority of Territorians live. Other states that conduct similar surveys also compare prices in remote stores to their capital city price. Moreover, corner stores are small suburban supermarkets that are thought to have a similar buying power to remote stores.

In 2008 there was a small increase (4 per cent) in remote stores, in line with CPI increases.

The cost of the basket of foods in remote stores was 23 per cent higher than in the Darwin supermarket, which compares favourably with previous surveys, where the price difference in remote stores had ranged from 26 to 41 per cent higher than the Darwin supermarket.

Note that in 2007 this difference in cost between remote stores and the Darwin supermarket had dropped to 19 per cent. This was due largely to a marked increase in the cost of fruit in the Darwin supermarket. In 2008 the cost of fruit in the Darwin supermarket decreased by 16 percent from 2007; however a 26 percent increase in the cost of dairy limited a significant reduction in the overall basket cost.

Limitations of the survey

When interpreting the results described in the previous section a number of issues must be considered. Firstly, a letter was sent to each store manager prior to the survey period informing them that their store would be surveyed in the coming months, and in some instances the store manager may have been informed of the exact date of survey. Prior notice may have influenced store prices during the survey period. Secondly, it must be remembered that although this survey measures the variety, quality and availability of some healthy food items, it makes no attempt to measure the quantities of these foods available.

Comparisons with other surveys

The Northern Territory Treasury conducts a biannual survey of grocery prices in Darwin, Alice Springs, Katherine and Nhulunbuy supermarkets. The Grocery Price Survey for the June half-year 2008 found that Territory supermarket prices were cheapest in Alice Springs and most expensive in Nhulunbuy (East Arnhem)⁷. Similar results were found with this survey with the Alice Springs supermarket being the cheapest and the East Arnhem supermarket the most expensive.

4. SUMMARY

Sixty-six rural and remote stores were surveyed in the Northern Territory between April and June 2008. These surveys looked at the cost, availability and quality of a 'healthy family basket' of food, while also collecting information on store ownership and management characteristics.

Results from the 2008 survey showed that the cost of the healthy basket of foods was, on average, 23 per cent more expensive in remote stores than in a Darwin supermarket. The proportion of income required to purchase the basket of foods in remote communities has remained similar from 1998 to 2008 (around 35 per cent). The cost of the basket of foods increased by four per cent in remote stores and five per cent in NT supermarkets from 2007 to 2008. As in previous surveys the majority of available fresh fruit and vegetables from the remote stores surveyed was of good quality.

5. REFERENCES

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APPENDICES

Appendix A: Foods in the Market Basket Survey

Appendix B: Fortnightly Income for Hypothetical Family of Six

Appendix C: Survey results of the 2008 Market Basket Survey by district and community

Appendix A: Foods in the Market Basket Survey**Breads and Cereals**

Flour	4 x 1 kgs packets
Bread	14 loaves
Wheat Biscuit Cereal	1 kg packet
Rolled Oats	1 kg packet
Long Grain Rice	1 kg packet
Canned Spaghetti	7 x 425g cans

Vegetables

Potatoes	8 kilograms
Onions	3 kilograms
Carrots	4 kilograms
Cabbage	3 kilograms (1 large)
Pumpkin	3 kilograms
Fresh Tomatoes	2 kilograms
Canned Tomatoes	6 x 420g tomatoes
Canned Peas	6 x 420g peas
Canned Beans	7 x 440g beans
Baked Beans	7 x 425g baked beans

Fruit

Apples	50 apples
Oranges	55 oranges
Bananas	55 bananas
Orange Juice	7 litres
Canned Fruit	7 x 440g cans

Meat & Alternatives

Corned Beef	7 x 340g cans
Meat and Vegetables	7 x 450g cans
Fresh/Frozen meat	1.5 kgs
Fresh/Frozen Chicken	1 kg
Eggs, 55's	1 dozen

Dairy

Powdered Milk	7 x 1 kgs tins
Cheese	3 x 250g packet

Other Foods

Margarine	4 x 500g packets
Sugar	4 x 1kg packets
Sugar	1 x 500g packet

Appendix B: Fortnightly Income for Hypothetical Family of Six – 2008***Grandmother aged 60**

Pharmaceutical Allowance	\$5.80
Remote Area Allowance	\$18.20
Single rate	\$546.80

Father aged 35

New Start	\$394.40
Remote Area Allowance (includes the children)	\$37.50

Mother aged 33

Parenting Payment	\$394.40
Family Tax Benefit A for two children under 13 yrs	\$290.92
for one child 13-15 yrs	\$189.00
Remote Area Allowance	\$15.60

TOTAL	\$1892.42
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*Note: The Remote Area Allowance is based on age and marital status, and does not vary according to area of residence in the NT (eg. eligible persons receive the same amount in a remote community as they would in Darwin).

