

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - May 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)
- Dollars per Week -											
<b>Children</b>											
Boy 2-3 years	7.62	0.84	4.71	3.44	1.79	2.95	4.28	2.59	1.85	1.34	31.42
Girl 2-3 years	7.62	0.84	4.71	3.44	1.79	2.95	4.28	2.22	1.59	1.34	30.78
Boy 4-8 years	9.14	0.84	7.33	3.44	1.79	2.95	7.50	3.70	2.64	1.34	40.68
Girl 4-8 years	9.14	0.84	7.33	3.44	1.79	2.95	7.50	3.70	2.64	1.34	40.68
<b>Males</b>											
9-13 years	12.19	0.84	15.18	3.44	1.79	2.95	9.64	4.45	3.17	1.68	55.32
14-18 years	12.19	0.84	33.49	3.44	1.79	2.95	14.99	5.93	4.23	2.35	82.20
19-30 years	8.38	0.84	30.87	3.44	1.79	2.95	17.14	6.67	4.76	2.69	79.52
31-50 years (b)	7.62	0.84	25.64	3.44	1.79	2.95	14.99	6.67	4.76	2.69	71.39
51-70 years (b)	9.14	0.84	25.64	3.44	1.79	2.95	12.85	6.67	3.17	2.35	68.85
over 70 years (b)	9.14	0.84	25.64	3.44	1.79	2.95	12.85	6.67	3.17	1.68	68.17
<b>Females</b>											
9-13 years	9.90	0.84	9.94	3.44	1.79	2.95	8.57	4.45	3.17	1.68	46.73
14-18 years	10.66	0.84	15.18	3.44	1.79	2.95	11.78	5.19	3.17	1.68	56.68
19-30 years	6.09	0.84	20.41	3.44	1.79	2.95	13.92	5.56	3.70	2.02	60.72
31-50 years (b)	6.86	0.84	20.41	3.44	1.79	2.95	12.85	5.19	3.70	2.02	60.04
51-70 years (b)	9.14	0.84	15.18	3.44	1.79	2.95	9.64	4.45	3.17	1.34	51.94
over 70 years (b)	9.14	0.84	15.18	3.44	1.79	2.95	9.64	4.45	3.17	1.34	51.94
<b>Pregnancy</b>											
18 years & younger (c)	10.66	0.84	20.41	3.44	1.79	2.95	12.85	5.93	3.17	2.35	64.40
19-30 years (c)	9.14	0.84	20.41	3.44	1.79	2.95	13.92	5.93	4.23	2.69	65.34
31-50 years (c)	9.14	0.84	20.41	3.44	1.79	2.95	12.85	5.93	4.23	2.35	63.93
<b>Lactation</b>											
18 years & younger	12.19	0.84	20.41	3.44	1.79	2.95	13.39	5.56	3.70	2.35	66.61
19-30 years	9.14	0.84	25.64	3.44	1.79	2.95	13.92	5.93	4.23	2.69	70.57
31-50 years	9.14	0.84	25.64	3.44	1.79	2.95	12.85	5.93	4.23	2.35	69.16
<b>Family of Four (d)</b>	<b>35.80</b>	<b>3.36</b>	<b>68.55</b>	<b>13.77</b>	<b>7.14</b>	<b>11.81</b>	<b>44.98</b>	<b>20.01</b>	<b>14.27</b>	<b>7.73</b>	<b>227.42</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.

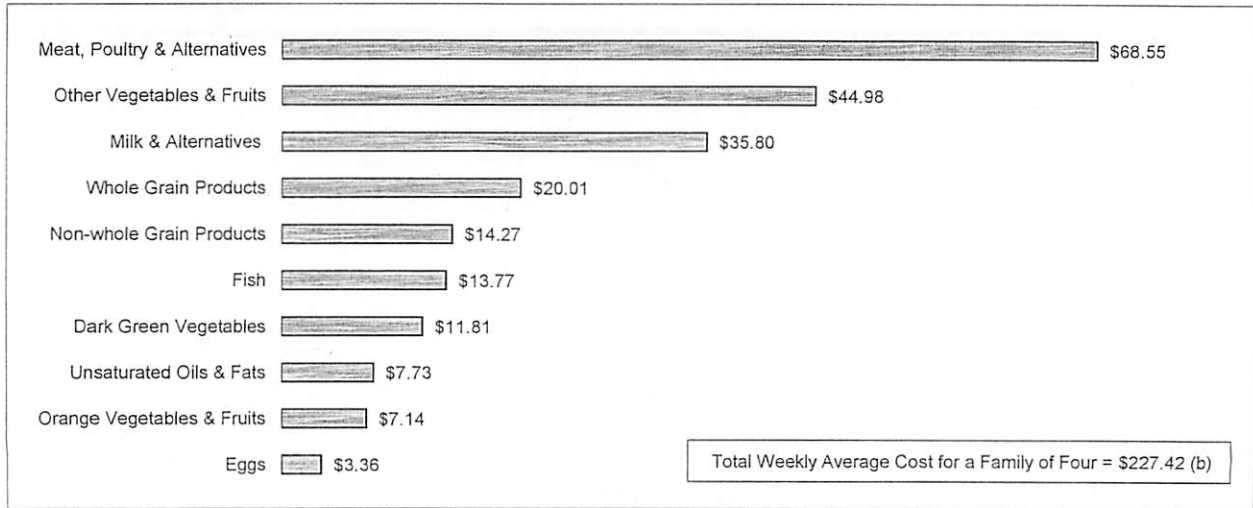
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

