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Tuesday, November 29, 2011

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Here comes Santa Claus

Nathan Oribhabor, 5, (left) and sister Kenda, 7, of Georgetown appear to have found the perfect craft at St. Paul's Anglican Church during Saturday's Montgomery Christmas celebration in Norval. The celebration is held every November

to pay homage to *Anne of Green Gables* author Lucy Maud Montgomery, who once lived in Norval. **For more photos of holiday events see inside today's Gift Guide section.**

Photo by Calvin Dyke

Low-income residents going without healthy food basics

By CHRISTINA COMMISSO
Metroland Media Group

A survey of Halton's grocery stores reveals that those on a fixed income struggle to afford a nutritious diet month after month.

The Price of Eating Well in Halton 2011 report, released last week, shows low-income residents fall short on their monthly finances, often having to forego healthy basics like fruits, vegetables, dairy and meat.

"It's an alarming trend. Alarming in that people who are already having difficulty accessing healthy food at a reasonable costs, they're going to be more challenged," said Lynn Roblin, former chair of the Halton Food Council and a registered dietitian.

The cost of a healthy food basket in Halton has gone up seven per cent since 2007 and 18 per cent in the last three years.

She said generally the cost of food is lower in Canada compared to the rest of the world, but that doesn't make it any easier for those struggling to keep up with bills in Halton.

"I hate to say our food is low cost. It's not low cost. For some people it's totally out of reach. In Canada, generally our food cost is pretty good but the cost of eating is going up there's no doubt about it."

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