

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - November 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	7.26	0.85	4.83	3.23	1.71	2.81	4.28	2.65	1.76	1.25	<b>30.63</b>
Girl 2-3 years	7.26	0.85	4.83	3.23	1.71	2.81	4.28	2.27	1.51	1.25	<b>30.00</b>
Boy 4-8 years	8.72	0.85	7.52	3.23	1.71	2.81	7.49	3.79	2.52	1.25	<b>39.87</b>
Girl 4-8 years	8.72	0.85	7.52	3.23	1.71	2.81	7.49	3.79	2.52	1.25	<b>39.87</b>
<b>Males</b>											
9-13 years	11.62	0.85	15.57	3.23	1.71	2.81	9.62	4.55	3.02	1.56	<b>54.54</b>
14-18 years	11.62	0.85	34.36	3.23	1.71	2.81	14.97	6.06	4.03	2.19	<b>81.83</b>
19-30 years	7.99	0.85	31.68	3.23	1.71	2.81	17.11	6.82	4.53	2.50	<b>79.23</b>
31-50 years (b)	7.26	0.85	26.31	3.23	1.71	2.81	14.97	6.82	4.53	2.50	<b>70.99</b>
51-70 years (b)	8.72	0.85	26.31	3.23	1.71	2.81	12.83	6.82	3.02	2.19	<b>68.48</b>
over 70 years (b)	8.72	0.85	26.31	3.23	1.71	2.81	12.83	6.82	3.02	1.56	<b>67.86</b>
<b>Females</b>											
9-13 years	9.44	0.85	10.20	3.23	1.71	2.81	8.55	4.55	3.02	1.56	<b>45.92</b>
14-18 years	10.17	0.85	15.57	3.23	1.71	2.81	11.76	5.31	3.02	1.56	<b>55.99</b>
19-30 years	5.81	0.85	20.94	3.23	1.71	2.81	13.90	5.69	3.52	1.88	<b>60.33</b>
31-50 years (b)	6.54	0.85	20.94	3.23	1.71	2.81	12.83	5.31	3.52	1.88	<b>59.61</b>
51-70 years (b)	8.72	0.85	15.57	3.23	1.71	2.81	9.62	4.55	3.02	1.25	<b>51.32</b>
over 70 years (b)	8.72	0.85	15.57	3.23	1.71	2.81	9.62	4.55	3.02	1.25	<b>51.32</b>
<b>Pregnancy</b>											
18 years & younger (c)	10.17	0.85	20.94	3.23	1.71	2.81	12.83	6.06	3.02	2.19	<b>63.81</b>
19-30 years (c)	8.72	0.85	20.94	3.23	1.71	2.81	13.90	6.06	4.03	2.50	<b>64.74</b>
31-50 years (c)	8.72	0.85	20.94	3.23	1.71	2.81	12.83	6.06	4.03	2.19	<b>63.36</b>
<b>Lactation</b>											
18 years & younger	11.62	0.85	20.94	3.23	1.71	2.81	13.37	5.69	3.52	2.19	<b>65.92</b>
19-30 years	8.72	0.85	26.31	3.23	1.71	2.81	13.90	6.06	4.03	2.50	<b>70.11</b>
31-50 years	8.72	0.85	26.31	3.23	1.71	2.81	12.83	6.06	4.03	2.19	<b>68.73</b>
<b>Family of Four (d)</b>	<b>34.14</b>	<b>3.38</b>	<b>70.34</b>	<b>12.91</b>	<b>6.85</b>	<b>11.22</b>	<b>44.91</b>	<b>20.47</b>	<b>13.59</b>	<b>7.20</b>	<b>225.01</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.

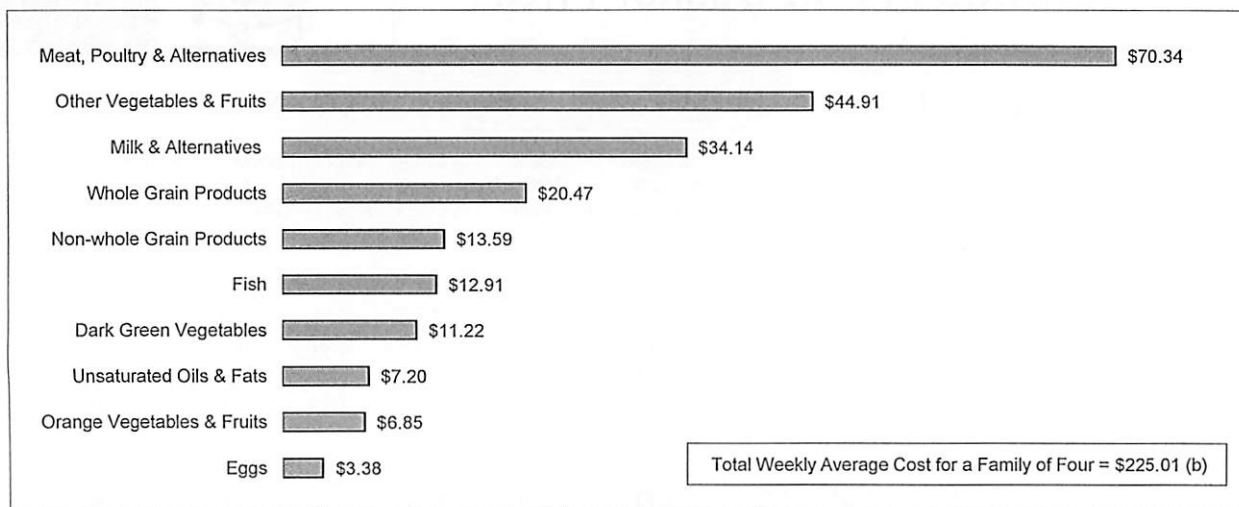
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

