

2017-18 Overview

# Edmonton retail food prices



Alberta Agriculture and Forestry, Government of Alberta  
Edmonton Retail Food Prices - Overview of 2017 and 2018

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## Introduction and Methodology

The purpose of the survey is to continue to build upon the historical series of benchmark retail food prices, which have been collected in Edmonton since the early 1970's. The data series provide accurate, timely and reliable information on retail food prices for a specific basket of food items, for use in business analysis and planning. The information is also used by clients in health promotion programs, and nutrition education and counseling services, etc.

Retail prices of more than 60 food items are collected each week at representative stores of the major food chains in Edmonton. The prices are weighted to account for the estimated market share held by each chain.

In 2004, a review of the survey was undertaken to ensure that the latest information available from Health Canada's *Food Guide to Healthy Eating* and Statistics Canada's *Family Food Expenditure Survey* was reflected in the basket of food items priced. The updated basket was more realistic in terms of balance between variety and nutritional value.

Following in 2008, Health Canada developed a revised National Nutritious Food Basket (NNFB) to replace the 1998 basket. The revised 2008 NNFB is based on the latest dietary guidance (Dietary Reference Intakes and Eating Well with Canada's Food Guide), as well as food consumption data (Canadian Community Health Survey, Cycle 2.2, Nutrition).

Beginning in 2009, the Edmonton Retail Food Prices survey methodology was updated based, in part, on the 2008 National Nutritious Food Basket, with a few modifications necessary to adapt the basket for differences in availability and product sizes in Edmonton. As well, the prices of some additional foods were retained to maintain our historical price series, and are included in the Edmonton Retail Food Prices report.

The publication of survey results is governed by the *Statistics Act of Canada*, which prohibits the disclosure of confidential information. Accordingly, the prices shown in this report represent weighted averages of several retail stores, gathered on Thursday of each week.

**Table 1 - Average Retail Food Prices for Edmonton (\$) - January to June 2017<sup>(\*)</sup>**

<b>Food Items by Category</b>	<b>January 2017</b>	<b>February 2017</b>	<b>March 2017</b>	<b>April 2017</b>	<b>May 2017</b>	<b>June 2017</b>
<b>Milk Products &amp; Alternatives</b>						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.74	3.75	3.76	3.74	3.74	3.74
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.40	2.37	2.43	2.44	2.34	2.39
Cheddar Cheese, medium, 100 g	1.15	1.11	1.15	1.13	1.11	1.18
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.31	1.29	1.33	1.28	1.29	1.36
Processed Cheese, slices, 500 g	5.06	5.57	5.30	5.47	5.32	5.17
Ice Cream, 4 litre	7.22	7.14	7.17	7.20	6.63	6.86
<b>Eggs</b>						
Eggs, grade A large, dozen	2.88	2.95	2.97	2.89	2.97	2.97
<b>Beef</b>						
Inside Round Steak, boneless, kg	17.48	18.41	17.50	16.93	18.05	17.84
Inside Round Roast, boneless, kg	15.99	16.40	16.00	15.41	16.53	16.30
Ground Beef, lean, kg	11.49	11.62	11.35	11.97	11.49	11.13
<b>Pork &amp; Processed Meats</b>						
Pork Loin Chops, centre-cut, bone-in, kg	13.27	12.94	13.78	13.80	13.87	14.20
Ham, sliced, regular, 175 g	5.94	5.85	5.98	6.18	5.22	4.99
<b>Poultry</b>						
Chicken, grade A, whole fryer, kg	7.16	6.55	6.88	7.67	7.32	7.39
Chicken Thighs, kg	9.37	9.37	9.15	9.94	9.19	9.68
Chicken Drumsticks, kg	9.22	9.26	9.10	9.77	9.28	9.46
Chicken Breasts, boneless & skinless, kg	20.48	18.50	18.36	20.19	19.69	19.80
<b>Fish</b>						
Fish, sole, frozen, 400 g	6.91	7.38	7.33	7.18	6.84	6.90
Salmon, sockeye, canned, 213 g	4.04	4.14	4.29	4.30	4.22	4.27
Tuna, flaked or chunk, in water, canned, 170 g	1.53	1.55	1.54	1.40	1.50	1.51
<b>Meat Alternatives</b>						
Peanut Butter, smooth or crunchy, 1 kg	6.09	7.13	6.58	6.60	6.94	6.34
Peanuts, dry roasted, 700 g	5.39	5.44	5.25	5.28	5.22	5.37
Baked Beans, canned, 398 ml	1.19	1.46	1.54	1.69	1.46	1.53
Lentils, dry, 400 g	1.93	1.89	1.88	1.90	1.90	1.88
<b>Whole Grain Products</b>						
Cereal, bran flakes with raisins, 675 g	6.25	6.32	6.05	6.61	6.55	6.38
Cereal, oats, quick cooking, 1 kg	3.32	3.21	3.29	3.32	3.37	3.42
Cereal, toasted oats O's, 525 g	5.49	5.73	5.57	5.71	5.86	5.36
Pita, whole wheat, 324 g, 6's	3.53	3.54	3.39	3.65	3.65	3.59
Bread, whole wheat, private label, 680 g	3.54	3.43	3.59	3.35	3.47	3.40
Flour, whole wheat, 5 kg	9.61	8.95	9.16	8.54	9.17	8.98
<b>Non-Whole Grain Products</b>						
Cookies, arrowroot, 350 g	4.45	4.45	4.38	4.39	4.40	4.31
Buns, hamburger, white, 540 g, 12's	3.41	3.37	3.30	3.37	3.12	3.00
Soda Crackers, unsalted tops, 450 g	3.98	4.10	4.15	4.26	4.08	3.99
Bread, white, private label, 570 g	3.35	3.12	3.28	3.32	3.27	3.12
Pasta, macaroni or spaghetti, enriched, 900 g	3.82	3.67	3.78	3.54	3.56	3.75
Flour, white, enriched, all purpose, 5 kg	9.61	8.95	9.16	8.55	9.19	8.98
Rice, converted, natural long grain, 900 g	4.74	4.59	4.74	4.40	5.03	4.75

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

**Table 1 - Average Retail Food Prices for Edmonton (\$) - January to June 2017<sup>(\*)</sup>**

Food Items by Category	January 2017	February 2017	March 2017	April 2017	May 2017	June 2017
<b>Orange Vegetables &amp; Fruits</b>						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.46	2.11	2.45	2.55	2.43	2.53
Melon, cantaloupe, kg	2.32	2.30	2.44	2.34	2.20	2.23
Sweet Potato or Yam, kg	2.71	2.83	3.02	2.18	2.95	3.27
Carrots, kg	1.93	2.06	2.24	2.22	2.31	2.40
<b>Dark Green Vegetables</b>						
Beans, green, frozen, 750 g	3.33	3.39	3.11	2.80	3.35	3.25
Vegetables, mixed, frozen, 750 g	3.33	3.39	3.11	2.80	3.35	3.25
Peas, green, frozen, 750 g	3.33	3.39	3.11	2.80	3.35	3.25
Broccoli, bunches, kg	4.56	4.42	4.66	4.94	5.57	5.42
Lettuce, romaine, kg	3.67	3.61	4.25	5.03	4.75	4.94
Peppers, sweet green bell, kg	6.00	5.75	5.93	5.44	6.02	5.84
<b>Other Fresh Vegetables &amp; Fruits</b>						
Apples, kg	3.66	3.46	3.97	3.90	3.81	4.28
Bananas, kg	1.72	1.72	1.72	1.72	1.72	1.72
Grapes, red or green, seedless, kg	7.94	7.81	7.28	7.22	9.67	8.28
Oranges, kg	2.89	3.64	3.53	3.64	3.99	4.41
Pears, kg	3.86	4.14	4.05	4.30	4.22	4.52
Cabbage, green, kg	1.94	1.96	2.05	2.07	2.23	2.98
Celery, stalks, kg	2.47	2.34	2.61	2.92	3.59	3.85
Cucumber, long english, kg	5.97	5.85	4.98	3.86	3.93	3.75
Lettuce, iceberg, kg	2.76	2.84	3.37	3.40	3.53	3.44
Mushrooms, white, bulk, kg	7.50	7.52	7.32	7.35	7.25	7.59
Onions, yellow, cooking, kg	1.72	1.73	1.79	1.76	2.00	2.21
Potatoes, white or red, 4.54 kg	5.70	5.53	5.61	5.21	5.87	6.27
Rutabaga, kg	2.00	2.01	2.11	2.09	2.06	2.25
Tomatoes, red, kg	4.34	4.17	3.73	3.59	3.24	3.04
<b>Other Processed Vegetables &amp; Fruits</b>						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.43	3.44	3.21	3.54	3.62	3.37
Orange Juice, frozen concentrate, 355 ml	1.97	1.85	1.71	1.68	1.77	1.76
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.28	4.43	4.28	4.08	4.26	4.35
Raisins, seedless, Sultana or Thompson, 750 g	5.66	5.83	5.83	5.85	5.24	6.05
Strawberries, frozen, unsweetened, 600 g	5.80	6.32	6.03	6.17	6.10	6.11
Corn, canned vacuum packed, 341 ml	1.54	1.65	1.52	1.42	1.51	1.57
Tomatoes, canned, whole, 796 ml	2.23	2.13	2.28	2.09	2.31	2.26
<b>Fats &amp; Oils</b>						
Margarine, soft, canola, low in saturated fat, 907 g	4.82	4.43	4.49	4.49	4.62	4.39
Oil, canola, 946 ml	4.28	4.28	4.22	4.23	4.21	4.09
Salad Dressing, Italian, 475 ml	2.89	3.00	2.82	2.94	2.76	2.84
Mayonnaise, 475 ml	3.75	3.82	3.82	3.69	3.71	3.67
Butter, 454 g	3.98	3.98	3.98	3.98	3.97	3.97
<b>Sweeteners</b>						
Sugar, white granulated, 4 kg	5.66	5.81	5.52	5.75	5.65	5.40
Honey, creamed, pasteurized, 500 g	5.18	5.23	5.13	5.23	5.19	5.26

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

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section. For additional information please phone: 780-427-4243.

