

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - January 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	7.44	0.85	4.71	3.27	1.79	4.03	5.24	2.52	1.84	1.39	<b>33.07</b>
Girl 2-3 years	7.44	0.85	4.71	3.27	1.79	4.03	5.24	2.16	1.58	1.39	<b>32.45</b>
Boy 4-8 years	8.93	0.85	7.32	3.27	1.79	4.03	9.17	3.60	2.63	1.39	<b>42.98</b>
Girl 4-8 years	8.93	0.85	7.32	3.27	1.79	4.03	9.17	3.60	2.63	1.39	<b>42.98</b>
<b>Males</b>											
9-13 years	11.91	0.85	15.17	3.27	1.79	4.03	11.79	4.32	3.16	1.74	<b>58.01</b>
14-18 years	11.91	0.85	33.47	3.27	1.79	4.03	18.34	5.76	4.21	2.43	<b>86.05</b>
19-30 years	8.19	0.85	30.86	3.27	1.79	4.03	20.96	6.47	4.74	2.78	<b>83.93</b>
31-50 years (b)	7.44	0.85	25.63	3.27	1.79	4.03	18.34	6.47	4.74	2.78	<b>75.33</b>
51-70 years (b)	8.93	0.85	25.63	3.27	1.79	4.03	15.72	6.47	3.16	2.43	<b>72.28</b>
over 70 years (b)	8.93	0.85	25.63	3.27	1.79	4.03	15.72	6.47	3.16	1.74	<b>71.58</b>
<b>Females</b>											
9-13 years	9.68	0.85	9.94	3.27	1.79	4.03	10.48	4.32	3.16	1.74	<b>49.24</b>
14-18 years	10.42	0.85	15.17	3.27	1.79	4.03	14.41	5.04	3.16	1.74	<b>59.86</b>
19-30 years	5.96	0.85	20.40	3.27	1.79	4.03	17.03	5.40	3.69	2.09	<b>64.48</b>
31-50 years (b)	6.70	0.85	20.40	3.27	1.79	4.03	15.72	5.04	3.69	2.09	<b>63.55</b>
51-70 years (b)	8.93	0.85	15.17	3.27	1.79	4.03	11.79	4.32	3.16	1.39	<b>54.69</b>
over 70 years (b)	8.93	0.85	15.17	3.27	1.79	4.03	11.79	4.32	3.16	1.39	<b>54.69</b>
<b>Pregnancy</b>											
18 years & younger (c)	10.42	0.85	20.40	3.27	1.79	4.03	15.72	5.76	3.16	2.43	<b>67.82</b>
19-30 years (c)	8.93	0.85	20.40	3.27	1.79	4.03	17.03	5.76	4.21	2.78	<b>69.04</b>
31-50 years (c)	8.93	0.85	20.40	3.27	1.79	4.03	15.72	5.76	4.21	2.43	<b>67.38</b>
<b>Lactation</b>											
18 years & younger	11.91	0.85	20.40	3.27	1.79	4.03	16.37	5.40	3.69	2.43	<b>70.13</b>
19-30 years	8.93	0.85	25.63	3.27	1.79	4.03	17.03	5.76	4.21	2.78	<b>74.27</b>
31-50 years	8.93	0.85	25.63	3.27	1.79	4.03	15.72	5.76	4.21	2.43	<b>72.61</b>
<b>Family of Four (d)</b>	<b>34.99</b>	<b>3.38</b>	<b>68.51</b>	<b>13.09</b>	<b>7.15</b>	<b>16.10</b>	<b>55.02</b>	<b>19.42</b>	<b>14.22</b>	<b>8.00</b>	<b>239.87</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 Division, Statistics and Data Development Branch. 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) - January 2016**

Meat, Poultry & Alternatives	\$68.51
Other Vegetables & Fruits	\$55.02
Milk & Alternatives	\$34.99
Whole Grain Products	\$19.42
Dark Green Vegetables	\$18.10
Non-whole Grain Products	\$14.22
Fish	\$13.09
Unsaturated Oils & Fats	\$8.00
Orange Vegetables & Fruits	\$7.15
Eggs	\$3.38
<b>Total Weekly Average Cost for a Family of Four = \$239.87 (b)</b>	

(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 - January 2016 (a)**

Boy 2-3 years	\$33.07
Girl 2-3 years	\$32.45
Boy 4-8 years	\$42.98
Girl 4-8 years	\$42.98
Male 9-13 years	\$58.01
Male 14-18 years	\$86.05
Male 19-30 years	\$83.93
Male 31-50 years (b)	\$75.33
Male 51-70 years (b)	\$72.28
Male over 70 years (b)	\$71.58
Female 9-13 years	\$49.24
Female 14-18 years	\$59.86
Female 19-30 years	\$64.48
Female 31-50 years (b)	\$63.55
Female 51-70 years (b)	\$54.69
Female over 70 years (b)	\$54.69
Pregnancy 18 years & younger (c)	\$67.82
Pregnancy 19-30 years (c)	\$69.04
Pregnancy 31-50 years (c)	\$67.38
Lactation 18 years & younger	\$70.13
Lactation 19-30 years	\$74.27
Lactation 31-50 years	\$72.61

(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.