

# Edmonton Retail Food Prices



## Average Monthly Retail Food Prices for Edmonton (\$) - January 2014<sup>(\*)</sup>

Food Items by Category	January 2013	December 2013	January 2014
<b>Milk Products &amp; Alternatives</b>			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.57	3.62	3.63
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.65	2.39	2.46
Cheddar Cheese, medium, 100 g	1.15	1.17	1.16
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.27	1.31	1.28
Processed Cheese, slices, 500 g	4.92	5.32	5.00
Ice Cream, 4 litre	6.34	6.54	6.51
<b>Eggs</b>			
Eggs, grade A large, dozen	2.81	2.74	2.75
<b>Beef</b>			
Inside Round Steak, boneless, kg	13.85	14.89	14.86
Inside Round Roast, boneless, kg	12.59	13.58	13.29
Ground Beef, lean, kg	8.75	8.18	8.18
<b>Pork &amp; Processed Meats</b>			
Pork Loin Chops, centre-cut, bone-in, kg	10.82	10.89	11.27
Ham, sliced, regular, 175 g	4.04	4.46	4.44
<b>Poultry</b>			
Chicken, grade A, whole fryer, kg	6.72	7.12	6.61
Chicken Thighs, kg	7.87	8.31	8.33
Chicken Drumsticks, kg	7.56	7.83	7.87
Chicken Breasts, boneless & skinless, kg	17.37	16.12	15.83
<b>Fish</b>			
Fish, sole, frozen, 400 g	6.18	6.31	6.12
Salmon, sockeye, canned, 213 g	4.05	4.53	4.42
Tuna, flaked or chunk, in water, canned, 170 g	1.51	1.68	1.55
<b>Meat Alternatives</b>			
Peanut Butter, smooth or crunchy, 1 kg	6.40	5.76	5.63
Peanuts, dry roasted, 700 g	5.29	4.57	5.53
Baked Beans, canned, 398 ml	1.42	1.36	1.31
Lentils, dry, 400 g	2.12	1.97	2.03
<b>Whole Grain Products</b>			
Cereal, bran flakes with raisins, 675 g	5.01	5.29	4.78
Cereal, oats, quick cooking, 1 kg	3.71	3.42	3.50
Cereal, toasted oats O's, 525 g	5.78	6.11	5.68
Pita, whole-wheat, 324 g, 6's	2.97	2.99	3.02
Bread, whole-wheat, private label, 680 g	3.65	3.93	3.58
Flour, whole-wheat, 5 kg	9.42	8.58	9.22
<b>Non-Whole Grain Products</b>			
Cookies, arrowroot, 350 g	4.30	4.01	3.95
Buns, hamburger, white, 540 g, 12's	3.32	3.34	3.19
Soda Crackers, unsalted tops, 450 g	3.10	3.14	3.01
Bread, white, private label, 570 g	3.08	3.07	3.09
Pasta, macaroni or spaghetti, enriched, 900 g	3.38	3.26	3.19
Flour, white, enriched, all purpose, 5 kg	9.42	8.66	9.22
Rice, converted, natural long grain, 900 g	5.44	5.29	5.46

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

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Food Items by Category	January 2013	December 2013	January 2014
<b>Orange Vegetables &amp; Fruits</b>			
Peaches, canned halves or slices, juice or water pack, 398 ml	2.66	2.61	2.65
Melon, cantaloupe, kg	2.35	2.51	2.40
Sweet Potato or Yam, kg	2.01	2.12	2.80
Carrots, kg	1.48	1.62	1.60
<b>Dark Green Vegetables</b>			
Beans, green, frozen, 750 g	3.57	2.99	3.61
Vegetables, mixed, frozen, 750 g	3.57	2.99	3.61
Peas, green, frozen, 750 g	3.57	2.99	3.61
Broccoli, bunches, kg	4.39	4.80	4.24
Lettuce, romaine, kg	3.55	2.70	2.89
Peppers, sweet green bell, kg	3.54	4.84	4.31
<b>Other Fresh Vegetables &amp; Fruits</b>			
Apples, kg	3.22	3.75	3.35
Bananas, kg	1.83	1.74	1.72
Grapes, red or green, seedless, kg	6.62	6.27	7.05
Oranges, kg	2.20	3.15	2.40
Pears, kg	3.15	3.50	3.35
Cabbage, green, kg	1.61	1.52	1.68
Celery, stalks, kg	2.16	2.04	2.11
Cucumber, long english, kg	3.86	5.42	4.61
Lettuce, iceberg, kg	2.76	2.54	2.05
Mushrooms, white, bulk, kg	6.71	6.85	6.95
Onions, yellow, cooking, kg	1.50	1.49	1.42
Potatoes, white or red, 4.54 kg	4.86	4.58	5.28
Rutabaga, kg	1.51	1.64	1.62
Tomatoes, red, kg	3.24	3.81	3.64
<b>Other Processed Vegetables &amp; Fruits</b>			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.25	3.30	3.28
Orange Juice, frozen concentrate, 355 ml	1.91	1.84	1.90
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.79	4.03	3.89
Raisins, seedless, Sultana or Thompson, 750 g	5.60	5.91	5.99
Strawberries, frozen, unsweetened, 600 g	6.37	6.03	6.28
Corn, canned vacuum packed, 341 ml	1.53	1.49	1.61
Tomatoes, canned, whole, 796 ml	2.19	2.31	2.22
<b>Fats &amp; Oils</b>			
Margarine, soft, canola, low in saturated fat, 907 g	5.26	5.13	5.20
Oil, canola, 946 ml	4.90	4.73	4.70
Salad Dressing, Italian, 475 ml	3.15	2.94	3.06
Mayonnaise, 475 ml	4.01	3.86	3.92
Butter, 454 g	3.56	3.83	3.78
<b>Sweeteners</b>			
Sugar, white granulated, 4 kg	6.41	5.61	5.72
Honey, creamed, pasteurized, 500 g	5.81	6.21	6.46

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

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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