

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - March 2017<sup>(\*)</sup>

Age-Gender Group	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (a)
<b>Children</b> - Dollars per Week -											
Boy 2-3 years	7.62	0.87	4.75	3.50	1.78	3.08	4.36	2.59	1.82	1.23	31.61
Girl 2-3 years	7.62	0.87	4.75	3.50	1.78	3.08	4.36	2.22	1.56	1.23	30.98
Boy 4-8 years	9.15	0.87	7.39	3.50	1.78	3.08	7.64	3.69	2.60	1.23	40.93
Girl 4-8 years	9.15	0.87	7.39	3.50	1.78	3.08	7.64	3.69	2.60	1.23	40.93
<b>Males</b>											
9-13 years	12.20	0.87	15.30	3.50	1.78	3.08	9.82	4.43	3.12	1.54	55.65
14-18 years	12.20	0.87	33.77	3.50	1.78	3.08	15.27	5.91	4.16	2.15	82.70
19-30 years	8.39	0.87	31.13	3.50	1.78	3.08	17.46	6.65	4.68	2.46	80.00
31-50 years (b)	7.62	0.87	25.85	3.50	1.78	3.08	15.27	6.65	4.68	2.46	71.78
51-70 years (b)	9.15	0.87	25.85	3.50	1.78	3.08	13.09	6.65	3.12	2.15	69.25
over 70 years (b)	9.15	0.87	25.85	3.50	1.78	3.08	13.09	6.65	3.12	1.54	68.64
<b>Females</b>											
9-13 years	9.91	0.87	10.02	3.50	1.78	3.08	8.73	4.43	3.12	1.54	46.99
14-18 years	10.67	0.87	15.30	3.50	1.78	3.08	12.00	5.17	3.12	1.54	57.04
19-30 years	6.10	0.87	20.58	3.50	1.78	3.08	14.18	5.54	3.64	1.85	61.12
31-50 years (b)	6.86	0.87	20.58	3.50	1.78	3.08	13.09	5.17	3.64	1.85	60.43
51-70 years (b)	9.15	0.87	15.30	3.50	1.78	3.08	9.82	4.43	3.12	1.23	52.29
over 70 years (b)	9.15	0.87	15.30	3.50	1.78	3.08	9.82	4.43	3.12	1.23	52.29
<b>Pregnancy</b>											
18 years & younger (c)	10.67	0.87	20.58	3.50	1.78	3.08	13.09	5.91	3.12	2.15	64.76
19-30 years (c)	9.15	0.87	20.58	3.50	1.78	3.08	14.18	5.91	4.16	2.46	65.68
31-50 years (c)	9.15	0.87	20.58	3.50	1.78	3.08	13.09	5.91	4.16	2.15	64.28
<b>Lactation</b>											
18 years & younger	12.20	0.87	20.58	3.50	1.78	3.08	13.64	5.54	3.64	2.15	66.99
19-30 years	9.15	0.87	25.85	3.50	1.78	3.08	14.18	5.91	4.16	2.46	70.95
31-50 years	9.15	0.87	25.85	3.50	1.78	3.08	13.09	5.91	4.16	2.15	69.56
<b>Family of Four (d)</b>	<b>35.84</b>	<b>3.46</b>	<b>69.12</b>	<b>14.02</b>	<b>7.13</b>	<b>12.32</b>	<b>45.82</b>	<b>19.95</b>	<b>14.05</b>	<b>7.08</b>	<b>228.79</b>

(\*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(c) A daily iron supplement is required for pregnant women.

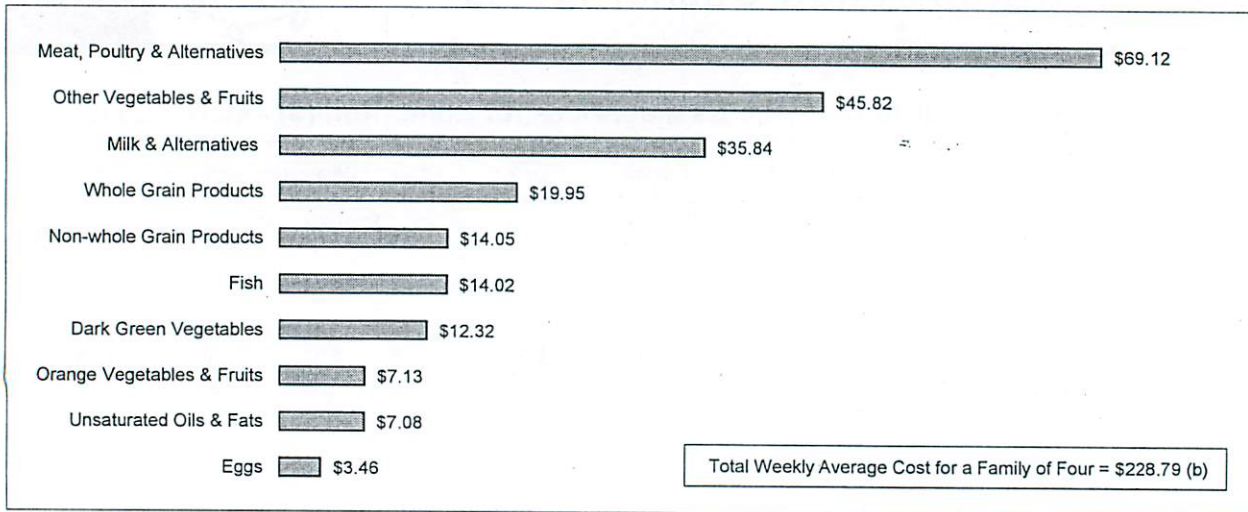
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Note: Due to rounding, totals may not add up.

