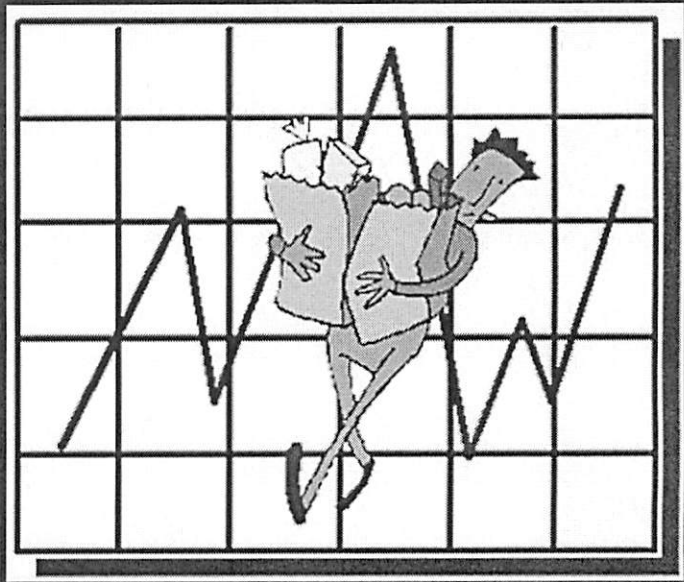


# Edmonton Retail Food Prices

An Overview of 2015-2016



# Edmonton Retail Food Prices - An Overview of 2015 and 2016

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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.

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

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

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**Table 1 - Average Retail Food Prices for Edmonton (\$) - January to June 2015<sup>(\*)</sup>**

Food Items by Category	January 2015	February 2015	March 2015	April 2015	May 2015	June 2015
<b>Milk Products &amp; Alternatives</b>						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.65	3.65	3.65	3.56	3.56	3.68
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.53	2.53	2.70	2.53	2.44	2.68
Cheddar Cheese, medium, 100 g	1.18	1.16	1.19	1.24	1.24	1.17
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.37	1.33	1.35	1.26	1.28	1.33
Processed Cheese, slices, 500 g	5.21	5.22	5.33	4.94	5.45	5.12
Ice Cream, 4 litre	6.63	6.54	6.48	6.37	5.85	6.38
<b>Eggs</b>						
Eggs, grade A large, dozen	2.80	2.76	2.76	2.63	2.64	2.85
<b>Beef</b>						
Inside Round Steak, boneless, kg	17.78	16.69	18.21	13.50	12.86	18.84
Inside Round Roast, boneless, kg	15.88	15.12	15.91	12.50	13.03	17.39
Ground Beef, lean, kg	11.44	11.90	11.95	8.84	8.42	11.90
<b>Pork &amp; Processed Meats</b>						
Pork Loin Chops, centre-cut, bone-in, kg	14.18	14.70	14.37	11.38	11.09	14.07
Ham, sliced, regular, 175 g	5.49	5.50	5.39	4.13	4.13	5.23
<b>Poultry</b>						
Chicken, grade A, whole fryer, kg	7.25	6.86	7.14	7.10	6.53	7.78
Chicken Thighs, kg	9.02	8.60	9.22	8.18	8.13	9.39
Chicken Drumsticks, kg	8.62	8.29	8.75	7.94	7.89	8.82
Chicken Breasts, boneless & skinless, kg	16.23	16.36	16.89	15.87	15.56	17.13
<b>Fish</b>						
Fish, sole, frozen, 400 g	5.79	5.62	6.41	6.41	6.53	6.27
Salmon, sockeye, canned, 213 g	4.46	4.32	4.33	3.79	3.91	4.34
Tuna, flaked or chunk, in water, canned, 170 g	1.59	1.58	1.53	1.51	1.45	1.56
<b>Meat Alternatives</b>						
Peanut Butter, smooth or crunchy, 1 kg	5.60	6.11	6.48	6.04	6.14	6.62
Peanuts, dry roasted, 700 g	6.01	6.16	6.11	5.31	5.22	6.84
Baked Beans, canned, 398 ml	1.46	1.51	1.48	1.51	1.49	1.45
Lentils, dry, 400 g	1.90	1.89	1.86	2.40	2.31	2.19
<b>Whole Grain Products</b>						
Cereal, bran flakes with raisins, 675 g	5.15	5.20	4.87	4.90	5.05	4.64
Cereal, oats, quick cooking, 1 kg	3.37	3.53	3.27	4.03	4.28	3.57
Cereal, toasted oats O's, 525 g	5.80	5.96	5.58	5.83	5.48	5.67
Pita, whole wheat, 324 g, 6's	3.17	3.10	3.15	2.94	2.61	3.02
Bread, whole wheat, private label, 680 g	3.41	3.45	3.24	3.80	3.88	3.66
Flour, whole wheat, 5 kg	9.27	9.13	9.10	8.36	9.18	9.08
<b>Non-Whole Grain Products</b>						
Cookies, arrowroot, 350 g	3.94	3.92	3.95	4.13	4.17	4.09
Buns, hamburger, white, 540 g, 12's	3.32	3.36	3.32	2.98	2.69	3.14
Soda Crackers, unsalted tops, 450 g	3.06	3.21	3.24	3.16	3.17	3.56
Bread, white, private label, 570 g	3.21	2.92	2.94	2.90	2.90	3.23
Pasta, macaroni or spaghetti, enriched, 900 g	3.38	3.80	3.93	3.36	3.26	3.91
Flour, white, enriched, all purpose, 5 kg	9.27	9.13	9.10	8.36	9.18	9.08
Rice, converted, natural long grain, 900 g	5.36	5.19	5.25	5.45	5.60	5.14

