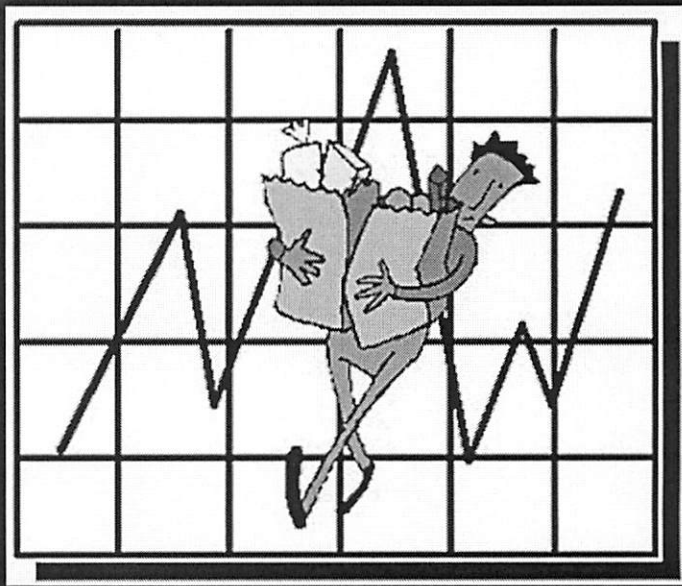


Edmonton Retail Food Prices

An Overview of 2013-2014



Edmonton Retail Food Prices - An Overview of 2013 and 2014

Table of Contents

Page

Table of Contents.....	i
Introduction and Methodology.....	1

Tables

❖ Table 1 - Average Retail Food Prices Edmonton (\$), January to December 2013	2
❖ Table 2 - Average Retail Food Prices Edmonton (\$), January to December 2014	6

Graphs

❖ Average Retail Food Prices Edmonton (\$) - January 2013 to December 2014 for:	
♦ <u>Milk Products & Eggs</u> - Milk, Yogurt, Cheddar Cheese, Mozzarella Cheese, Processed Cheese, Ice Cream, Eggs	10
♦ <u>Beef, Pork & Processed Meats</u> – Inside Round Steak, Inside Round Roast, Ground Beef, Pork Chops, Ham	11
♦ <u>Poultry & Fish</u> – Chicken Fryers, Chicken Thighs, Chicken Drumsticks, Chicken Breasts, Sole, Salmon, Tuna	12
♦ <u>Meat Alternatives</u> – Peanut Butter, Peanuts, Lentils, Baked Beans	13
♦ <u>Whole Grain Products</u> - Bran Flakes with Raisins Cereal, Oatmeal Cereal, Toasted Oats O's Cereal, Whole Wheat Pita's, Whole Wheat Bread, Whole Wheat Flour	14
♦ <u>Non-Whole Grain Products</u> - Arrowroot Cookies, Hamburger Buns, Soda Crackers, White Bread, Pasta, White Flour, Rice	15
♦ <u>Orange Vegetables & Fruits</u> – Canned Peaches, Cantaloupe, Sweet Potato or Yam, Carrots	16
♦ <u>Dark Green Vegetables</u> – Frozen Green Beans, Frozen Mixed Vegetables, Frozen Peas, Broccoli, Romaine Lettuce, Peppers	17
♦ <u>Other Fresh Vegetables & Fruits</u> – Apples, Bananas, Grapes, Oranges, Pears, Cabbage, Celery, Cucumber	18
♦ <u>Other Fresh Vegetables & Fruits (cont'd)</u> - Iceberg Lettuce, Mushrooms, Onions, Potatoes, Rutabagas, Tomatoes	19
♦ <u>Other Processed Vegetables & Fruits</u> - Apple Juice, Orange Juice, Vegetable Juice Cocktail, Raisins, Frozen Strawberries, Canned Corn, Canned Tomatoes	20
♦ <u>Fats, Oils & Sweeteners</u> - Margarine, Oil, Salad Dressing, Mayonnaise, Butter, Sugar, Honey	21

INTRODUCTION & 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.

For further information on Edmonton retail food prices, please contact:

Alberta Agriculture and Rural Development
Economics and Competitiveness Division
Statistics and Data Development Branch
302, 7000 - 113 St.
Edmonton, Alberta T6H 5T6
Phone: 780-427-4011
Fax: 780-427-5220

Note to Users: The contents of this document may not be used or reproduced without properly accrediting Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch.

Table 1 - Average Retail Food Prices for Edmonton (\$) - January to June 2013^(*)

Food Items by Category	January 2013	February 2013	March 2013	April 2013	May 2013	June 2013
Milk Products & Alternatives						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.57	3.61	3.62	3.62	3.64	3.62
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.65	2.57	2.75	2.70	3.03	2.90
Cheddar Cheese, medium, 100 g	1.15	1.19	1.17	1.20	1.30	1.14
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.27	1.27	1.29	1.30	1.38	1.29
Processed Cheese, slices, 500 g	4.92	5.10	4.99	4.93	4.94	5.18
Ice Cream, 4 litre	6.34	6.37	6.14	6.07	6.48	6.27
Eggs						
Eggs, grade A large, dozen	2.81	2.77	2.87	2.85	2.86	2.86
Beef						
Inside Round Steak, boneless, kg	13.85	14.00	14.41	14.23	14.03	14.62
Inside Round Roast, boneless, kg	12.59	13.03	12.93	13.59	12.46	13.37
Ground Beef, lean, kg	8.75	9.15	8.29	9.26	8.95	9.04
Pork & Processed Meats						
Pork Loin Chops, centre-cut, bone-in, kg	10.82	11.16	11.05	11.38	11.49	10.87
Ham, sliced, regular, 175 g	4.04	4.67	4.29	4.32	4.40	3.75
Poultry						
Chicken, grade A, whole fryer, kg	6.72	6.64	6.31	6.35	6.42	7.03
Chicken Thighs, kg	7.87	7.98	7.96	7.98	8.20	8.11
Chicken Drumsticks, kg	7.56	7.58	7.72	7.34	7.89	7.87
Chicken Breasts, boneless & skinless, kg	17.37	16.78	16.98	17.31	17.28	15.96
Fish						
Fish, sole, frozen, 400 g	6.18	6.47	6.26	6.31	6.39	6.41
Salmon, sockeye, canned, 213 g	4.05	3.99	4.06	3.82	4.11	4.06
Tuna, flaked or chunk, in water, canned, 170 g	1.51	1.60	1.66	1.52	1.56	1.46
Meat Alternatives						
Peanut Butter, smooth or crunchy, 1 kg	6.40	6.38	6.17	6.00	5.94	5.96
Peanuts, dry roasted, 700 g	5.29	5.45	5.57	5.66	5.50	5.39
Baked Beans, canned, 398 ml	1.42	1.43	1.33	1.46	1.35	1.27
Lentils, dry, 400 g	2.12	2.06	2.11	2.31	2.44	2.36
Whole Grain Products						
Cereal, bran flakes with raisins, 675 g	5.01	5.00	4.86	5.13	5.09	4.51
Cereal, oats, quick cooking, 1 kg	3.71	3.60	3.86	3.72	3.74	3.98
Cereal, toasted oats O's, 525 g	5.78	5.97	6.17	6.54	6.05	6.02
Pita, whole wheat, 324 g, 6's	2.97	3.08	3.01	3.28	3.04	3.09
Bread, whole wheat, private label, 680 g	3.65	4.14	3.71	3.73	3.83	3.55
Flour, whole wheat, 5 kg	9.42	9.41	8.35	8.54	9.52	9.26
Non-Whole Grain Products						
Cookies, arrowroot, 350 g	4.30	4.33	4.33	4.32	4.30	4.35
Buns, hamburger, white, 540 g, 12's	3.32	3.24	3.50	3.06	3.19	3.00
Soda Crackers, unsalted tops, 450 g	3.10	2.98	3.15	3.22	3.24	3.24
Bread, white, private label, 570 g	3.08	3.26	3.14	3.01	3.19	3.03
Pasta, macaroni or spaghetti, enriched, 900 g	3.38	3.29	3.29	3.42	3.26	3.20
Flour, white, enriched, all purpose, 5 kg	9.42	9.41	8.35	8.54	9.52	9.26
Rice, converted, natural long grain, 900 g	5.44	5.55	5.54	5.40	5.37	5.57

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

Table 1 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - January to June 2013^(*)

Food Items by Category	January 2013	February 2013	March 2013	April 2013	May 2013	June 2013
Orange Vegetables & Fruits						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.66	2.33	2.55	2.71	2.74	2.73
Melon, cantaloupe, kg	2.35	2.48	2.33	2.36	2.40	1.90
Sweet Potato or Yam, kg	2.01	2.12	2.25	2.05	2.29	2.57
Carrots, kg	1.48	1.45	1.57	1.44	1.63	1.52
Dark Green Vegetables						
Beans, green, frozen, 750 g	3.57	3.28	3.30	3.59	3.53	3.58
Vegetables, mixed, frozen, 750 g	3.57	3.28	3.30	3.59	3.53	3.58
Peas, green, frozen, 750 g	3.57	3.28	3.30	3.59	3.53	3.58
Broccoli, bunches, kg	4.39	5.12	3.62	3.05	3.26	3.46
Lettuce, romaine, kg	3.55	4.93	3.97	2.96	2.19	2.30
Peppers, sweet green bell, kg	3.54	3.67	3.76	4.23	4.65	4.60
Other Fresh Vegetables & Fruits						
Apples, kg	3.22	2.91	3.40	3.02	3.53	3.64
Bananas, kg	1.83	1.87	1.87	1.79	1.79	1.76
Grapes, red or green, seedless, kg	6.62	7.26	6.03	5.63	6.23	5.20
Oranges, kg	2.20	2.18	2.43	2.45	2.69	3.09
Pears, kg	3.15	3.41	3.49	3.57	3.69	3.47
Cabbage, green, kg	1.61	1.63	1.81	1.87	1.94	1.98
Celery, stalks, kg	2.16	2.47	2.20	2.33	2.51	2.51
Cucumber, long english, kg	3.86	4.63	3.96	3.05	3.05	3.01
Lettuce, iceberg, kg	2.76	3.73	2.95	2.45	2.20	1.98
Mushrooms, white, bulk, kg	6.71	6.04	7.01	6.97	6.90	7.29
Onions, yellow, cooking, kg	1.50	1.67	1.93	1.95	1.76	1.75
Potatoes, white or red, 4.54 kg	4.86	5.07	4.69	4.74	5.01	4.84
Rutabaga, kg	1.51	1.51	1.62	1.84	1.82	1.83
Tomatoes, red, kg	3.24	3.20	3.44	3.13	3.06	2.80
Other Processed Vegetables & Fruits						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.25	3.24	3.42	3.10	3.24	3.36
Orange Juice, frozen concentrate, 355 ml	1.91	2.02	1.95	2.04	1.92	1.96
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.79	4.17	3.92	3.82	4.20	4.13
Raisins, seedless, Sultana or Thompson, 750 g	5.60	5.91	5.60	5.60	5.91	6.08
Strawberries, frozen, unsweetened, 600 g	6.37	6.08	6.27	6.07	6.23	6.14
Corn, canned vacuum packed, 341 ml	1.53	1.64	1.52	1.55	1.74	1.67
Tomatoes, canned, whole, 796 ml	2.19	1.93	2.23	2.08	2.17	2.10
Fats & Oils						
Margarine, soft, canola, low in saturated fat, 907 g	5.26	5.34	5.49	4.96	5.27	5.44
Oil, canola, 946 ml	4.90	4.60	4.77	4.87	4.70	4.85
Salad Dressing, Italian, 475 ml	3.15	3.19	3.12	3.07	3.07	2.82
Mayonnaise, 475 ml	4.01	4.02	4.07	4.02	4.08	3.95
Butter, 454 g	3.56	3.46	3.50	3.62	3.80	3.80
Sweeteners						
Sugar, white granulated, 4 kg	6.41	6.28	6.18	6.23	6.02	5.90
Honey, creamed, pasteurized, 500 g	5.81	6.01	5.77	6.34	6.30	6.10

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

Source: Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch. For additional information please phone: 780-427-4011.

Note to Users: The contents of this document may not be used or reproduced without properly accrediting Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch.