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**Table 1 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2017<sup>(\*)</sup>**

<b>Food Items by Category</b>	<b>July 2017</b>	<b>August 2017</b>	<b>September 2017</b>	<b>October 2017</b>	<b>November 2017</b>	<b>December 2017</b>
<b>Milk Products &amp; Alternatives</b>						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.74	3.74	3.74	3.74	3.74	3.74
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.37	2.33	2.35	2.36	2.36	2.35
Cheddar Cheese, medium, 100 g	1.08	1.17	1.13	1.13	1.12	1.11
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.31	1.29	1.27	1.34	1.26	1.34
Processed Cheese, slices, 500 g	4.93	5.25	4.61	5.33	5.46	5.16
Ice Cream, 4 litre	6.88	6.96	7.15	7.21	7.22	7.08
<b>Eggs</b>						
Eggs, grade A large, dozen	2.97	2.92	2.97	2.93	2.89	2.72
<b>Beef</b>						
Inside Round Steak, boneless, kg	17.70	16.86	17.60	16.20	17.52	17.90
Inside Round Roast, boneless, kg	16.37	15.47	16.37	14.97	16.88	15.62
Ground Beef, lean, kg	11.49	12.50	12.17	11.27	11.53	11.42
<b>Pork &amp; Processed Meats</b>						
Pork Loin Chops, centre-cut, bone-in, kg	15.15	14.51	14.48	13.51	14.04	12.52
Ham, sliced, regular, 175 g	4.96	4.68	4.68	4.88	4.87	4.90
<b>Poultry</b>						
Chicken, grade A, whole fryer, kg	7.56	7.39	7.80	7.41	7.34	7.67
Chicken Thighs, kg	9.24	9.74	9.70	9.37	10.23	9.15
Chicken Drumsticks, kg	9.13	9.50	9.61	9.19	9.96	8.91
Chicken Breasts, boneless & skinless, kg	19.33	18.72	19.25	20.17	18.94	19.29
<b>Fish</b>						
Fish, sole, frozen, 400 g	6.79	6.97	7.29	6.54	7.64	6.81
Salmon, sockeye, canned, 213 g	4.07	4.34	4.32	4.31	4.65	4.45
Tuna, flaked or chunk, in water, canned, 170 g	1.62	1.40	1.41	1.61	1.64	1.70
<b>Meat Alternatives</b>						
Peanut Butter, smooth or crunchy, 1 kg	6.42	6.35	6.25	6.48	6.49	6.80
Peanuts, dry roasted, 700 g	5.47	5.48	5.74	5.40	5.45	5.17
Baked Beans, canned, 398 ml	1.42	1.62	1.43	1.52	1.65	1.57
Lentils, dry, 400 g	1.95	2.14	2.20	2.22	2.20	2.22
<b>Whole Grain Products</b>						
Cereal, bran flakes with raisins, 675 g	6.41	6.38	5.93	6.30	6.33	5.96
Cereal, oats, quick cooking, 1 kg	3.42	3.46	3.34	3.34	3.33	3.17
Cereal, toasted oats O's, 525 g	5.81	5.23	5.74	5.46	5.69	5.14
Pita, whole wheat, 324 g, 6's	3.66	3.66	3.61	3.50	3.54	3.42
Bread, whole wheat, private label, 680 g	3.52	3.49	3.59	3.46	3.59	3.50
Flour, whole wheat, 5 kg	9.03	8.72	9.43	9.08	9.00	8.71
<b>Non-Whole Grain Products</b>						
Cookies, arrowroot, 350 g	4.46	4.65	4.85	4.85	4.65	4.60
Buns, hamburger, white, 540 g, 12's	2.90	3.02	3.33	3.44	3.40	3.44
Soda Crackers, unsalted tops, 450 g	4.06	4.11	4.05	4.03	4.11	4.08
Bread, white, private label, 570 g	3.34	3.37	3.20	3.24	3.31	3.22
Pasta, macaroni or spaghetti, enriched, 900 g	3.77	3.67	3.87	3.81	3.84	3.69
Flour, white, enriched, all purpose, 5 kg	9.03	8.70	9.43	9.08	9.00	8.71
Rice, converted, natural long grain, 900 g	4.68	5.10	4.80	5.40	5.40	5.40

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

**Table 1 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2017<sup>(\*)</sup>**

Food Items by Category	July 2017	August 2017	September 2017	October 2017	November 2017	December 2017
<b>Orange Vegetables &amp; Fruits</b>						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.58	2.60	2.52	2.61	2.54	2.51
Melon, cantaloupe, kg	2.65	2.27	2.42	2.58	2.58	2.55
Sweet Potato or Yam, kg	3.74	3.59	3.78	2.60	3.36	2.86
Carrots, kg	2.26	1.99	1.86	2.12	1.99	2.27
<b>Dark Green Vegetables</b>						
Beans, green, frozen, 750 g	3.32	3.31	3.03	3.10	3.28	2.77
Vegetables, mixed, frozen, 750 g	3.32	3.31	3.03	3.10	3.28	2.77
Peas, green, frozen, 750 g	3.32	3.31	3.03	3.10	3.28	2.77
Broccoli, bunches, kg	4.57	4.81	4.60	4.93	5.51	4.79
Lettuce, romaine, kg	4.24	3.58	3.73	3.91	4.12	3.93
Peppers, sweet green bell, kg	5.72	5.59	5.89	5.95	5.92	6.29
<b>Other Fresh Vegetables &amp; Fruits</b>						
Apples, kg	4.21	4.37	3.97	3.51	3.33	4.06
Bananas, kg	1.72	1.72	1.72	1.72	1.72	1.72
Grapes, red or green, seedless, kg	6.80	7.01	6.66	6.86	7.19	7.84
Oranges, kg	4.83	4.41	3.99	3.86	4.32	3.79
Pears, kg	4.68	4.60	4.59	4.38	4.28	3.99
Cabbage, green, kg	3.44	2.76	1.98	2.12	1.85	1.81
Celery, stalks, kg	3.79	3.42	2.69	2.24	2.63	2.71
Cucumber, long english, kg	3.66	3.29	4.13	4.77	5.18	5.14
Lettuce, iceberg, kg	3.28	3.15	3.22	3.64	3.59	3.55
Mushrooms, white, bulk, kg	8.09	8.10	8.20	8.06	7.86	7.86
Onions, yellow, cooking, kg	2.37	2.28	2.26	2.27	2.00	1.90
Potatoes, white or red, 4.54 kg	6.83	6.84	6.53	6.05	6.63	6.24
Rutabaga, kg	2.73	2.73	2.87	2.67	2.45	2.61
Tomatoes, red, kg	3.11	2.98	2.98	3.31	3.70	4.14
<b>Other Processed Vegetables &amp; Fruits</b>						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.29	3.61	3.58	3.71	3.64	3.23
Orange Juice, frozen concentrate, 355 ml	1.89	1.73	1.75	1.91	1.77	1.97
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.28	4.45	4.45	4.02	4.33	4.43
Raisins, seedless, Sultana or Thompson, 750 g	6.02	6.10	5.79	6.33	6.68	6.81
Strawberries, frozen, unsweetened, 600 g	6.09	6.07	5.76	5.20	5.56	5.50
Corn, canned vacuum packed, 341 ml	1.53	1.52	1.55	1.46	1.53	1.41
Tomatoes, canned, whole, 796 ml	2.11	2.16	2.29	2.24	2.29	2.26
<b>Fats &amp; Oils</b>						
Margarine, soft, canola, low in saturated fat, 907 g	4.61	4.60	4.73	4.40	4.57	4.30
Oil, canola, 946 ml	4.21	4.21	4.07	4.00	4.17	3.93
Salad Dressing, Italian, 475 ml	2.89	2.84	2.98	2.91	2.98	2.87
Mayonnaise, 475 ml	3.73	3.68	3.79	3.82	4.29	4.18
Butter, 454 g	3.97	3.97	3.97	3.87	3.82	3.64
<b>Sweeteners</b>						
Sugar, white granulated, 4 kg	5.10	5.23	5.26	5.29	5.20	5.27
Honey, creamed, pasteurized, 500 g	5.41	5.29	5.45	5.51	5.42	5.57

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

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section. For additional information please phone: 780-427-4243.

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**Table 2 - Average Retail Food Prices for Edmonton (\$) - January to June 2018<sup>(\*)</sup>**

<b>Food Items by Category</b>	<b>January 2018</b>	<b>February 2018</b>	<b>March 2018</b>	<b>April 2018</b>	<b>May 2018</b>	<b>June 2018</b>
<b>Milk Products &amp; Alternatives</b>						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.74	3.74	3.75	3.75	3.75	3.78
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.32	2.34	2.39	2.51	2.69	2.49
Cheddar Cheese, medium, 100 g	1.07	1.10	1.15	1.14	1.11	1.09
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.30	1.27	1.29	1.32	1.25	1.26
Processed Cheese, slices, 500 g	5.13	5.39	5.34	5.19	4.96	4.77
Ice Cream, 4 litre	6.88	7.16	7.04	6.71	6.69	6.68
<b>Eggs</b>						
Eggs, grade A large, dozen	2.75	2.92	2.93	2.90	2.81	2.99
<b>Beef</b>						
Inside Round Steak, boneless, kg	18.07	17.92	16.68	18.25	17.86	18.17
Inside Round Roast, boneless, kg	15.80	16.02	15.12	14.84	14.95	16.36
Ground Beef, lean, kg	11.53	11.38	11.27	12.54	12.68	12.37
<b>Pork &amp; Processed Meats</b>						
Pork Loin Chops, centre-cut, bone-in, kg	13.43	13.12	14.35	14.51	14.90	14.88
Ham, sliced, regular, 175 g	4.77	4.57	4.80	5.02	5.25	5.27
<b>Poultry</b>						
Chicken, grade A, whole fryer, kg	7.50	7.23	7.45	7.12	7.25	6.88
Chicken Thighs, kg	10.03	10.03	9.92	10.89	10.08	9.88
Chicken Drumsticks, kg	9.50	9.83	9.48	10.56	9.85	9.72
Chicken Breasts, boneless & skinless, kg	18.70	20.30	19.42	18.52	19.71	20.48
<b>Fish</b>						
Fish, sole, frozen, 400 g	7.11	7.08	7.14	7.27	7.11	7.72
Salmon, sockeye, canned, 213 g	4.58	4.15	4.33	4.72	4.40	4.41
Tuna, flaked or chunk, in water, canned, 170 g	1.69	1.62	1.68	1.69	1.65	1.81
<b>Meat Alternatives</b>						
Peanut Butter, smooth or crunchy, 1 kg	6.39	6.69	6.13	6.79	6.56	6.67
Peanuts, dry roasted, 700 g	5.77	5.52	5.50	5.75	5.59	5.41
Baked Beans, canned, 398 ml	1.45	1.50	1.54	1.59	1.37	1.42
Lentils, dry, 400 g	2.21	2.24	2.22	2.14	2.10	2.04
<b>Whole Grain Products</b>						
Cereal, bran flakes with raisins, 675 g	5.91	6.51	6.12	6.27	6.23	5.92
Cereal, oats, quick cooking, 1 kg	3.44	3.44	3.44	3.49	3.49	3.43
Cereal, toasted oats O's, 525 g	5.69	5.17	5.68	5.72	5.49	5.40
Pita, whole wheat, 324 g, 6's	3.34	3.34	3.39	3.33	3.57	3.56
Bread, whole wheat, private label, 680 g	3.56	3.36	3.07	3.08	3.05	3.11
Flour, whole wheat, 5 kg	9.37	9.45	9.01	9.17	9.28	8.88
<b>Non-Whole Grain Products</b>						
Cookies, arrowroot, 350 g	4.59	4.59	4.70	4.75	4.72	4.75
Buns, hamburger, white, 540 g, 12's	3.43	3.39	3.32	3.26	2.78	2.69
Soda Crackers, unsalted tops, 450 g	4.07	4.11	4.04	4.16	4.09	4.14
Bread, white, private label, 570 g	3.13	3.05	2.86	2.77	2.85	2.81
Pasta, macaroni or spaghetti, enriched, 900 g	4.00	3.80	3.98	3.77	3.71	3.81
Flour, white, enriched, all purpose, 5 kg	9.37	9.45	9.01	8.94	9.28	8.88
Rice, converted, natural long grain, 900 g	4.95	5.25	4.92	5.40	5.44	5.29

