

Alberta average retail prices for selected products (\$) - January 2023

PRODUCTS	Jan22	Feb22	Mar22	Apr22	May22	Jun22	Jul22	Aug22	Sep22	Oct22	Nov22	Dec22	Jan23/Dec22	Jan23/Jan22	
Beef stewing cuts, per kilogram	17.00	16.22	17.37	18.59	18.78	18.57	18.58	18.19	15.54	16.65	19.43	19.56	17.21	-12.0%	1.2%
Beef striploin cuts, per kilogram	25.32	27.17	32.31	25.83	26.42	29.38	23.84	22.42	24.72	23.55	28.58	17.96	25.57	42.4%	1.0%
Beef top sirloin cuts, per kilogram	21.59	21.09	21.56	23.10	22.24	17.71	22.39	17.63	24.53	16.59	17.48	17.20	18.67	8.5%	-13.5%
Ground beef, per kilogram	11.00	10.47	10.28	10.56	10.55	10.32	10.77	10.70	11.81	10.03	11.02	11.40	10.78	-5.4%	-2.0%
Pork loin cuts, per kilogram	9.47	9.20	9.26	10.52	9.96	9.94	9.86	9.30	9.09	8.72	9.27	8.45	9.88	16.9%	4.3%
Pork rib cuts, per kilogram	10.47	10.23	11.21	11.46	12.28	12.13	12.72	11.91	11.07	10.99	9.62	10.38	9.38	-9.6%	-10.4%
Whole chicken, per kilogram	7.35	6.28	6.03	5.76	5.79	6.18	6.87	7.19	7.28	8.23	8.31	8.63	8.50	-1.5%	15.6%
Chicken breasts, per kilogram	14.18	13.81	14.54	15.67	16.41	14.58	15.28	14.98	15.31	15.50	15.91	14.89	15.91	6.9%	12.2%
Chicken thigh, per kilogram	11.39	10.36	10.92	11.69	10.80	10.73	11.80	12.05	12.49	12.84	12.86	12.54	13.16	4.9%	15.5%
Bacon, 500 grams	7.00	7.16	7.05	7.22	7.39	7.23	7.16	7.31	7.19	7.08	7.33	7.55	7.25	-4.0%	3.6%
Wieners, 400 grams	4.18	4.22	4.16	4.20	4.32	4.37	4.33	4.25	4.25	4.28	4.25	4.52	4.17	-7.7%	-0.2%
Canned tuna, 170 grams	1.74	1.75	1.69	1.76	1.74	1.75	1.71	1.69	1.76	1.61	1.69	1.75	1.67	-4.6%	-4.0%
Milk, 1 litre	2.57	2.73	2.75	2.75	2.75	2.76	2.77	2.78	2.93	2.91	2.88	2.90	2.87	-1.0%	11.7%
Milk, 2 litres	4.40	4.67	4.71	4.67	4.68	4.69	4.65	4.63	4.88	4.91	4.84	4.95	4.88	-1.4%	10.9%
Milk, 4 litres	5.04	5.44	5.54	5.56	5.56	5.55	5.55	5.57	5.87	5.86	5.85	5.85	5.86	0.2%	16.3%
Cream, 1 litre	4.01	4.27	4.23	4.21	4.26	4.32	4.31	4.30	4.37	4.36	4.41	4.54	4.60	1.3%	14.7%
Butter, 454 grams	5.05	5.57	5.63	5.70	5.75	6.22	5.97	5.69	5.41	6.34	6.31	6.47	6.35	-1.9%	25.7%
Block cheese, 500 grams	6.50	6.60	6.80	6.81	6.79	6.94	7.04	6.91	6.94	6.69	6.75	6.71	6.90	2.8%	6.2%
Yogurt, 500 grams	2.94	2.91	2.96	3.02	3.10	3.09	3.15	3.08	3.06	3.11	3.22	3.43	3.40	-0.9%	15.6%
Eggs, 1 dozen	4.18	3.96	4.10	4.27	4.42	4.38	4.28	4.28	4.65	4.67	4.79	4.82	4.81	-0.2%	15.1%
Apples, per kilogram	5.12	4.98	5.24	5.29	5.53	5.81	5.61	5.73	4.84	4.36	5.31	6.09	5.68	-6.7%	10.9%