Table 1 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2013^(*)

Food Items by Category	July 2013	August 2013	September 2013	October 2013	November 2013	December 2013
Milk Products & Alternatives						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.63	3.61	3.64	3.63	3.64	3.64
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.86	2.69	2.58	2.63	2.52	2.52
Cheddar Cheese, medium, 100 g	1.15	1.23	1.21	1.19	1.18	1.18
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.20	1.27	1.34	1.35	1.31	1.31
Processed Cheese, slices, 500 g	5.00	5.08	5.23	4.96	4.82	4.82
Ice Cream, 4 litre	6.35	5.83	6.26	6.29	6.37	6.37
Eggs						
Eggs, grade A large, dozen	2.85	2.88	2.85	2.80	2.73	2.73
Beef						
Inside Round Steak, boneless, kg	14.31	14.78	14.33	14.20	14.36	14.36
Inside Round Roast, boneless, kg	13.32	13.68	13.17	13.46	13.00	13.00
Ground Beef, lean, kg	9.22	8.80	8.69	8.97	8.60	8.60
Pork & Processed Meats						
Pork Loin Chops, centre-cut, bone-in, kg	11.90	11.82	11.55	11.29	11.20	11.20
Ham, sliced, regular, 175 g	4.03	4.32	4.17	3.94	4.38	4.38
Poultry						
Chicken, grade A, whole fryer, kg	6.88	6.08	6.19	6.90	6.64	6.64
Chicken Thighs, kg	8.09	8.31	8.27	8.29	8.18	8.18
Chicken Drumsticks, kg	7.76	7.78	7.89	7.69	7.94	7.94
Chicken Breasts, boneless & skinless, kg	16.95	16.42	16.34	16.36	16.56	16.56
Fish						
Fish, sole, frozen, 400 g	6.88	6.29	6.57	6.43	6.37	6.37
Salmon, sockeye, canned, 213 g	4.40	4.15	4.29	4.40	4.06	4.06
Tuna, flaked or chunk, in water, canned, 170 g	1.58	1.58	1.59	1.50	1.56	1.56
Meat Alternatives						
Peanut Butter, smooth or crunchy, 1 kg	6.16	6.04	5.97	5.80	5.89	5.89
Peanuts, dry roasted, 700 g	5.61	5.57	5.67	5.63	4.79	4.79
Baked Beans, canned, 398 ml	1.36	1.42	1.32	1.34	1.33	1.33
Lentils, dry, 400 g	2.48	2.19	2.15	2.08	2.15	2.15
Whole Grain Products						
Cereal, bran flakes with raisins, 675 g	5.41	5.40	5.30	4.99	5.44	5.44
Cereal, oats, quick cooking, 1 kg	4.22	3.82	3.69	3.66	3.46	3.46
Cereal, toasted oats O's, 525 g	6.09	6.30	6.10	6.01	5.77	5.77
Pita, whole wheat, 324 g, 6's	2.78	3.24	3.03	3.15	3.27	3.27
Bread, whole wheat, private label, 680 g	3.61	3.89	3.74	3.81	3.57	3.57
Flour, whole wheat, 5 kg	9.39	9.15	9.08	8.75	8.44	8.44
Non-Whole Grain Products						
Cookies, arrowroot, 350 g	4.40	4.38	4.23	4.20	4.13	4.13
Buns, hamburger, white, 540 g, 12's	2.96	2.90	3.24	3.47	3.52	3.52
Soda Crackers, unsalted tops, 450 g	3.18	3.23	3.15	2.97	3.11	3.11
Bread, white, private label, 570 g	2.75	3.17	2.82	3.12	3.09	3.09
Pasta, macaroni or spaghetti, enriched, 900 g	3.33	3.47	3.34	3.38	3.25	3.25
Flour, white, enriched, all purpose, 5 kg	9.39	9.15	9.08	8.75	8.44	8.44
Rice, converted, natural long grain, 900 g	5.19	5.46	5.51	5.62	5.37	5.37

(*) 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 2013^(*)

Food Items by Category	July 2013	August 2013	September 2013	October 2013	November 2013	December 2013
Orange Vegetables & Fruits						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.92	2.80	2.79	2.73	2.73	2.73
Melon, cantaloupe, kg	1.63	1.59	1.81	2.15	3.01	3.01
Sweet Potato or Yam, kg	2.84	3.11	3.45	2.35	2.64	2.64
Carrots, kg	1.67	1.53	1.61	1.55	1.57	1.57
Dark Green Vegetables						
Beans, green, frozen, 750 g	3.76	3.74	3.58	3.10	3.20	3.20
Vegetables, mixed, frozen, 750 g	3.76	3.74	3.58	3.10	3.20	3.20
Peas, green, frozen, 750 g	3.76	3.74	3.58	3.10	3.20	3.20
Broccoli, bunches, kg	3.44	3.64	3.79	4.02	5.90	5.90
Lettuce, romaine, kg	1.88	2.42	2.78	2.80	3.51	3.51
Peppers, sweet green bell, kg	4.81	4.68	4.20	4.40	4.51	4.51
Other Fresh Vegetables & Fruits						
Apples, kg	3.90	3.90	3.33	2.98	2.91	2.91
Bananas, kg	1.74	1.83	1.79	1.74	1.76	1.76
Grapes, red or green, seedless, kg	5.32	5.12	5.23	5.03	5.71	5.71
Oranges, kg	3.35	3.28	3.20	3.13	3.28	3.28
Pears, kg	3.85	3.64	3.70	3.26	3.30	3.30
Cabbage, green, kg	1.90	1.83	1.70	1.48	1.54	1.54
Celery, stalks, kg	2.43	2.42	2.41	2.39	2.14	2.14
Cucumber, long english, kg	2.92	3.47	3.38	4.15	4.45	4.45
Lettuce, iceberg, kg	1.72	2.49	2.62	2.58	2.69	2.69
Mushrooms, white, bulk, kg	6.95	6.71	7.16	6.88	7.47	7.47
Onions, yellow, cooking, kg	1.85	1.94	1.85	1.70	1.45	1.45
Potatoes, white or red, 4.54 kg	5.29	6.03	5.88	5.25	5.24	5.24
Rutabaga, kg	1.88	1.93	1.87	1.59	1.71	1.71
Tomatoes, red, kg	2.71	3.09	3.44	3.42	3.44	3.44
Other Processed Vegetables & Fruits						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.45	3.15	3.27	3.30	3.07	3.07
Orange Juice, frozen concentrate, 355 ml	1.89	2.00	1.88	1.82	1.99	1.99
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.25	4.17	4.24	3.95	3.90	3.90
Raisins, seedless, Sultana or Thompson, 750 g	6.50	6.17	5.91	6.12	5.73	5.73
Strawberries, frozen, unsweetened, 600 g	6.19	6.36	6.26	5.81	6.01	6.01
Corn, canned vacuum packed, 341 ml	1.75	1.77	1.69	1.56	1.57	1.57
Tomatoes, canned, whole, 796 ml	2.30	2.26	2.02	2.07	2.12	2.12
Fats & Oils						
Margarine, soft, canola, low in saturated fat, 907 g	5.61	5.52	5.03	5.37	5.06	5.06
Oil, canola, 946 ml	5.11	5.12	4.75	4.85	4.89	4.89
Salad Dressing, Italian, 475 ml	2.98	2.92	3.11	3.04	3.06	3.06
Mayonnaise, 475 ml	3.95	3.96	3.92	3.90	3.92	3.92
Butter, 454 g	3.82	3.79	3.81	3.77	3.77	3.77
Sweeteners						
Sugar, white granulated, 4 kg	5.97	5.68	6.14	5.67	5.64	5.64
Honey, creamed, pasteurized, 500 g	6.15	5.86	5.86	6.18	6.52	6.52

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

Source: Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch. For additional information please phone: 780-427-4011.

Note to Users: The contents of this document may not be used or reproduced without properly accrediting Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch.

Table 2 - Average Retail Food Prices for Edmonton (\$) - January to June 2014^(*)

Food Items by Category	January 2014	February 2014	March 2014	April 2014	May 2014	June 2014
Milk Products & Alternatives						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.63	3.67	3.65	3.56	3.56	3.66
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.46	2.36	2.61	2.53	2.44	2.78
Cheddar Cheese, medium, 100 g	1.16	1.21	1.19	1.24	1.24	1.20
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.28	1.32	1.29	1.26	1.28	1.35
Processed Cheese, slices, 500 g	5.00	5.22	5.24	4.94	5.45	4.76
Ice Cream, 4 litre	6.51	6.18	6.45	6.37	5.85	6.33
Eggs						
Eggs, grade A large, dozen	2.75	2.75	2.75	2.63	2.64	2.78
Beef						
Inside Round Steak, boneless, kg	14.86	15.38	14.93	13.50	12.86	15.70
Inside Round Roast, boneless, kg	13.29	13.88	14.40	12.50	13.03	14.84
Ground Beef, lean, kg	8.18	8.93	9.57	8.84	8.42	10.25
Pork & Processed Meats						
Pork Loin Chops, centre-cut, bone-in, kg	11.27	11.20	11.90	11.38	11.09	13.78
Ham, sliced, regular, 175 g	4.44	4.18	4.44	4.13	4.13	5.35
Poultry						
Chicken, grade A, whole fryer, kg	6.61	6.48	7.10	7.10	6.53	6.79
Chicken Thighs, kg	8.33	8.25	8.58	8.18	8.13	8.25
Chicken Drumsticks, kg	7.87	7.80	8.05	7.94	7.89	8.16
Chicken Breasts, boneless & skinless, kg	15.83	16.03	15.65	15.87	15.56	16.75
Fish						
Fish, sole, frozen, 400 g	6.12	6.37	6.66	6.41	6.53	7.77
Salmon, sockeye, canned, 213 g	4.42	4.19	4.29	3.79	3.91	4.43
Tuna, flaked or chunk, in water, canned, 170 g	1.55	1.60	1.49	1.51	1.45	1.54
Meat Alternatives						
Peanut Butter, smooth or crunchy, 1 kg	5.63	6.42	5.83	6.04	6.14	5.71
Peanuts, dry roasted, 700 g	5.53	5.69	6.01	5.31	5.22	6.18
Baked Beans, canned, 398 ml	1.31	1.34	1.36	1.51	1.49	1.33
Lentils, dry, 400 g	2.03	2.32	1.97	2.40	2.31	2.11
Whole Grain Products						
Cereal, bran flakes with raisins, 675 g	4.78	5.02	5.05	4.90	5.05	4.89
Cereal, oats, quick cooking, 1 kg	3.50	3.57	3.58	4.03	4.28	3.96
Cereal, toasted oats O's, 525 g	5.68	6.23	6.02	5.83	5.48	6.05
Pita, whole wheat, 324 g, 6's	3.02	3.17	3.22	2.94	2.61	3.10
Bread, whole wheat, private label, 680 g	3.58	3.68	3.63	3.80	3.88	3.54
Flour, whole wheat, 5 kg	9.22	8.88	8.98	8.36	9.18	9.05
Non-Whole Grain Products						
Cookies, arrowroot, 350 g	3.95	4.01	3.95	4.13	4.17	3.99
Buns, hamburger, white, 540 g, 12's	3.19	3.25	3.28	2.98	2.69	2.85
Soda Crackers, unsalted tops, 450 g	3.01	3.07	3.05	3.16	3.17	3.14
Bread, white, private label, 570 g	3.09	3.14	3.09	2.90	2.90	3.06
Pasta, macaroni or spaghetti, enriched, 900 g	3.19	3.17	3.33	3.36	3.26	3.26
Flour, white, enriched, all purpose, 5 kg	9.22	8.82	8.85	8.36	9.18	9.05
Rice, converted, natural long grain, 900 g	5.46	5.49	4.89	5.45	5.60	5.10

(*) 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 2014^(*)