(\*) 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 2015<sup>(\*)</sup>**

Food Items by Category	January 2015	February 2015	March 2015	April 2015	May 2015	June 2015
<b>Orange Vegetables &amp; Fruits</b>						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.77	2.73	2.50	2.33	2.60	2.71
Melon, cantaloupe, kg	2.99	3.12	3.05	2.47	2.65	2.29
Sweet Potato or Yam, kg	3.35	4.01	4.09	2.04	2.29	4.21
Carrots, kg	1.63	1.56	1.73	1.40	1.54	2.03
<b>Dark Green Vegetables</b>						
Beans, green, frozen, 750 g	3.54	3.38	3.37	3.24	3.53	3.47
Vegetables, mixed, frozen, 750 g	3.54	3.38	3.37	3.24	3.53	3.47
Peas, green, frozen, 750 g	3.54	3.38	3.37	3.24	3.53	3.47
Broccoli, bunches, kg	5.23	5.62	4.84	2.67	2.78	5.90
Lettuce, romaine, kg	4.32	6.08	5.33	2.11	2.12	3.96
Peppers, sweet green bell, kg	5.38	5.00	5.69	4.69	4.98	6.23
<b>Other Fresh Vegetables &amp; Fruits</b>						
Apples, kg	3.15	2.93	3.24	2.69	3.00	3.75
Bananas, kg	1.85	1.85	1.87	1.83	1.83	1.87
Grapes, red or green, seedless, kg	7.93	8.43	7.70	4.16	4.94	7.36
Oranges, kg	3.15	2.89	3.04	2.09	2.51	3.46
Pears, kg	3.51	3.54	3.67	3.09	3.18	4.34
Cabbage, green, kg	1.61	2.14	2.60	1.34	1.34	2.78
Celery, stalks, kg	2.61	2.31	2.13	1.70	1.81	2.41
Cucumber, long english, kg	5.56	5.45	5.19	3.06	3.07	3.69
Lettuce, iceberg, kg	3.15	3.35	3.15	2.09	2.14	3.06
Mushrooms, white, bulk, kg	6.85	7.09	8.37	6.64	7.01	8.07
Onions, yellow, cooking, kg	1.57	1.47	1.50	1.34	1.31	1.59
Potatoes, white or red, 4.54 kg	5.25	5.53	5.84	4.84	5.15	5.53
Rutabaga, kg	1.66	1.96	2.14	1.73	1.77	2.17
Tomatoes, red, kg	4.87	4.01	4.37	2.80	2.43	2.82
<b>Other Processed Vegetables &amp; Fruits</b>						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.26	3.31	3.15	3.39	3.34	3.44
Orange Juice, frozen concentrate, 355 ml	2.02	2.13	1.67	2.01	1.78	2.00
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.02	4.19	3.75	4.23	4.08	4.34
Raisins, seedless, Sultana or Thompson, 750 g	6.00	6.27	6.19	5.53	5.41	6.75
Strawberries, frozen, unsweetened, 600 g	6.05	6.26	6.30	6.12	6.20	6.38
Corn, canned vacuum packed, 341 ml	1.61	1.58	1.56	1.60	1.52	1.73
Tomatoes, canned, whole, 796 ml	2.32	2.21	2.38	1.93	2.04	2.31
<b>Fats &amp; Oils</b>						
Margarine, soft, canola, low in saturated fat, 907 g	5.22	5.19	5.24	5.26	5.30	5.22
Oil, canola, 946 ml	4.80	4.80	4.71	4.57	4.33	4.90
Salad Dressing, Italian, 475 ml	2.95	3.02	3.06	3.05	3.19	2.85
Mayonnaise, 475 ml	4.05	3.95	4.11	4.01	4.02	3.97
Butter, 454 g	3.92	3.91	3.83	3.76	3.46	3.93
<b>Sweeteners</b>						
Sugar, white granulated, 4 kg	5.61	5.65	5.52	6.41	6.25	5.50
Honey, creamed, pasteurized, 500 g	6.32	6.48	6.44	5.97	6.04	6.31

