

Section 16: Groceries

2009 Product Questionnaire (89-2 to 89-19)



Food Shopping

times in average week

\$ spent

where shopped (*Appendix A*)

Purchasing/usage

no-name products, private label/store brand,
cents-off coupons, organic products

where bought: bulk food store, convenience
stores, frozen food store, fruit
and vegetable store, gourmet
food store, health food store,
public market, drug store,
department stores

Beverages served in household

Coffee: ground (# *kgs.*)

types: flavoured, unflavoured

kinds: regular, decaffeinated,
50% decaffeinated

forms: bag, tin

Coffee: instant (# *kgs.*)

kinds: regular, decaffeinated

brands

Coffee: specialty (# *cups*)

types: cappuccino, espresso, flavoured,
latte/café au lait, other specialty

kinds: syrup, powder, ready to drink

forms: bottle, packets, single serve can,
tin/cannister

brands

Coffee: whole beans (# *kgs.*)

types: flavoured, unflavoured

kinds: regular, decaffeinated

brands

Iced tea (# *cups/glasses*)

types: concentrate (*liquid*), frozen, powder,
ready-to-drink

kinds: diet/low calorie, regular

forms: single serving

brands

Lemonade (# *glasses*)

forms: frozen, ready-to-drink, powder,
single serve boxes/bottles,
fresh squeezed

Milk (# *litres*)

types: (*chocolate milk*): low fat, regular
(*ready to drink, powder/syrup based*)

kinds: skimmed, 1%, 2%, whole

forms: buttermilk, filtered, goat, lactose
reduced, regular, soy

used for: cooking/baking, drinking,
with tea or coffee, cereal

brands¹

Orange juice (# *glasses*)

forms: frozen, liquid ready-to serve
(*refrigerated from concentrate,*
non-refrigerated from concentrate)

types: bottled (*glass, plastic*), canned,
carton, plastic jug, single serving
(*bottles, boxes*)

brands

(continued)

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Other fruit juices and drinks (# glasses)

types: bottled, canned, carton, single serving (*bottles, boxes, cans, pouches*)

forms: frozen concentrate, unfrozen concentrate, refrigerated, non-refrigerated

kinds: apple, cherry, citrus blend, cranberry, cranberry blends, fruit drink/punch, grape drink, grape juice (*white, purple*), grapefruit (pink, ruby red, white), kiwi, mango, orange, orange/grapefruit, orange/tangerine, passion fruit, peach, pineapple, prune, raspberry, juice blends

brands

Powdered fruit drinks (# glasses)

forms: pouch, plastic cannister

Soy beverages (# litres)

flavours: chocolate, fruit based, plain, vanilla

brands

Tea (# cups)

types: regular, decaffeinated

kinds: regular, herbal, green

how bought: tea bags, loose tea

brands

Tomato and vegetable juice (# glasses)

forms: bottled, canned

types: tomato, tomato clam, vegetable

brands

Food used in household

Aerosol non-stick cooking products (# cans)

Apple sauce (# cans/jars)

forms: single serve cups

Bacon (# kgs.)

Baking chips (# bags)

Baking ingredients

types: yeast, baking powder, shortening, lard

Beef (# times served)

Bottled barbeque sauces (# bottles)

brands

Bottled seasoning sauces (# bottles)

types: chili, horseradish, seafood cocktail, soy, steak, tartar, teriyaki, worcestershire

Bouillon (# times)

types: can, carton, cube, liquid, packets, powder

Bread/flat breads

types: bagels, English muffins, hamburger buns, hot dog buns, in-store bakery bread, grain bread, pitas, tortilla/wraps, wheat bread, white bread, wraps

Butter (# pounds)

types: regular salted, regular unsalted, light

used for: baking, cooking, spread, topping

Canned evaporated milk (# cans)

used for: cooking/baking, with tea or coffee

Canned fish/meat (# cans)

kinds: ham, flake meat, luncheon meat, meat spreads, tuna, salmon, other seafood

(continued)

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Canned fruit (# containers)

types: cherries, cranberries, fruit cocktail, peaches, pears, pineapples

Canned pasta (# cans)

Cheese, natural (# kgs.)