Food Items by Category	January 2014	February 2014	March 2014	April 2014	May 2014	June 2014
Orange Vegetables & Fruits						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.65	2.57	2.72	2.33	2.60	2.64
Melon, cantaloupe, kg	2.40	2.54	2.59	2.47	2.65	2.47
Sweet Potato or Yam, kg	2.80	3.26	3.54	2.04	2.29	3.69
Carrots, kg	1.60	1.61	1.67	1.40	1.54	1.69
Dark Green Vegetables						
Beans, green, frozen, 750 g	3.61	3.47	3.51	3.24	3.53	3.58
Vegetables, mixed, frozen, 750 g	3.61	3.47	3.51	3.24	3.53	3.58
Peas, green, frozen, 750 g	3.61	3.47	3.51	3.24	3.53	3.58
Broccoli, bunches, kg	4.24	4.05	3.46	2.67	2.78	4.45
Lettuce, romaine, kg	2.89	2.57	2.54	2.11	2.12	3.06
Peppers, sweet green bell, kg	4.31	5.09	5.47	4.69	4.98	6.54
Other Fresh Vegetables & Fruits						
Apples, kg	3.35	3.44	3.51	2.69	3.00	3.97
Bananas, kg	1.72	1.81	1.87	1.83	1.83	1.81
Grapes, red or green, seedless, kg	7.05	8.28	8.01	4.16	4.94	6.97
Oranges, kg	2.40	3.15	3.40	2.09	2.51	3.70
Pears, kg	3.35	3.38	3.50	3.09	3.18	3.89
Cabbage, green, kg	1.68	1.87	2.01	1.34	1.34	1.92
Celery, stalks, kg	2.11	2.16	1.91	1.70	1.81	2.06
Cucumber, long english, kg	4.61	4.50	4.37	3.06	3.07	3.19
Lettuce, iceberg, kg	2.05	2.16	1.94	2.09	2.14	2.40
Mushrooms, white, bulk, kg	6.95	7.52	7.22	6.64	7.01	7.24
Onions, yellow, cooking, kg	1.42	1.81	2.18	1.34	1.31	2.21
Potatoes, white or red, 4.54 kg	5.28	5.04	4.87	4.84	5.15	5.31
Rutabaga, kg	1.62	1.70	1.71	1.73	1.77	1.67
Tomatoes, red, kg	3.64	3.75	3.40	2.80	2.43	2.89
Other Processed Vegetables & Fruits						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.28	3.24	3.39	3.39	3.34	3.22
Orange Juice, frozen concentrate, 355 ml	1.90	2.01	1.92	2.01	1.78	1.93
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.89	4.03	3.82	4.23	4.08	4.04
Raisins, seedless, Sultana or Thompson, 750 g	5.99	6.03	5.91	5.53	5.41	5.81
Strawberries, frozen, unsweetened, 600 g	6.28	5.73	6.17	6.12	6.20	6.30
Corn, canned vacuum packed, 341 ml	1.61	1.57	1.56	1.60	1.52	1.62
Tomatoes, canned, whole, 796 ml	2.22	2.14	2.19	1.93	2.04	2.11
Fats & Oils						
Margarine, soft, canola, low in saturated fat, 907 g	5.20	4.97	5.21	5.26	5.30	5.18
Oil, canola, 946 ml	4.70	4.58	4.49	4.57	4.33	4.50
Salad Dressing, Italian, 475 ml	3.06	2.99	3.05	3.05	3.19	2.84
Mayonnaise, 475 ml	3.92	3.77	4.05	4.01	4.02	3.87
Butter, 454 g	3.78	3.85	3.74	3.76	3.46	3.93
Sweeteners						
Sugar, white granulated, 4 kg	5.72	5.53	5.43	6.41	6.25	5.40
Honey, creamed, pasteurized, 500 g	6.46	6.43	6.31	5.97	6.04	6.41

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

Source: Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch. For additional information please phone: 780-427-4011.

Note to Users: The contents of this document may not be used or reproduced without properly accrediting Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch.

Table 2 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2014^(*)

Food Items by Category	July 2014	August 2014	September 2014	October 2014	November 2014	December 2014
Milk Products & Alternatives						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.67	3.66	3.66	3.65	3.65	3.65
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.67	2.50	2.54	2.49	2.43	2.47
Cheddar Cheese, medium, 100 g	1.18	1.22	1.19	1.20	1.18	1.16
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.28	1.40	1.38	1.37	1.37	1.37
Processed Cheese, slices, 500 g	5.27	4.93	5.37	5.33	5.17	5.56
Ice Cream, 4 litre	6.13	6.17	5.99	6.35	6.65	6.70
Eggs						
Eggs, grade A large, dozen	2.81	2.74	2.87	2.73	2.69	2.74
Beef						
Inside Round Steak, boneless, kg	15.57	15.76	17.11	16.80	16.76	17.56
Inside Round Roast, boneless, kg	14.07	15.05	14.85	14.99	15.26	15.92
Ground Beef, lean, kg	10.23	10.10	10.14	11.20	11.11	10.98
Pork & Processed Meats						
Pork Loin Chops, centre-cut, bone-in, kg	14.07	14.09	13.38	15.19	14.59	15.06
Ham, sliced, regular, 175 g	5.64	5.56	5.65	5.53	5.54	5.64
Poultry						
Chicken, grade A, whole fryer, kg	6.99	6.70	7.30	7.23	6.94	7.10
Chicken Thighs, kg	8.38	9.15	8.84	8.82	8.82	9.04
Chicken Drumsticks, kg	7.94	8.73	8.36	8.44	8.22	8.64
Chicken Breasts, boneless & skinless, kg	16.67	16.27	17.15	16.07	16.05	16.62
Fish						
Fish, sole, frozen, 400 g	7.18	6.79	6.07	6.61	6.33	5.65
Salmon, sockeye, canned, 213 g	4.67	4.45	4.67	4.52	4.52	4.59
Tuna, flaked or chunk, in water, canned, 170 g	1.58	1.51	1.52	1.56	1.52	1.56
Meat Alternatives						
Peanut Butter, smooth or crunchy, 1 kg	6.23	6.19	6.21	6.15	5.76	6.12
Peanuts, dry roasted, 700 g	5.84	5.71	5.94	6.02	6.27	6.09
Baked Beans, canned, 398 ml	1.49	1.51	1.53	1.54	1.49	1.56
Lentils, dry, 400 g	2.15	2.03	2.13	2.03	1.90	1.90
Whole Grain Products						
Cereal, bran flakes with raisins, 675 g	5.23	4.58	5.08	5.06	5.21	4.98
Cereal, oats, quick cooking, 1 kg	3.83	3.70	3.47	3.34	3.25	3.31
Cereal, toasted oats O's, 525 g	6.29	6.12	5.79	5.43	5.50	6.23
Pita, whole wheat, 324 g, 6's	3.19	2.84	3.00	3.07	3.15	3.15
Bread, whole wheat, private label, 680 g	3.64	3.55	3.61	3.44	3.61	3.49
Flour, whole wheat, 5 kg	8.99	9.17	8.30	8.69	9.09	8.62
Non-Whole Grain Products						
Cookies, arrowroot, 350 g	4.04	3.96	3.92	3.99	4.00	4.01
Buns, hamburger, white, 540 g, 12's	2.96	2.88	3.32	3.29	3.34	3.33
Soda Crackers, unsalted tops, 450 g	3.20	3.16	2.92	2.99	3.03	2.99
Bread, white, private label, 570 g	2.91	3.27	2.80	3.05	3.12	2.93
Pasta, macaroni or spaghetti, enriched, 900 g	3.25	3.31	3.25	3.43	3.37	3.38
Flour, white, enriched, all purpose, 5 kg	8.99	9.17	8.38	8.69	9.14	8.62
Rice, converted, natural long grain, 900 g	4.81	5.32	5.37	5.47	5.22	5.49

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

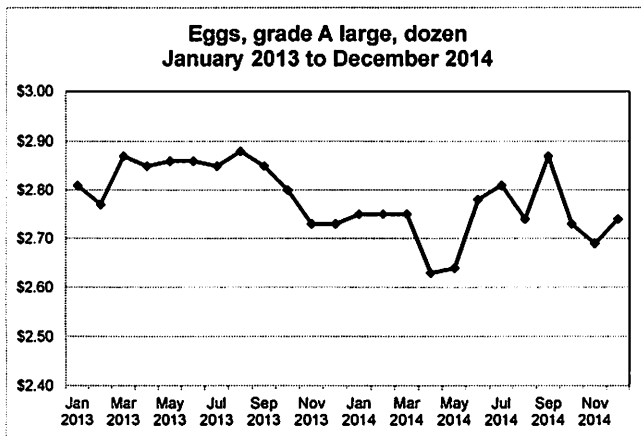
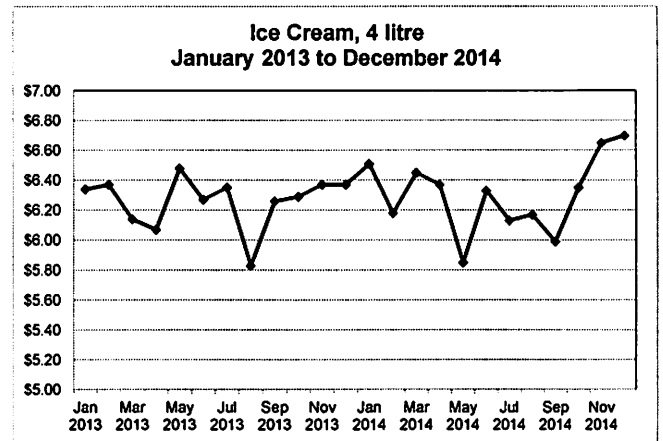
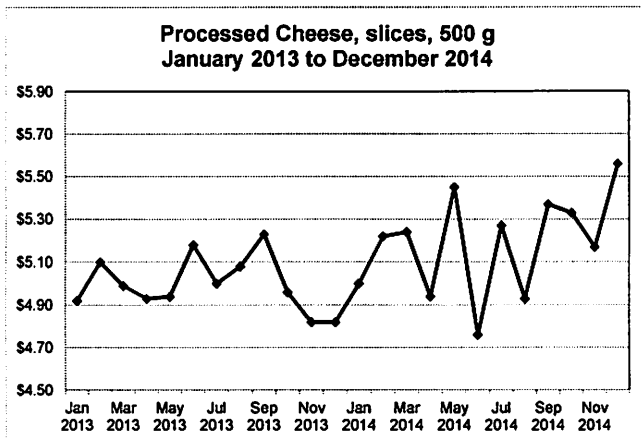
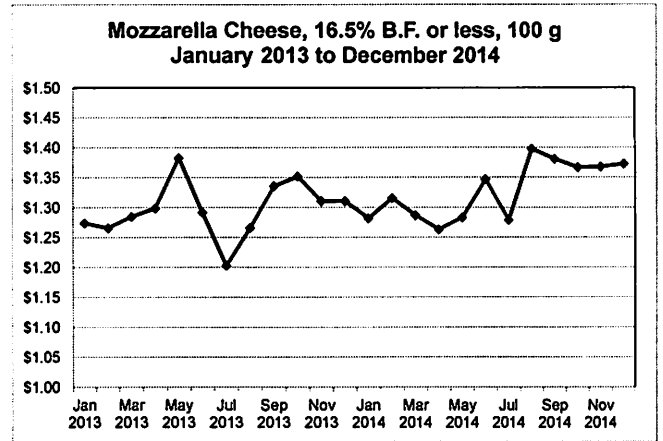
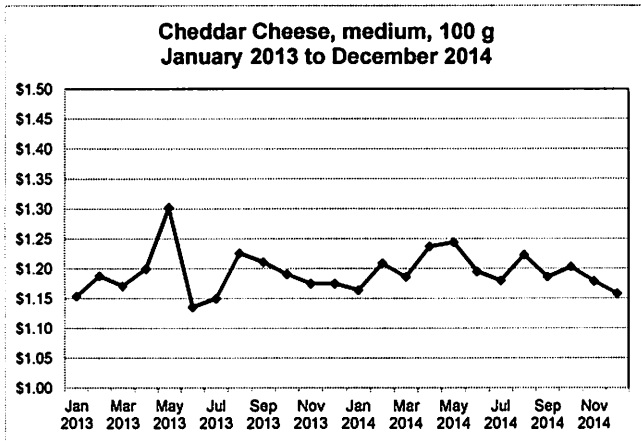
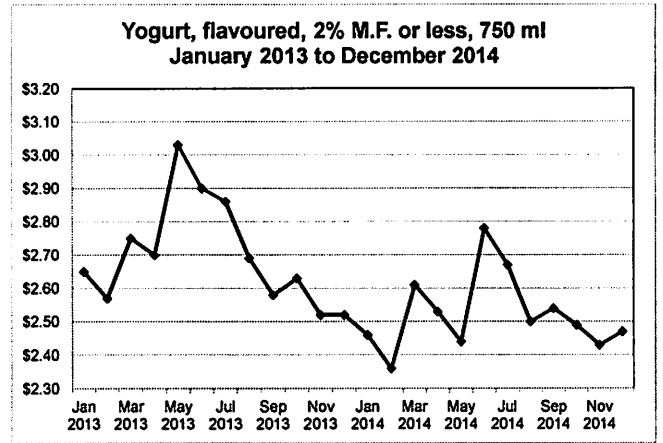
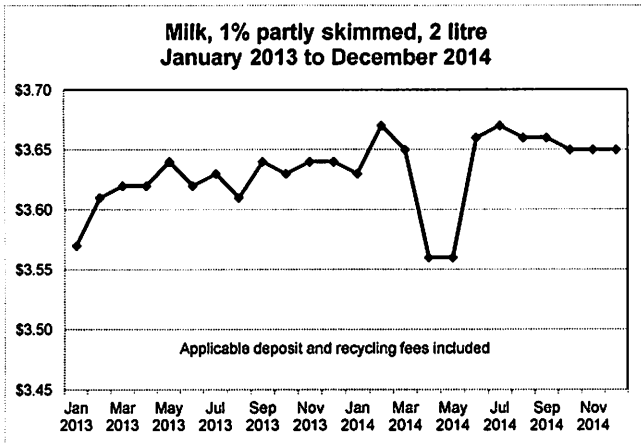
Table 2 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2014^(*)