(\*) 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: 780-427-4011.

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**Table 1 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2015<sup>(\*)</sup>**

Food Items by Category	July 2015	August 2015	September 2015	October 2015	November 2015	December 2015
<b>Milk Products &amp; Alternatives</b>						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.65	3.65	3.65	3.65	3.53	3.65
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.55	2.60	2.65	2.67	2.62	2.68
Cheddar Cheese, medium, 100 g	1.14	1.19	1.19	1.15	1.17	1.12
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.31	1.34	1.34	1.29	1.31	1.27
Processed Cheese, slices, 500 g	5.44	5.00	5.04	5.29	5.27	5.62
Ice Cream, 4 litre	6.71	6.59	6.34	6.99	6.89	7.13
<b>Eggs</b>						
Eggs, grade A large, dozen	2.85	2.85	2.85	2.85	2.87	2.94
<b>Beef</b>						
Inside Round Steak, boneless, kg	18.14	18.44	19.60	20.11	20.39	19.56
Inside Round Roast, boneless, kg	16.31	17.25	18.61	19.08	18.85	18.51
Ground Beef, lean, kg	12.39	12.70	12.61	13.21	12.83	12.66
<b>Pork &amp; Processed Meats</b>						
Pork Loin Chops, centre-cut, bone-in, kg	14.75	14.81	14.40	16.58	15.41	15.88
Ham, sliced, regular, 175 g	4.78	5.35	5.22	5.23	5.30	5.60
<b>Poultry</b>						
Chicken, grade A, whole fryer, kg	7.32	7.36	7.76	7.91	7.67	7.58
Chicken Thighs, kg	9.50	9.50	9.68	9.88	9.68	9.59
Chicken Drumsticks, kg	8.84	9.02	9.33	9.57	9.28	9.21
Chicken Breasts, boneless & skinless, kg	17.48	17.28	17.53	17.04	17.33	17.05
<b>Fish</b>						
Fish, sole, frozen, 400 g	6.58	7.01	6.48	6.58	6.34	6.38
Salmon, sockeye, canned, 213 g	4.72	4.57	4.68	4.25	4.56	4.43
Tuna, flaked or chunk, in water, canned, 170 g	1.62	1.59	1.63	1.70	1.51	1.64
<b>Meat Alternatives</b>						
Peanut Butter, smooth or crunchy, 1 kg	6.91	6.95	6.77	6.87	6.30	6.98
Peanuts, dry roasted, 700 g	6.42	6.80	6.82	6.74	6.83	6.69
Baked Beans, canned, 398 ml	1.47	1.54	1.49	1.52	1.46	1.52
Lentils, dry, 400 g	2.19	2.25	2.17	2.12	2.19	2.23
<b>Whole Grain Products</b>						
Cereal, bran flakes with raisins, 675 g	4.74	5.43	4.76	5.28	5.11	5.59
Cereal, oats, quick cooking, 1 kg	3.32	3.59	3.50	3.38	3.38	3.54
Cereal, toasted oats O's, 525 g	6.35	5.78	6.18	5.86	6.12	6.24
Pita, whole wheat, 324 g, 6's	2.99	2.99	2.99	2.94	2.97	3.00
Bread, whole wheat, private label, 680 g	3.65	3.57	3.47	3.58	3.56	3.86
Flour, whole wheat, 5 kg	9.20	9.24	9.21	9.52	9.37	9.12
<b>Non-Whole Grain Products</b>						
Cookies, arrowroot, 350 g	4.09	4.12	4.13	4.02	4.11	4.32
Buns, hamburger, white, 540 g, 12's	3.17	3.11	3.13	3.39	3.33	3.41
Soda Crackers, unsalted tops, 450 g	3.50	3.60	3.59	3.47	3.55	3.47
Bread, white, private label, 570 g	3.21	3.22	3.09	3.31	3.23	3.15
Pasta, macaroni or spaghetti, enriched, 900 g	4.35	3.99	4.18	4.03	3.98	3.78
Flour, white, enriched, all purpose, 5 kg	9.20	9.24	9.21	9.52	9.37	9.12
Rice, converted, natural long grain, 900 g	5.07	5.22	5.23	5.30	5.08	5.61

