



Edmonton Retail Food Prices

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

| Food Items by Category | January 2018 | December 2018 | January 2019 |
|---|--------------|---------------|--------------|
| Milk Products & Alternatives | | | |
| Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included | 3.74 | 3.90 | 3.90 |
| Yogurt, flavoured, 2% M.F. or less, 750 ml | 2.32 | 2.82 | 2.75 |
| Cheddar Cheese, medium, 100 g | 1.07 | 1.14 | 1.12 |
| Mozzarella Cheese, 16.5% B.F. or less, 100 g | 1.30 | 1.31 | 1.31 |
| Processed Cheese, slices, 500 g | 5.13 | 5.52 | 5.41 |
| Ice Cream, 4 litre | 6.88 | 7.16 | 7.68 |
| Eggs | | | |
| Eggs, grade A large, dozen | 2.75 | 2.85 | 2.78 |
| Beef | | | |
| Inside Round Steak, boneless, kg | 18.07 | 19.23 | 18.58 |
| Inside Round Roast, boneless, kg | 15.80 | 16.38 | 16.18 |
| Ground Beef, lean, kg | 11.53 | 12.17 | 12.92 |
| Pork & Processed Meats | | | |
| Pork Loin Chops, centre-cut, bone-in, kg | 13.43 | 14.64 | 15.01 |
| Ham, sliced, regular, 175 g | 4.77 | 5.33 | 5.45 |
| Poultry | | | |
| Chicken, grade A, whole fryer, kg | 7.50 | 7.65 | 7.56 |
| Chicken Thighs, kg | 10.03 | 10.80 | 10.63 |
| Chicken Drumsticks, kg | 9.50 | 10.56 | 10.41 |
| Chicken Breasts, boneless & skinless, kg | 18.70 | 20.59 | 20.77 |
| Fish | | | |
| Fish, sole, frozen, 400 g | 7.11 | 7.51 | 7.58 |
| Salmon, sockeye, canned, 213 g | 4.58 | 5.04 | 4.96 |
| Tuna, flaked or chunk, in water, canned, 170 g | 1.69 | 1.65 | 1.72 |
| Meat Alternatives | | | |
| Peanut Butter, smooth or crunchy, 1 kg | 6.39 | 5.83 | 6.56 |
| Peanuts, dry roasted, 700 g | 5.77 | 5.34 | 5.29 |
| Baked Beans, canned, 398 ml | 1.45 | 1.61 | 1.63 |
| Lentils, dry, 400 g | 2.21 | 2.01 | 2.06 |
| Whole Grain Products | | | |
| Cereal, bran flakes with raisins, 675 g | 5.91 | 6.61 | 6.14 |
| Cereal, oats, quick cooking, 1 kg | 3.44 | 3.19 | 3.40 |
| Cereal, toasted oats O's, 525 g | 5.69 | 5.32 | 5.27 |
| Pita, whole-wheat, 324 g, 6's | 3.34 | 3.62 | 3.64 |
| Bread, whole-wheat, private label, 680 g | 3.56 | 2.71 | 2.76 |
| Flour, whole-wheat, 5 kg | 9.37 | 9.60 | 9.60 |
| Non-Whole Grain Products | | | |
| Cookies, arrowroot, 350 g | 4.59 | 4.72 | 4.81 |
| Buns, hamburger, white, 540 g, 12's | 3.43 | 3.15 | 3.03 |
| Soda Crackers, unsalted tops, 450 g | 4.07 | 4.23 | 4.10 |
| Bread, white, private label, 570 g | 3.13 | 2.79 | 2.63 |
| Pasta, macaroni or spaghetti, enriched, 900 g | 4.00 | 4.02 | 3.27 |
| Flour, white, enriched, all purpose, 5 kg | 9.37 | 9.49 | 9.60 |
| Rice, converted, natural long grain, 900 g | 4.95 | 4.85 | 5.01 |

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

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| Food Items by Category | January 2018 | December 2018 | January 2019 |
|---|--------------|---------------|--------------|
| Orange Vegetables & Fruits | | | |
| Peaches, canned halves or slices, juice or water pack, 398 ml | 2.61 | 2.62 | 2.55 |
| Melon, cantaloupe, kg | 2.51 | 2.77 | 2.59 |
| Sweet Potato or Yam, kg | 3.39 | 2.78 | 3.19 |
| Carrots, kg | 2.22 | 1.92 | 2.05 |
| Dark Green Vegetables | | | |
| Beans, green, frozen, 750 g | 3.35 | 3.07 | 3.46 |
| Vegetables, mixed, frozen, 750 g | 3.35 | 3.07 | 3.46 |
| Peas, green, frozen, 750 g | 3.35 | 3.07 | 3.46 |
| Broccoli, bunches, kg | 5.39 | 5.25 | 5.11 |
| Lettuce, romaine, kg | 4.02 | 5.64 | 5.91 |
| Peppers, sweet green bell, kg | 6.00 | 6.78 | 6.54 |
| Other Fresh Vegetables & Fruits | | | |
| Apples, kg | 3.97 | 4.12 | 3.79 |
| Bananas, kg | 1.72 | 1.72 | 1.72 |
| Grapes, red or green, seedless, kg | 7.60 | 7.46 | 7.37 |
| Oranges, kg | 3.33 | 4.23 | 3.92 |
| Pears, kg | 4.10 | 4.51 | 4.49 |
| Cabbage, green, kg | 2.01 | 2.71 | 3.40 |
| Celery, stalks, kg | 2.93 | 3.59 | 3.87 |
| Cucumber, long english, kg | 5.49 | 6.38 | 6.04 |
| Lettuce, iceberg, kg | 3.24 | 5.25 | 4.56 |
| Mushrooms, white, bulk, kg | 8.02 | 8.02 | 8.00 |
| Onions, yellow, cooking, kg | 2.12 | 1.95 | 2.03 |
| Potatoes, white or red, 4.54 kg | 6.54 | 5.57 | 5.53 |
| Rutabaga, kg | 2.64 | 2.55 | 2.73 |
| Tomatoes, red, kg | 4.83 | 5.58 | 5.91 |
| Other Processed Vegetables & Fruits | | | |
| Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included | 3.66 | 3.22 | 3.49 |
| Orange Juice, frozen concentrate, 355 ml | 1.86 | 1.96 | 2.07 |
| Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included | 4.12 | 3.99 | 3.92 |
| Raisins, seedless, Sultana or Thompson, 750 g | 6.92 | 6.98 | 6.50 |
| Strawberries, frozen, unsweetened, 600 g | 5.27 | 6.72 | 6.54 |
| Corn, canned vacuum packed, 341 ml | 1.60 | 1.35 | 1.58 |
| Tomatoes, canned, whole, 796 ml | 2.37 | 2.33 | 2.38 |
| Fats & Oils | | | |
| Margarine, soft, canola, low in saturated fat, 907 g | 4.55 | 4.28 | 4.59 |
| Oil, canola, 946 ml | 4.32 | 4.47 | 4.33 |
| Salad Dressing, Italian, 475 ml | 3.09 | 3.17 | 3.22 |
| Mayonnaise, 475 ml | 4.08 | 4.24 | 4.25 |
| Butter, 454 g | 3.97 | 4.04 | 4.10 |
| Sweeteners | | | |
| Sugar, white granulated, 4 kg | 5.26 | 5.13 | 5.31 |
| Honey, creamed, pasteurized, 500 g | 5.38 | 5.37 | 5.28 |

(*) 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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