Food Items by Category	July 2014	August 2014	September 2014	October 2014	November 2014	December 2014
Orange Vegetables & Fruits						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.67	2.70	2.60	2.54	2.71	2.68
Melon, cantaloupe, kg	2.34	1.74	1.94	2.40	2.72	2.41
Sweet Potato or Yam, kg	3.74	4.17	4.63	3.17	3.47	2.94
Carrots, kg	1.76	1.72	1.66	1.56	1.53	1.57
Dark Green Vegetables						
Beans, green, frozen, 750 g	3.69	3.74	3.70	3.22	3.70	3.14
Vegetables, mixed, frozen, 750 g	3.69	3.74	3.70	3.22	3.70	3.14
Peas, green, frozen, 750 g	3.69	3.74	3.70	3.22	3.70	3.14
Broccoli, bunches, kg	3.98	3.89	4.43	4.04	4.30	4.24
Lettuce, romaine, kg	3.06	2.68	3.22	3.33	3.88	4.22
Peppers, sweet green bell, kg	6.54	5.61	4.72	4.84	5.44	5.77
Other Fresh Vegetables & Fruits						
Apples, kg	3.90	3.64	3.62	3.35	3.26	3.09
Bananas, kg	1.85	1.87	1.87	1.83	1.85	1.85
Grapes, red or green, seedless, kg	6.86	5.74	5.12	5.61	5.82	6.43
Oranges, kg	3.66	3.46	3.53	3.24	3.26	3.68
Pears, kg	3.85	5.34	3.79	3.18	3.49	3.62
Cabbage, green, kg	1.70	1.54	1.59	1.50	1.61	1.59
Celery, stalks, kg	2.09	2.08	2.08	2.02	2.00	2.36
Cucumber, long english, kg	3.19	2.79	3.55	4.31	5.94	5.34
Lettuce, iceberg, kg	2.51	2.40	2.18	2.60	3.48	3.70
Mushrooms, white, bulk, kg	7.32	6.67	7.32	7.43	7.12	7.46
Onions, yellow, cooking, kg	2.18	1.97	1.85	1.65	1.72	1.56
Potatoes, white or red, 4.54 kg	5.46	5.51	5.51	5.32	5.33	4.89
Rutabaga, kg	1.66	1.67	1.67	1.59	1.58	1.59
Tomatoes, red, kg	3.02	2.80	2.84	3.11	3.88	5.18
Other Processed Vegetables & Fruits						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.40	2.99	3.10	3.06	3.18	3.29
Orange Juice, frozen concentrate, 355 ml	1.96	1.81	1.86	1.88	2.09	1.85
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.23	4.15	4.21	3.98	4.10	3.93
Raisins, seedless, Sultana or Thompson, 750 g	5.84	5.70	5.87	5.61	5.71	5.96
Strawberries, frozen, unsweetened, 600 g	6.30	6.23	6.40	6.20	6.14	6.34
Corn, canned vacuum packed, 341 ml	1.67	1.68	1.69	1.68	1.57	1.48
Tomatoes, canned, whole, 796 ml	2.33	2.27	2.29	2.32	2.25	2.41
Fats & Oils						
Margarine, soft, canola, low in saturated fat, 907 g	5.25	5.52	5.35	5.28	5.17	5.24
Oil, canola, 946 ml	4.60	4.77	4.69	4.72	4.75	4.46
Salad Dressing, Italian, 475 ml	2.84	3.04	2.99	2.94	3.01	2.91
Mayonnaise, 475 ml	3.84	3.93	3.96	3.94	3.92	4.03
Butter, 454 g	4.06	4.02	3.97	3.81	3.91	3.79
Sweeteners						
Sugar, white granulated, 4 kg	5.54	5.47	5.69	5.41	5.43	5.56
Honey, creamed, pasteurized, 500 g	6.24	5.86	5.99	5.89	6.00	5.97

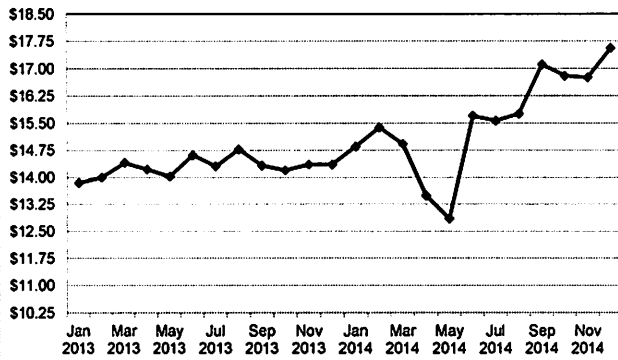
(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

Source: Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch. For additional information please phone: 780-427-4011.

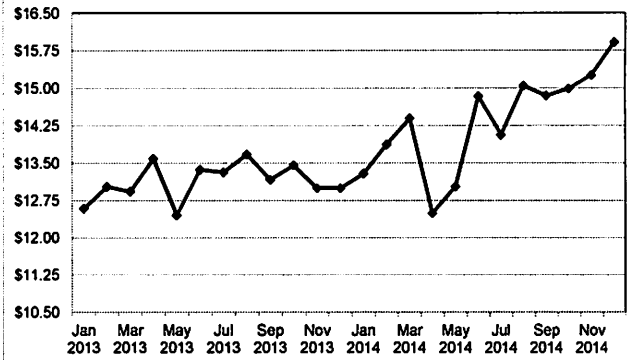
Note to Users: The contents of this document may not be used or reproduced without properly accrediting Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch.



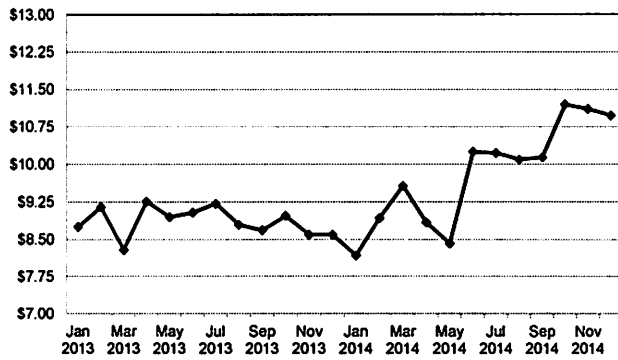
**Inside Round Steak, boneless, kg
January 2013 to December 2014**



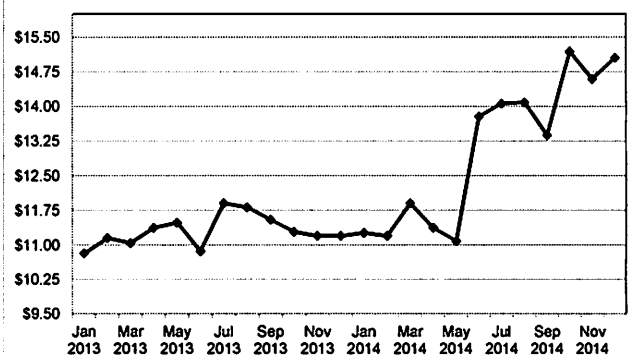
**Inside Round Roast, boneless, kg
January 2013 to December 2014**



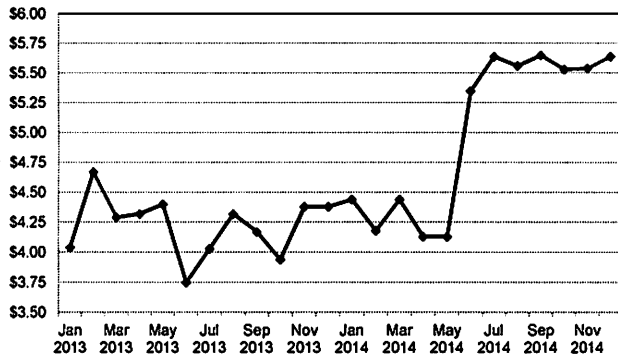
**Ground Beef, lean, kg
January 2013 to December 2014**



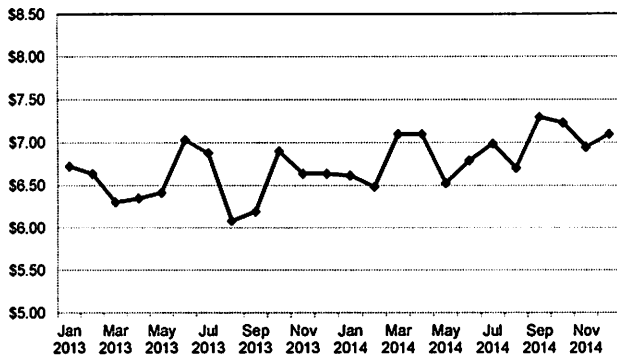
**Pork Loin Chops, centre-cut, bone-in, kg
January 2013 to December 2014**



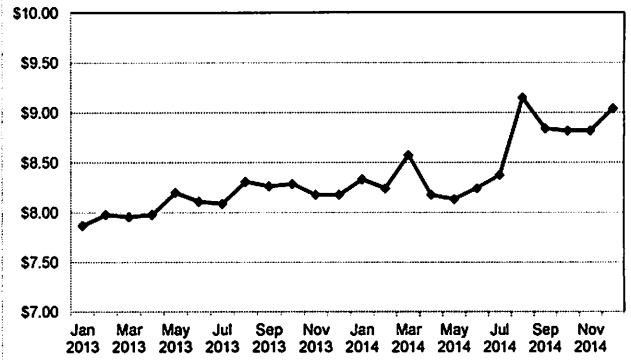
**Ham, sliced, regular, 175 g
January 2013 to December 2014**



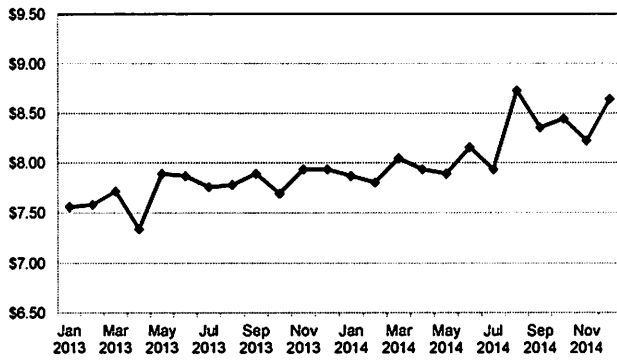
**Chicken, grade A, whole fryer, kg
January 2013 to December 2014**