Oranges, per kilogram	4.49	4.10	4.88	4.72	4.83	4.82	4.94	4.88	4.82	4.86	4.99	4.62	4.54	-1.7%	1.1%
Oranges, 1.36 kilograms	5.80	5.82	6.68	6.59	6.57	6.60	6.72	6.73	6.47	6.58	7.05	6.62	6.22	-6.0%	7.2%
Bananas, per kilogram	1.76	1.76	1.76	1.76	1.77	1.78	1.82	1.83	1.84	1.82	1.82	1.83	1.85	1.1%	5.1%
Pears, per kilogram	4.88	4.64	4.99	4.99	5.30	5.26	5.28	5.61	4.23	5.61	5.92	5.85	5.53	-5.5%	13.3%
Lemons, unit	1.04	1.04	1.03	0.92	0.92	0.91	0.89	0.90	0.93	0.93	0.97	0.93	1.02	9.7%	-1.9%
Grapes, per kilogram	7.47	8.68	8.28	8.42	8.76	8.57	9.46	9.58	7.97	8.13	8.72	9.52	9.31	-2.2%	24.6%
Cantaloupe, unit	3.96	3.99	3.47	3.67	4.26	4.25	4.09	3.68	3.66	4.29	4.77	4.56	4.67	2.4%	17.9%
Avocado, unit	1.80	1.89	1.90	2.34	2.41	2.30	2.17	2.09	1.55	1.69	1.62	2.01	1.92	-4.5%	6.7%
Potatoes, 4.54 kilograms	6.28	6.66	6.76	6.77	7.13	7.20	7.24	8.03	7.45	7.70	8.00	6.99	6.90	-1.3%	9.9%
Tomatoes, per kilogram	5.68	5.37	4.78	4.43	4.04	3.98	4.04	4.26	4.37	4.72	5.83	6.74	6.42	-4.7%	13.0%
Cabbage, per kilogram	2.13	2.46	2.53	2.58	3.10	3.23	2.78	2.61	2.41	2.37	2.71	2.71	2.81	3.7%	31.9%
Carrots, 1.36 kilograms	3.89	4.35	4.70	4.78	5.20	5.26	5.33	5.23	4.92	4.65	4.79	4.83	4.91	1.7%	26.2%
Onions, per kilogram	4.46	4.49	4.95	5.06	5.10	5.23	5.48	5.30	5.22	5.38	5.21	5.28	5.19	-1.7%	16.4%
Onions, 1.36 kilograms	3.78	3.89	4.25	4.29	4.75	4.82	4.88	4.81	4.72	4.60	4.59	4.62	4.40	-4.8%	16.4%
Celery, unit	2.77	3.02	3.19	2.75	3.25	3.47	3.18	2.89	2.66	2.68	3.21	3.66	4.10	12.0%	48.0%
Cucumber, unit	2.20	2.20	1.85	1.77	1.60	1.42	1.61	1.53	1.76	2.20	2.35	2.51	2.35	-6.4%	6.8%
Mushrooms, 227 grams	2.61	2.61	2.40	2.54	2.71	2.35	2.78	2.80	2.87	2.83	2.86	2.92	2.97	1.7%	13.8%
Broccoli, unit	2.92	3.17	3.01	2.95	3.10	3.22	2.89	2.77	3.00	3.04	3.84	4.49	4.42	-1.6%	51.4%
Peppers, per kilogram	7.90	8.05	8.27	7.90	7.66	7.95	7.67	7.30	7.10	7.53	9.28	9.24	9.40	1.7%	19.0%
Beef rib cuts, per kilogram	30.03	32.71	31.27	29.33	23.87	28.87	25.01	30.36	28.75	28.26	27.99	24.83	28.22	13.7%	-6.0%
Pork shoulder cuts, per kilogram	7.88	7.21	6.35	7.92	7.07	7.06	6.56	6.66	6.66	8.58	7.53	6.25	5.74	-8.2%	-27.2%
Chicken drumsticks, per kilogram	6.58	6.87	6.51	7.61	6.04	5.87	7.45	8.52	8.35	7.60	8.71	7.37	8.95	21.4%	36.0%
Canned salmon, 213 grams	4.37	4.45	4.59	4.89	4.54	4.46	4.67	4.48	4.74	4.48	4.73	4.80	4.56	-5.0%	4.3%
