

Edmonton Retail Food Prices



Average Monthly Retail Food Prices for Edmonton (\$) - October 2014^(*)

Food Items by Category	October 2013	September 2014	October 2014
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.63	3.66	3.65
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.63	2.54	2.49
Cheddar Cheese, medium, 100 g	1.19	1.19	1.20
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.35	1.38	1.37
Processed Cheese, slices, 500 g	4.96	5.37	5.33
Ice Cream, 4 litre	6.29	5.99	6.35
Eggs			
Eggs, grade A large, dozen	2.80	2.87	2.73
Beef			
Inside Round Steak, boneless, kg	14.20	17.11	16.80
Inside Round Roast, boneless, kg	13.46	14.85	14.99
Ground Beef, lean, kg	8.97	10.14	11.20
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.29	13.38	15.19
Ham, sliced, regular, 175 g	3.94	5.65	5.53
Poultry			
Chicken, grade A, whole fryer, kg	6.90	7.30	7.23
Chicken Thighs, kg	8.29	8.84	8.82
Chicken Drumsticks, kg	7.69	8.36	8.44
Chicken Breasts, boneless & skinless, kg	16.36	17.15	16.07
Fish			
Fish, sole, frozen, 400 g	6.43	6.07	6.61
Salmon, sockeye, canned, 213 g	4.40	4.67	4.52
Tuna, flaked or chunk, in water, canned, 170 g	1.50	1.52	1.56
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.80	6.21	6.15
Peanuts, dry roasted, 700 g	5.63	5.94	6.02
Baked Beans, canned, 398 ml	1.34	1.53	1.54
Lentils, dry, 400 g	2.08	2.13	2.03
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	4.99	5.08	5.06
Cereal, oats, quick cooking, 1 kg	3.66	3.47	3.34
Cereal, toasted oats O's, 525 g	6.01	5.79	5.43
Pita, whole-wheat, 324 g, 6's	3.15	3.00	3.07
Bread, whole-wheat, private label, 680 g	3.81	3.61	3.44
Flour, whole-wheat, 5 kg	8.75	8.30	8.69
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	4.20	3.92	3.99
Buns, hamburger, white, 540 g, 12's	3.47	3.32	3.29
Soda Crackers, unsalted tops, 450 g	2.97	2.92	2.99
Bread, white, private label, 570 g	3.12	2.80	3.05
Pasta, macaroni or spaghetti, enriched, 900 g	3.38	3.25	3.43
Flour, white, enriched, all purpose, 5 kg	8.75	8.38	8.69
Rice, converted, natural long grain, 900 g	5.62	5.37	5.47

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

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Food Items by Category	October 2013	September 2014	October 2014
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.73	2.60	2.54
Melon, cantaloupe, kg	2.15	1.94	2.40
Sweet Potato or Yam, kg	2.35	4.63	3.17
Carrots, kg	1.55	1.66	1.56
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.10	3.70	3.22
Vegetables, mixed, frozen, 750 g	3.10	3.70	3.22
Peas, green, frozen, 750 g	3.10	3.70	3.22
Broccoli, bunches, kg	4.02	4.43	4.04
Lettuce, romaine, kg	2.80	3.22	3.33
Peppers, sweet green bell, kg	4.40	4.72	4.84
Other Fresh Vegetables & Fruits			
Apples, kg	2.98	3.62	3.35
Bananas, kg	1.74	1.87	1.83
Grapes, red or green, seedless, kg	5.03	5.12	5.61
Oranges, kg	3.13	3.53	3.24
Pears, kg	3.26	3.79	3.18
Cabbage, green, kg	1.48	1.59	1.50
Celery, stalks, kg	2.39	2.08	2.02
Cucumber, long english, kg	4.15	3.55	4.31
Lettuce, iceberg, kg	2.58	2.18	2.60
Mushrooms, white, bulk, kg	6.88	7.32	7.43
Onions, yellow, cooking, kg	1.70	1.85	1.65
Potatoes, white or red, 4.54 kg	5.25	5.51	5.32
Rutabaga, kg	1.59	1.67	1.59
Tomatoes, red, kg	3.42	2.84	3.11
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.30	3.10	3.06
Orange Juice, frozen concentrate, 355 ml	1.82	1.86	1.88
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.95	4.21	3.98
Raisins, seedless, Sultana or Thompson, 750 g	6.12	5.87	5.61
Strawberries, frozen, unsweetened, 600 g	5.81	6.40	6.20
Corn, canned vacuum packed, 341 ml	1.56	1.69	1.68
Tomatoes, canned, whole, 796 ml	2.07	2.29	2.32
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.37	5.35	5.28
Oil, canola, 946 ml	4.85	4.69	4.72
Salad Dressing, Italian, 475 ml	3.04	2.99	2.94
Mayonnaise, 475 ml	3.90	3.96	3.94
Butter, 454 g	3.77	3.97	3.81
Sweeteners			
Sugar, white granulated, 4 kg	5.67	5.69	5.41
Honey, creamed, pasteurized, 500 g	6.18	5.99	5.89

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Source: Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch. For additional information please phone: 780-427-4011.

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