

Edmonton Retail Food Prices



Average Monthly Retail Food Prices for Edmonton (\$) - September 2017^(*)

| Food Items by Category | September 2017 | August 2017 | September 2017 |
|---|----------------|-------------|----------------|
| Milk Products & Alternatives | | | |
| Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included | 3.74 | 3.74 | 3.74 |
| Yogurt, flavoured, 2% M.F. or less, 750 ml | 2.46 | 2.33 | 2.35 |
| Cheddar Cheese, medium, 100 g | 1.11 | 1.17 | 1.13 |
| Mozzarella Cheese, 16.5% B.F. or less, 100 g | 1.26 | 1.29 | 1.27 |
| Processed Cheese, slices, 500 g | 5.18 | 5.25 | 4.61 |
| Ice Cream, 4 litre | 6.83 | 6.96 | 7.15 |
| Eggs | | | |
| Eggs, grade A large, dozen | 2.93 | 2.92 | 2.97 |
| Beef | | | |
| Inside Round Steak, boneless, kg | 17.92 | 16.86 | 17.60 |
| Inside Round Roast, boneless, kg | 16.58 | 15.47 | 16.37 |
| Ground Beef, lean, kg | 11.38 | 12.50 | 12.17 |
| Pork & Processed Meats | | | |
| Pork Loin Chops, centre-cut, bone-in, kg | 14.35 | 14.51 | 14.48 |
| Ham, sliced, regular, 175 g | 5.73 | 4.68 | 4.68 |
| Poultry | | | |
| Chicken, grade A, whole fryer, kg | 7.32 | 7.39 | 7.80 |
| Chicken Thighs, kg | 9.46 | 9.74 | 9.70 |
| Chicken Drumsticks, kg | 9.22 | 9.50 | 9.61 |
| Chicken Breasts, boneless & skinless, kg | 19.18 | 18.72 | 19.25 |
| Fish | | | |
| Fish, sole, frozen, 400 g | 6.46 | 6.97 | 7.29 |
| Salmon, sockeye, canned, 213 g | 4.06 | 4.34 | 4.32 |
| Tuna, flaked or chunk, in water, canned, 170 g | 1.35 | 1.40 | 1.41 |
| Meat Alternatives | | | |
| Peanut Butter, smooth or crunchy, 1 kg | 6.35 | 6.35 | 6.25 |
| Peanuts, dry roasted, 700 g | 5.36 | 5.48 | 5.74 |
| Baked Beans, canned, 398 ml | 1.52 | 1.62 | 1.43 |
| Lentils, dry, 400 g | 2.02 | 2.14 | 2.20 |
| Whole Grain Products | | | |
| Cereal, bran flakes with raisins, 675 g | 6.08 | 6.38 | 5.93 |
| Cereal, oats, quick cooking, 1 kg | 2.92 | 3.46 | 3.34 |
| Cereal, toasted oats O's, 525 g | 5.28 | 5.23 | 5.74 |
| Pita, whole-wheat, 324 g, 6's | 3.49 | 3.66 | 3.61 |
| Bread, whole-wheat, private label, 680 g | 3.40 | 3.49 | 3.59 |
| Flour, whole-wheat, 5 kg | 9.44 | 8.72 | 9.43 |
| Non-Whole Grain Products | | | |
| Cookies, arrowroot, 350 g | 4.37 | 4.65 | 4.85 |
| Buns, hamburger, white, 540 g, 12's | 3.17 | 3.02 | 3.33 |
| Soda Crackers, unsalted tops, 450 g | 3.94 | 4.11 | 4.05 |
| Bread, white, private label, 570 g | 3.20 | 3.37 | 3.20 |
| Pasta, macaroni or spaghetti, enriched, 900 g | 3.73 | 3.67 | 3.87 |
| Flour, white, enriched, all purpose, 5 kg | 9.49 | 8.70 | 9.43 |
| Rice, converted, natural long grain, 900 g | 4.60 | 5.10 | 4.80 |

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

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| Food Items by Category | September 2017 | August 2017 | September 2017 |
|---|----------------|-------------|----------------|
| Orange Vegetables & Fruits | | | |
| Peaches, canned halves or slices, juice or water pack, 398 ml | 2.61 | 2.60 | 2.52 |
| Melon, cantaloupe, kg | 2.25 | 2.27 | 2.42 |
| Sweet Potato or Yam, kg | 3.59 | 3.59 | 3.78 |
| Carrots, kg | 1.90 | 1.99 | 1.86 |
| Dark Green Vegetables | | | |
| Beans, green, frozen, 750 g | 3.17 | 3.31 | 3.03 |
| Vegetables, mixed, frozen, 750 g | 3.17 | 3.31 | 3.03 |
| Peas, green, frozen, 750 g | 3.17 | 3.31 | 3.03 |
| Broccoli, bunches, kg | 4.45 | 4.81 | 4.60 |
| Lettuce, romaine, kg | 3.56 | 3.58 | 3.73 |
| Peppers, sweet green bell, kg | 5.48 | 5.59 | 5.89 |
| Other Fresh Vegetables & Fruits | | | |
| Apples, kg | 4.01 | 4.37 | 3.97 |
| Bananas, kg | 1.72 | 1.72 | 1.72 |
| Grapes, red or green, seedless, kg | 5.97 | 7.01 | 6.66 |
| Oranges, kg | 3.68 | 4.41 | 3.99 |
| Pears, kg | 4.42 | 4.60 | 4.59 |
| Cabbage, green, kg | 1.85 | 2.76 | 1.98 |
| Celery, stalks, kg | 2.55 | 3.42 | 2.69 |
| Cucumber, long english, kg | 3.76 | 3.29 | 4.13 |
| Lettuce, iceberg, kg | 2.82 | 3.15 | 3.22 |
| Mushrooms, white, bulk, kg | 7.55 | 8.10 | 8.20 |
| Onions, yellow, cooking, kg | 2.51 | 2.28 | 2.26 |
| Potatoes, white or red, 4.54 kg | 5.40 | 6.84 | 6.53 |
| Rutabaga, kg | 2.28 | 2.73 | 2.87 |
| Tomatoes, red, kg | 2.84 | 2.98 | 2.98 |
| Other Processed Vegetables & Fruits | | | |
| Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included | 3.28 | 3.61 | 3.58 |
| Orange Juice, frozen concentrate, 355 ml | 1.64 | 1.73 | 1.75 |
| Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included | 4.42 | 4.45 | 4.45 |
| Raisins, seedless, Sultana or Thompson, 750 g | 5.75 | 6.10 | 5.79 |
| Strawberries, frozen, unsweetened, 600 g | 6.46 | 6.07 | 5.76 |
| Corn, canned vacuum packed, 341 ml | 1.56 | 1.52 | 1.55 |
| Tomatoes, canned, whole, 796 ml | 2.08 | 2.16 | 2.29 |
| Fats & Oils | | | |
| Margarine, soft, canola, low in saturated fat, 907 g | 4.76 | 4.60 | 4.73 |
| Oil, canola, 946 ml | 4.09 | 4.21 | 4.07 |
| Salad Dressing, Italian, 475 ml | 3.09 | 2.84 | 2.98 |
| Mayonnaise, 475 ml | 3.68 | 3.68 | 3.79 |
| Butter, 454 g | 3.82 | 3.97 | 3.97 |
| Sweeteners | | | |
| Sugar, white granulated, 4 kg | 5.13 | 5.23 | 5.26 |
| Honey, creamed, pasteurized, 500 g | 5.56 | 5.29 | 5.45 |

(*) 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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