Limes, unit	0.75	0.90	1.04	1.03	0.90	0.76	0.71	0.68	0.77	0.85	0.87	0.89	0.87	-2.2%	16.0%
Potatoes, per kilogram	3.96	4.40	3.99	4.12	4.29	4.43	4.71	4.74	4.70	4.72	4.76	4.65	4.61	-0.9%	16.4%
Sweet potatoes, per kilogram	4.07	4.21	4.43	3.46	4.50	4.60	4.76	5.16	4.35	3.15	5.22	3.16	4.92	55.7%	20.9%
Iceberg lettuce, unit	2.55	2.84	3.19	3.31	2.88	2.92	2.65	2.76	2.76	3.33	4.56	4.58	4.28	-6.6%	67.8%
Romaine lettuce, unit	2.88	3.03	3.67	3.57	3.28	2.90	2.21	2.26	3.02	3.73	4.69	4.52	4.20	-7.1%	45.8%
Frozen french fried potatoes, 750 grams	2.40	2.49	2.47	2.51	2.52	2.61	2.57	2.60	2.71	2.76	2.81	2.98	2.93	-1.7%	22.1%
Frozen green beans, 750 grams	3.29	3.29	3.31	3.18	3.21	3.16	3.19	3.17	3.30	3.26	3.52	3.44	3.36	-2.3%	2.1%
Frozen broccoli, 500 grams	3.36	3.67	3.95	3.33	3.70	3.39	3.65	3.80	3.78	3.82	3.89	3.80	3.93	3.4%	17.0%
Frozen corn, 750 grams	3.28	3.19	3.16	2.96	3.10	3.06	3.15	3.11	3.18	3.14	3.28	3.32	3.31	-0.3%	0.9%
Frozen mixed vegetables, 750 grams	3.26	3.26	3.23	3.09	3.13	3.14	3.17	3.15	3.23	3.14	3.23	3.31	3.36	1.5%	3.1%
Frozen peas, 750 grams	3.22	3.10	3.07	2.93	3.02	3.02	3.06	3.07	3.17	3.17	3.29	3.35	3.30	-1.5%	2.5%
White bread, 675 grams	3.17	3.15	3.20	3.55	3.42	3.48	3.51	3.48	3.51	3.62	3.69	3.84	3.86	0.5%	21.8%

PRODUCTS													Jan23/	Jan23/	
	Jan22	Feb22	Mar22	Apr22	May22	Jun22	Jul22	Aug22	Sep22	Oct22	Nov22	Dec22	Jan23	Dec22	Jan22
Dry or fresh pasta, 500 grams	2.61	2.75	3.05	3.04	3.04	2.97	3.12	3.14	3.41	3.46	3.26	3.58	3.67	2.5%	40.6%
Cereal, 400 grams	3.45	3.59	3.82	3.99	3.99	3.82	3.83	3.86	3.92	4.01	4.03	4.07	4.02	-1.2%	16.5%
Wheat flour, 2.5 kilograms	4.92	4.96	5.27	5.28	5.52	5.35	5.52	5.93	5.89	5.68	5.42	5.93	6.45	8.8%	31.1%
White sugar, 2 kilograms	2.98	2.99	2.71	2.66	2.70	2.79	2.58	2.92	2.85	3.05	2.73	3.01	3.25	8.0%	9.1%
Apple juice, 2 litres	3.23	3.13	3.20	3.32	3.57	3.51	3.42	3.50	3.64	3.41	3.39	3.53	3.60	2.0%	11.5%
Orange juice, 2 litres	4.11	4.31	4.35	4.16	4.12	4.23	4.12	4.18	4.23	3.88	4.10	4.29	4.12	-4.0%	0.2%
Roasted or ground coffee, 340 grams	5.49	5.85	5.56	5.76	5.80	6.05	6.05	6.15	6.00	5.59	6.09	6.40	6.26	-2.2%	14.0%
Tea (20 bags)	3.95	3.97	3.85	4.12	4.00	4.04	4.34	4.32	4.42	4.43	4.00	4.36	4.34	-0.5%	9.9%
Ketchup, 1 litre	3.78	3.89	4.07	4.20	4.24	4.06	3.97	4.07	4.00	3.96	3.92	4.18	4.07	-2.6%	7.7%
Vegetable oil, 3 litres	13.20	12.60	11.24	12.57	12.53	13.35	14.10	14.28	14.41	14.05	15.21	15.27	14.37	-5.9%	8.9%