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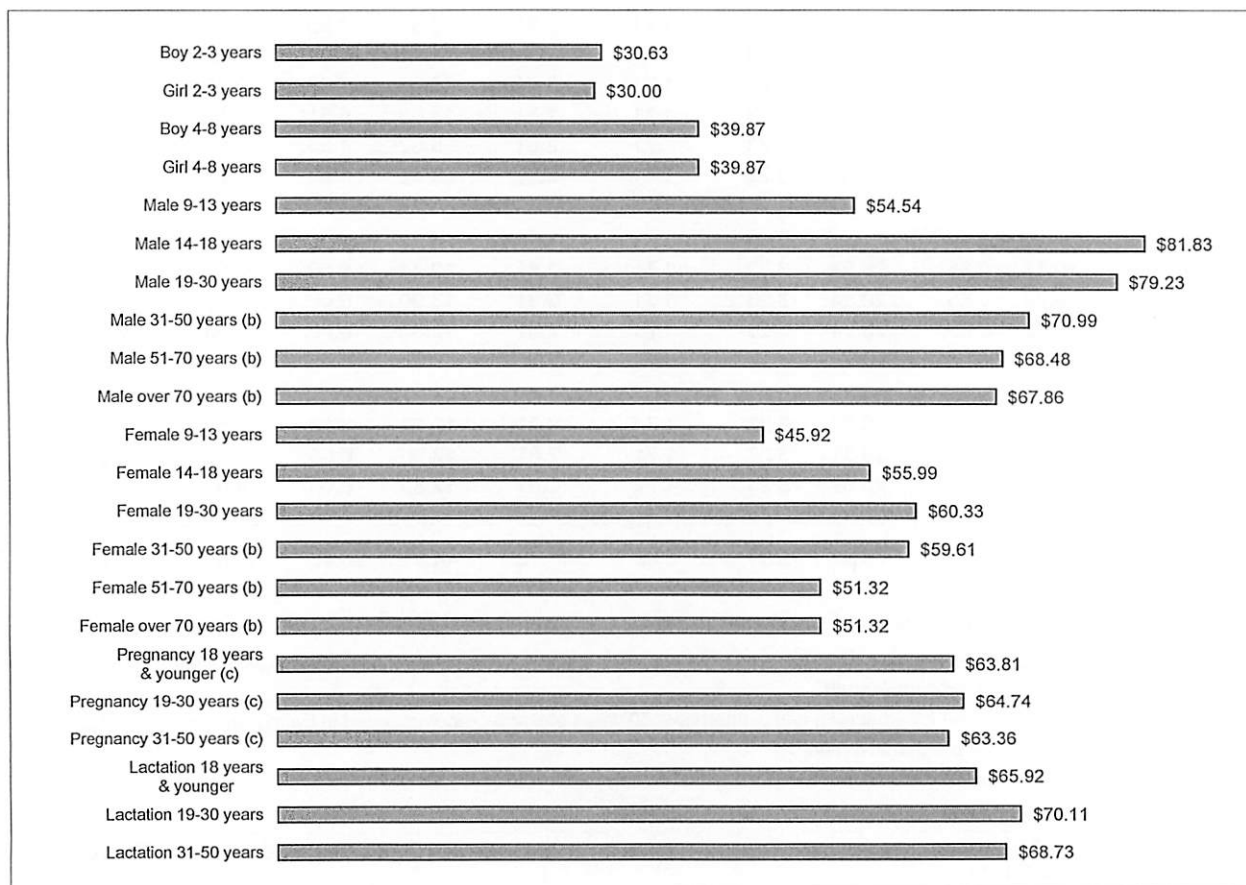
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - November 2016**



(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 - November 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.