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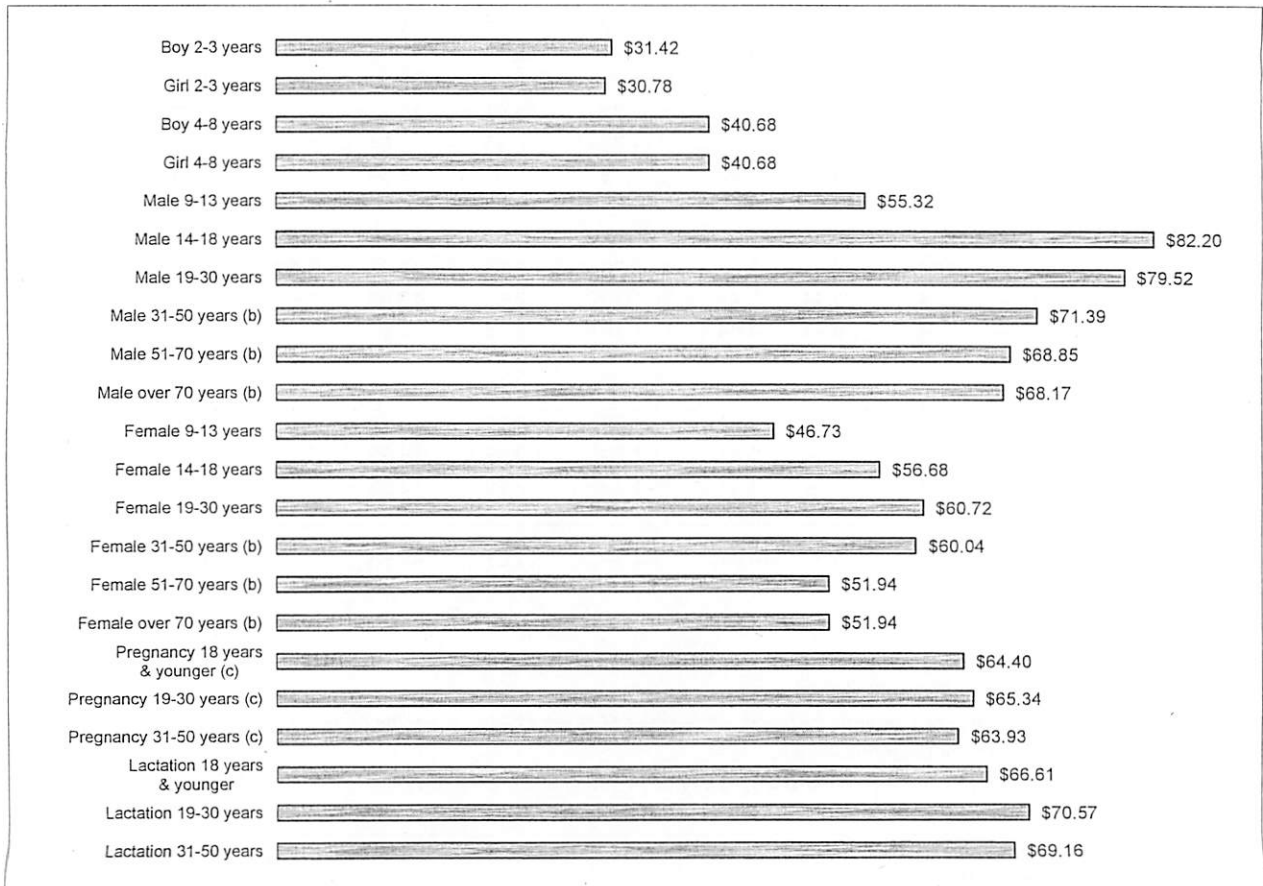
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - May 2016**



(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 - May 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.