(\*) 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 2015<sup>(\*)</sup>**

Food Items by Category	July 2015	August 2015	September 2015	October 2015	November 2015	December 2015
<b>Orange Vegetables &amp; Fruits</b>						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.78	2.76	2.66	2.58	2.63	2.67
Melon, cantaloupe, kg	2.59	2.40	2.62	2.69	2.39	2.32
Sweet Potato or Yam, kg	4.22	4.21	4.27	3.32	3.27	3.00
Carrots, kg	2.18	1.93	1.81	1.87	1.75	1.98
<b>Dark Green Vegetables</b>						
Beans, green, frozen, 750 g	3.66	3.67	3.55	3.31	3.52	2.93
Vegetables, mixed, frozen, 750 g	3.66	3.67	3.55	3.31	3.52	2.93
Peas, green, frozen, 750 g	3.66	3.67	3.55	3.31	3.52	2.93
Broccoli, bunches, kg	5.98	5.72	5.71	5.71	5.62	6.89
Lettuce, romaine, kg	4.17	4.47	5.54	5.30	5.54	6.11
Peppers, sweet green bell, kg	6.38	6.42	6.18	6.36	6.27	6.30
<b>Other Fresh Vegetables &amp; Fruits</b>						
Apples, kg	3.77	3.81	3.62	3.42	3.53	3.85
Bananas, kg	1.87	1.87	1.87	1.87	1.87	1.85
Grapes, red or green, seedless, kg	7.82	6.84	6.57	6.80	6.53	8.46
Oranges, kg	3.57	3.70	4.01	4.08	4.12	4.02
Pears, kg	4.57	4.49	4.27	4.22	4.00	4.48
Cabbage, green, kg	2.58	2.47	2.51	2.01	2.18	2.26
Celery, stalks, kg	2.49	2.63	2.60	2.84	3.25	3.97
Cucumber, long english, kg	3.73	3.39	3.83	5.21	6.26	5.75
Lettuce, iceberg, kg	2.95	2.87	3.40	4.10	4.78	5.55
Mushrooms, white, bulk, kg	8.22	8.24	8.51	8.35	8.76	8.60
Onions, yellow, cooking, kg	1.85	2.28	2.16	2.07	2.03	2.14
Potatoes, white or red, 4.54 kg	5.87	5.74	5.79	5.45	5.45	5.47
Rutabaga, kg	2.16	2.36	2.05	2.07	2.17	2.40
Tomatoes, red, kg	3.20	3.17	3.35	3.57	4.25	4.59
<b>Other Processed Vegetables &amp; Fruits</b>						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.22	3.30	3.24	3.33	3.25	3.41
Orange Juice, frozen concentrate, 355 ml	2.12	1.92	2.04	2.07	2.04	1.90
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.40	4.46	4.35	4.49	4.23	4.44
Raisins, seedless, Sultana or Thompson, 750 g	6.91	6.73	6.51	6.41	6.21	5.96
Strawberries, frozen, unsweetened, 600 g	6.22	6.27	5.94	6.21	6.30	5.89
Corn, canned vacuum packed, 341 ml	1.70	1.70	1.60	1.61	1.59	1.64
Tomatoes, canned, whole, 796 ml	2.35	2.36	2.30	2.21	2.09	2.36
<b>Fats &amp; Oils</b>						
Margarine, soft, canola, low in saturated fat, 907 g	5.27	5.16	5.26	5.06	5.22	5.16
Oil, canola, 946 ml	4.75	4.73	5.15	4.66	4.79	4.89
Salad Dressing, Italian, 475 ml	2.87	2.93	2.94	2.98	3.10	2.82
Mayonnaise, 475 ml	3.85	3.82	3.93	4.14	4.04	4.26
Butter, 454 g	3.96	3.90	3.89	3.91	3.88	3.91
<b>Sweeteners</b>						
Sugar, white granulated, 4 kg	5.50	5.43	5.46	5.41	5.35	5.39
Honey, creamed, pasteurized, 500 g	6.24	6.38	6.44	6.58	6.40	6.68

(\*) 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: 780-427-4011.