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

**Table 2 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - January to June 2018<sup>(\*)</sup>**

<b>Food Items by Category</b>	<b>January 2018</b>	<b>February 2018</b>	<b>March 2018</b>	<b>April 2018</b>	<b>May 2018</b>	<b>June 2018</b>
<b>Orange Vegetables &amp; Fruits</b>						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.61	2.45	2.55	2.61	2.61	2.52
Melon, cantaloupe, kg	2.51	2.40	2.39	2.44	2.47	2.50
Sweet Potato or Yam, kg	3.39	3.48	2.85	2.52	2.77	2.78
Carrots, kg	2.22	2.23	2.03	1.91	1.89	2.00
<b>Dark Green Vegetables</b>						
Beans, green, frozen, 750 g	3.35	3.47	3.14	3.28	3.33	3.28
Vegetables, mixed, frozen, 750 g	3.35	3.47	3.14	3.28	3.33	3.28
Peas, green, frozen, 750 g	3.35	3.47	3.14	3.28	3.33	3.28
Broccoli, bunches, kg	5.39	5.04	4.65	4.63	4.47	4.33
Lettuce, romaine, kg	4.02	3.87	4.39	4.52	4.52	3.83
Peppers, sweet green bell, kg	6.00	5.87	5.58	5.92	5.24	6.23
<b>Other Fresh Vegetables &amp; Fruits</b>						
Apples, kg	3.97	3.66	3.86	3.77	3.97	4.25
Bananas, kg	1.72	1.72	1.72	1.72	1.72	1.72
Grapes, red or green, seedless, kg	7.60	7.87	7.40	7.73	8.09	8.06
Oranges, kg	3.33	3.28	3.35	3.44	3.68	4.23
Pears, kg	4.10	4.46	4.20	4.26	4.50	4.51
Cabbage, green, kg	2.01	2.05	2.07	2.51	2.60	2.67
Celery, stalks, kg	2.93	2.31	2.51	2.79	2.90	2.83
Cucumber, long english, kg	5.49	5.91	4.96	3.54	3.74	4.21
Lettuce, iceberg, kg	3.24	3.02	3.11	3.00	3.04	3.02
Mushrooms, white, bulk, kg	8.02	8.33	8.27	8.01	8.00	7.95
Onions, yellow, cooking, kg	2.12	2.14	2.36	1.96	1.76	2.10
Potatoes, white or red, 4.54 kg	6.54	6.49	6.23	5.62	6.17	6.17
Rutabaga, kg	2.64	2.56	2.58	2.60	2.57	2.64
Tomatoes, red, kg	4.83	4.81	4.03	3.90	3.00	3.35
<b>Other Processed Vegetables &amp; Fruits</b>						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.66	3.42	3.56	4.07	3.86	3.74
Orange Juice, frozen concentrate, 355 ml	1.86	1.81	1.96	1.98	1.97	2.00
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.12	4.36	4.30	4.21	4.42	4.42
Raisins, seedless, Sultana or Thompson, 750 g	6.92	7.02	7.07	7.13	7.04	7.13
Strawberries, frozen, unsweetened, 600 g	5.27	5.78	5.85	6.43	6.10	6.01
Corn, canned vacuum packed, 341 ml	1.60	1.58	1.54	1.59	1.58	1.63
Tomatoes, canned, whole, 796 ml	2.37	2.29	2.26	2.13	2.30	2.30
<b>Fats &amp; Oils</b>						
Margarine, soft, canola, low in saturated fat, 907 g	4.55	4.42	4.34	4.59	4.67	4.64
Oil, canola, 946 ml	4.32	4.25	4.24	4.11	4.39	4.52
Salad Dressing, Italian, 475 ml	3.09	3.14	3.06	2.83	2.81	2.96
Mayonnaise, 475 ml	4.08	4.18	4.20	4.22	4.12	4.32
Butter, 454 g	3.97	3.98	3.92	3.97	3.84	3.97
<b>Sweeteners</b>						
Sugar, white granulated, 4 kg	5.26	5.22	5.14	5.27	5.26	5.30
Honey, creamed, pasteurized, 500 g	5.38	5.57	5.45	5.42	5.56	5.30

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

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section. For additional information please phone: 780-427-4243.

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**Table 2 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2018<sup>(\*)</sup>**

<b>Food Items by Category</b>	<b>July 2018</b>	<b>August 2018</b>	<b>September 2018</b>	<b>October 2018</b>	<b>November 2018</b>	<b>December 2018</b>
<b>Milk Products &amp; Alternatives</b>						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.78	3.80	3.89	3.90	3.90	3.90
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.69	2.69	2.51	2.65	2.75	2.82
Cheddar Cheese, medium, 100 g	1.07	1.12	1.15	1.07	1.09	1.14
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.25	1.27	1.30	1.29	1.21	1.31
Processed Cheese, slices, 500 g	4.99	5.18	4.80	5.23	4.75	5.52
Ice Cream, 4 litre	6.68	7.02	7.06	6.77	6.85	7.16
<b>Eggs</b>						
Eggs, grade A large, dozen	2.82	2.98	2.92	2.83	2.83	2.85
<b>Beef</b>						
Inside Round Steak, boneless, kg	19.38	18.08	17.83	18.48	18.22	19.23
Inside Round Roast, boneless, kg	17.24	15.48	15.66	16.14	15.18	16.38
Ground Beef, lean, kg	11.71	12.35	12.06	12.48	12.35	12.17
<b>Pork &amp; Processed Meats</b>						
Pork Loin Chops, centre-cut, bone-in, kg	14.81	14.44	15.21	14.93	15.63	14.64
Ham, sliced, regular, 175 g	5.28	5.29	5.05	5.27	4.93	5.33
<b>Poultry</b>						
Chicken, grade A, whole fryer, kg	7.54	7.19	7.41	7.01	7.30	7.65
Chicken Thighs, kg	9.74	10.76	10.30	10.56	10.45	10.80
Chicken Drumsticks, kg	9.46	10.49	10.08	10.34	10.27	10.56
Chicken Breasts, boneless & skinless, kg	19.00	20.52	21.54	21.27	20.46	20.59
<b>Fish</b>						
Fish, sole, frozen, 400 g	7.13	8.50	9.32	9.41	7.04	7.51
Salmon, sockeye, canned, 213 g	4.56	4.13	4.11	4.83	4.91	5.04
Tuna, flaked or chunk, in water, canned, 170 g	1.73	1.65	1.61	1.67	1.73	1.65
<b>Meat Alternatives</b>						
Peanut Butter, smooth or crunchy, 1 kg	6.01	6.43	6.48	5.83	5.83	5.83
Peanuts, dry roasted, 700 g	5.43	5.62	5.58	5.66	5.50	5.34
Baked Beans, canned, 398 ml	1.51	1.45	1.50	1.57	1.63	1.61
Lentils, dry, 400 g	2.02	1.97	1.96	1.92	1.99	2.01
<b>Whole Grain Products</b>						
Cereal, bran flakes with raisins, 675 g	5.67	6.11	5.82	5.40	5.80	6.61
Cereal, oats, quick cooking, 1 kg	3.38	3.12	2.91	3.35	3.31	3.19
Cereal, toasted oats O's, 525 g	5.64	5.33	5.14	5.42	5.56	5.32
Pita, whole wheat, 324 g, 6's	3.58	3.51	3.41	3.57	3.57	3.62
Bread, whole wheat, private label, 680 g	2.84	3.00	2.92	2.79	2.80	2.71
Flour, whole wheat, 5 kg	9.17	8.98	9.66	8.98	8.89	9.60
<b>Non-Whole Grain Products</b>						
Cookies, arrowroot, 350 g	4.75	4.75	4.73	4.77	4.72	4.72
Buns, hamburger, white, 540 g, 12's	2.75	2.79	2.96	3.15	3.13	3.15
Soda Crackers, unsalted tops, 450 g	4.15	4.12	4.12	4.08	4.12	4.23
Bread, white, private label, 570 g	2.76	2.65	2.68	2.61	2.59	2.79
Pasta, macaroni or spaghetti, enriched, 900 g	4.18	3.99	3.93	3.04	3.42	4.02
Flour, white, enriched, all purpose, 5 kg	9.17	8.98	9.66	8.98	8.89	9.49
Rice, converted, natural long grain, 900 g	5.45	4.70	4.64	5.15	5.21	4.85

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

**Table 2 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2018<sup>(\*)</sup>**

<b>Food Items by Category</b>	<b>July 2018</b>	<b>August 2018</b>	<b>September 2018</b>	<b>October 2018</b>	<b>November 2018</b>	<b>December 2018</b>
<b>Orange Vegetables &amp; Fruits</b>						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.61	2.60	2.57	2.62	2.55	2.62
Melon, cantaloupe, kg	2.29	2.22	2.24	2.52	2.66	2.77
Sweet Potato or Yam, kg	2.81	3.41	3.77	3.38	3.42	2.78
Carrots, kg	1.99	1.94	1.99	1.97	1.94	1.92
<b>Dark Green Vegetables</b>						
Beans, green, frozen, 750 g	3.47	3.38	3.30	2.98	3.19	3.07
Vegetables, mixed, frozen, 750 g	3.47	3.38	3.30	2.98	3.19	3.07
Peas, green, frozen, 750 g	3.47	3.38	3.30	2.98	3.19	3.07
Broccoli, bunches, kg	4.58	4.76	4.74	5.10	5.05	5.25
Lettuce, romaine, kg	3.44	3.61	4.02	4.79	4.94	5.64
Peppers, sweet green bell, kg	6.14	6.03	6.27	6.27	6.65	6.78
<b>Other Fresh Vegetables &amp; Fruits</b>						
Apples, kg	4.06	4.14	2.93	3.00	3.55	4.12
Bananas, kg	1.72	1.72	1.72	1.72	1.72	1.72
Grapes, red or green, seedless, kg	8.36	7.67	7.38	6.87	6.55	7.46
Oranges, kg	4.34	4.30	3.81	4.06	4.19	4.23
Pears, kg	4.38	4.44	4.42	4.41	4.82	4.51
Cabbage, green, kg	2.62	2.67	2.84	2.87	2.87	2.71
Celery, stalks, kg	2.92	3.10	2.99	2.98	2.94	3.59
Cucumber, long english, kg	3.79	4.53	4.74	6.24	6.35	6.38
Lettuce, iceberg, kg	2.98	3.09	2.95	3.59	3.84	5.25
Mushrooms, white, bulk, kg	7.75	7.97	8.28	7.88	7.66	8.02
Onions, yellow, cooking, kg	2.44	2.44	2.54	2.43	2.32	1.95
Potatoes, white or red, 4.54 kg	5.98	5.65	5.55	5.81	5.71	5.57
Rutabaga, kg	2.64	2.57	2.76	2.96	2.66	2.55
Tomatoes, red, kg	3.22	2.98	3.35	4.17	4.34	5.58
<b>Other Processed Vegetables &amp; Fruits</b>						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.84	3.91	3.85	3.95	3.51	3.22
Orange Juice, frozen concentrate, 355 ml	1.88	1.94	1.88	2.03	2.08	1.96
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.25	4.16	3.92	4.05	4.30	3.99
Raisins, seedless, Sultana or Thompson, 750 g	7.15	7.11	7.05	6.40	6.65	6.98
Strawberries, frozen, unsweetened, 600 g	6.39	6.40	6.76	6.82	6.21	6.72
Corn, canned vacuum packed, 341 ml	1.57	1.59	1.63	1.38	1.49	1.35
Tomatoes, canned, whole, 796 ml	2.23	2.33	2.41	2.23	2.22	2.33
<b>Fats &amp; Oils</b>						
Margarine, soft, canola, low in saturated fat, 907 g	4.50	4.57	4.63	4.56	4.45	4.28
Oil, canola, 946 ml	4.48	4.38	4.41	4.32	4.29	4.47
Salad Dressing, Italian, 475 ml	2.88	2.81	2.86	2.95	2.89	3.17
Mayonnaise, 475 ml	4.18	4.14	4.25	4.38	4.28	4.24
Butter, 454 g	3.97	3.84	3.97	4.01	4.05	4.04
<b>Sweeteners</b>						
Sugar, white granulated, 4 kg	5.18	5.17	5.06	5.30	5.09	5.13
Honey, creamed, pasteurized, 500 g	5.65	5.38	5.26	5.41	5.47	5.37

