

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - June 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)
- Dollars per Week -											
<b>Children</b>											
Boy 2-3 years	7.60	0.87	4.87	3.39	1.77	3.41	4.59	2.61	1.75	1.20	<b>32.06</b>
Girl 2-3 years	7.60	0.87	4.87	3.39	1.77	3.41	4.59	2.23	1.50	1.20	<b>31.43</b>
Boy 4-8 years	9.12	0.87	7.58	3.39	1.77	3.41	8.03	3.72	2.50	1.20	<b>41.59</b>
Girl 4-8 years	9.12	0.87	7.58	3.39	1.77	3.41	8.03	3.72	2.50	1.20	<b>41.59</b>
<b>Males</b>											
9-13 years	12.16	0.87	15.70	3.39	1.77	3.41	10.32	4.47	3.00	1.50	<b>56.59</b>
14-18 years	12.16	0.87	34.65	3.39	1.77	3.41	16.06	5.96	4.00	2.10	<b>84.37</b>
19-30 years	8.36	0.87	31.94	3.39	1.77	3.41	18.35	6.70	4.50	2.40	<b>81.70</b>
31-50 years (b)	7.60	0.87	26.53	3.39	1.77	3.41	16.06	6.70	4.50	2.40	<b>73.23</b>
51-70 years (b)	9.12	0.87	26.53	3.39	1.77	3.41	13.76	6.70	3.00	2.10	<b>70.66</b>
over 70 years (b)	9.12	0.87	26.53	3.39	1.77	3.41	13.76	6.70	3.00	1.50	<b>70.06</b>
<b>Females</b>											
9-13 years	9.88	0.87	10.29	3.39	1.77	3.41	9.18	4.47	3.00	1.50	<b>47.75</b>
14-18 years	10.64	0.87	15.70	3.39	1.77	3.41	12.62	5.21	3.00	1.50	<b>58.11</b>
19-30 years	6.08	0.87	21.12	3.39	1.77	3.41	14.91	5.59	3.50	1.80	<b>62.43</b>
31-50 years (b)	6.84	0.87	21.12	3.39	1.77	3.41	13.76	5.21	3.50	1.80	<b>61.67</b>
51-70 years (b)	9.12	0.87	15.70	3.39	1.77	3.41	10.32	4.47	3.00	1.20	<b>53.25</b>
over 70 years (b)	9.12	0.87	15.70	3.39	1.77	3.41	10.32	4.47	3.00	1.20	<b>53.25</b>
<b>Pregnancy</b>											
18 years & younger (c)	10.64	0.87	21.12	3.39	1.77	3.41	13.76	5.96	3.00	2.10	<b>66.02</b>
19-30 years (c)	9.12	0.87	21.12	3.39	1.77	3.41	14.91	5.96	4.00	2.40	<b>66.95</b>
31-50 years (c)	9.12	0.87	21.12	3.39	1.77	3.41	13.76	5.96	4.00	2.10	<b>65.50</b>
<b>Lactation</b>											
18 years & younger	12.16	0.87	21.12	3.39	1.77	3.41	14.34	5.59	3.50	2.10	<b>68.24</b>
19-30 years	9.12	0.87	26.53	3.39	1.77	3.41	14.91	5.96	4.00	2.40	<b>72.36</b>
31-50 years	9.12	0.87	26.53	3.39	1.77	3.41	13.76	5.96	4.00	2.10	<b>70.91</b>
<b>Family of Four (d)</b>	<b>35.71</b>	<b>3.46</b>	<b>70.93</b>	<b>13.57</b>	<b>7.09</b>	<b>13.64</b>	<b>48.17</b>	<b>20.11</b>	<b>13.50</b>	<b>6.91</b>	<b>233.09</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.