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**Table 2 - Average Retail Food Prices for Edmonton (\$) - January to June 2016<sup>(\*)</sup>**

Food Items by Category	January 2016	February 2016	March 2016	April 2015	May 2016	June 2016
<b>Milk Products &amp; Alternatives</b>						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.54	3.50	3.55	3.74	3.74	3.74
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.74	2.65	2.53	2.77	2.73	2.80
Cheddar Cheese, medium, 100 g	1.17	1.14	1.16	1.14	1.14	1.13
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.29	1.29	1.29	1.29	1.26	1.28
Processed Cheese, slices, 500 g	5.55	5.51	5.34	5.51	5.00	4.92
Ice Cream, 4 litre	6.95	6.56	7.06	6.65	6.54	6.50
<b>Eggs</b>						
Eggs, grade A large, dozen	2.90	2.71	2.83	2.83	2.88	2.88
<b>Beef</b>						
Inside Round Steak, boneless, kg	18.68	18.08	18.83	18.68	18.30	17.90
Inside Round Roast, boneless, kg	17.65	16.53	18.02	17.41	17.07	16.93
Ground Beef, lean, kg	12.59	11.55	12.13	12.54	12.02	10.91
<b>Pork &amp; Processed Meats</b>						
Pork Loin Chops, centre-cut, bone-in, kg	14.75	13.32	13.93	12.90	13.21	13.60
Ham, sliced, regular, 175 g	5.46	5.46	5.42	5.40	5.44	5.60
<b>Poultry</b>						
Chicken, grade A, whole fryer, kg	7.45	7.05	7.25	7.54	7.94	6.75
Chicken Thighs, kg	9.10	9.04	8.84	8.38	8.71	8.60
Chicken Drumsticks, kg	8.75	8.66	8.62	8.18	8.49	8.36
Chicken Breasts, boneless & skinless, kg	16.69	16.78	17.31	16.42	17.64	16.84
<b>Fish</b>						
Fish, sole, frozen, 400 g	6.36	7.42	7.15	7.21	7.14	7.43
Salmon, sockeye, canned, 213 g	4.24	4.37	4.32	4.21	4.17	4.40
Tuna, flaked or chunk, in water, canned, 170 g	1.57	1.56	1.48	1.59	1.64	1.63
<b>Meat Alternatives</b>						
Peanut Butter, smooth or crunchy, 1 kg	6.90	7.07	6.44	6.56	6.68	6.32
Peanuts, dry roasted, 700 g	6.93	6.55	6.69	6.40	6.63	6.55
Baked Beans, canned, 398 ml	1.46	1.47	1.53	1.43	1.42	1.40
Lentils, dry, 400 g	2.15	1.82	2.20	2.21	2.21	2.28
<b>Whole Grain Products</b>						
Cereal, bran flakes with raisins, 675 g	5.30	5.66	5.43	6.49	6.37	6.38
Cereal, oats, quick cooking, 1 kg	3.57	3.53	3.42	3.51	3.35	3.58
Cereal, toasted oats O's, 525 g	5.99	6.41	6.33	6.33	5.30	6.18
Pita, whole wheat, 324 g, 6's	2.98	3.01	3.27	3.35	3.27	3.39
Bread, whole wheat, private label, 680 g	3.79	3.21	3.89	3.91	3.79	3.55
Flour, whole wheat, 5 kg	9.54	9.83	9.28	9.65	10.00	9.57
<b>Non-Whole Grain Products</b>						
Cookies, arrowroot, 350 g	4.16	4.33	4.32	4.23	4.38	4.39
Buns, hamburger, white, 540 g, 12's	3.40	3.43	3.31	3.21	2.82	3.21
Soda Crackers, unsalted tops, 450 g	3.53	3.80	3.67	3.79	3.98	3.80
Bread, white, private label, 570 g	3.38	3.01	3.45	3.54	3.37	3.47
Pasta, macaroni or spaghetti, enriched, 900 g	4.01	4.32	4.13	3.98	4.16	4.28
Flour, white, enriched, all purpose, 5 kg	9.54	9.83	9.28	9.65	10.00	9.57
Rice, converted, natural long grain, 900 g	5.63	5.31	5.36	5.13	5.69	5.24