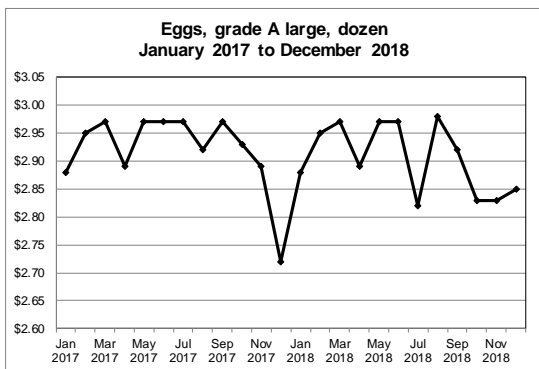
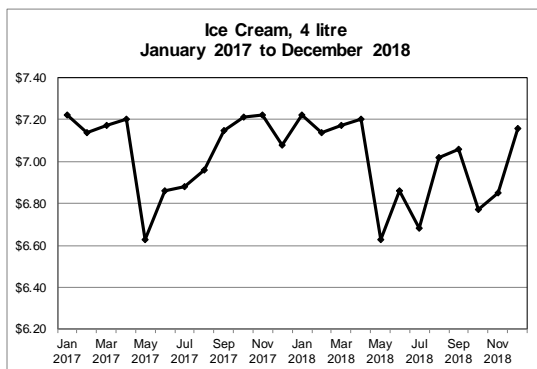
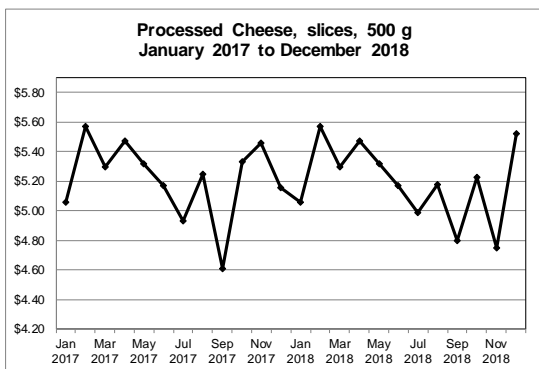
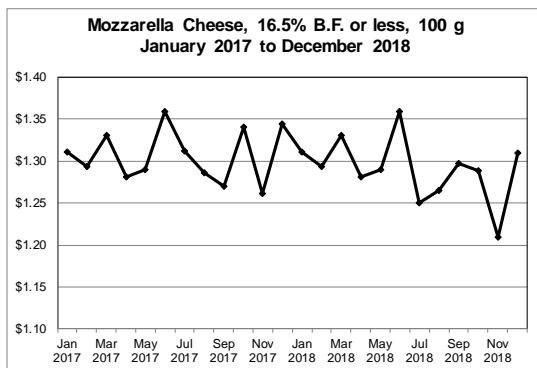
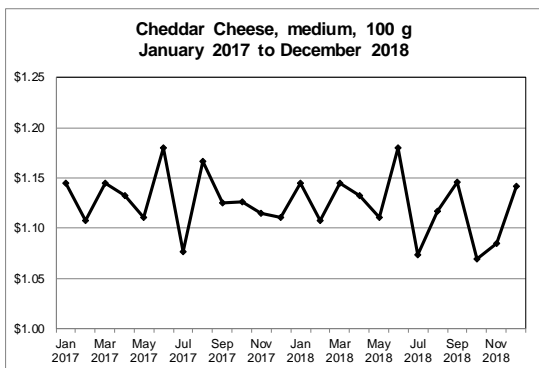
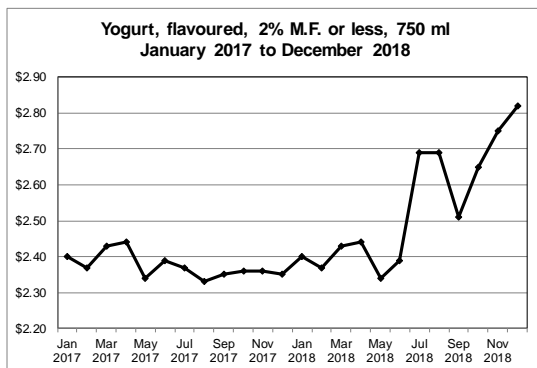
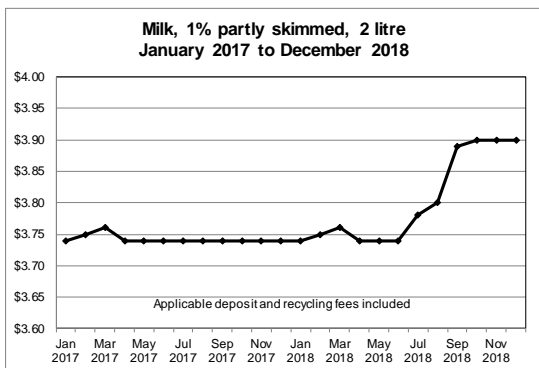
(\*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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# Milk Products & Eggs

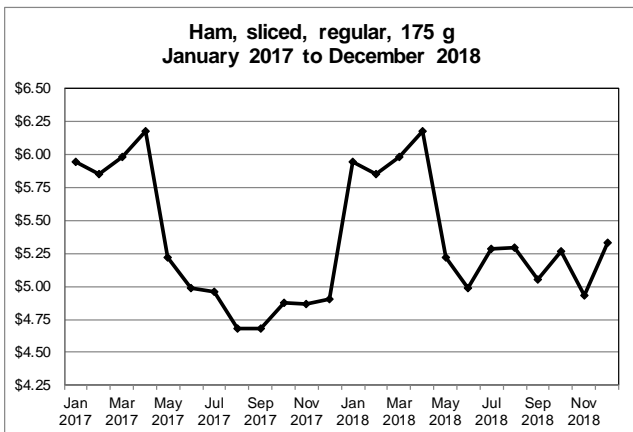
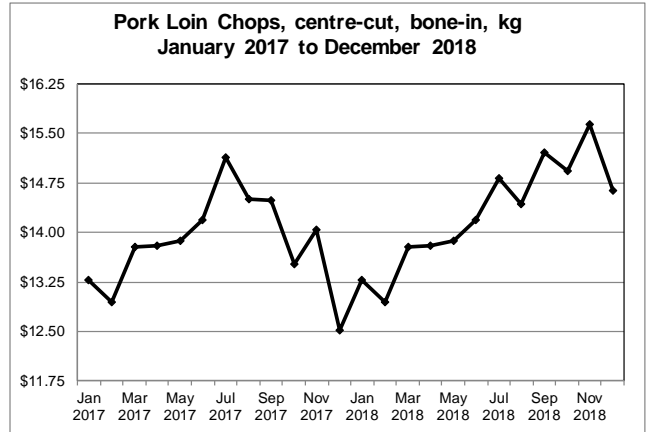
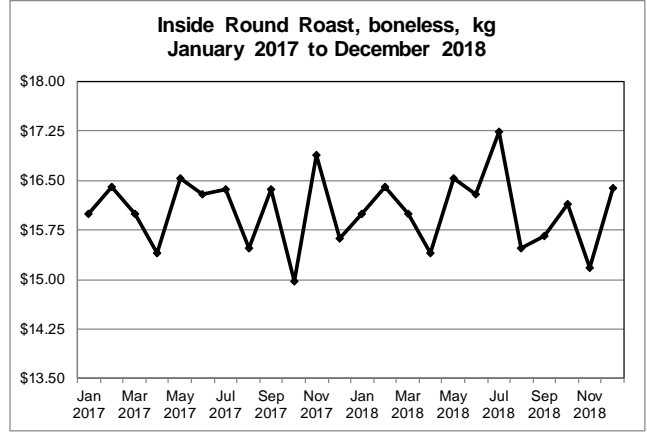
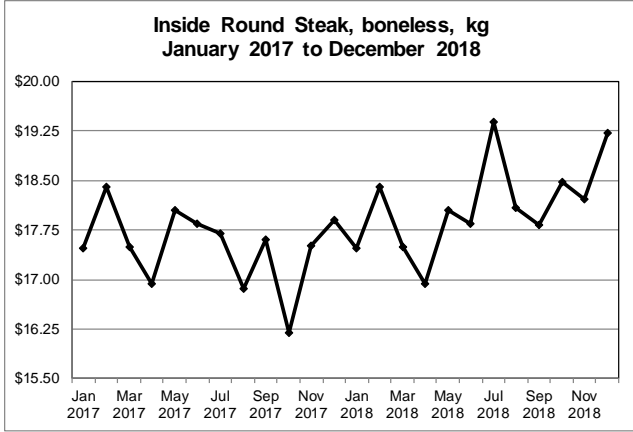
## Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