*Source: www.centrelink.gov.au, 03/04/08

Appendix C: Survey results of the 2008 Market Basket Survey by district and community

Darwin

	Store Ownership*	Nutrition policy	Store committee	Aboriginal / non Aboriginal workers	Training in retail	Training in nutrition	Cost of basket	Availability	Fruit (fresh) variety	Fruit (fresh) quality	Fruit price	Vegetable (fresh) variety	Vegetable (fresh) quality	Vegetable price	Population
1	p	no	no	0/2	0	0	\$540	98%	7	2 good, 4 fair, 1 poor	\$139	14	8 good, 6 fair	\$110	330
2	c	yes	yes	5/4	0	0	\$560	100%	12	9 good, 1 poor, 2 rotten	\$113	16	14 good, 2 fair	\$108	1486
3	a	no	yes	6/3	0	0	\$576	100%	7	3 good, 3 fair, 1 poor	\$152	19	18 good, 1 fair	\$122	632
4	a	no	yes	7/4	2	0	\$584	90%	14	14 good	\$124	26	25 good, 1 fair	\$121	2746
5	c	no	yes	14/3	3	1	\$610	98%	9	5 good, 4 fair	\$149	17	17 good	\$116	1582
6	c	yes	no	10/2	4	1	\$619	100%	9	9 good	\$142	23	23 good	\$112	440
7	p	no	no	0/17	0	0	\$631	95%	16	16 good	\$155	23	23 good	\$129	1187
8	a	no	no	14/6	3	0	\$654	80%	13	13 good	\$159	21	21 good	\$141	2746
9	a	no	yes	6/1	0	0	\$668	73%	0	n/a	\$168	0	n/a	\$136	1486
10	p	no	no	1/7	0	0	\$683	98%	11	11 good	\$152	19	17 good, 2 fair	\$157	237
11	c	no	yes	3/1	0	0	\$684	95%	4	2 good, 2 fair	\$155	9	4 good, 5 fair	\$178	237
12	c	no	yes	10/2	-	-	\$690	95%	9	9 good	\$181	16	13 good, 3 fair	\$158	559
13	c	no	no	7/2	0	0	\$705	95%	3	3 good	\$195	7	7 good	\$161	442
14	p	no	no	5/4	0	0	\$705	90%	6	6 good	\$225	11	11 good	\$130	1486
15	p	no	no	2/5	7	-	\$737	100%	9	8 good, 1 fair	\$223	20	16 good, 4 fair	\$172	1350
16	a	no	yes	2/13	not recorded	-				14 good			21 good		2675
							\$751	98%	14		\$188	21		\$153	

*p = private, c = community, a = aboriginal corporation, l = leased from community

Average population 1226
 Number of communities with 100-399 people 3
 Number of communities with 400-799 people 4
 Number of communities with 800-1599 people 6
 Number of communities with more than 1600 people 3
 Aboriginal / non Aboriginal workers 98/82
 Number of stores surveyed this year 16
 Average availability 95%
 Average price \$650
 Average fruit price \$164
 Average vegetable price \$138
 Number of stores surveyed last year 14