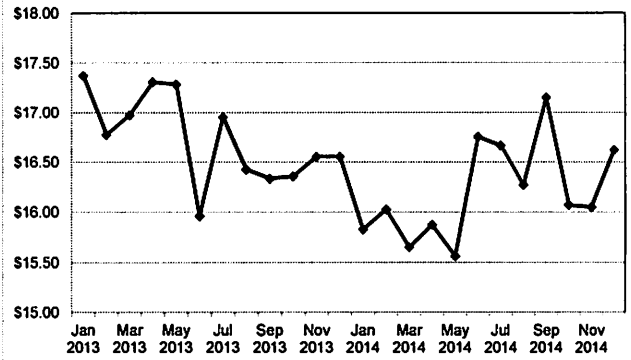
**Chicken Thighs, kg
January 2013 to December 2014**



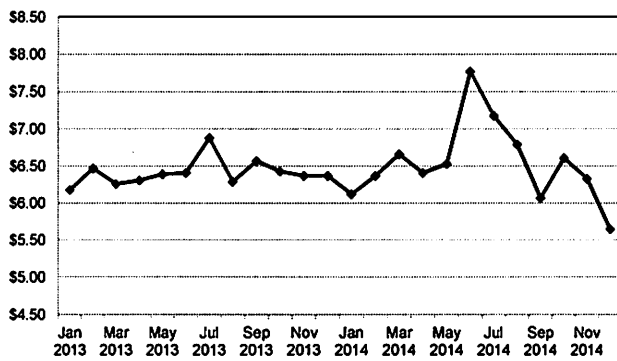
**Chicken Drumsticks, kg
January 2013 to December 2014**



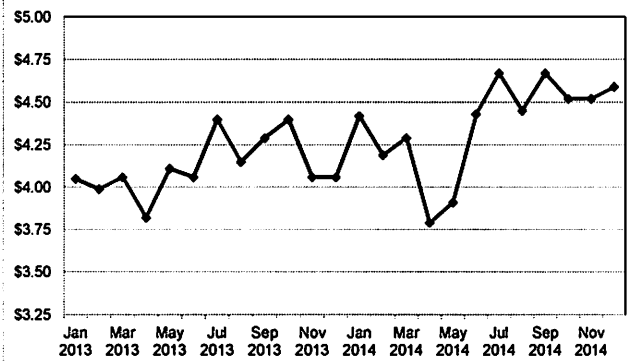
**Chicken Breasts, boneless & skinless, kg
January 2013 to December 2014**



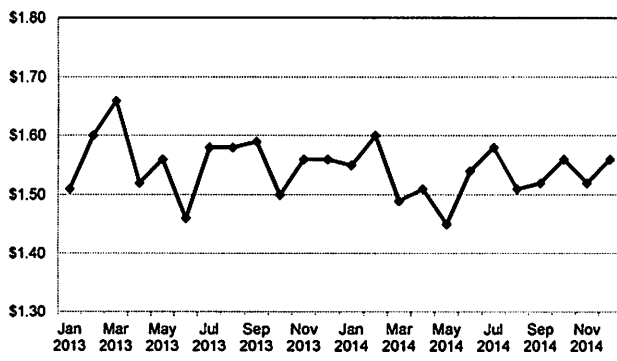
**Fish, sole, frozen, 400 g
January 2013 to December 2014**

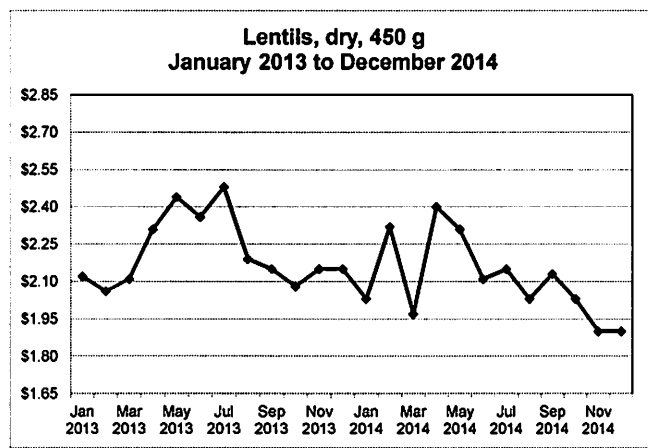
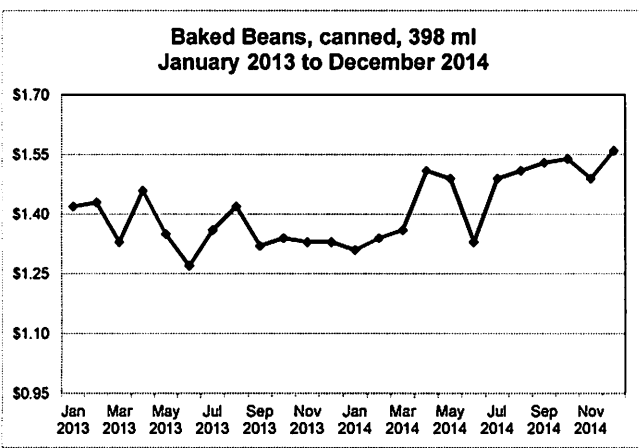
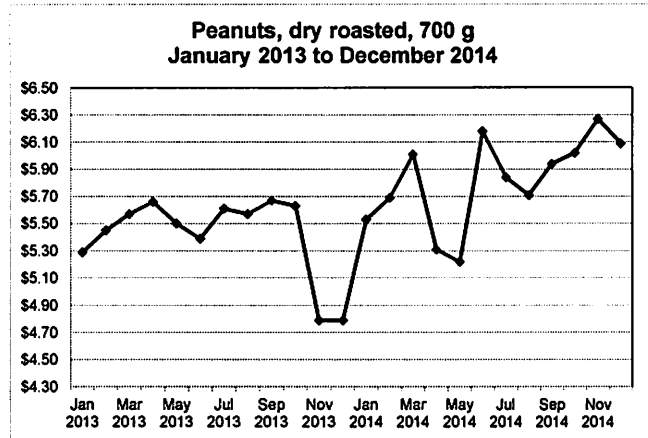
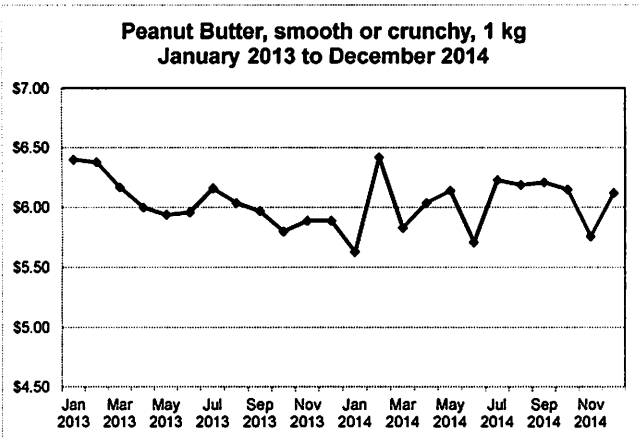


**Salmon, sockeye, canned, 213 g
January 2013 to December 2014**

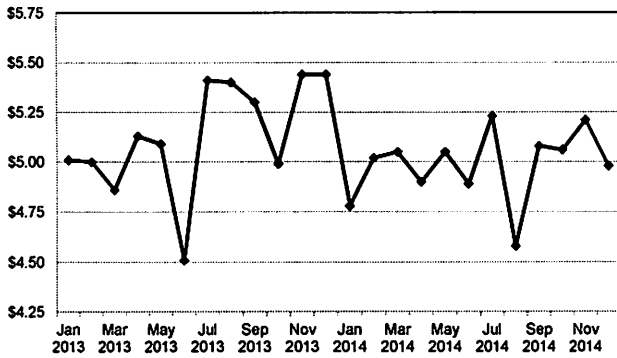


**Tuna, flaked or chunk, in water, canned, 170 g
January 2013 to December 2014**

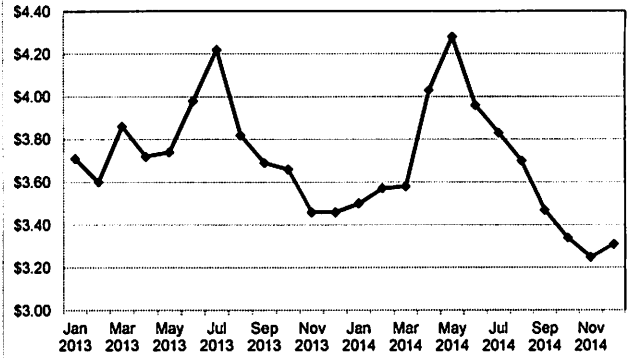




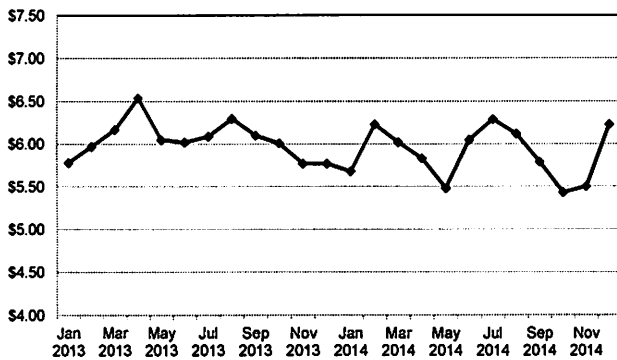
**Cereal, bran flakes with raisins, 675 g
January 2013 to December 2014**



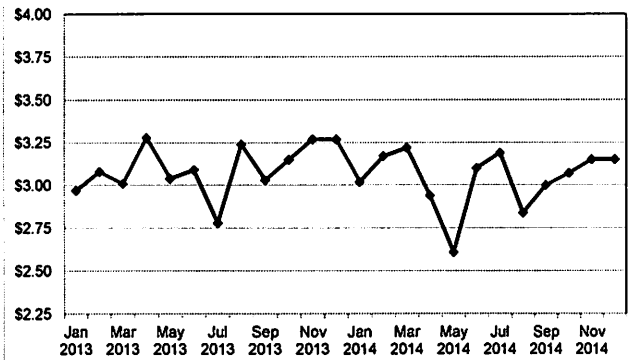
**Cereal, oats, quick cooking, 1 kg
January 2013 to December 2014**



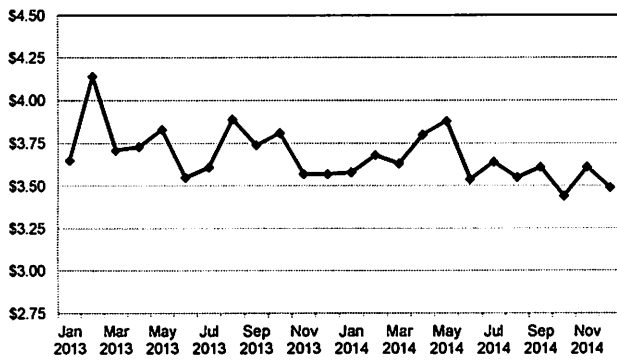
**Cereal, toasted oats O's, 525 g
January 2013 to December 2014**



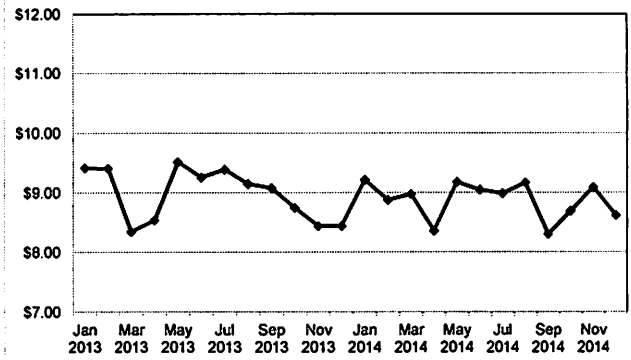
**Pita, whole wheat, 324 g, 6's
January 2013 to December 2014**