types: low fat, low sodium, regular
kinds: blue cheese, brick, brie, camembert, cheese blends, colby, edam, feta, gouda, havarti, mild cheddar, monterey jack, mozzarella, old cheddar, parmesan/romano, swiss

forms: chunk/block, chunk/block from deli, grated, individual portion within wax, individual portions, plastic tub, shredded, slices, stick, string

used for: cooking, on its own, sandwiches

brands¹

Cheese, processed (# kgs.)

types: light/lite, regular
forms: chunk/loaf, individually wrapped slices, stick/string

used for: cooking, on its own, sandwiches, slices, stick/string

used for: cooking, on its own, sandwiches,

Cheese spread/cheese sauce (# kgs.)

types: sauce, spread

Chicken, turkey (# times served)

types: chicken, turkey

Chocolate baking squares (# squares)

types: bittersweet, semi-sweet, sweet, unsweetened, white

Cocoa powder (# containers)

Cold cereals (# portions)

portions eaten other than breakfast

types: bran, granola/muesli, multi-grain, oat bran, organic ingredients, soya based/enhanced, sweetened within/frosting, wheat based, with dried fruits/berries

brands

Cold cuts (# kgs.)

forms: fresh cut, packaged

Cookie mixes (# pkgs.)

Cookies

boxes/packages

types: butter, chocolate chip, chocolate covered, figbars, fudge, marshmallow, nut, oatmeal, peanut butter, sandwich type

kinds: mini, regular

Cooking & gravy/sauces (# pkgs./containers)

types: dry sauce, gravy mix, liquid

forms: bottle, pouch, tetra, carton

brands

Crackers (# boxes)

types: cheese, crisp bread, graham, oat/oat bran, saltines, wheat/rye, other flavoured snack

kinds: low fat, low salt, regular

brands

Cranberry sauce

types: homemade, jellied, sauce

Cream (# litres)

kinds: 5%, 10%, 18%, 35%, flavoured

used for: cooking/baking, cereal, with tea or coffee

Cream cheese (# grams)

kinds: flavoured, plain

used for: as dip, as spread, baking, cooking

Dry cake mixes (# pkgs.)

Eggs (# dozen)

kinds: regular brown, regular white, omega 3 specialty, other specialty, liquid egg products

Fish, seafood (# kgs.)

forms: fresh, frozen

Flour (# kgs.)

Fruit Snacks

boxes/packages

types: bars, shapes, rolls, other

brands

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Frostings

types: mix, pre-mixed

Frozen desserts (# *pkgs.*)

Frozen hot snacks (# *pkgs.*)

brands

Frozen main courses (# *pkgs.*)

types: low calorie/low fat, regular,
organic

brands

Frozen pizza (# *pkgs.*)

types: meal sized, mini

kinds: gourmet, regular

brands

Frozen potato products (# *pkgs.*)

types: french fries, other potatoes

Frozen snacks (# *pkgs.*)

types: cone, cup, sandwich, stick bar,
stickless bar, water ice

brands

Gelatin/Jelly Powder (# *pkgs.*)

kinds: flavoured, unflavoured

Granola/cereal/muffin bars (# *times*)

kinds: cereal bars, granola bars
(*chewy non-coated, chocolate coated,
crunchy*), muffin bars, sweet & salty¹

brands

Honey (# *containers/jars*)

Hot Sauce

used for: condiment, ingredient

brands

Ice cream, ice milk, sherbet, frozen yogurt

(# *litres*)

types: economy, regular, premium, lactose-
free, low-fat, ice milk,
no sugar added, non-dairy, sherbet/
sorbet, frozen yogurt,
ice cream desserts/cakes, soya,
low carb, added calcium

brands

Instant breakfast, mixed with milk

(# *individual portions*)

Instant coffee whitener (# *servings*)

Instant hot cereal, single serve packets

individual portions eaten for breakfast

individual portions eaten as snack

brands

Jams, Jellies (# *jars*)

types: diet/low calorie, regular,

forms: jam, jelly, marmalade, preserves

Ketchup (# *bottles*)