Baby food, 128 millilitres	1.31	1.32	1.33	1.34	1.32	1.34	1.34	1.36	1.43	1.42	1.39	1.46	1.47	0.7%	12.2%
Peanut butter, 1 kilogram	4.71	5.14	5.21	5.23	5.26	5.37	5.14	5.09	5.20	5.33	5.41	5.57	5.28	-5.2%	12.1%
Mayonnaise, 890 millilitres	5.24	5.49	5.71	5.62	5.85	5.84	6.17	6.18	6.19	5.90	5.86	6.16	6.27	1.8%	19.7%
Canned baked beans, 398 millilitres	1.38	1.45	1.40	1.41	1.42	1.48	1.58	1.40	1.58	1.62	1.52	1.56	1.50	-3.8%	8.7%
Canned tomatoes, 796 millilitres	1.42	1.41	1.44	1.39	1.40	1.58	1.53	1.66	1.64	1.65	1.62	1.80	1.81	0.6%	27.5%
Canned soup, 284 millilitres	1.82	1.69	1.56	1.67	1.84	1.66	1.75	2.12	1.98	1.63	1.75	1.71	2.09	22.2%	14.8%
Canned beans and lentils, 540 millilitres	1.37	1.41	1.42	1.47	1.57	1.57	1.55	1.55	1.51	1.42	1.46	1.54	1.57	1.9%	14.6%
Dried lentils, 900 grams	3.30	3.49	3.50	3.51	3.56	3.69	3.67	3.73	3.88	3.70	3.52	3.59	3.97	10.6%	20.3%
Deodorant, 85 grams	6.13	6.14	6.16	6.29	6.59	6.47	6.64	6.43	6.58	6.53	6.69	7.17	6.93	-3.3%	13.1%
Toothpaste, 100 millilitres	3.51	3.68	3.70	3.88	3.73	3.84	3.76	3.90	4.02	3.96	3.79	4.07	4.03	-1.0%	14.8%
Shampoo, 400 millilitres	6.03	5.80	5.80	5.81	5.90	5.94	6.13	6.11	6.07	6.04	6.23	6.45	6.60	2.3%	9.5%
Salmon, per kilogram	26.45	23.92	24.00	25.55	26.93	25.84	24.84	23.63	26.03	24.31	26.00	27.91	29.16	4.5%	10.2%
Shrimp, 300 grams	7.48	7.67	7.56	7.81	7.86	7.65	7.68	7.72	7.67	7.72	7.29	7.71	7.64	-0.9%	2.1%
Meatless burgers, 226 grams	5.40	5.49	5.42	5.64	5.30	5.33	5.53	5.68	5.67	5.69	5.80	6.19	5.62	-9.2%	4.1%
Soy milk, 1.89 litres	3.67	3.79	4.00	3.99	4.03	3.87	4.03	3.81	4.09	4.07	4.14	4.05	4.11	1.5%	12.0%
Nut milk, 1.89 litres	3.66	3.79	3.91	3.99	4.04	4.01	3.97	3.94	4.07	4.06	4.07	4.14	4.11	-0.7%	12.3%
Margarine, 907 grams	5.26	5.26	5.51	6.12	6.19	6.32	6.52	6.86	6.84	6.82	7.05	7.03	7.16	1.8%	36.1%
Strawberries, 454 grams	5.74	4.98	4.64	4.33	4.23	4.41	4.88	5.15	5.30	6.16	6.88	7.20	5.73	-20.4%	-0.2%
Squash, per kilogram	4.12	4.41	4.11	3.89	4.31	4.77	4.64	4.50	3.70	3.94	3.85	4.42	4.27	-3.4%	3.6%
Salad greens, 142 grams	4.38	4.41	4.33	4.41	4.43	4.53	4.31	4.44	4.32	4.53	4.71	4.40	4.45	1.1%	1.6%
Frozen pizza, 390 grams	4.17	4.34	3.91	3.92	4.23	4.21	4.16	4.27	4.05	4.36	4.53	4.44	4.54	2.3%	8.9%
Frozen spinach, 300 grams	1.86	1.92	1.87	1.77	1.69	1.79	1.98	1.77	1.89	1.77	1.86	2.02	1.87	-7.4%	0.5%
Frozen strawberries, 600 grams	4.62	4.53	4.75	4.40	4.93	4.92	5.12	5.02	5.03	4.95	4.92	5.08	5.28	3.9%	14.3%