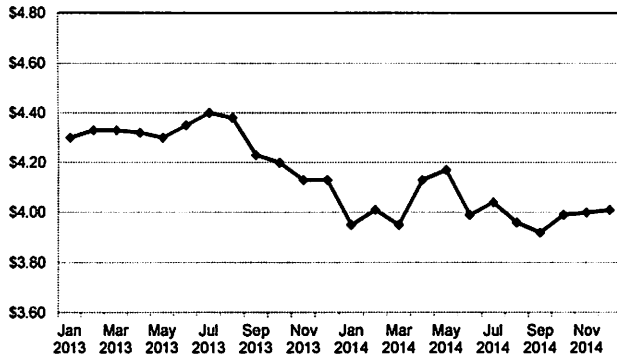
**Bread, whole wheat, private label, 680 g
January 2013 to December 2014**



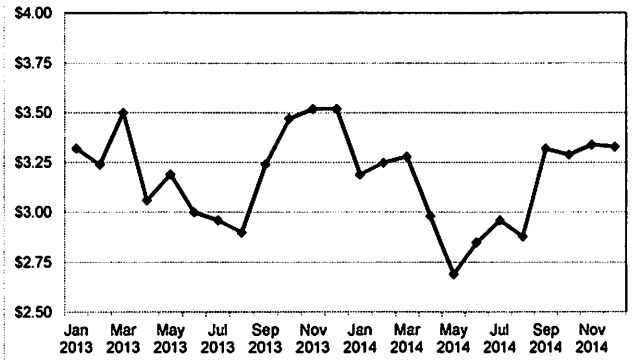
**Flour, whole wheat, 5 kg
January 2013 to December 2014**



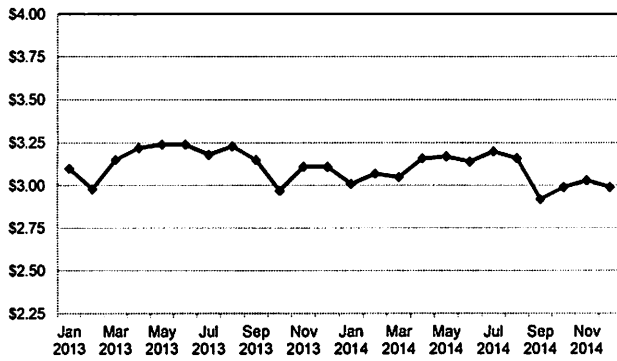
**Cookies, arrowroot, 350 g
January 2013 to December 2014**



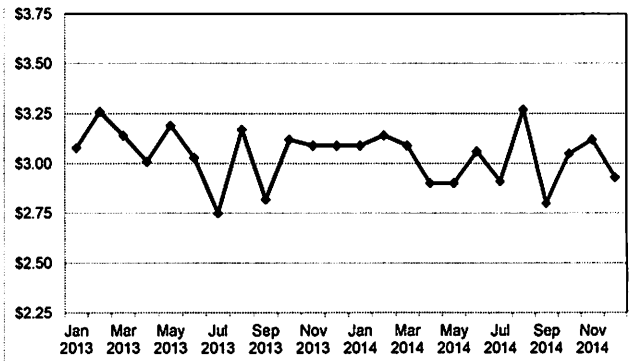
**Buns, hamburger, white, 540 g, 12's
January 2013 to December 2014**



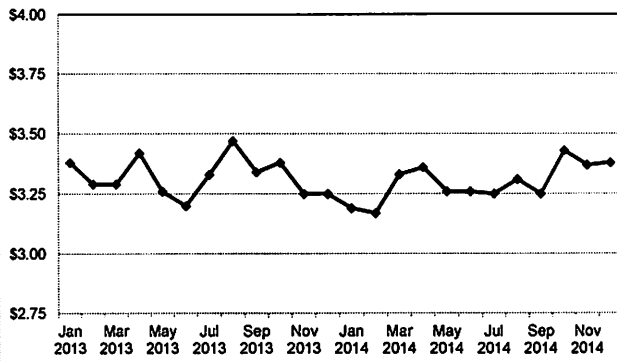
**Soda Crackers, unsalted tops, 450 g
January 2013 to December 2014**



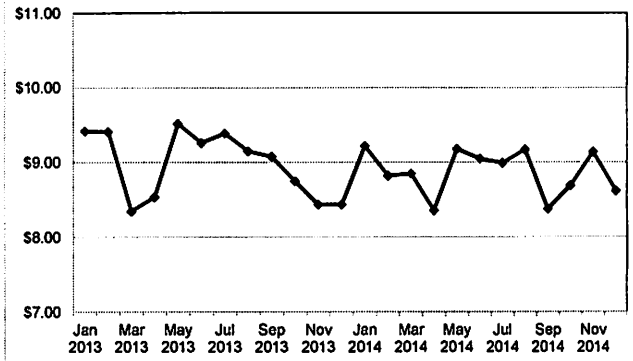
**Bread, white, private label, 570 g
January 2013 to December 2014**



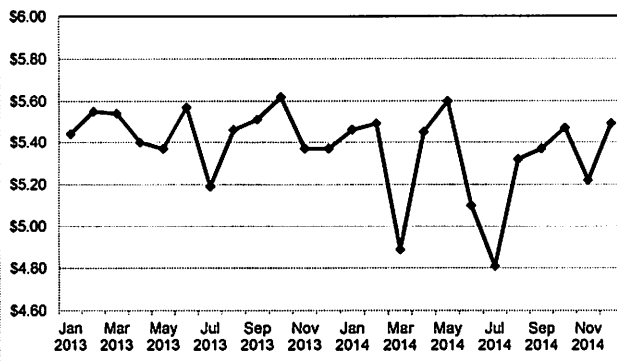
**Pasta, macaroni or spaghetti, enriched, 900 g
January 2013 to December 2014**



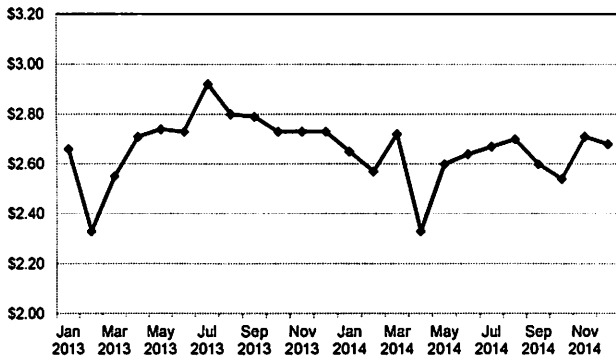
**Flour, white, enriched, all purpose, 5 kg
January 2013 to December 2014**



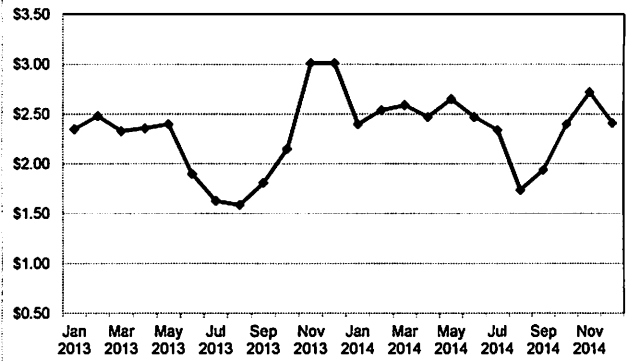
**Rice, converted, natural long grain, 900 g
January 2013 to December 2014**



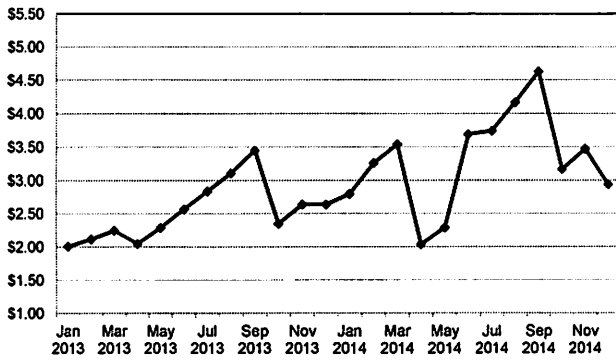
**Peaches, canned, juice or water pack, 398 ml
January 2013 to December 2014**



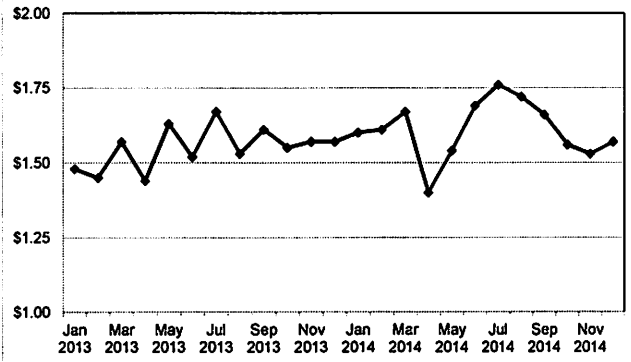
**Melon, cantaloupe, kg
January 2013 to December 2014**



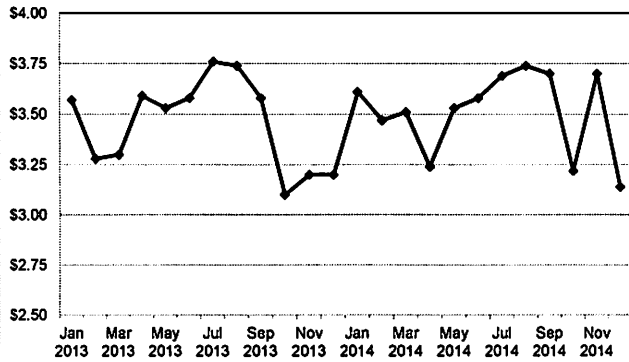
**Sweet Potato or Yam, kg
January 2013 to December 2014**



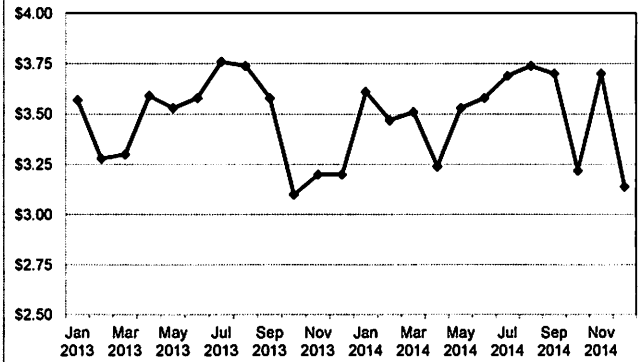
**Carrots, kg
January 2013 to December 2014**



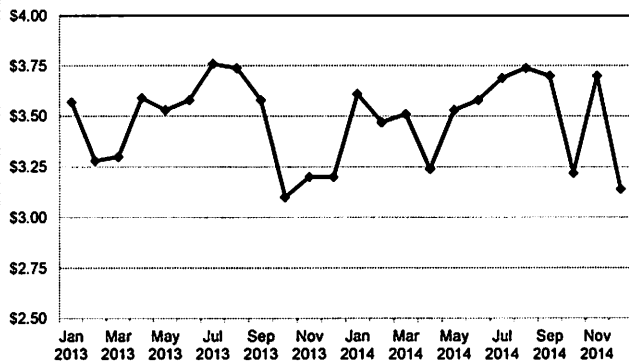
Beans, green, frozen, 750 g
January 2013 to December 2014



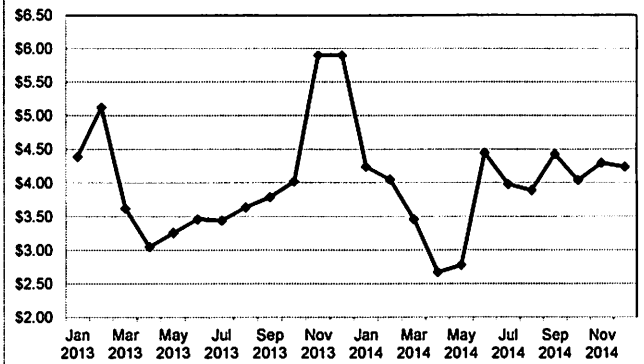
Vegetables, mixed, frozen, 750 g
January 2013 to December 2014