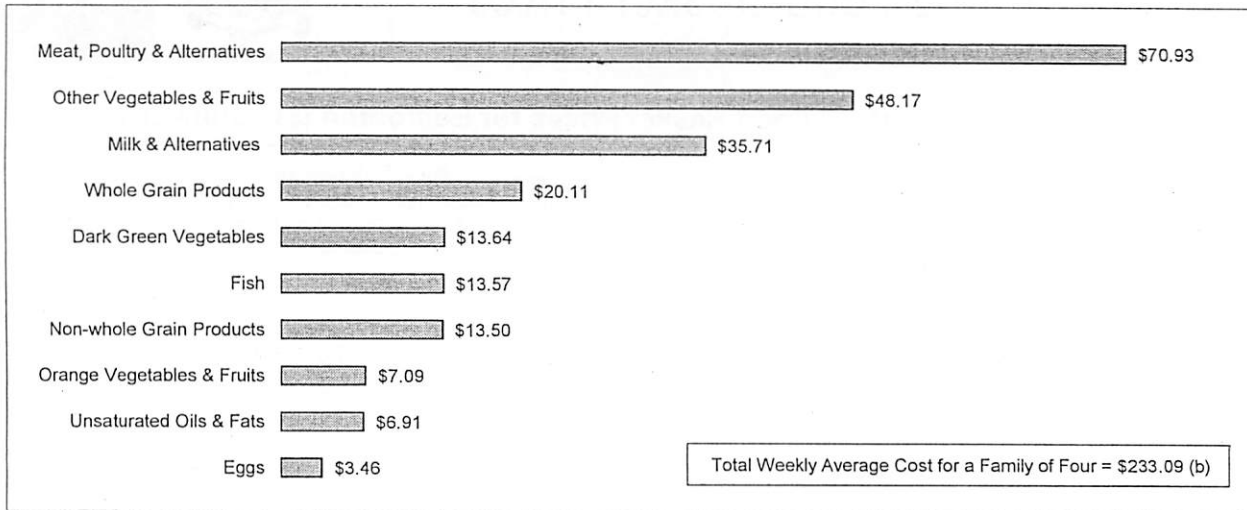
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

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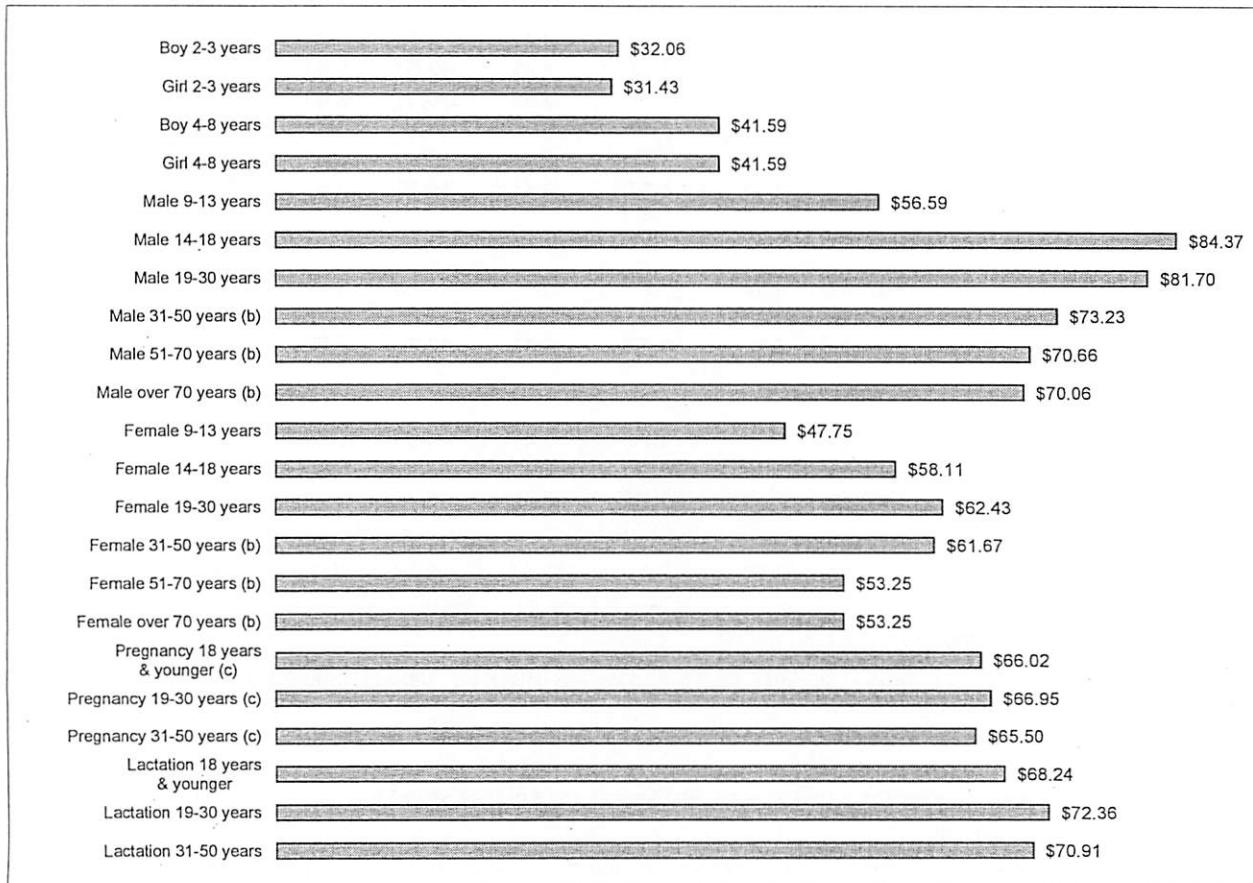
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - June 2017**



(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 - June 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.