Lemon juice

used for: beverages, cooking/baking

Margarine (# *tubs*)

used for: baking, cooking, as spread, as
topping

types: heart healthy, light, regular,
unsalted

forms: hard, soft

brands

Marinade (# *bottles*)

brands

Mayonnaise, mayonnaise-type salad dressing
(# *jars/bottles*)

types: unflavoured (*reduced calorie, reduced
fat, regular*), flavoured (*reduced
calorie, reduced fat, regular*)

brands

Meat (*other*)

kinds: ham, lamb, pork, veal

Mexican dinners kits or shells (# *times*)

kinds: kits, shells

Mustard (# *jars/squeeze bottles*)

types: brown, dijon, honey, hot, yellow

forms: jar, squeeze bottle

Organic Foods

types: fruits, dairy, vegetables, grains,
meat, other

Packaged instant potatoes (# *pkgs.*)

brands

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Pancakes (# *times*)

types: from mix (*complete, add water, add milk and eggs*), from scratch, frozen

kinds: buttermilk, regular

Pasta/noodles/sauces, flavoured (# *pkgs.*)

brands

Pasta, packaged (# *pkgs.*)

types: box, cellophane package

kinds: dry, fresh, frozen

Pasta sauce (# *containers*)

type: bottled, canned, dry mix, frozen, refrigerated

kinds: cheese, cream, pesto, tomato based
tomato based with meat

Peanut butter (# *jars*)

types: crunchy, flavoured, smooth

kinds: light, no sugar/salt,
natural 100% peanuts

Pickles (# *jars*)

Pie fillings

types: from can, from mix

Pizza shells/crusts (# *pkgs.*)

types: frozen, mix, ready to use

Puddings (# *containers*)

types: cooked, instant, single serve
(*refrigerated, non-refrigerated*)

Ready-to-serve dips (# *containers*)

types: dry mix, refrigerated,
non-refrigerated

kinds: Mediterranean style, regular

Rice, flavoured/seasoned (# *pkgs.*)

brands

Rice, plain (# *pkgs.*)

types: boil in bag, instant, regular,
specialty

Rolled oats/oatmeal/hot cereals

(# *individual portions eaten as cereal*)

used for: cereal, cooking/baking

brands

Salad dressing (# *bottles or packages*)

types: low calorie/light, low fat,
no fat/no cholesterol, regular

forms: liquid, powder

brands

Salad or cooking oil (# *litres*)

kinds: olive, vegetable

brands

Salsa (# *containers*)

brands

Salt/salt substitute

types: salt, salt substitute

Sausage (# *kgs.*)

types: flavoured, regular, specialty

Seasoned coating mixes (# *pkgs.*)

kinds: meat/fish, vegetables/potatoes

Seasonings/spices (# *packages or containers*)

Snack cakes (# *boxes/packages*)

Soup, condensed

occasions: eaten as soup, used in recipe/base
for homemade soup

brands

Soup, dry (# *occasions*)

types: regular (*cooked*), instant (single
serve, in a cup)

used: for soup, in a recipe, as a meal

brands

Soup, ready-to-serve (# *occasions*)

forms: canned, carton, jar, jar (*refrigerated*),
plastic, portable cup, bowls

brands

Sugar (# *kgs.*)

Sweetened condensed milk (# *cans*)

used for: cooking/baking, with tea or coffee

Sweet spreads (# *jars*)

types: hazelnut, mixed flavour

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Table syrup (# *times*)

types: butter flavoured, lite, real maple
syrup added, regular

Toaster products (# *pkgs.*)

brands

Vegetables, frozen (# *pkgs.*)

kinds: vegetables only, with butter/cheese
sauce, with pasta

brands

Vegetarian products (# *pkgs.*)

kinds: breakfast links/patties, burgers,
veggie dogs

Vinegar

types: flavoured, regular, wine

Waffles (# *times*)

types: fresh, from mix, from scratch,
frozen

Whipped topping (# *containers*)

types: aerosol, frozen/refrigerated,
powder, liquid

brands

Wieners (# *pkgs.*)

types: flavoured, regular

Yogurt (# *containers*)

types: plain, with fruit (pre-mixed, fruit on
the bottom), other flavour

kinds: drinkable, fresh cheese,
lactose free, low fat, non-dairy,
non-fat/fat-free, regular, tubes

container size: children's size, individual
serving, large size

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