(\*) 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 2016<sup>(\*)</sup>**

Food Items by Category	January 2016	February 2016	March 2016	April 2015	May 2016	June 2016
<b>Orange Vegetables &amp; Fruits</b>						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.71	2.60	2.72	2.80	2.79	2.78
Melon, cantaloupe, kg	2.29	2.17	2.38	2.41	2.18	2.28
Sweet Potato or Yam, kg	3.35	3.58	3.02	3.50	3.50	3.46
Carrots, kg	2.14	2.16	2.09	2.13	2.20	2.21
<b>Dark Green Vegetables</b>						
Beans, green, frozen, 750 g	3.55	3.02	3.53	3.59	3.81	3.84
Vegetables, mixed, frozen, 750 g	3.55	3.02	3.53	3.59	3.81	3.84
Peas, green, frozen, 750 g	3.55	2.90	3.53	3.59	3.81	3.84
Broccoli, bunches, kg	7.12	5.29	5.13	3.82	3.76	3.86
Lettuce, romaine, kg	4.98	4.78	3.50	3.15	3.65	4.09
Peppers, sweet green bell, kg	6.68	6.71	7.06	6.55	6.12	6.35
<b>Other Fresh Vegetables &amp; Fruits</b>						
Apples, kg	3.88	3.35	3.88	3.88	4.01	4.23
Bananas, kg	1.87	1.72	1.72	1.72	1.72	1.72
Grapes, red or green, seedless, kg	9.51	8.79	8.64	7.65	8.82	7.35
Oranges, kg	3.57	3.40	3.57	3.24	3.09	3.55
Pears, kg	4.81	4.02	4.09	4.25	4.38	4.27
Cabbage, green, kg	2.58	2.80	2.67	2.69	2.69	2.65
Celery, stalks, kg	5.74	3.24	2.71	2.51	2.57	2.64
Cucumber, long english, kg	6.58	4.33	4.56	3.59	3.76	4.01
Lettuce, iceberg, kg	4.94	3.33	2.98	2.40	2.40	2.89
Mushrooms, white, bulk, kg	8.58	8.10	7.41	7.52	7.43	7.60
Onions, yellow, cooking, kg	2.12	1.96	2.08	2.01	1.93	2.57
Potatoes, white or red, 4.54 kg	6.04	4.23	4.62	4.69	4.49	5.36
Rutabaga, kg	2.36	1.52	1.82	1.89	1.89	2.01
Tomatoes, red, kg	6.24	5.07	4.48	4.10	2.95	2.80
<b>Other Processed Vegetables &amp; Fruits</b>						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.54	3.48	3.44	3.39	3.40	3.47
Orange Juice, frozen concentrate, 355 ml	1.98	1.96	1.85	2.18	2.23	1.88
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.50	4.29	4.40	4.44	4.59	4.36
Raisins, seedless, Sultana or Thompson, 750 g	6.04	6.11	5.86	6.11	6.11	6.11
Strawberries, frozen, unsweetened, 600 g	6.33	6.13	6.02	6.05	5.94	5.44
Corn, canned vacuum packed, 341 ml	1.73	1.75	1.69	1.71	1.76	1.77
Tomatoes, canned, whole, 796 ml	2.31	2.28	2.13	2.27	2.24	2.41
<b>Fats &amp; Oils</b>						
Margarine, soft, canola, low in saturated fat, 907 g	5.22	5.07	5.33	5.24	5.18	5.15
Oil, canola, 946 ml	5.03	5.18	4.82	4.39	4.66	4.24
Salad Dressing, Italian, 475 ml	3.03	3.19	3.04	2.98	2.94	2.78
Mayonnaise, 475 ml	4.15	4.11	4.18	4.15	4.06	4.17
Butter, 454 g	3.98	4.00	3.96	4.08	4.01	4.02
<b>Sweeteners</b>						
Sugar, white granulated, 4 kg	5.52	5.53	5.46	5.68	5.70	5.67
Honey, creamed, pasteurized, 500 g	6.63	6.12	6.86	6.89	6.92	6.44

(\*) 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: 780-427-4011.

