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VCMI Releases Groundbreaking Report on Food Inflation in Canada

OAKVILLE, CANADA, October 16, 2025 — **Value Chain Management International (VCMI)**, an Oakville-based research and management consultancy, today released a new think piece examining the causes and consequences of food inflation in Canada between 2019 and 2025.

The **FULL REPORT**, “*Food Inflation in Canada: Winners, Losers, and the Path Forward (2019–2025)*,” is available [HERE](#); the **EXECUTIVE SUMMARY** can be accessed [HERE](#).

The report reveals that the **average Canadian food basket rose 34% over six years**, far outpacing general inflation. The sharp increase has disproportionately impacted low- and middle-income households, with the lowest-income families now spending nearly **30% of their disposable income on food**. Meanwhile, food insecurity has climbed to alarming levels, potentially affecting **up to one in three Canadians**.

“Our findings show that food inflation is not just an economic statistic — it is a social crisis,” said Dr. Martin Gooch, CEO of VCMI. “Lower-income Canadians are being squeezed hardest, while structural issues in the food system continue to fuel volatility.”

The think piece also explores how cost pressures have been transmitted along the food value chain, identifying clear winners and losers:

- **Farmers** tied to global markets gained temporarily, but many others were hit by drought and rising input costs.
- **Retailers** saw margins increase despite absorbing some upstream costs.
- **Consumers** faced the greatest financial strain, altering shopping habits and nutrition choices.

The report emphasizes that the only sustainable path forward lies in **productivity gains, strategic innovation and greater collaboration across Canada’s food value chain**.

VCMI is calling on both government and industry to act decisively: investing in infrastructure, research and skills; adopting value chain management practices; and proactively partnering on the creation of a more resilient, adaptive food system.

“Canada cannot afford to treat food inflation as business-as-usual,” added Gooch. “We need to view the food system as one interconnected chain. By improving productivity and fostering collaboration, we can reduce cost pressures and safeguard Canadians’ access to affordable, nutritious food.”

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About Value Chain Management International (VCM)

VCM International (VCM) is dedicated to improving the profitability, competitiveness and environmental sustainability of the international food industry by promoting and enabling the management of closely aligned value chains. VCM's global consulting team is located in Canada, Europe and Australasia, and comprises world leaders in quality management, experiential management training, commercial-focused environmental sustainability, and value chain innovation.

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