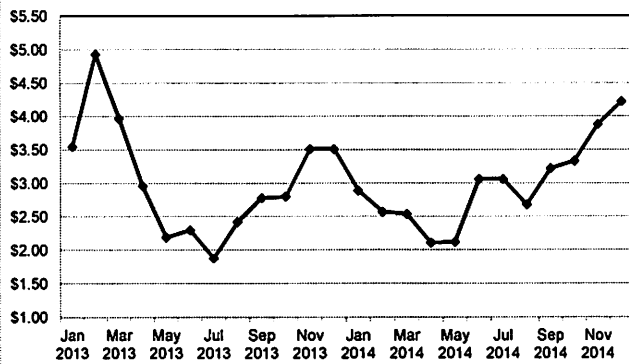
Peas, green, frozen, 750 g
January 2013 to December 2014



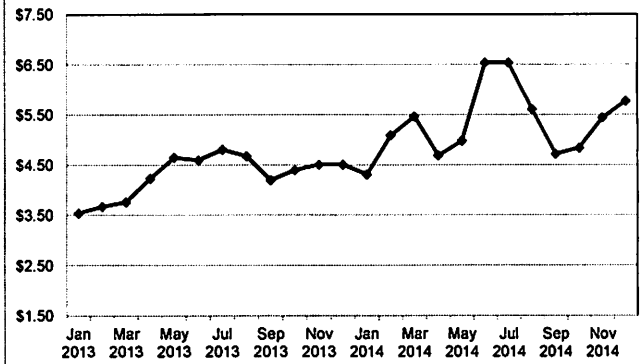
Broccoli, bunches, kg
January 2013 to December 2014

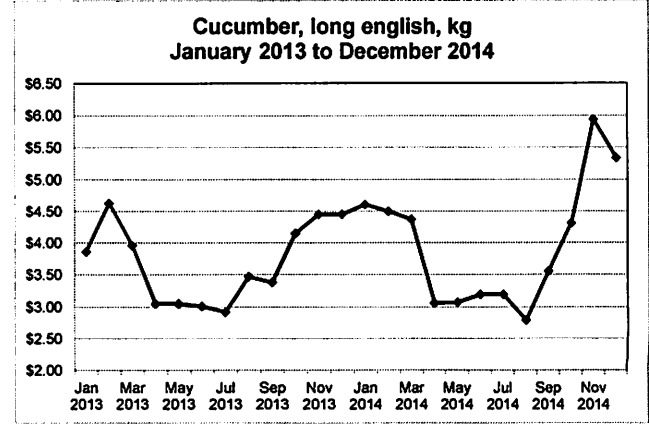
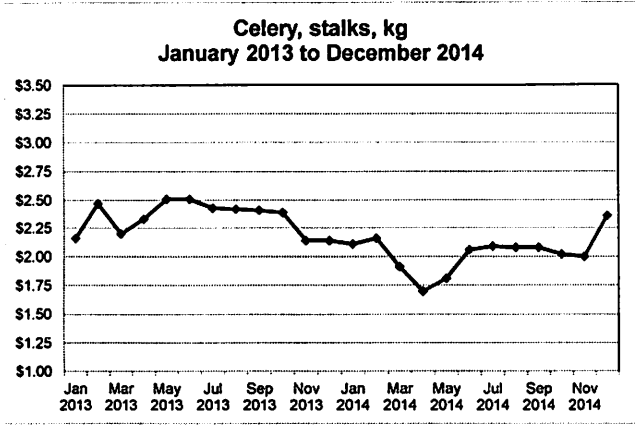
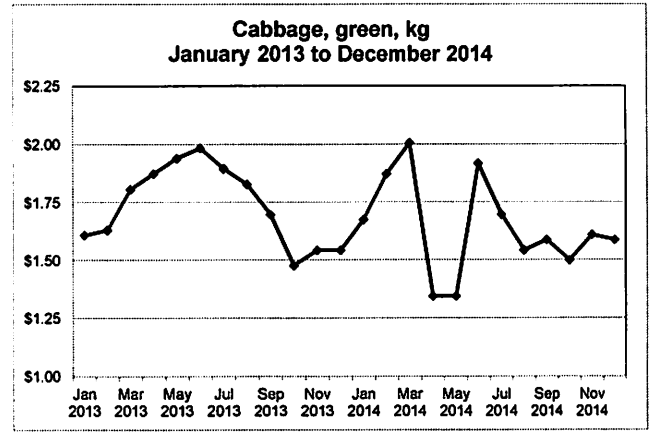
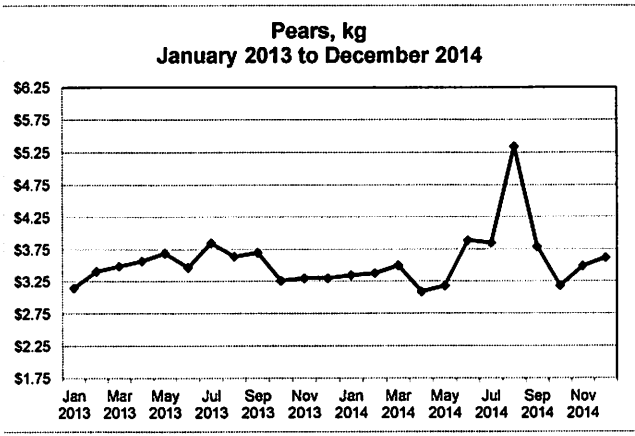
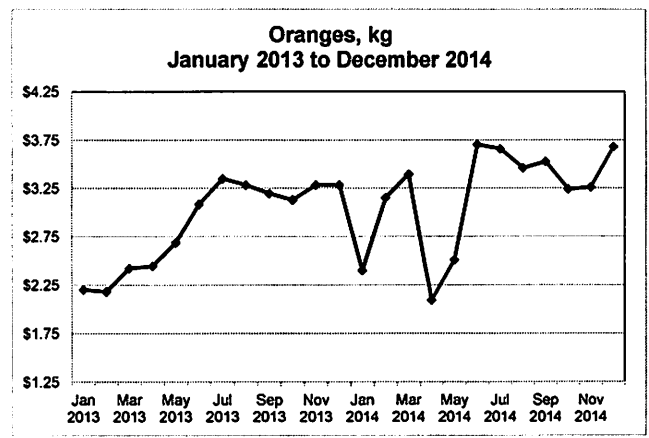
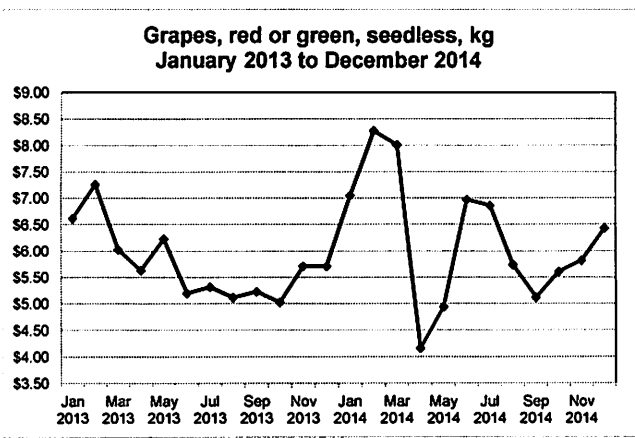
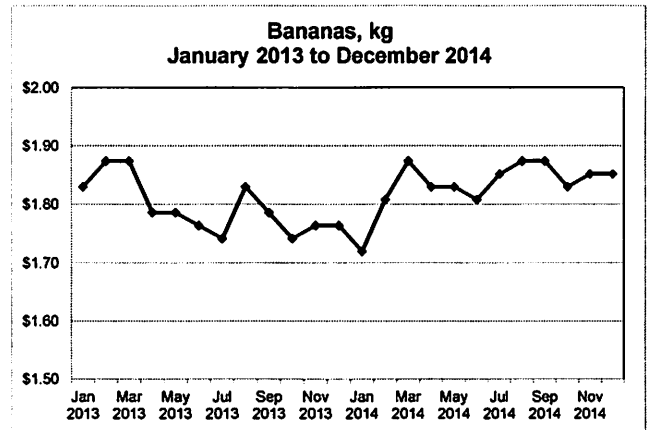
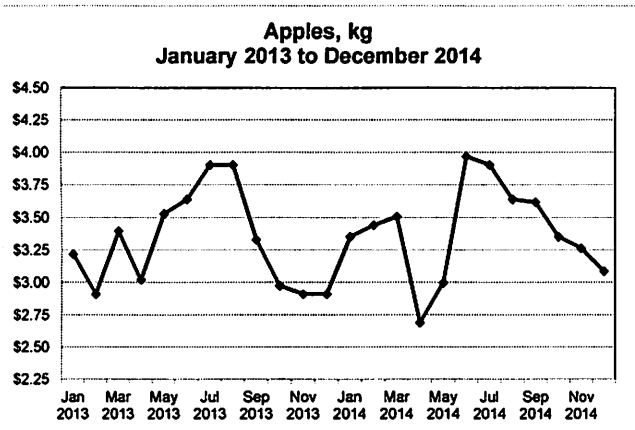


Lettuce, romaine, kg
January 2013 to December 2014

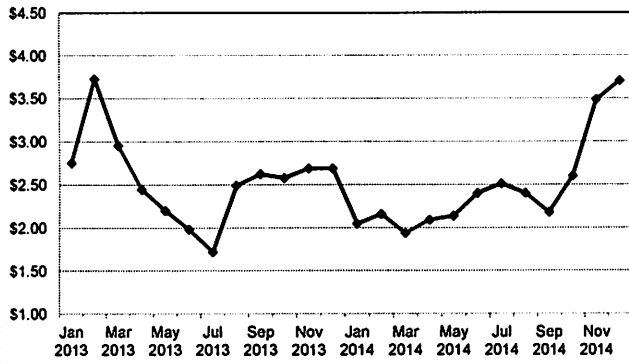


Peppers, sweet green bell, kg
January 2013 to December 2014

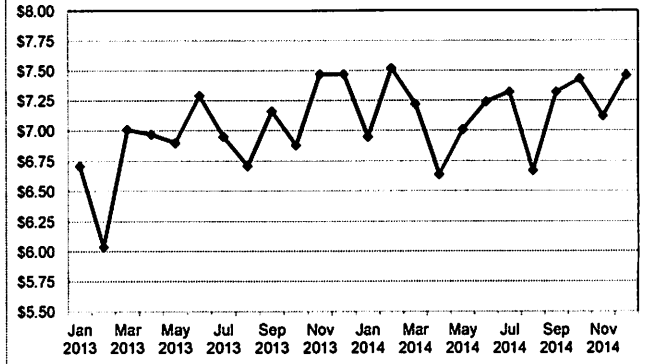




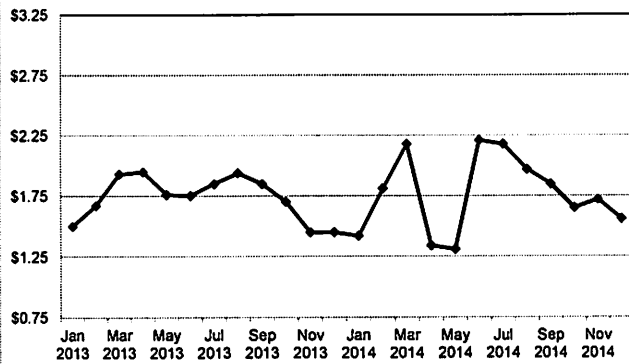
**Lettuce, iceberg, kg
January 2013 to December 2014**



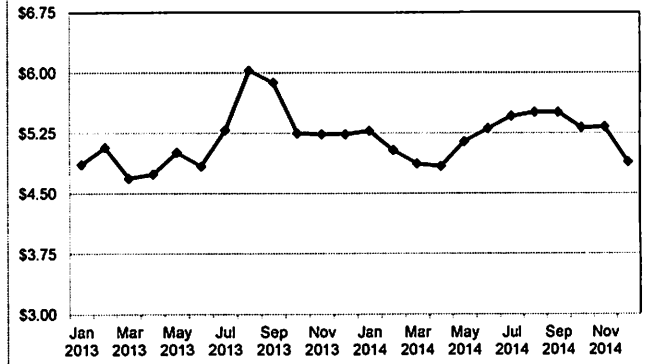
**Mushrooms, white, bulk, kg
January 2013 to December 2014**