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section. For additional information please phone: 780-427-4243.

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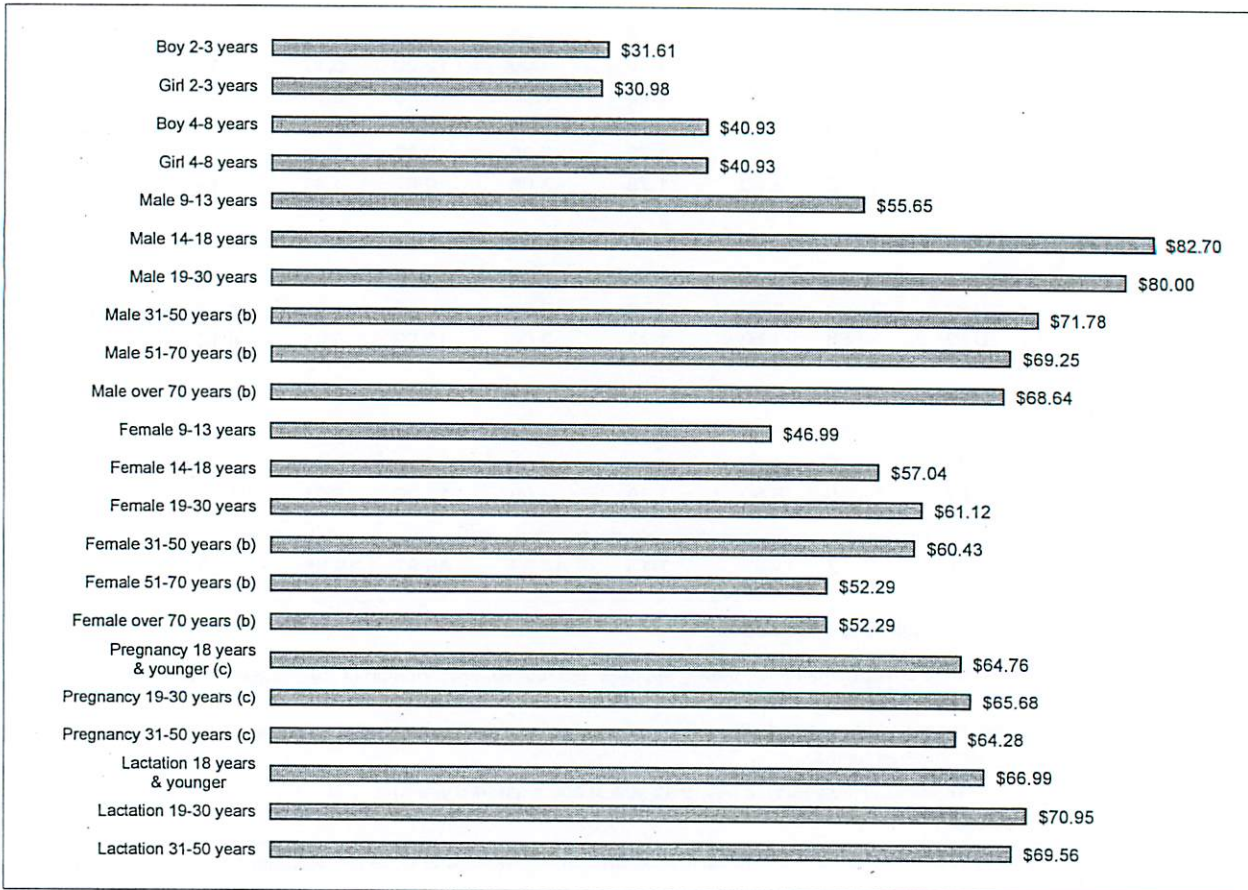
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - March 2017**



(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
by Age/Gender Group - March 2017 (a)**



(a) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age.

(c) A daily iron supplement is required for pregnant women.