## Beef, Pork & Processed Meats

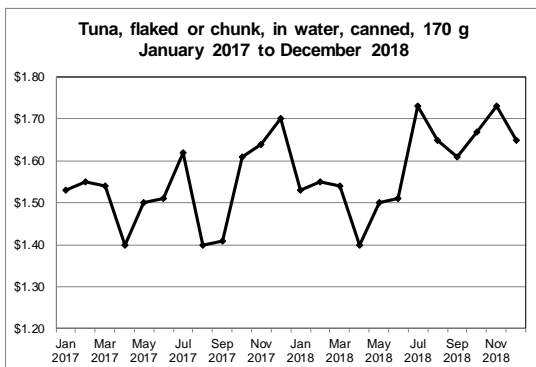
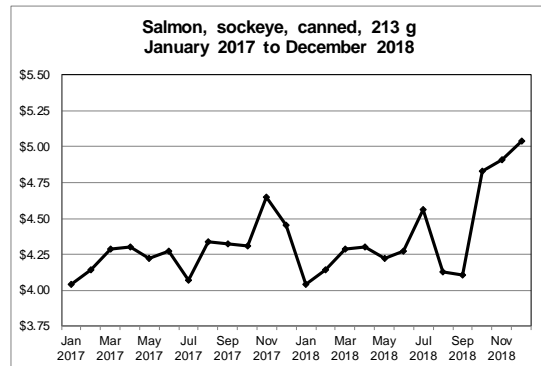
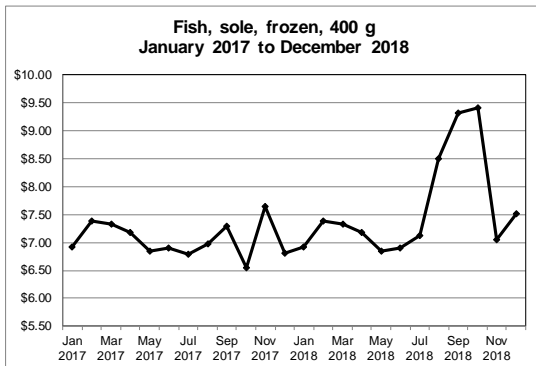
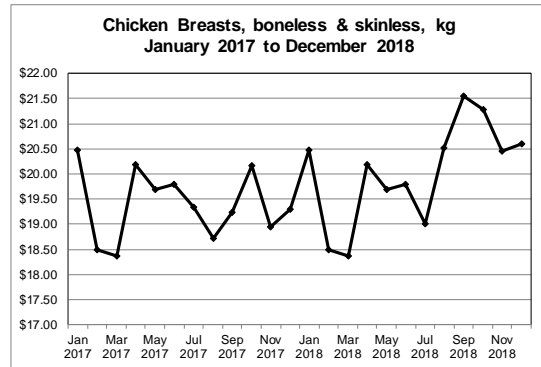
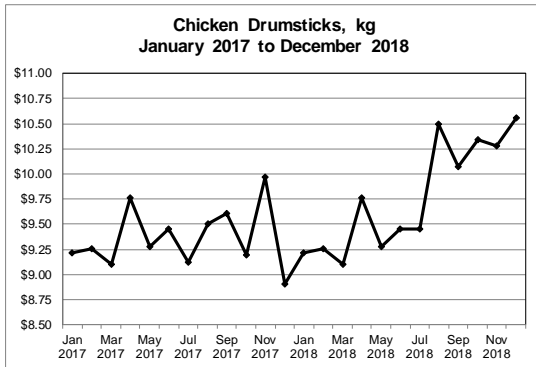
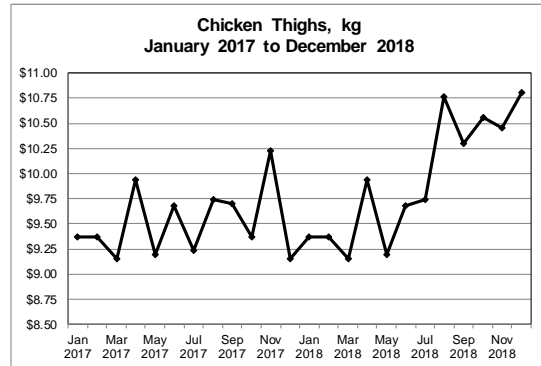
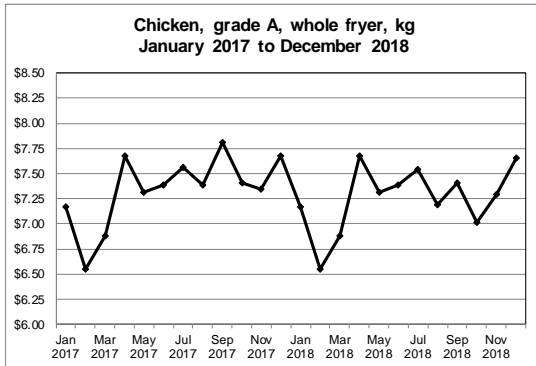
### Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

# Poultry & Fish

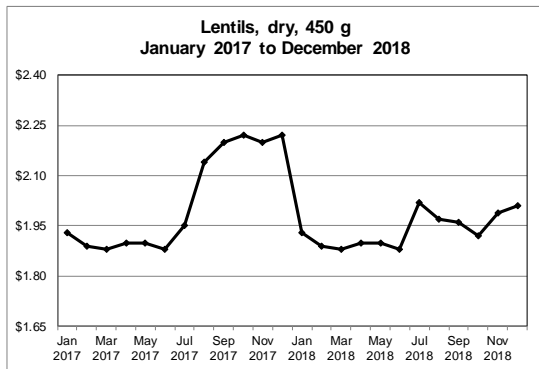
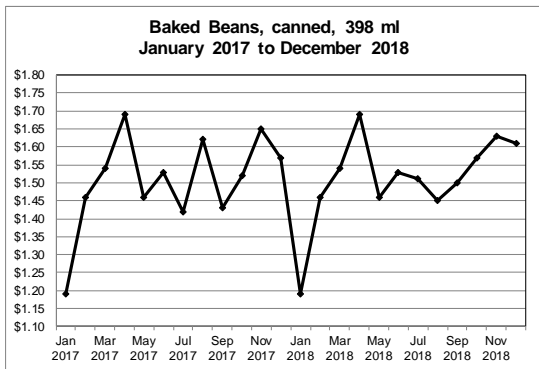
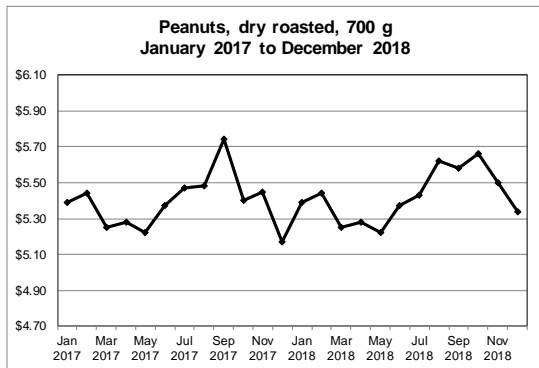
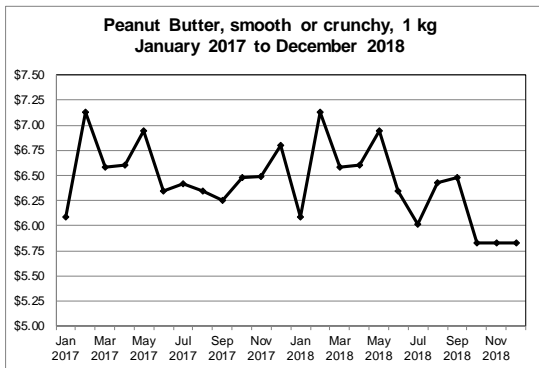
## Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

# Meat Alternative

## Average Retail Food Prices for Edmonton, 2017 - 2018

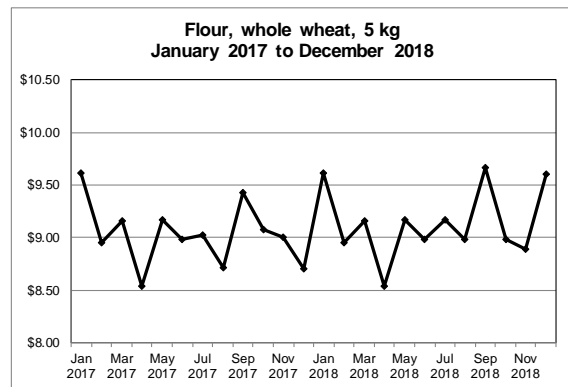
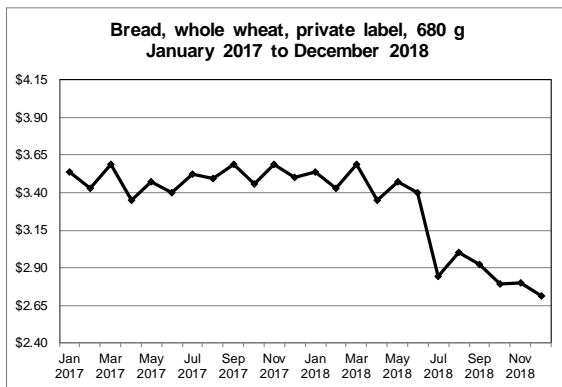
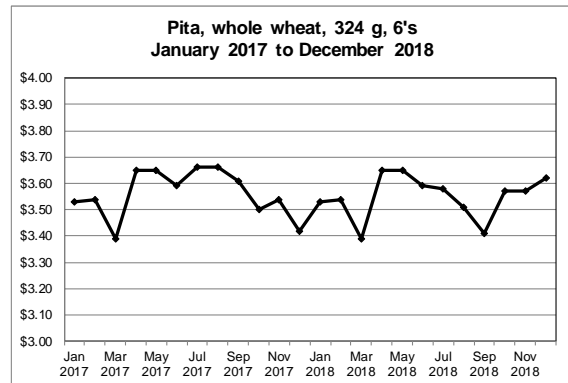
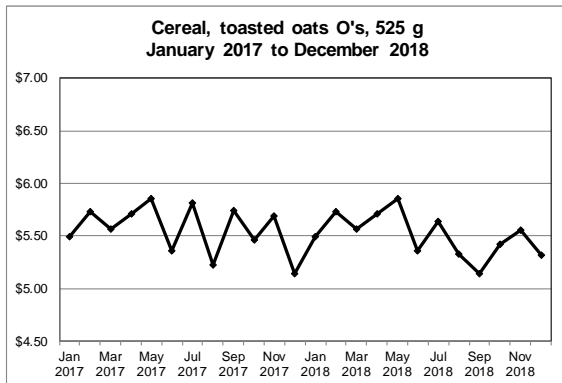
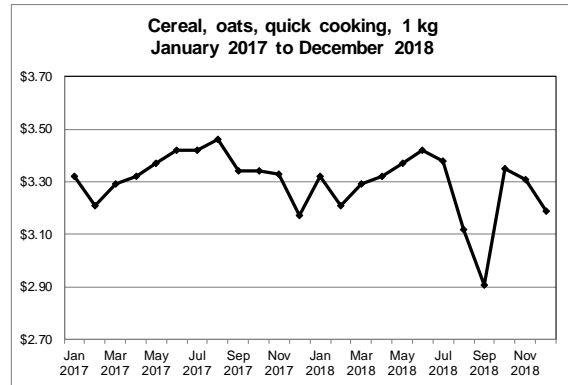
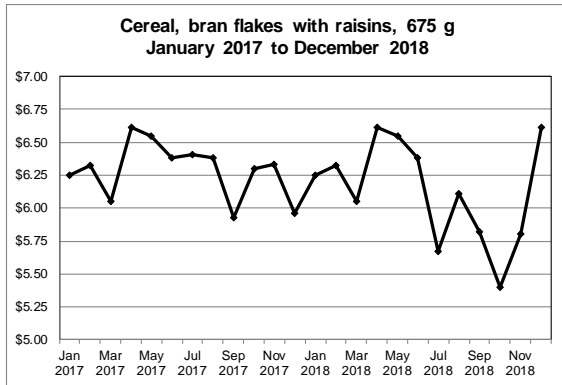


Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.



