



NRWC National Food Basket

Why the standard food basket is important to people living in rural, regional and remote Australia.

The National Rural Women's Coalition (NRWC) is undertaking the first ever national survey of a "standard" food security basket for rural, remote and regional families across Australia. The evidence gathered from this survey will be used to provide information on the cost of food to rural families.

Food security exists when all people, at all times, have physical, social and economic access to efficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

(Committee on World Food Security 2009)

We are asking people from across Australia to collect the prices of a "standard" food basket - you **DON'T** need to buy the items we just need to have the cost of them at the weight or sizes indicated so we can analyse the results.

Please help us.

Thank you,

The NRWC Team

1. Do you live in Rural, Regional or Remote Australia?

Yes

No

2. What is your Postcode?

3. What is the size of the family you normally shop for?

- 1 person
- 2 people
- 3 people
- 4 people
- 5 people
- 6+ people

4. Do you identify as any of the following? - please tick any that apply.

- Aboriginal or Torres Strait Islander
- Person with Disability
- Male
- Female
- Culturally and/or Linguistically Diverse
- Prefer not to answer
- None of these apply

5. What is your age?

- Under 17
- 17-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65 - 74
- 75 +

6. How often do you go shopping?

- More than once a week
- Once a week
- Once a fortnight
- Once a month
- Specify frequency

7. Date of Purchase? (for this survey)

Date / Time

Date

8. What transport did you use to do your shopping?

- Public Transport
- Taxi
- Private Vehicle
- Walk
- Other (please specify)

9. In which town did you make your purchases?

10. Distance from your home to the shop in kilometres? (one way)

- 0-3 kilometres
- 4-10 kilometres
- 11-25 kilometres
- 26-50 kilometres
- 51-100 kilometres
- 101-200 kilometres
- Over 201 kilometres

11. Where did you buy the following bread and cereal items for the food basket survey?

- Aldi
- Coles
- IGA
- Independant
- Woolworths
- Other (please specify)

12. White Bread 680g (when answering please only enter numerical value eg 3.50)

Cost

Any Other comment

13. Wholemeal Bread 680g (when answering please only enter numerical value)

Cost

Any Other Comment

14. Weet-Bix (when answering please only enter numerical value, e.g. 3:50)

Cost

Any Other Comment

15. Instant Oats 500g (when answering please only enter numerical value)

Cost

Any Other Comment

16. Pasta 500g (when answering please only enter numerical value)

Cost

Any Other Comment

17. White Rice 1kg (when answering please only enter numerical value)

Cost

Any Other Comment

18. Instant Noodles 85g (when answering please only enter numerical value)

Cost

Any Other Comment

19. Premium Biscuits 250g (when answering please only enter numerical value)

Cost

Any Other Comment

20. Where did you buy the following Fruit and Vegetables?

- Aldi
- Coles
- Green Grocer
- IGA
- Independant
- Woolworths
- Other (please specify)

21. Apples 1kg (when answering please only enter numerical value eg 3.50 no \$)

Cost

Any Other Comment

22. Oranges 1kg (when answering please only enter numerical value, e.g 3.50 no \$)

Cost

Any Other Comment

23. Bananas 1kg (when answering please only enter numerical value. e.g 3:50 no \$)

Cost

Any Other Comment

24. Tinned Fruit Salad - natural juice - 450g (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

25. Sultanas 250g (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

26. Orange Juice 100% no added sugar 2l (please enter only numerical value. e.g. 3:50 no \$)

Cost

Any Other Comment

27. Tomatoes 1 kg (please enter only numerical value. e.g. 3.50 no \$)

Cost

Any Other Comment

28. Potatoes 1kg (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

29. Pumpkin 1 kg (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

30. Cabbage 500g (half) (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

31. Lettuce (whole) (please enter value only no\$)

Cost

Any Other Comment

32. Carrots 1 kg (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

33. Onions 1kg (please enter value only no \$)

Cost

Any Other Comment

34. Frozen Peas 1 kg (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

35. Tinned Tomatoes 400g (please enter value only no \$)

Cost

Any Other Comment

36. Tinned Beetroot 450g (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

37. Tinned Corn Kernels 440g (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

38. Tinned Baked Beans 420g (when answering please only enter numerical value. eg. 3.50 no \$)

Cost

Any Other Comment

39. Where did you buy the following meat and alternatives?

- Aldi
- Butchers
- Coles
- IGA
- Independant
- Woolworths
- Other (please specify)

40. Fresh Bacon, shortcut, rindless 1kg (please enter value only no \$)

Cost

Any Other Comment

41. Fresh Ham 1kg (please enter value only no \$)

Cost

Any Other Comment

42. Beef Mince, regular 1kg (please enter value only no \$)

Cost

Any Other Comment

43. Lamb Chops, forequarter 1kg (please enter value only no \$)

Cost

Any Other Comment

44. Chicken Fillets, skin-off 1kg (please enter value only no \$)

Cost

Any Other Comment

45. Sausages 1kg (please enter value only no \$)

Cost

Any Other Comment

46. Tinned Tuna, unsaturated oil 425g (please enter value only no \$)

Cost

Any Other Comment

47. Tinned Salmon, pink, in water 210g (please enter value only no \$)

Cost

Any Other Comment

48. Large Eggs (min 50g caged) (please enter value only no \$)

Cost

Any Other Comment

49. Where did you buy the following dairy products?

- Aldi
- Coles
- IGA
- Independant
- Woolworths
- Other (please specify)

50. Fresh Full Cream Milk 2l (please enter value only no \$)

Cost

Any Other Comment

51. Fresh Reduced Fat Milk 2l

Cost

Any Other Comment

52. Reduced Fat Flavoured Yoghurt 1kg (please enter value only no \$)

Cost

Any Other Comment

53. Full Fat Long Life Milk 1l (please enter value only no \$)

Cost

Any Other Comment

54. Cheese, block 500g (please enter value only no \$)

Cost

Any Other Comment

55. Where did you buy the following Non-core foods?

- Aldi
- Coles
- IGA
- Independant
- Woolworths
- Other (please specify)

56. Polyunsaturated Margarine 500g (please enter value only no \$)

Cost

Any Other Comment

57. White Sugar 1kg (please enter value only no \$)

Cost

Any Other Comment

58. Canola Oil 500ml (please enter value only no \$)

Cost

Any Other Comment

59. Has COVID 19 changed the way your do your normal shopping? (You can select more than one)

- I am stockpiling more items then before COVID 19
- I have started a veggie patch
- I am relying on supplementary food from charity or friends
- I am avoiding interaction in the food shopping by using online shopping for example
- I am shopping others. eg, immune compromised, elderly
- I am being more organised and going food shopping less frequently
- Other (please specify)

60. Before COVID 19 have you every not been able to purchase a food item

- Item not in stock
- Item not in good condition
- Item too expensive
- Other (please specify)

61. During COVID 19 have you ever not been able to purchase a food item?

- Item not in stock
- Item not in good condition
- Item too expensive
- Items had purchase limits that restricted food preparation
- Other (please specify)

62. Has COVID influenced your preference for Australian produced food?

- Yes it has
- No it hasn't

63. Have you any other comments to make about the your access and affordability of food?