



# Edmonton Retail Food Prices

Average Monthly Retail Food Prices for Edmonton (\$) - October 2019<sup>(\*)</sup>

Food Items by Category	October 2018	September 2019	October 2019
<b>Milk Products &amp; Alternatives</b>			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.90	3.93	3.98
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.65	2.47	2.63
Cheddar Cheese, medium, 100 g	1.07	1.13	1.11
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.29	1.32	1.27
Processed Cheese, slices, 500 g	5.23	5.09	5.45
Ice Cream, 4 litre	6.77	7.60	7.83
<b>Eggs</b>			
Eggs, grade A large, dozen	2.83	2.90	2.93
<b>Beef</b>			
Inside Round Steak, boneless, kg	18.48	18.76	18.93
Inside Round Roast, boneless, kg	16.14	16.61	16.07
Ground Beef, lean, kg	12.48	13.34	13.71
<b>Pork &amp; Processed Meats</b>			
Pork Loin Chops, centre-cut, bone-in, kg	14.93	16.25	16.07
Ham, sliced, regular, 175 g	5.27	5.59	5.65
<b>Poultry</b>			
Chicken, grade A, whole fryer, kg	7.01	7.39	8.22
Chicken Thighs, kg	10.56	11.42	11.22
Chicken Drumsticks, kg	10.34	11.24	11.20
Chicken Breasts, boneless & skinless, kg	21.27	21.12	20.59
<b>Fish</b>			
Fish, sole, frozen, 400 g	9.41	7.64	7.68
Salmon, sockeye, canned, 213 g	4.83	6.10	6.21
Tuna, flaked or chunk, in water, canned, 170 g	1.67	1.86	1.93
<b>Meat Alternatives</b>			
Peanut Butter, smooth or crunchy, 1 kg	5.83	5.59	6.17
Peanuts, dry roasted, 700 g	5.66	5.58	5.43
Baked Beans, canned, 398 ml	1.57	1.57	1.81
Lentils, dry, 400 g	1.92	2.42	2.44
<b>Whole Grain Products</b>			
Cereal, bran flakes with raisins, 675 g	5.40	5.23	5.72
Cereal, oats, quick cooking, 1 kg	3.35	3.48	3.50
Cereal, toasted oats O's, 525 g	5.42	5.32	5.64
Pita, whole-wheat, 324 g, 6's	3.57	3.66	3.62
Bread, whole-wheat, private label, 680 g	2.79	2.92	2.83
Flour, whole-wheat, 5 kg	8.98	9.69	9.47
<b>Non-Whole Grain Products</b>			
Cookies, arrowroot, 350 g	4.77	4.79	4.79
Buns, hamburger, white, 540 g, 12's	3.15	2.82	2.99
Soda Crackers, unsalted tops, 450 g	4.08	4.28	4.16
Bread, white, private label, 570 g	2.61	2.81	2.81
Pasta, macaroni or spaghetti, enriched, 900 g	3.04	3.02	3.57
Flour, white, enriched, all purpose, 5 kg	8.98	9.69	9.47
Rice, converted, natural long grain, 900 g	5.15	4.85	4.79

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

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Food Items by Category	October 2018	September 2019	October 2019
<b>Orange Vegetables &amp; Fruits</b>			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.62	2.41	2.61
Melon, cantaloupe, kg	2.52	2.37	2.66
Sweet Potato or Yam, kg	3.38	4.15	3.46
Carrots, kg	1.97	1.97	1.94
<b>Dark Green Vegetables</b>			
Beans, green, frozen, 750 g	2.98	3.37	3.35
Vegetables, mixed, frozen, 750 g	2.98	3.37	3.35
Peas, green, frozen, 750 g	2.98	3.37	3.35
Broccoli, bunches, kg	5.10	5.95	5.25
Lettuce, romaine, kg	4.79	4.51	4.63
Peppers, sweet green bell, kg	6.27	6.20	6.24
<b>Other Fresh Vegetables &amp; Fruits</b>			
Apples, kg	3.00	3.51	3.53
Bananas, kg	1.72	1.72	1.72
Grapes, red or green, seedless, kg	6.87	6.82	7.23
Oranges, kg	4.06	3.92	4.03
Pears, kg	4.41	4.23	4.83
Cabbage, green, kg	2.87	2.65	2.76
Celery, stalks, kg	2.98	3.68	2.93
Cucumber, long english, kg	6.24	5.35	6.22
Lettuce, iceberg, kg	3.59	3.28	3.92
Mushrooms, white, bulk, kg	7.88	8.41	8.43
Onions, yellow, cooking, kg	2.43	2.26	2.19
Potatoes, white or red, 4.54 kg	5.81	7.05	6.81
Rutabaga, kg	2.96	3.74	3.69
Tomatoes, red, kg	4.17	3.64	4.01
<b>Other Processed Vegetables &amp; Fruits</b>			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.95	3.85	3.76
Orange Juice, frozen concentrate, 355 ml	2.03	1.93	1.82
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.05	4.37	4.13
Raisins, seedless, Sultana or Thompson, 750 g	6.40	7.11	7.16
Strawberries, frozen, unsweetened, 600 g	6.82	4.80	4.70
Corn, canned vacuum packed, 341 ml	1.38	1.63	1.50
Tomatoes, canned, whole, 796 ml	2.23	2.39	2.19
<b>Fats &amp; Oils</b>			
Margarine, soft, canola, low in saturated fat, 907 g	4.56	4.42	4.12
Oil, canola, 946 ml	4.32	5.18	5.07
Salad Dressing, Italian, 475 ml	2.95	2.77	2.76
Mayonnaise, 475 ml	4.38	4.26	4.01
Butter, 454 g	4.01	4.16	3.90
<b>Sweeteners</b>			
Sugar, white granulated, 4 kg	5.30	4.86	4.84
Honey, creamed, pasteurized, 500 g	5.41	5.30	5.26

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

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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