# Whole Grain Products

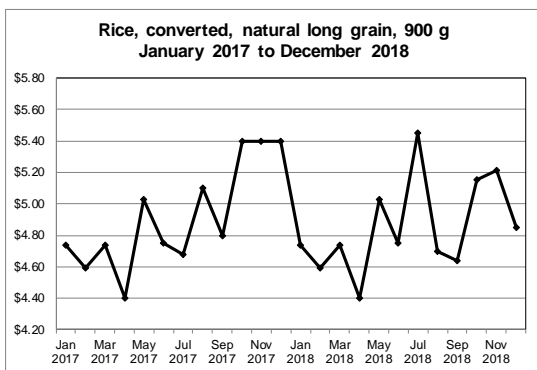
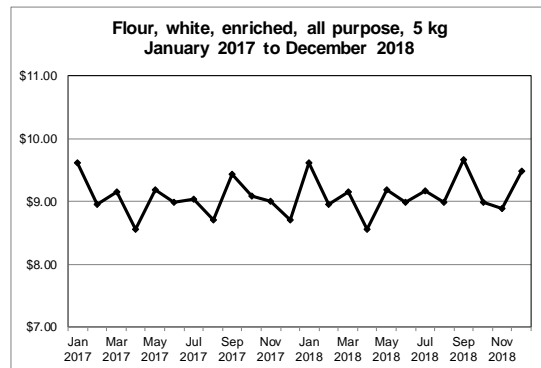
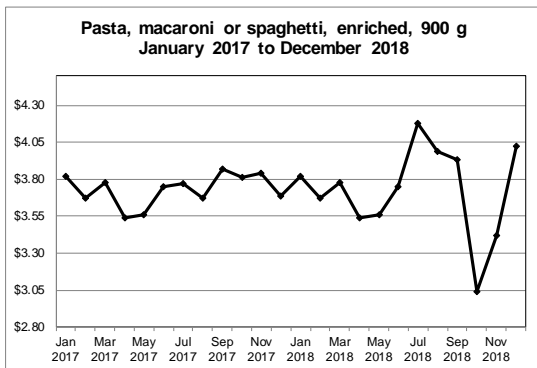
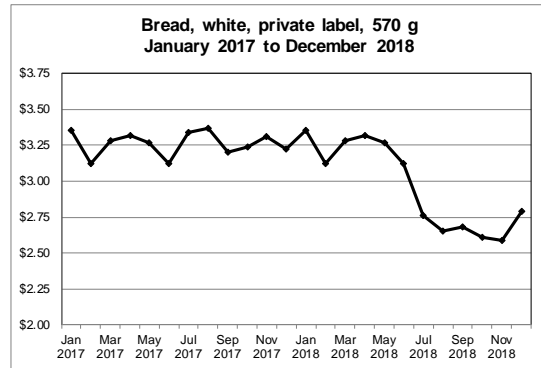
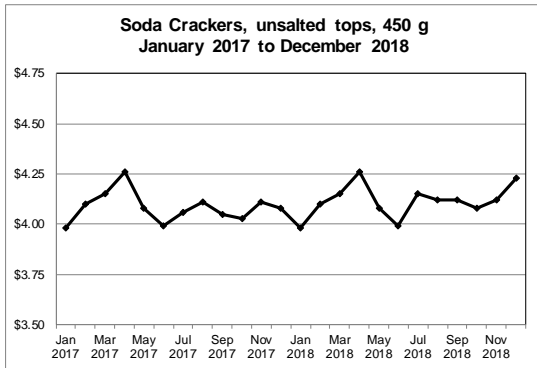
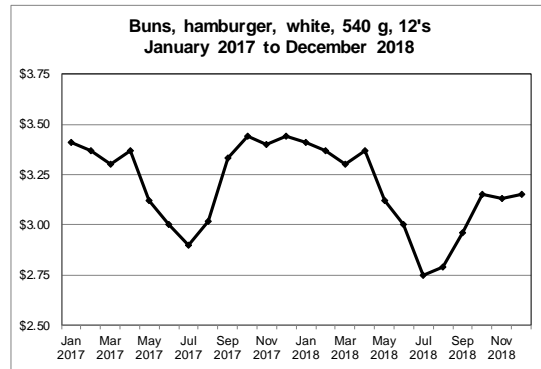
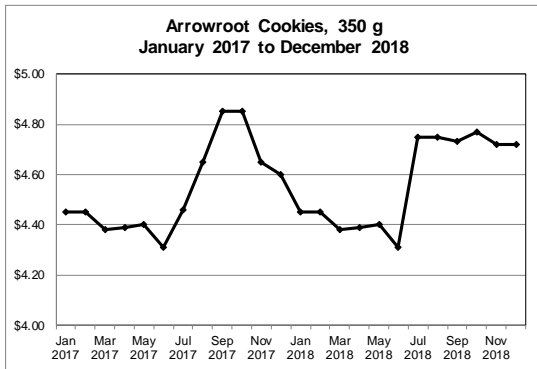
## Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

# Non-Whole Grain Products

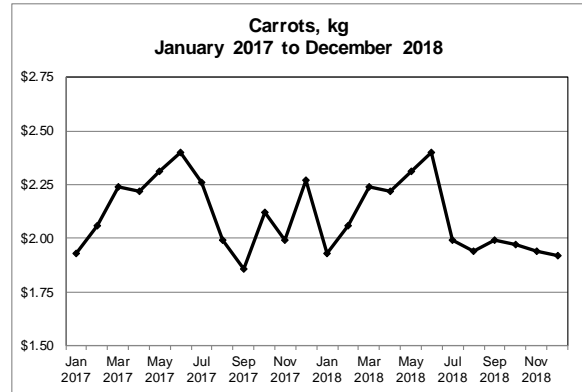
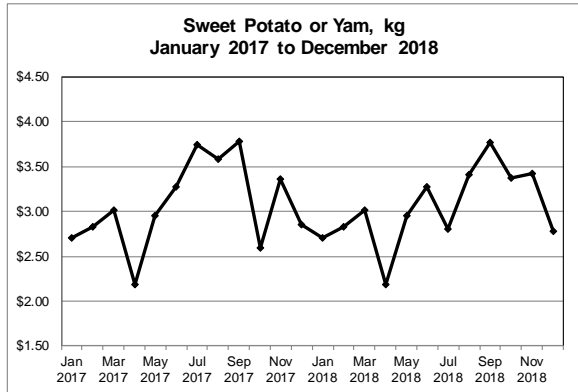
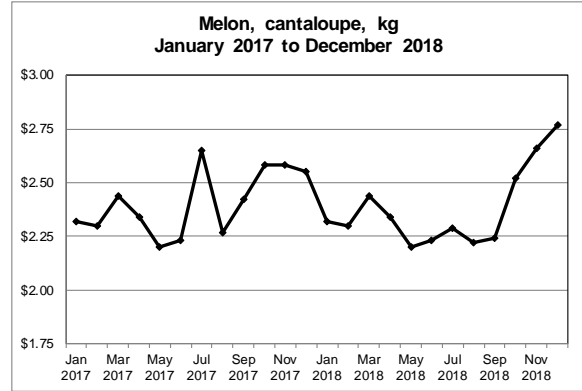
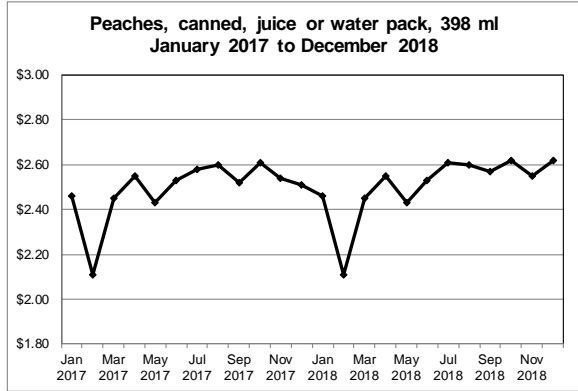
## Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

## Orange Vegetables & Fruits

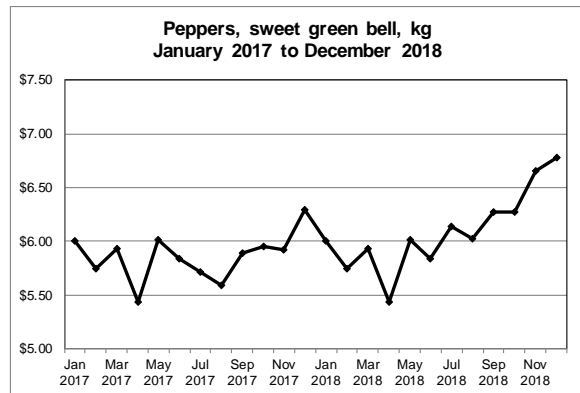
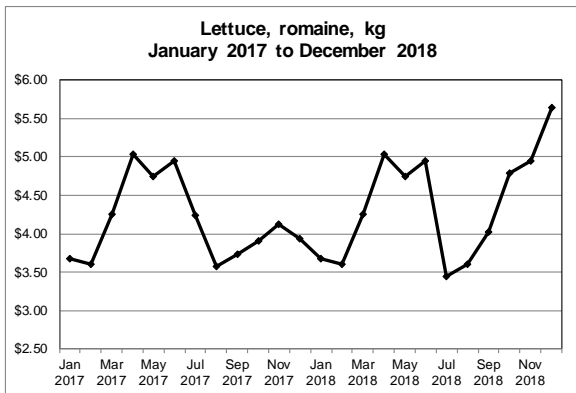
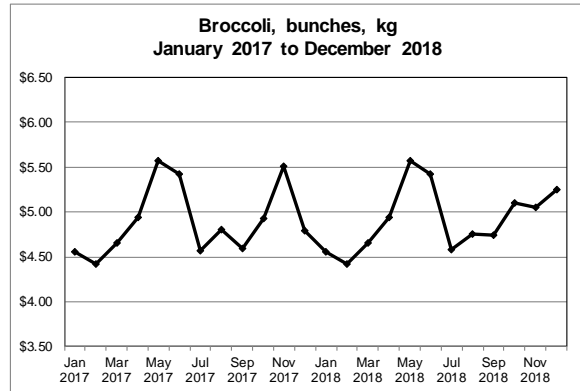
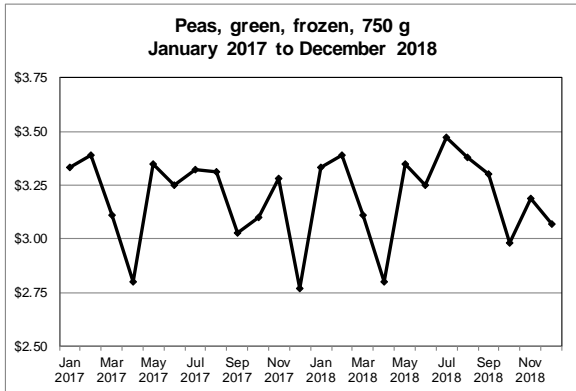
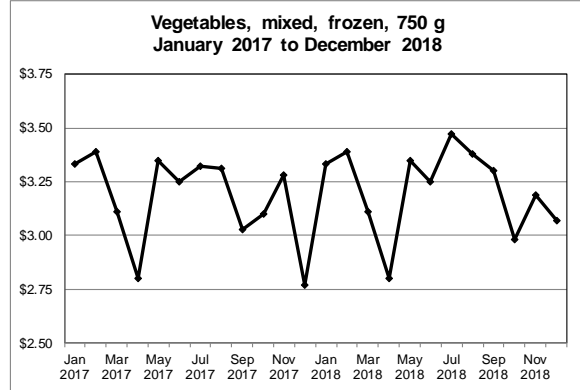
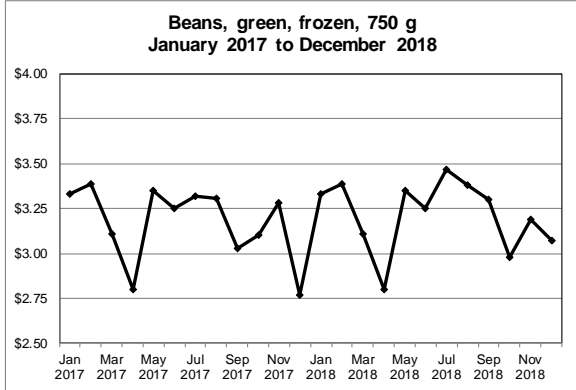
### Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