Flatbread and pita, 500 grams	3.17	3.10	3.14	3.21	3.25	3.29	3.48	3.56	3.56	3.74	3.91	4.03	4.15	3.0%	30.9%
Crackers and crisp breads, 200 grams	2.39	2.45	2.51	2.51	2.66	2.64	2.62	2.71	2.65	2.60	2.81	2.69	2.85	5.9%	19.2%
Cookies and sweet biscuits, 300 grams	2.70	2.74	2.84	2.80	2.94	2.96	3.05	2.99	3.06	3.00	2.89	3.12	3.18	1.9%	17.8%
Brown rice, 900 grams	5.55	5.58	5.72	5.81	5.98	6.03	5.97	6.13	6.19	6.19	6.02	5.91	5.95	0.7%	7.2%
White rice, 2 kilograms	8.57	8.87	9.08	9.15	8.77	8.88	8.90	9.03	9.06	8.75	9.05	9.01	10.25	13.8%	19.6%
Canola oil, 3 litres	8.47	10.26	10.44	10.79	10.39	10.51	11.93	11.98	11.33	10.69	11.32	11.55	10.64	-7.9%	25.6%
Olive oil, 1 litre	9.15	8.64	9.45	9.03	9.41	9.59	9.04	9.56	10.13	9.87	10.02	10.75	10.98	2.1%	20.0%
Infant formula, 900 grams	29.94	30.34	30.69	30.73	32.84	33.28	33.01	32.39	32.00	33.70	35.03	36.43	37.20	2.1%	24.2%
Canned corn, 341 millilitres	1.35	1.37	1.35	1.26	1.38	1.35	1.41	1.64	1.52	1.28	1.39	1.35	1.36	0.7%	0.7%
Canned peach, 398 millilitres	2.28	2.26	2.14	2.12	2.17	2.13	2.17	2.24	2.44	2.33	2.71	2.45	2.84	15.9%	24.6%
Canned pear, 398 millilitres	2.34	2.28	2.19	2.22	2.23	2.24	2.27	2.32	2.49	2.41	2.67	2.54	2.73	7.5%	16.7%
Dry beans and legumes, 900 grams	3.14	3.33	3.35	3.38	3.44	3.55	3.62	3.65	3.72	3.60	3.24	3.39	3.74	10.3%	19.1%
Tofu, 350 grams	2.42	2.70	2.67	2.64	2.58	2.79	2.93	2.88	2.96	2.98	3.03	2.74	2.58	-5.8%	6.6%
Hummus, 227 grams	3.36	3.39	3.50	3.58	3.61	3.45	3.65	3.80	3.82	3.75	3.79	3.79	3.89	2.6%	15.8%
Salsa, 418 millilitres	3.67	3.80	3.87	3.74	3.87	4.03	4.14	4.03	4.19	4.15	4.06	4.18	4.39	5.0%	19.6%
Pasta sauce, 650 millilitres	2.39	2.28	2.32	2.48	2.51	2.64	2.58	2.64	2.86	2.90	2.69	2.81	2.94	4.6%	23.0%
Salad dressing, 475 millilitres	3.15	3.28	3.42	3.37	3.23	3.12	3.40	3.25	3.39	3.07	3.20	3.32	3.29	-0.9%	4.4%
Almonds, 200 grams	5.29	5.32	5.25	5.13	5.35	5.29	5.29	5.24	5.31	5.04	4.88	4.85	5.03	3.7%	-4.9%
Peanuts, 450 grams	3.44	3.21	3.45	3.34	3.54	3.33	3.37	3.50	3.80	3.50	3.49	3.80	3.82	0.5%	11.0%
Sunflower seeds, 400 grams	3.93	4.44	4.25	4.22	4.10	4.08	4.24	4.36	4.33	4.30	4.33	4.48	4.41	-1.6%	12.2%
Laundry detergent, 4.43 litres	15.11	14.68	16.43	15.04	15.34	15.85	15.75	15.88	15.36	15.88	15.45	16.92	15.79	-6.7%	4.5%

Source: Statistics Canada, CANSIM, table 18-10-0245-01

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