

Edmonton Nutritious Food Basket Prices



Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - August 2016^(*)

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 -											
Children											
Boy 2-3 years	7.65	0.85	4.83	3.52	1.78	3.07	4.38	2.63	1.88	1.29	31.87
Girl 2-3 years	7.65	0.85	4.83	3.52	1.78	3.07	4.38	2.26	1.61	1.29	31.22
Boy 4-8 years	9.18	0.85	7.51	3.52	1.78	3.07	7.66	3.76	2.68	1.29	41.29
Girl 4-8 years	9.18	0.85	7.51	3.52	1.78	3.07	7.66	3.76	2.68	1.29	41.29
Males											
9-13 years	12.23	0.85	15.55	3.52	1.78	3.07	9.85	4.51	3.22	1.61	56.20
14-18 years	12.23	0.85	34.32	3.52	1.78	3.07	15.33	6.02	4.30	2.25	83.66
19-30 years	8.41	0.85	31.64	3.52	1.78	3.07	17.52	6.77	4.83	2.57	80.96
31-50 years (b)	7.65	0.85	26.27	3.52	1.78	3.07	15.33	6.77	4.83	2.57	72.64
51-70 years (b)	9.18	0.85	26.27	3.52	1.78	3.07	13.14	6.77	3.22	2.25	70.05
over 70 years (b)	9.18	0.85	26.27	3.52	1.78	3.07	13.14	6.77	3.22	1.61	69.40
Females											
9-13 years	9.94	0.85	10.19	3.52	1.78	3.07	8.76	4.51	3.22	1.61	47.45
14-18 years	10.70	0.85	15.55	3.52	1.78	3.07	12.04	5.27	3.22	1.61	57.61
19-30 years	6.12	0.85	20.91	3.52	1.78	3.07	14.23	5.64	3.76	1.93	61.81
31-50 years (b)	6.88	0.85	20.91	3.52	1.78	3.07	13.14	5.27	3.76	1.93	61.10
51-70 years (b)	9.18	0.85	15.55	3.52	1.78	3.07	9.85	4.51	3.22	1.29	52.82
over 70 years (b)	9.18	0.85	15.55	3.52	1.78	3.07	9.85	4.51	3.22	1.29	52.82
Pregnancy											
18 years & younger (c)	10.70	0.85	20.91	3.52	1.78	3.07	13.14	6.02	3.22	2.25	65.46
19-30 years (c)	9.18	0.85	20.91	3.52	1.78	3.07	14.23	6.02	4.30	2.57	66.42
31-50 years (c)	9.18	0.85	20.91	3.52	1.78	3.07	13.14	6.02	4.30	2.25	65.01
Lactation											
18 years & younger	12.23	0.85	20.91	3.52	1.78	3.07	13.68	5.64	3.76	2.25	67.70
19-30 years	9.18	0.85	26.27	3.52	1.78	3.07	14.23	6.02	4.30	2.57	71.78
31-50 years	9.18	0.85	26.27	3.52	1.78	3.07	13.14	6.02	4.30	2.25	70.37
Family of Four (d)	35.94	3.42	70.24	14.06	7.11	12.28	45.98	20.32	14.50	7.39	231.23

(*) 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) - August 2016**

Meat, Poultry & Alternatives	\$70.24
Other Vegetables & Fruits	\$45.98
Milk & Alternatives	\$35.94
Whole Grain Products	\$20.32
Non-whole Grain Products	\$14.50
Fish	\$14.06
Dark Green Vegetables	\$12.28
Unsaturated Oils & Fats	\$7.39
Orange Vegetables & Fruits	\$7.11
Eggs	\$3.42
Total Weekly Average Cost for a Family of Four = \$231.23 (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 - August 2016 (a)**

Boy 2-3 years	\$31.87
Girl 2-3 years	\$31.22
Boy 4-8 years	\$41.29
Girl 4-8 years	\$41.29
Male 9-13 years	\$56.20
Male 14-18 years	\$83.66
Male 19-30 years	\$80.96
Male 31-50 years (b)	\$72.64
Male 51-70 years (b)	\$70.05
Male over 70 years (b)	\$69.40
Female 9-13 years	\$47.45
Female 14-18 years	\$57.61
Female 19-30 years	\$81.81
Female 31-50 years (b)	\$61.10
Female 51-70 years (b)	\$52.82
Female over 70 years (b)	\$52.82
Pregnancy 18 years & younger (c)	\$65.46
Pregnancy 19-30 years (c)	\$66.42
Pregnancy 31-50 years (c)	\$65.01
Lactation 18 years & younger	\$67.70
Lactation 19-30 years	\$71.78
Lactation 31-50 years	\$70.37

(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.