## Dark Green Vegetables

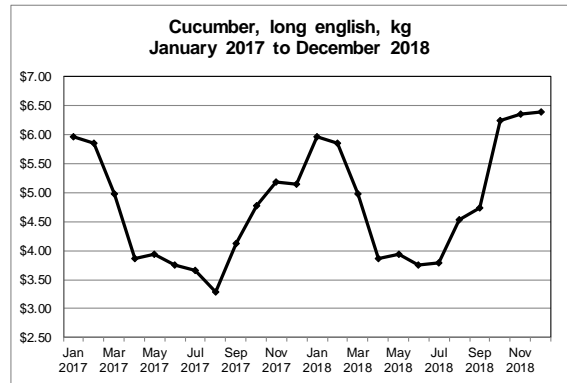
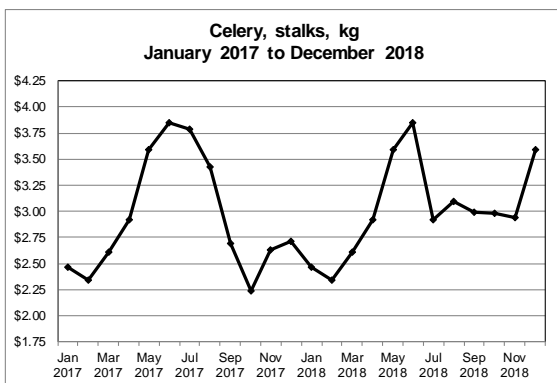
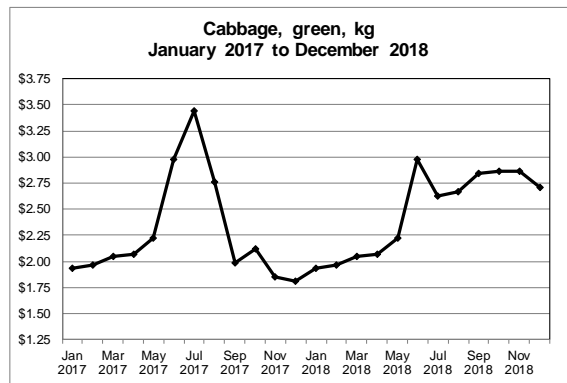
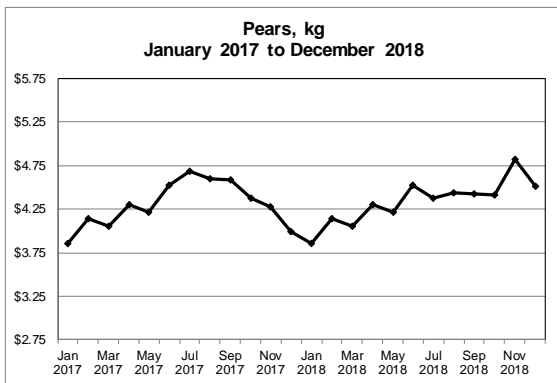
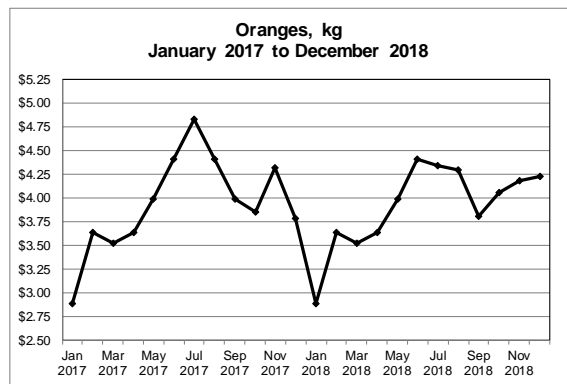
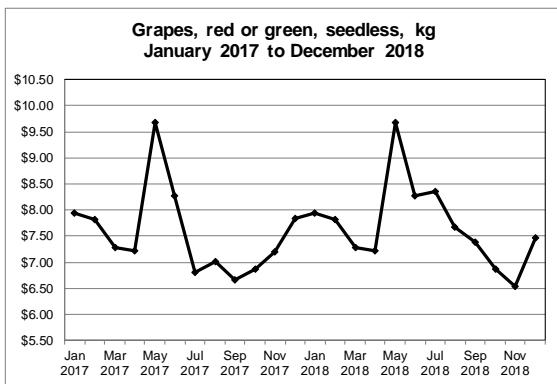
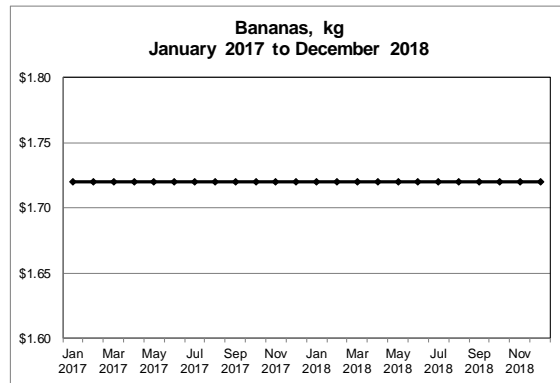
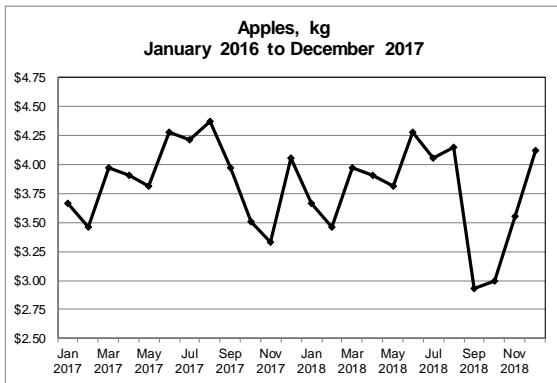
### Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

# Other Fresh Vegetables & Fruits

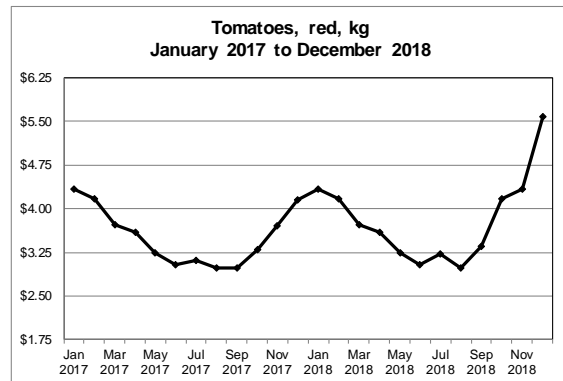
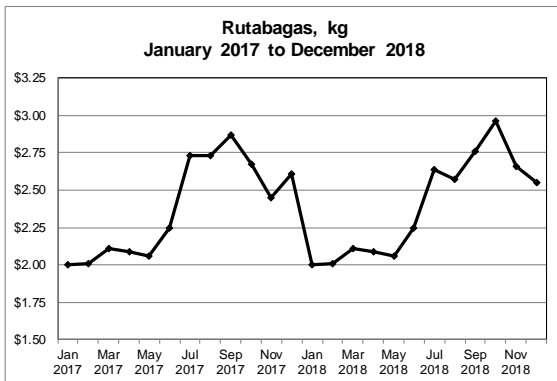
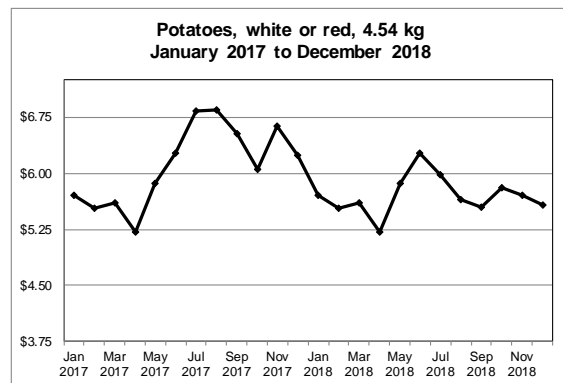
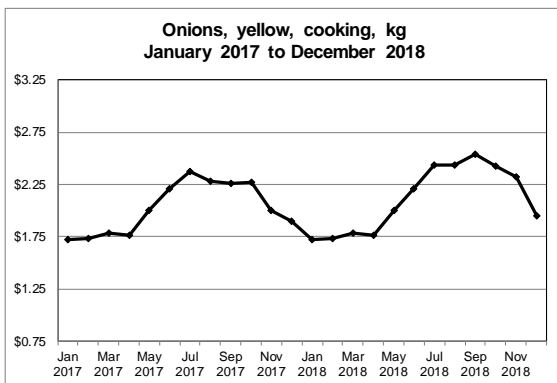
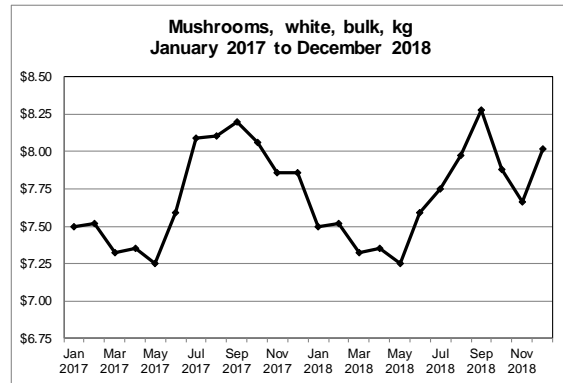
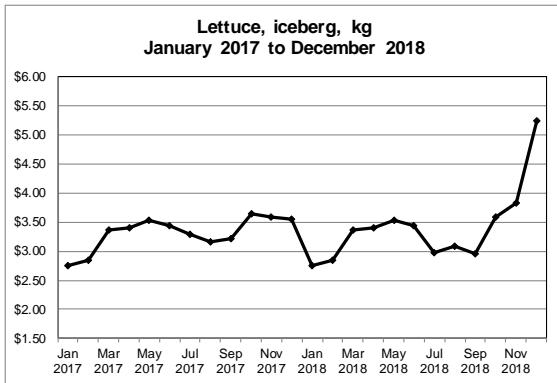
## Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