Katherine

	Store Ownership*	Nutrition policy	Store committee	Aboriginal / non Aboriginal workers	Training in retail	Training in nutrition	Cost of basket	Availability	Fruit (fresh) variety	Fruit (fresh) quality	Fruit price	Vegetable (fresh) variety	Vegetable (fresh) quality	Vegetable price	Population
1	c	no	yes	5/7	0	0	\$534	93%	11	9 good, 2 fair	\$122	25	23 good, 2 fair	\$125	1589
2	c	yes	yes	3/1	0	0	\$613	78%	2	2 good	\$144	7	6 good, 1 fair	\$131	164
3	c	yes	yes	8/0	0	0	\$616	76%	3	3 good	\$138	10	10 good	\$131	319
4	a	yes	yes	12/1	9	0	\$630	93%	12	11 good, 1 fair	\$125	17	16 good, 1 fair	\$134	340
5	p	no	no	0/5	0	0	\$651	98%	6	6 good	\$168	15	13 good, 2 fair	\$145	473
6	p	no	no	0/5	0	0	\$676	98%	8	8 good	\$183	19	19 good	\$143	233
7	c	yes	yes	12/2	14	14	\$695	90%	11	10 good, 1 fair	\$172	13	13 good	\$158	700
8	l	no	no	1/0	-	-	\$699	80%	3	3 fair	\$188	1	1 fair	\$148	259
9	c	yes	no	5/2	2	2	\$703	100%	9	9 good	\$169	24	24 good	\$155	376
10	p and c	no	yes	0/1	0	0	\$706	95%	5	3 good, 2 fair	\$186	7	7 good	\$160	128
11	p and c	no	yes	0/1	0	0	\$715	95%	6	5 good, 1 fair	\$168	7	3 good, 4 fair	\$140	132
12	p	no	no	4/4	0	0	\$727	90%	15	15 good	\$211	25	25 good	\$154	776
13	p	no	no	2/5	not recorded	-				10 good			17 good		776
14	p	no	no	0/8	0	0	\$730	95%	10	6 good	\$194	17	12 good, 2 fair	\$162	15
15	l	no	yes	5/5	0	1	\$831	80%	4	4 good	\$215	9	8 good, 1 fair	\$223	340
16	c	yes	yes	13/1	5	1	\$575	51%	5	1 good, 1 poor, 3 rotten	\$112	9	2 good, 7 rotten	\$131	450
17	c	no	no	0/1	-	-	\$595	51%	0	0	\$156	2	1 good, 1 rotten	\$111	312

*p = private, c = community, a = aboriginal corporation, l = leased from community

Average population

Number of communities with less than 99 people

Number of communities with 100-399 people

Number of communities with 400-799 people

Number of communities with 800-1599 people

Aboriginal / non Aboriginal workers

Number of stores surveyed this year

Average availability

Average price

Average fruit price

Average vegetable price

434

1

10

5

1

60/53

17

86%

\$686

\$170

\$152

Number of stores surveyed last year 14

East Arnhem

	Store Ownership*	Nutrition policy	Store committee	Aboriginal / non Aboriginal workers	Training in retail	Training in nutrition	Cost of basket	Availability	Fruit (fresh) variety	Fruit (fresh) quality	Fruit price	Vegetable (fresh) variety	Vegetable (fresh) quality	Vegetable price	Population
1	a	yes	yes	25/3	-	-	\$624	100%	11	11 good	\$130	14	14 good	\$134	820
2	c	yes	yes	15/4	not recorded	no	\$634	100%	11	11 good	\$200	26	26 good	\$127	1217
3	a	yes	yes	32/2	not recorded	not recorded	\$647	100%	18	16 good, 2 fair	\$149	25	25 good	\$135	1500
4	a	yes	yes	49/5	not recorded	not recorded	\$640	100%	14	14 good	\$140	23	23 good	\$129	2156
5	a	yes	-	20/2	no	no	\$699	100%	8	8 good	\$158	12	10 good, 2 fair	\$127	1208
6	a	yes	-	8/2	-	-	\$726	95%	7	7 good	\$141	9	9 good	\$145	478
7	c	yes	-	5/4	-	-	\$736	93%	4	4 good	\$172	10	10 good	\$167	1269
8	c	no	no	3/1	no	no	\$752	90%	3	3 good	\$180	13	13 good	\$166	110
9	p	no	no	6/9	-	-	\$878	100%	11	11 good	\$258	17	17 good	\$209	990

*p = private, c = community, a = aboriginal corporation, l = leased from community

Average population 1083
 Number of communities with 100-399 people 1
 Number of communities with 400-799 people 1
 Number of communities with 800-1599 people 6
 Number of communities with more than 1600 people 1
 Aboriginal / non Aboriginal workers 163/32
 Number of stores surveyed this year 9
 Average availability 98%
 Average price \$709
 Average fruit price \$163
 Average vegetable price \$149
 Number of stores surveyed last year 9

