

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - December 2016<sup>(\*)</sup>

Age-Gender Group	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (a)
<b>Children</b> - Dollars per Week -											
Boy 2-3 years	7.55	0.86	4.89	3.33	1.73	2.76	4.27	2.68	1.82	1.23	31.12
Girl 2-3 years	7.55	0.86	4.89	3.33	1.73	2.76	4.27	2.29	1.56	1.23	30.48
Boy 4-8 years	9.06	0.86	7.60	3.33	1.73	2.76	7.47	3.82	2.60	1.23	40.47
Girl 4-8 years	9.06	0.86	7.60	3.33	1.73	2.76	7.47	3.82	2.60	1.23	40.47
<b>Males</b>											
9-13 years	12.08	0.86	15.75	3.33	1.73	2.76	9.60	4.59	3.13	1.54	55.37
14-18 years	12.08	0.86	34.75	3.33	1.73	2.76	14.93	6.12	4.17	2.15	82.89
19-30 years	8.31	0.86	32.04	3.33	1.73	2.76	17.07	6.88	4.69	2.46	80.13
31-50 years (b)	7.55	0.86	26.61	3.33	1.73	2.76	14.93	6.88	4.69	2.46	71.81
51-70 years (b)	9.06	0.86	26.61	3.33	1.73	2.76	12.80	6.88	3.13	2.15	69.31
over 70 years (b)	9.06	0.86	26.61	3.33	1.73	2.76	12.80	6.88	3.13	1.54	68.70
<b>Females</b>											
9-13 years	9.82	0.86	10.32	3.33	1.73	2.76	8.53	4.59	3.13	1.54	46.60
14-18 years	10.57	0.86	15.75	3.33	1.73	2.76	11.73	5.35	3.13	1.54	56.75
19-30 years	6.04	0.86	21.18	3.33	1.73	2.76	13.87	5.73	3.65	1.85	61.00
31-50 years (b)	6.80	0.86	21.18	3.33	1.73	2.76	12.80	5.35	3.65	1.85	60.30
51-70 years (b)	9.06	0.86	15.75	3.33	1.73	2.76	9.60	4.59	3.13	1.23	52.04
over 70 years (b)	9.06	0.86	15.75	3.33	1.73	2.76	9.60	4.59	3.13	1.23	52.04
<b>Pregnancy</b>											
18 years & younger (c)	10.57	0.86	21.18	3.33	1.73	2.76	12.80	6.12	3.13	2.15	64.63
19-30 years (c)	9.06	0.86	21.18	3.33	1.73	2.76	13.87	6.12	4.17	2.46	65.54
31-50 years (c)	9.06	0.86	21.18	3.33	1.73	2.76	12.80	6.12	4.17	2.15	64.16
<b>Lactation</b>											
18 years & younger	12.08	0.86	21.18	3.33	1.73	2.76	13.33	5.73	3.65	2.15	66.81
19-30 years	9.06	0.86	26.61	3.33	1.73	2.76	13.87	6.12	4.17	2.46	70.97
31-50 years	9.06	0.86	26.61	3.33	1.73	2.76	12.80	6.12	4.17	2.15	69.59
<b>Family of Four (d)</b>	<b>35.49</b>	<b>3.45</b>	<b>71.14</b>	<b>13.34</b>	<b>6.91</b>	<b>11.03</b>	<b>44.80</b>	<b>20.65</b>	<b>14.06</b>	<b>7.08</b>	<b>227.95</b>

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

(a) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(c) A daily iron supplement is required for pregnant women.

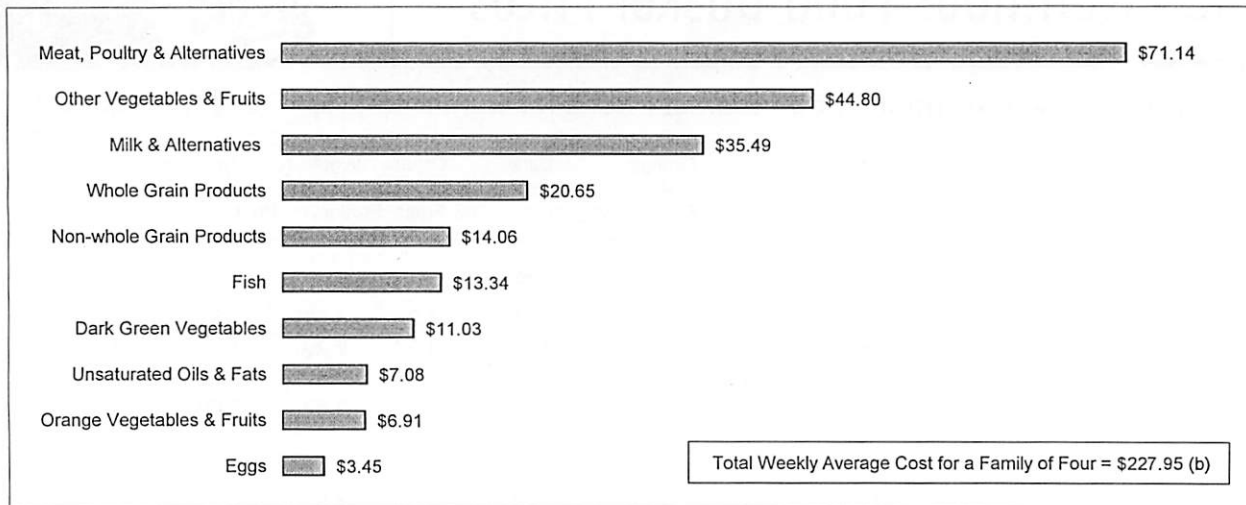
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Note: Due to rounding, totals may not add up.