## Other Fresh Vegetables & Fruits

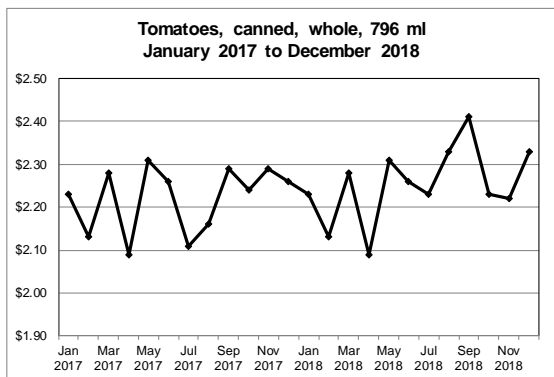
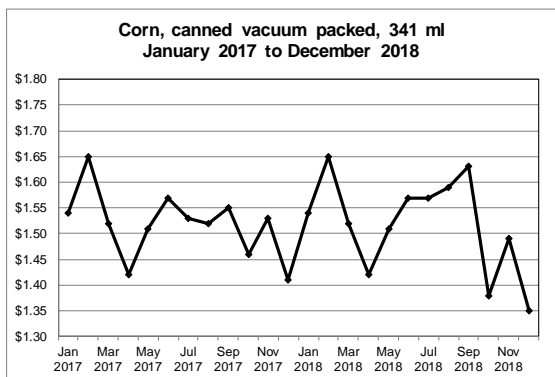
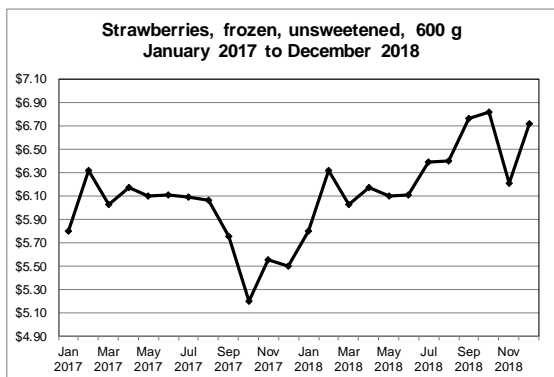
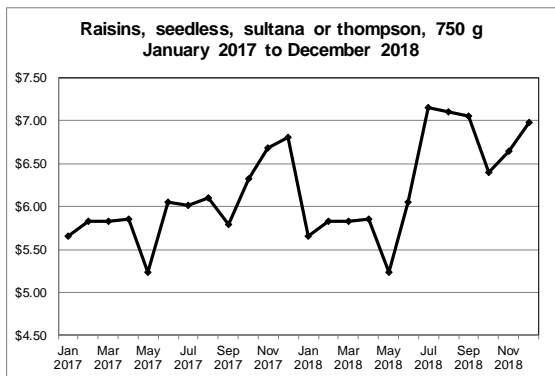
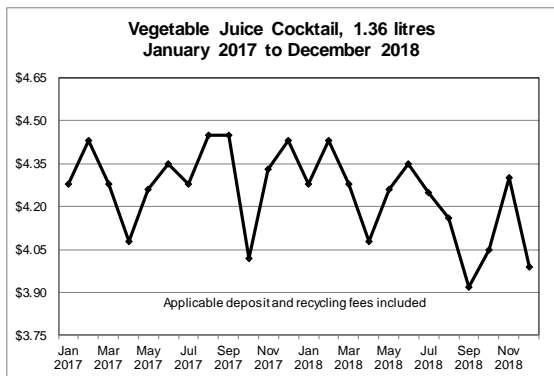
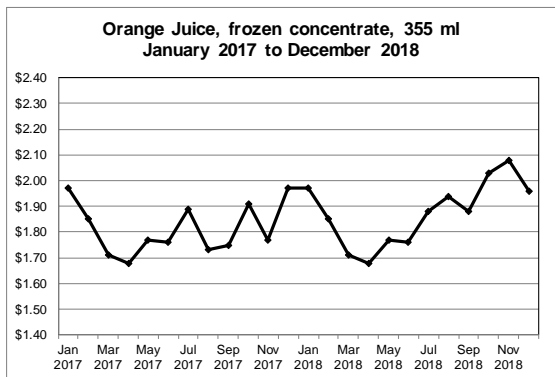
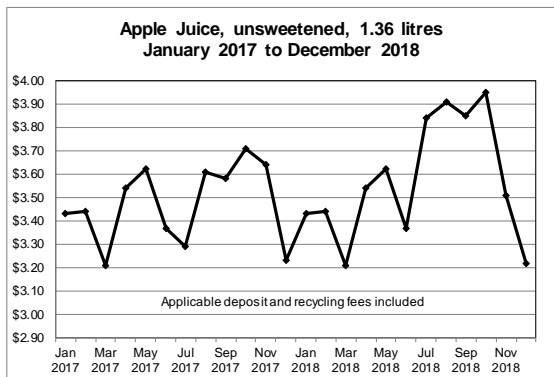
### Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

## Other Processed Vegetables & Fruits

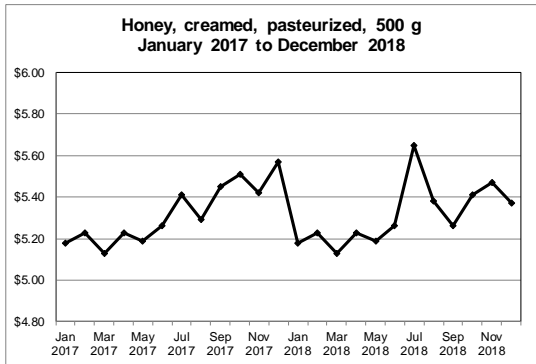
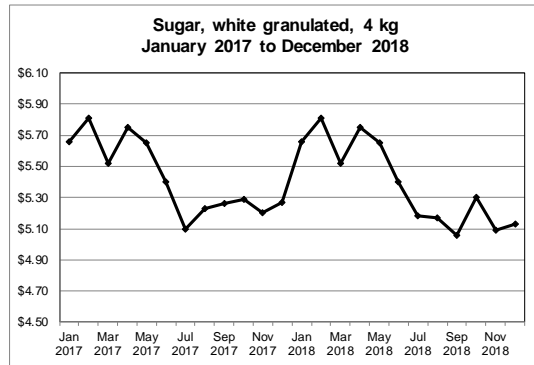
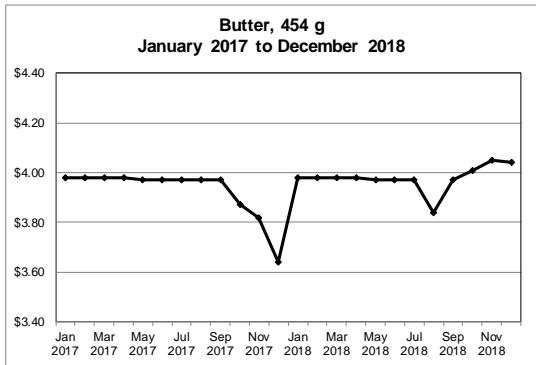
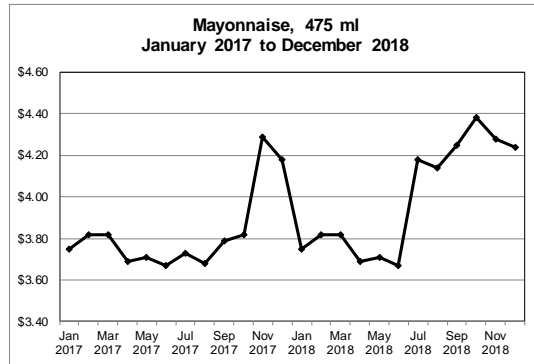
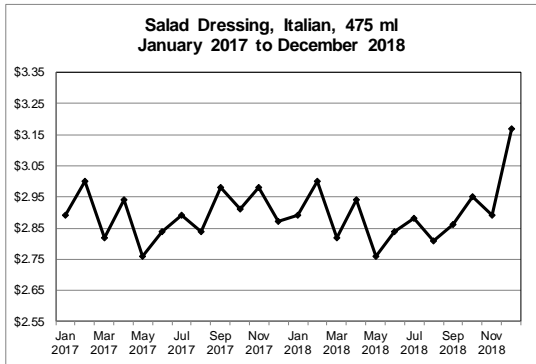
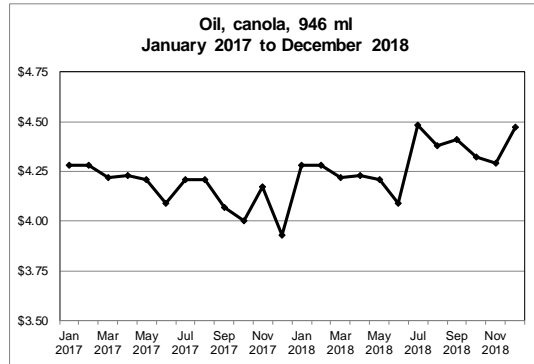
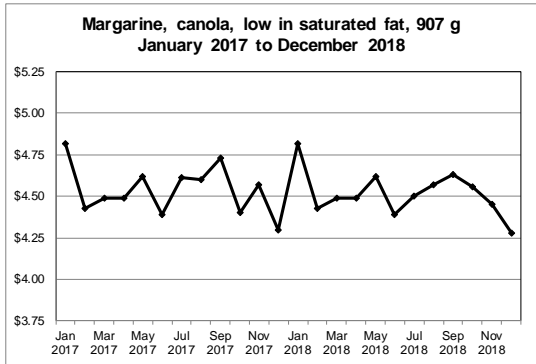
### Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.

# Fats, Oils & Sweeteners

## Average Retail Food Prices for Edmonton, 2017 - 2018



Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section.