Alice Springs

Store Ownership*	Nutrition policy	Store committee	Aboriginal / non Aboriginal workers	Training in retail	Training in nutrition	Cost of basket	Availability	Fruit variety	Fruit (fresh) quality	Fruit price	Vegetable (fresh) variety	Vegetable (fresh) quality	Vegetable price	Population
1	c	no	4/6	no	no	\$528	90%	6	5 good, 1 poor	\$106	11	11 good	\$139	600
2	p	no	5/6	no	no	\$537	93%	4	4 good	\$108	14	11 good, 3 fair	\$136	240
3	c	no	6/2	not recorded	not recorded	\$593	98%	8	4 good, 2 fair, 1 poor, 1 rotten	\$122	15	9 good, 4 fair, 1 poor, 1 rotten	\$127	591
4	c	-	5/2	-	-	\$604	93%	4	3 good, 1 fair	\$124	8	3 good, 5 fair	\$156	245
5	c	yes	1/2	2	2	\$611	98%	9	8 good, 1 fair	\$123	16	16 good	\$130	217
6	c	yes	2/4	no	no	\$622	98%	5	2 good, 2 fair, 1 poor	\$149	14	12 good, 2 fair	\$124	252
7	c	yes	0/1	1	1	\$632	95%	5	4 good, 1 fair	\$123	7	4 good, 1 fair, 1 poor, 1 rotten	\$141	362
8	c	yes	0/3	no	no	\$632	100%	6	4 good, 2 fair	\$119	16	15 good, 1 fair	\$131	240
9	c	yes	2/2	not recorded	-	\$636	100%	14	14 good	\$139	21	21 good	\$112	320
10	c	yes	0/2	2	2	\$637	100%	6	6 good	\$138	14	12 good, 2 fair	\$120	300
11	c	no	1/2	no	no	\$638	95%	12	6 good, 5 fair, 1 poor	\$136	20	13 good, 7 fair	\$140	265
12	c	-	3/3	-	-	\$644	100%	9	9 good	\$160	14	14 good	\$130	280
13	c	yes	-	no	no	\$644	90%	6	6 good	\$139	17	17 good	\$119	1000
14	p	no	0/2	no	no	\$645	98%	3	2 good, 1 fair	\$173	9	8 good, 1 fair	\$127	115
15	c	yes	4/2	2	2	\$651	93%	16	16 good	\$161	18	17 good, 1 fair	\$127	107
16	c	no	5/2	2	1	\$659	98%	6	4 good, 2 fair	\$162	11	5 good, 5 fair, 1 poor	\$158	350
17	c	yes	3/2	3	0	\$666	100%	13	10 good, 3 fair	\$149	16	9 good, 7 fair	\$152	165
18	c	no	6/2	2	0	\$674	98%	9	8 good, 1 fair	\$169	12	12 good	\$203	342
19	c	no	1/1	no	no	\$571	68%	4	1 good, 2 fair, 1 rotten	\$112	4	2 good, 2 fair	\$113	200

*p = private, c = community, a = aboriginal corporation, l = leased from community

Average population 326
 Number of communities with 100-399 people 16
 Number of communities with 400-799 people 2
 Number of communities with 800-1599 people 1
 Aboriginal / non Aboriginal workers 46/44
 Number of stores surveyed this year 19
 Average availability 95%
 Average price \$625
 Average fruit price \$139
 Average vegetable price \$137

Number of stores surveyed last year 20

Barkly District

Store Ownership*	Nutrition policy	Store committee	Aboriginal / non Aboriginal workers	Training in retail	Training in nutrition	Cost of basket	Availability	Fruit (fresh) variety	Fruit (fresh) quality	Fruit price	Vegetable (fresh) variety	Vegetable (fresh) quality	Vegetable price	Population
1	c	yes	5/1	0	0	\$663	98%	17	17 good	\$163	23	22 good, 1 fair	\$135	181
2	p	-	2/0	-	-	\$694	90%	3	2 good, 1 fair	\$188	4	4 good	\$136	n/a
3	c	yes	-	not recorded	not recorded	\$708	100%	14	12 good, 2 fair	\$180	20	19 good, 1 fair	\$181	440
4	p	no	1/2	-	-	\$741	98%	8	6 good, 2 fair	\$194	19	12 good, 7 fair	\$155	482
5	p	-	0/4	-	-	\$793	95%	4	3 good, 1 fair	\$194	10	9 good, 1 fair	\$209	482

*p = private, c = community, a = aboriginal corporation, | = leased from community

Average population

396

Number of communities with 100-399 people

1

Number of communities with 400-799 people

3

Aboriginal / non Aboriginal workers

8/7

Number of stores surveyed this year

5

Average availability

96%

Average price

\$720

Average fruit price

\$184

Average vegetable price

\$163

Number of stores surveyed last year

9