

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - November 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	7.55	0.84	4.78	3.72	1.83	3.34	4.47	2.66	1.87	1.29	<b>32.36</b>
Girl 2-3 years	7.55	0.84	4.78	3.72	1.83	3.34	4.47	2.28	1.60	1.29	<b>31.71</b>
Boy 4-8 years	9.06	0.84	7.44	3.72	1.83	3.34	7.83	3.80	2.67	1.29	<b>41.82</b>
Girl 4-8 years	9.06	0.84	7.44	3.72	1.83	3.34	7.83	3.80	2.67	1.29	<b>41.82</b>
<b>Males</b>											
9-13 years	12.07	0.84	15.41	3.72	1.83	3.34	10.07	4.56	3.21	1.62	<b>56.67</b>
14-18 years	12.07	0.84	34.01	3.72	1.83	3.34	15.66	6.08	4.28	2.26	<b>84.10</b>
19-30 years	8.30	0.84	31.35	3.72	1.83	3.34	17.89	6.84	4.81	2.59	<b>81.52</b>
31-50 years (b)	7.55	0.84	26.04	3.72	1.83	3.34	15.66	6.84	4.81	2.59	<b>73.22</b>
51-70 years (b)	9.06	0.84	26.04	3.72	1.83	3.34	13.42	6.84	3.21	2.26	<b>70.56</b>
over 70 years (b)	9.06	0.84	26.04	3.72	1.83	3.34	13.42	6.84	3.21	1.62	<b>69.91</b>
<b>Females</b>											
9-13 years	9.81	0.84	10.10	3.72	1.83	3.34	8.95	4.56	3.21	1.62	<b>47.97</b>
14-18 years	10.56	0.84	15.41	3.72	1.83	3.34	12.30	5.32	3.21	1.62	<b>58.16</b>
19-30 years	6.04	0.84	20.73	3.72	1.83	3.34	14.54	5.70	3.74	1.94	<b>62.42</b>
31-50 years (b)	6.79	0.84	20.73	3.72	1.83	3.34	13.42	5.32	3.74	1.94	<b>61.67</b>
51-70 years (b)	9.06	0.84	15.41	3.72	1.83	3.34	10.07	4.56	3.21	1.29	<b>53.33</b>
over 70 years (b)	9.06	0.84	15.41	3.72	1.83	3.34	10.07	4.56	3.21	1.29	<b>53.33</b>
<b>Pregnancy</b>											
18 years & younger (c)	10.56	0.84	20.73	3.72	1.83	3.34	13.42	6.08	3.21	2.26	<b>66.00</b>
19-30 years (c)	9.06	0.84	20.73	3.72	1.83	3.34	14.54	6.08	4.28	2.59	<b>67.00</b>
31-50 years (c)	9.06	0.84	20.73	3.72	1.83	3.34	13.42	6.08	4.28	2.26	<b>65.56</b>
<b>Lactation</b>											
18 years & younger	12.07	0.84	20.73	3.72	1.83	3.34	13.98	5.70	3.74	2.26	<b>68.22</b>
19-30 years	9.06	0.84	26.04	3.72	1.83	3.34	14.54	6.08	4.28	2.59	<b>72.31</b>
31-50 years	9.06	0.84	26.04	3.72	1.83	3.34	13.42	6.08	4.28	2.26	<b>70.87</b>
<b>Family of Four (d)</b>	<b>35.47</b>	<b>3.37</b>	<b>69.62</b>	<b>14.89</b>	<b>7.30</b>	<b>13.37</b>	<b>46.97</b>	<b>20.52</b>	<b>14.44</b>	<b>7.43</b>	<b>233.38</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.

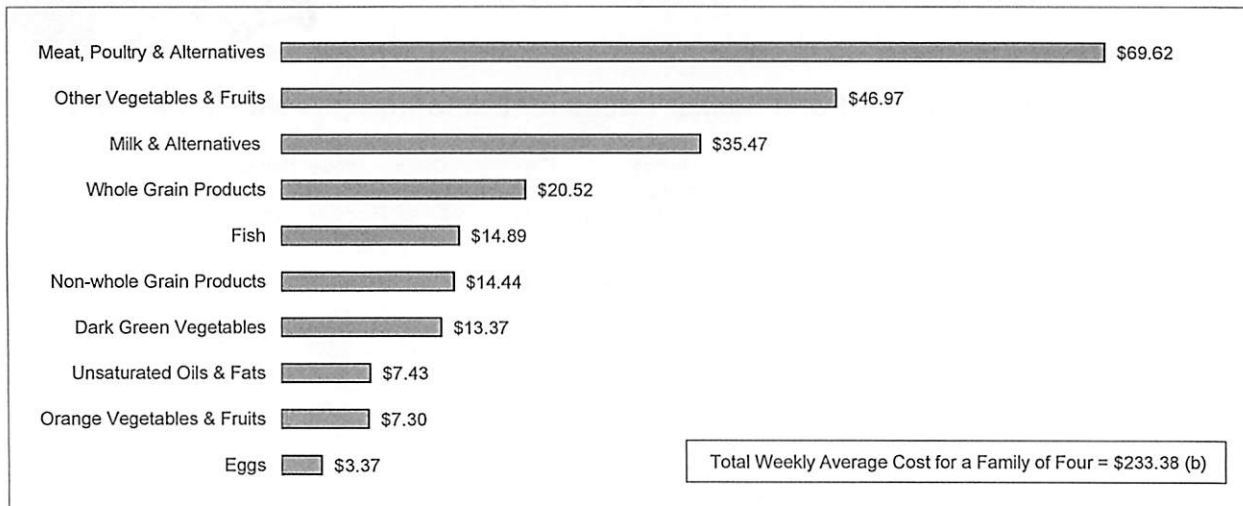
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

