



Edmonton Retail Food Prices

Average Monthly Retail Food Prices for Edmonton (\$) - November 2019^(*)

| Food Items by Category | November 2018 | October 2019 | November 2019 |
|---|---------------|--------------|---------------|
| Milk Products & Alternatives | | | |
| Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included | 3.90 | 3.98 | 3.98 |
| Yogurt, flavoured, 2% M.F. or less, 750 ml | 2.75 | 2.63 | 2.39 |
| Cheddar Cheese, medium, 100 g | 1.09 | 1.11 | 1.10 |
| Mozzarella Cheese, 16.5% B.F. or less, 100 g | 1.21 | 1.27 | 1.24 |
| Processed Cheese, slices, 500 g | 4.75 | 5.45 | 5.38 |
| Ice Cream, 4 litre | 6.85 | 7.83 | 7.63 |
| Eggs | | | |
| Eggs, grade A large, dozen | 2.83 | 2.93 | 2.95 |
| Beef | | | |
| Inside Round Steak, boneless, kg | 18.22 | 18.93 | 18.89 |
| Inside Round Roast, boneless, kg | 15.18 | 16.07 | 16.11 |
| Ground Beef, lean, kg | 12.35 | 13.71 | 13.91 |
| Pork & Processed Meats | | | |
| Pork Loin Chops, centre-cut, bone-in, kg | 15.63 | 16.07 | 14.75 |
| Ham, sliced, regular, 175 g | 4.93 | 5.65 | 5.21 |
| Poultry | | | |
| Chicken, grade A, whole fryer, kg | 7.30 | 8.22 | 8.00 |
| Chicken Thighs, kg | 10.45 | 11.22 | 11.11 |
| Chicken Drumsticks, kg | 10.27 | 11.20 | 10.98 |
| Chicken Breasts, boneless & skinless, kg | 20.46 | 20.59 | 20.41 |
| Fish | | | |
| Fish, sole, frozen, 400 g | 7.04 | 7.68 | 7.66 |
| Salmon, sockeye, canned, 213 g | 4.91 | 6.21 | 6.10 |
| Tuna, flaked or chunk, in water, canned, 170 g | 1.73 | 1.93 | 2.14 |
| Meat Alternatives | | | |
| Peanut Butter, smooth or crunchy, 1 kg | 5.83 | 6.17 | 5.20 |
| Peanuts, dry roasted, 700 g | 5.50 | 5.43 | 5.12 |
| Baked Beans, canned, 398 ml | 1.63 | 1.81 | 1.58 |
| Lentils, dry, 400 g | 1.99 | 2.44 | 2.17 |
| Whole Grain Products | | | |
| Cereal, bran flakes with raisins, 675 g | 5.80 | 5.72 | 6.01 |
| Cereal, oats, quick cooking, 1 kg | 3.31 | 3.50 | 3.40 |
| Cereal, toasted oats O's, 525 g | 5.56 | 5.64 | 5.61 |
| Pita, whole-wheat, 324 g, 6's | 3.57 | 3.62 | 3.62 |
| Bread, whole-wheat, private label, 680 g | 2.80 | 2.83 | 2.71 |
| Flour, whole-wheat, 5 kg | 8.89 | 9.47 | 9.16 |
| Non-Whole Grain Products | | | |
| Cookies, arrowroot, 350 g | 4.72 | 4.79 | 4.79 |
| Buns, hamburger, white, 540 g, 12's | 3.13 | 2.99 | 3.03 |
| Soda Crackers, unsalted tops, 450 g | 4.12 | 4.16 | 4.06 |
| Bread, white, private label, 570 g | 2.59 | 2.81 | 2.72 |
| Pasta, macaroni or spaghetti, enriched, 900 g | 3.42 | 3.57 | 2.94 |
| Flour, white, enriched, all purpose, 5 kg | 8.89 | 9.47 | 9.16 |
| Rice, converted, natural long grain, 900 g | 5.21 | 4.79 | 5.47 |

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

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| Food Items by Category | November 2018 | October 2019 | November 2019 |
|---|---------------|--------------|---------------|
| Orange Vegetables & Fruits | | | |
| Peaches, canned halves or slices, juice or water pack, 398 ml | 2.55 | 2.61 | 2.34 |
| Melon, cantaloupe, kg | 2.66 | 2.66 | 2.83 |
| Sweet Potato or Yam, kg | 3.42 | 3.46 | 3.97 |
| Carrots, kg | 1.94 | 1.94 | 2.02 |
| Dark Green Vegetables | | | |
| Beans, green, frozen, 750 g | 3.19 | 3.35 | 3.35 |
| Vegetables, mixed, frozen, 750 g | 3.19 | 3.35 | 3.35 |
| Peas, green, frozen, 750 g | 3.19 | 3.35 | 3.35 |
| Broccoli, bunches, kg | 5.05 | 5.25 | 5.74 |
| Lettuce, romaine, kg | 4.94 | 4.63 | 4.81 |
| Peppers, sweet green bell, kg | 6.65 | 6.24 | 6.40 |
| Other Fresh Vegetables & Fruits | | | |
| Apples, kg | 3.55 | 3.53 | 3.55 |
| Bananas, kg | 1.72 | 1.72 | 1.72 |
| Grapes, red or green, seedless, kg | 6.55 | 7.23 | 7.48 |
| Oranges, kg | 4.19 | 4.03 | 4.19 |
| Pears, kg | 4.82 | 4.83 | 4.93 |
| Cabbage, green, kg | 2.87 | 2.76 | 2.80 |
| Celery, stalks, kg | 2.94 | 2.93 | 3.23 |
| Cucumber, long english, kg | 6.35 | 6.22 | 5.78 |
| Lettuce, iceberg, kg | 3.84 | 3.92 | 4.19 |
| Mushrooms, white, bulk, kg | 7.66 | 8.43 | 8.27 |
| Onions, yellow, cooking, kg | 2.32 | 2.19 | 2.44 |
| Potatoes, white or red, 4.54 kg | 5.71 | 6.81 | 6.88 |
| Rutabaga, kg | 2.66 | 3.69 | 2.96 |
| Tomatoes, red, kg | 4.34 | 4.01 | 4.23 |
| Other Processed Vegetables & Fruits | | | |
| Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included | 3.51 | 3.76 | 3.74 |
| Orange Juice, frozen concentrate, 355 ml | 2.08 | 1.82 | 2.10 |
| Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included | 4.30 | 4.13 | 4.27 |
| Raisins, seedless, Sultana or Thompson, 750 g | 6.65 | 7.16 | 7.17 |
| Strawberries, frozen, unsweetened, 600 g | 6.21 | 4.70 | 4.84 |
| Corn, canned vacuum packed, 341 ml | 1.49 | 1.50 | 1.59 |
| Tomatoes, canned, whole, 796 ml | 2.22 | 2.19 | 2.20 |
| Fats & Oils | | | |
| Margarine, soft, canola, low in saturated fat, 907 g | 4.45 | 4.12 | 4.31 |
| Oil, canola, 946 ml | 4.29 | 5.07 | 4.86 |
| Salad Dressing, Italian, 475 ml | 2.89 | 2.76 | 2.84 |
| Mayonnaise, 475 ml | 4.28 | 4.01 | 4.06 |
| Butter, 454 g | 4.05 | 3.90 | 4.14 |
| Sweeteners | | | |
| Sugar, white granulated, 4 kg | 5.09 | 4.84 | 4.81 |
| Honey, creamed, pasteurized, 500 g | 5.47 | 5.26 | 5.34 |

(*) 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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