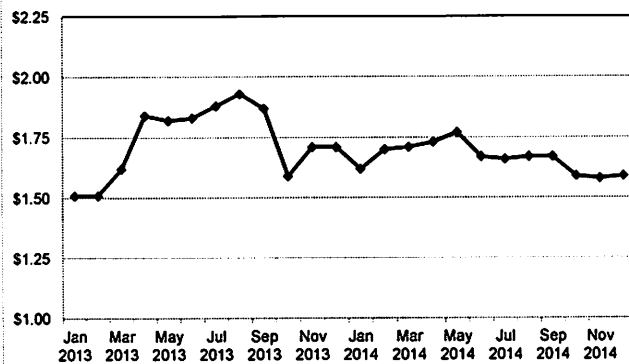
**Onions, yellow, cooking, kg
January 2013 to December 2014**



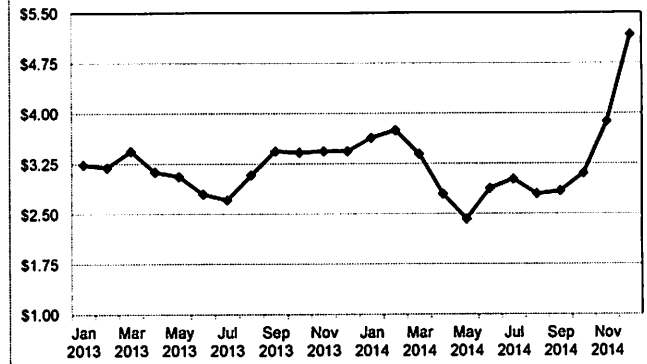
**Potatoes, white or red, 4.54 kg
January 2013 to December 2014**



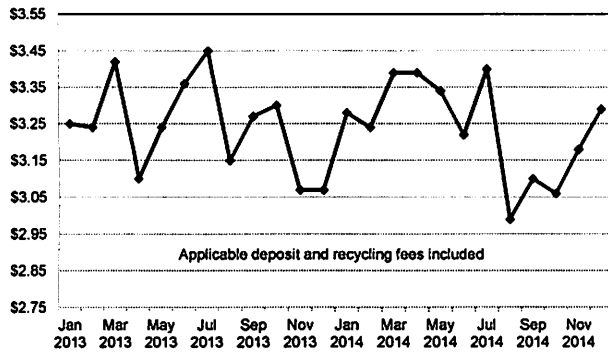
**Rutabagas, kg
January 2013 to December 2014**



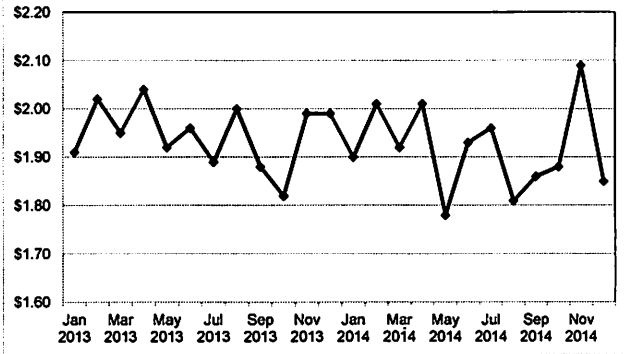
**Tomatoes, red, kg
January 2013 to December 2014**



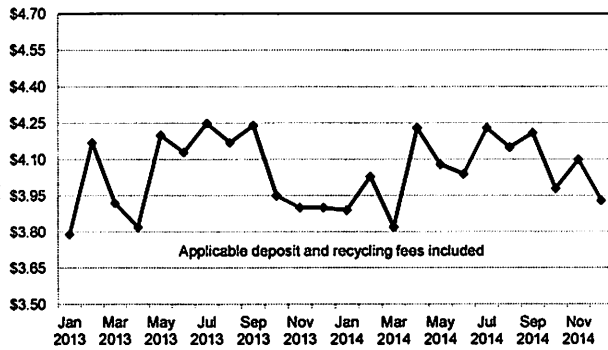
**Apple Juice, unsweetened, 1.36 litres
January 2013 to December 2014**



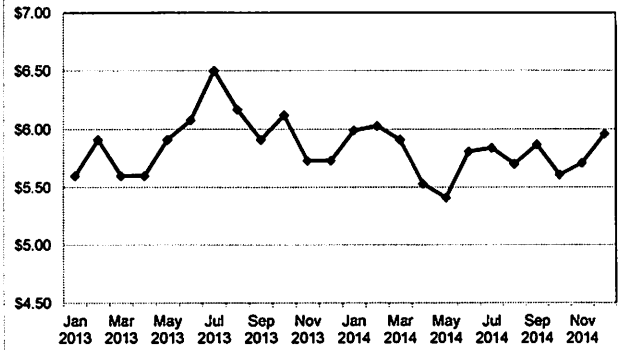
**Orange Juice, frozen concentrate, 355 ml
January 2013 to December 2014**



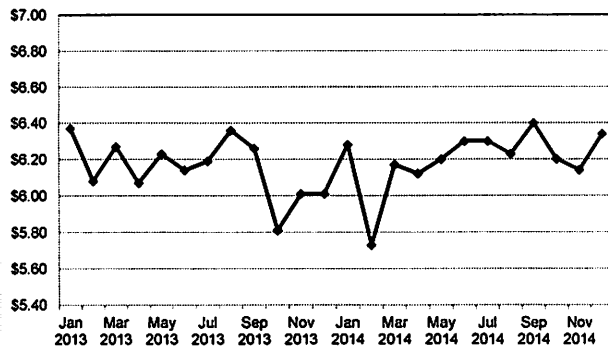
**Vegetable Juice Cocktail, 1.36 litres
January 2013 to December 2014**



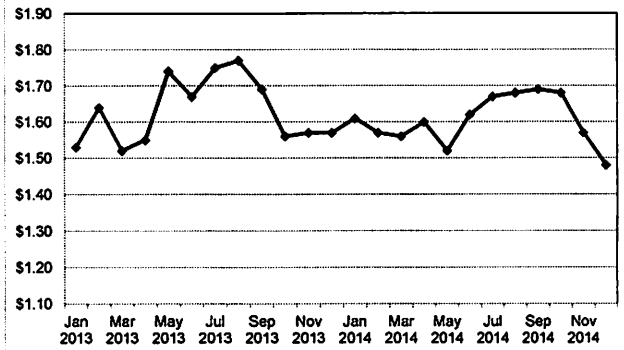
**Raisins, seedless, sultana or thompson, 750 g
January 2013 to December 2014**



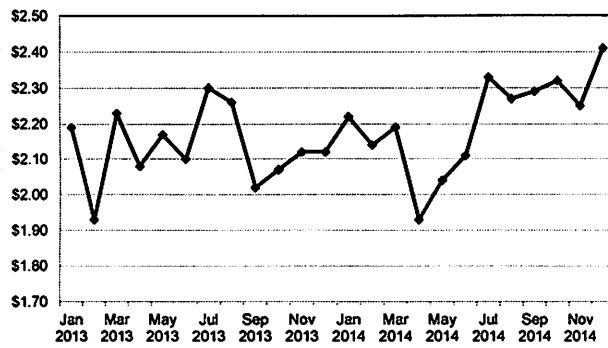
**Strawberries, frozen, unsweetened, 600 g
January 2013 to December 2014**



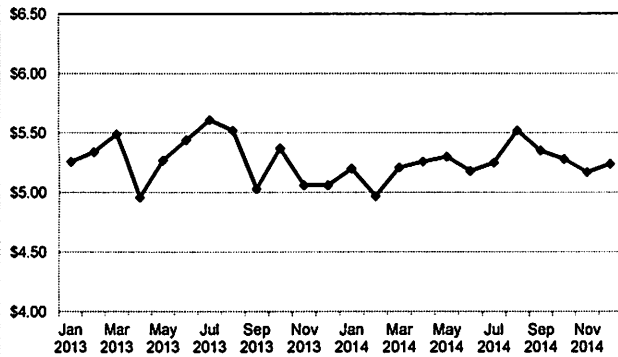
**Corn, canned vacuum packed, 341 ml
January 2013 to December 2014**



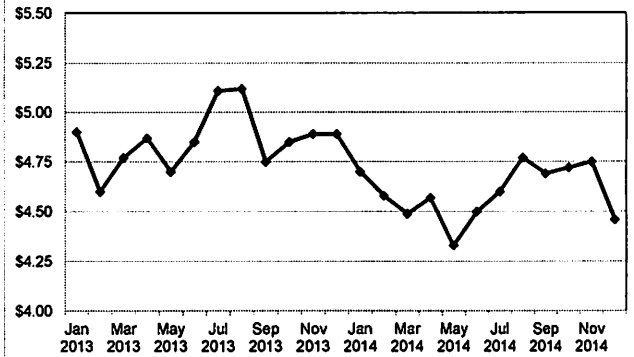
**Tomatoes, canned, whole, 796 ml
January 2013 to December 2014**



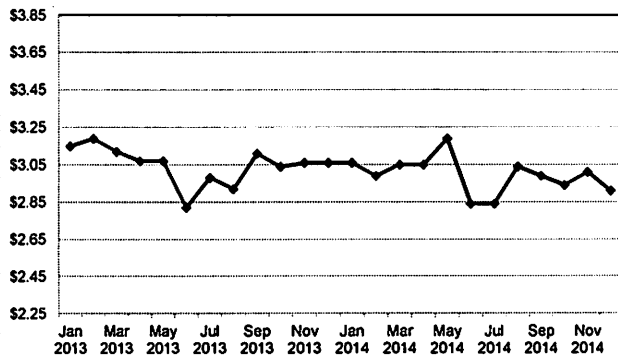
**Margarine, canola, low in saturated fat, 907 g
January 2013 to December 2014**



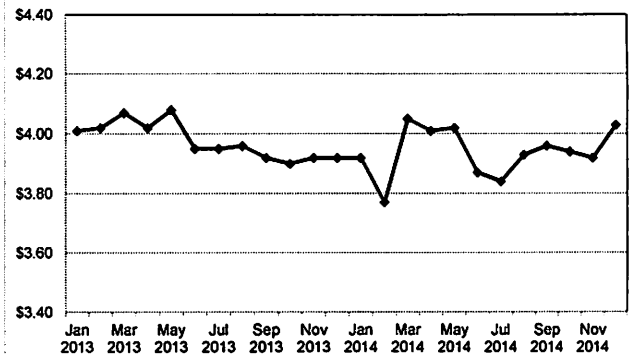
**Oil, canola, 946 ml
January 2013 to December 2014**



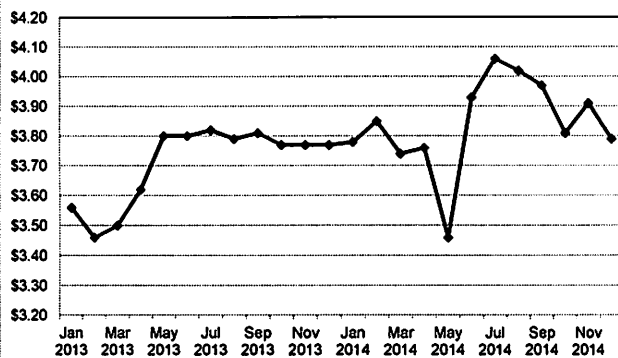
**Salad Dressing, Italian, 475 ml
January 2013 to December 2014**



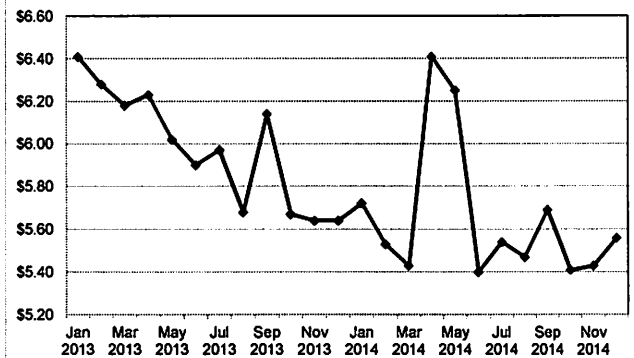
**Mayonnaise, 475 ml
January 2013 to December 2014**



**Butter, 454 g
January 2013 to December 2014**



**Sugar, white granulated, 4 kg
January 2013 to December 2014**



**Honey, creamed, pasteurized, 500 g
January 2013 to December 2014**