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

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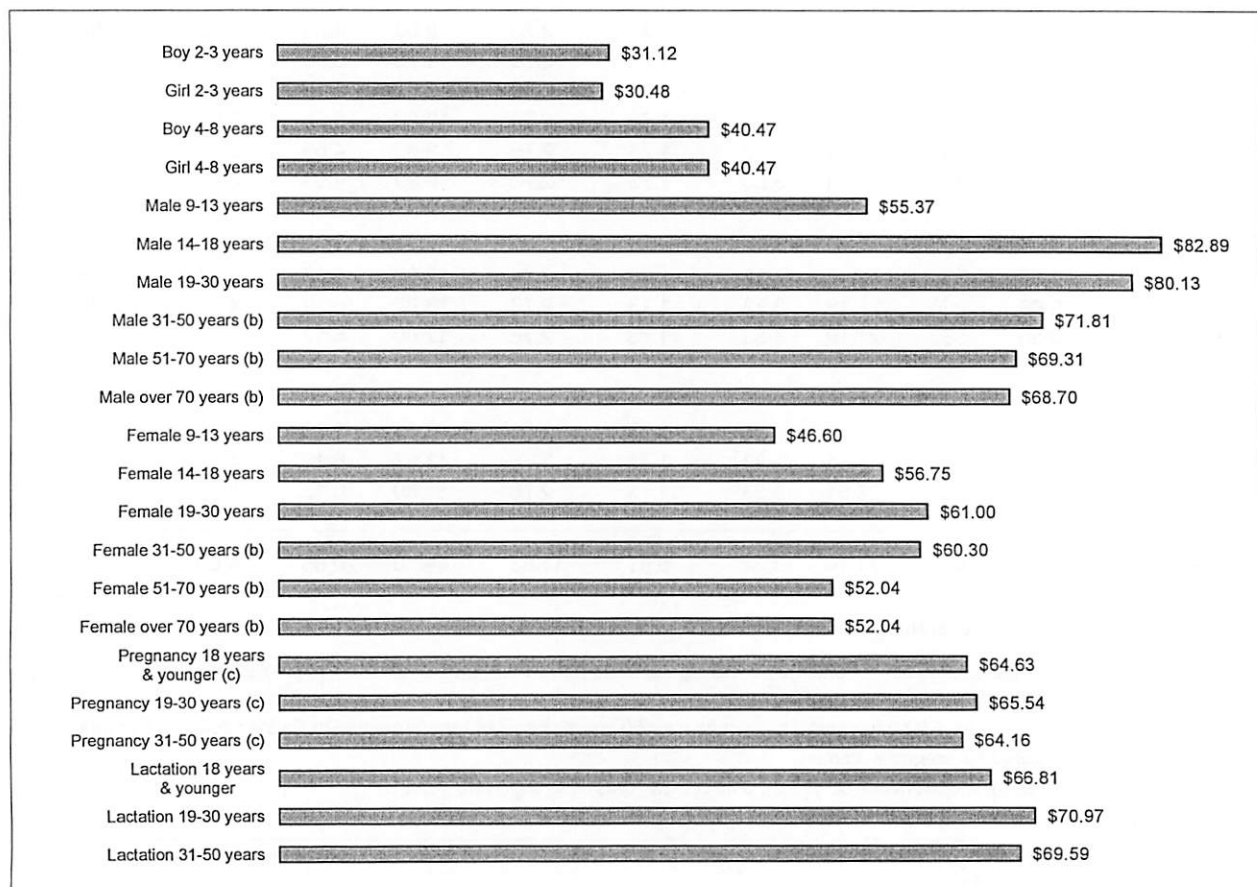
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - December 2016**



(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
by Age/Gender Group - December 2016 (a)**



(a) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age.

(c) A daily iron supplement is required for pregnant women.