

# Helping you and your family save on healthy food and other essentials



Nutrition North Canada subsidies save you money on many nutritious foods and essential items.

## HIGH SUBSIDY

NNC Saving Per Kilogram

\$



Frozen vegetables and fruits



Fresh milk



Infant formula, cereal and other infant food

## MEDIUM SUBSIDY

NNC Saving Per Kilogram

\$



Fresh fruits and vegetables



Eggs, meat, tofu and bread



Rice and pasta

## LOW SUBSIDY

NNC Saving Per Kilogram

\$



Toilet paper



Canned fish and legumes



Soap, shampoo and hand sanitizer



Laundry and dishwashing detergent.

Learn which items are on Nutrition North Canada's subsidy list, visit this [link](#)



For questions or comments, contact us:  
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