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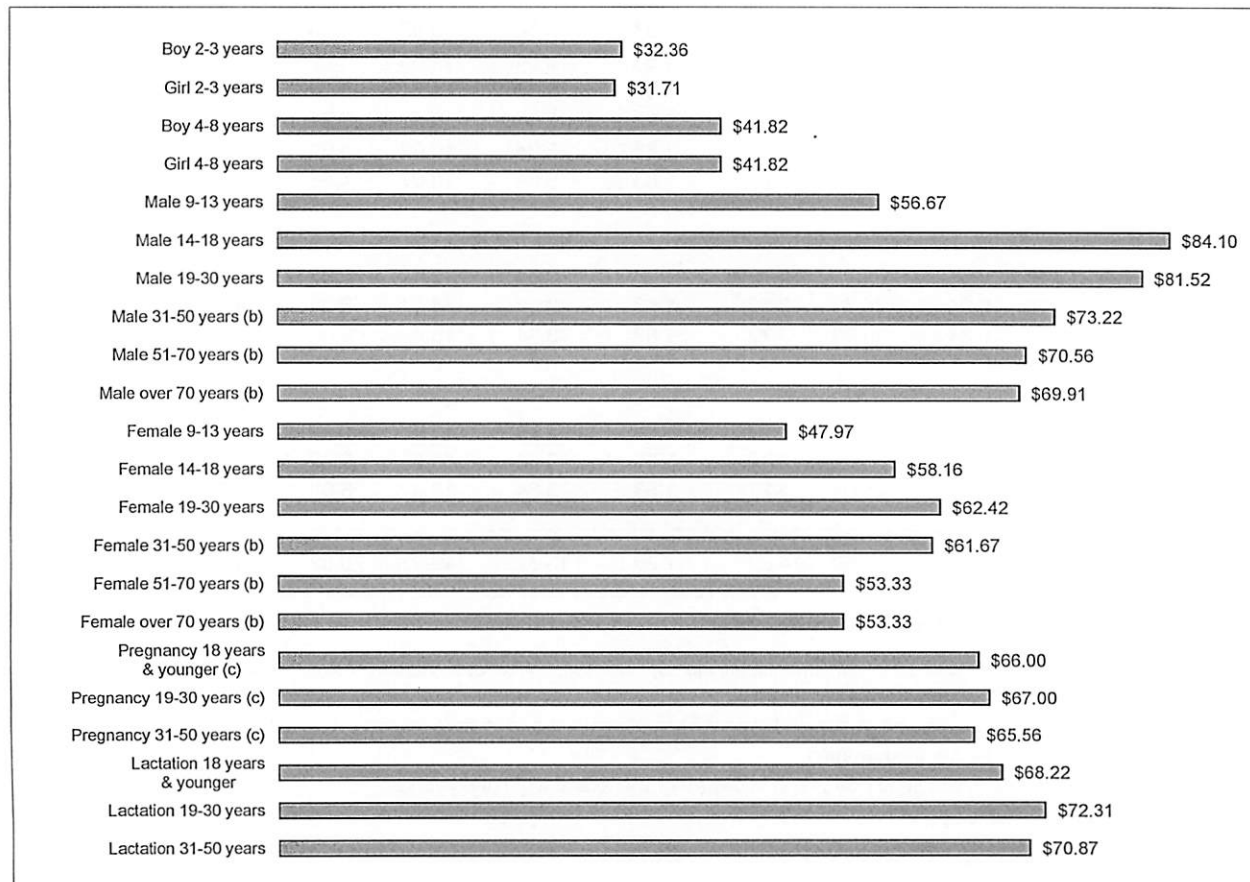
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - November 2017**



(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 - November 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.