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**Table 2 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2016<sup>(\*)</sup>**

Food Items by Category	July 2016	August 2016	September 2016	October 2016	November 2016	December 2016
<b>Milk Products &amp; Alternatives</b>						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.74	3.74	3.74	3.48	3.50	3.74
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.63	2.64	2.47	2.57	2.48	2.40
Cheddar Cheese, medium, 100 g	1.20	1.21	1.11	1.10	1.12	1.11
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.34	1.33	1.27	1.27	1.31	1.33
Processed Cheese, slices, 500 g	4.77	4.94	5.16	5.44	5.29	5.12
Ice Cream, 4 litre	6.42	6.46	6.78	6.82	7.10	6.96
<b>Eggs</b>						
Eggs, grade A large, dozen	2.84	2.93	2.93	2.93	2.90	2.96
<b>Beef</b>						
Inside Round Steak, boneless, kg	17.95	18.14	17.76	17.17	17.38	16.41
Inside Round Roast, boneless, kg	16.80	17.22	16.45	16.36	15.92	14.48
Ground Beef, lean, kg	10.93	10.93	11.46	12.03	10.74	11.51
<b>Pork &amp; Processed Meats</b>						
Pork Loin Chops, centre-cut, bone-in, kg	14.64	13.87	14.06	14.29	13.32	14.29
Ham, sliced, regular, 175 g	5.80	5.67	5.72	5.83	5.88	5.92
<b>Poultry</b>						
Chicken, grade A, whole fryer, kg	6.92	7.43	7.29	7.31	6.81	7.47
Chicken Thighs, kg	9.15	9.52	9.37	9.62	9.77	9.85
Chicken Drumsticks, kg	8.82	9.28	9.13	9.40	9.57	9.63
Chicken Breasts, boneless & skinless, kg	19.78	18.58	19.23	19.95	19.49	20.00
<b>Fish</b>						
Fish, sole, frozen, 400 g	6.99	7.23	6.63	6.95	6.83	7.06
Salmon, sockeye, canned, 213 g	4.26	4.28	4.07	3.66	3.88	3.94
Tuna, flaked or chunk, in water, canned, 170 g	1.62	1.70	1.33	1.47	1.45	1.59
<b>Meat Alternatives</b>						
Peanut Butter, smooth or crunchy, 1 kg	6.82	6.78	6.67	6.84	6.35	6.42
Peanuts, dry roasted, 700 g	6.70	6.62	5.34	5.36	5.29	5.05
Baked Beans, canned, 398 ml	1.53	1.35	1.51	1.60	1.52	1.44
Lentils, dry, 400 g	2.31	2.30	1.96	1.99	1.99	1.99
<b>Whole Grain Products</b>						
Cereal, bran flakes with raisins, 675 g	6.00	6.19	6.04	6.33	6.14	6.44
Cereal, oats, quick cooking, 1 kg	3.55	3.21	3.01	2.94	3.01	3.27
Cereal, toasted oats O's, 525 g	5.97	5.75	5.12	5.61	5.91	5.52
Pita, whole wheat, 324 g, 6's	3.35	3.34	3.47	3.52	3.52	3.75
Bread, whole wheat, private label, 680 g	3.54	3.65	3.48	3.56	3.45	3.47
Flour, whole wheat, 5 kg	9.55	9.70	9.36	9.53	9.04	9.39
<b>Non-Whole Grain Products</b>						
Cookies, arrowroot, 350 g	4.47	4.33	4.36	3.99	4.35	4.42
Buns, hamburger, white, 540 g, 12's	2.97	3.08	3.31	3.29	3.43	3.44
Soda Crackers, unsalted tops, 450 g	4.00	4.32	3.91	2.99	4.11	4.04
Bread, white, private label, 570 g	3.28	3.36	3.23	3.05	3.09	3.27
Pasta, macaroni or spaghetti, enriched, 900 g	4.35	4.29	3.70	3.43	3.58	3.64
Flour, white, enriched, all purpose, 5 kg	9.55	9.70	9.42	8.69	9.04	9.39
Rice, converted, natural long grain, 900 g	5.19	5.65	4.58	5.47	4.18	4.67

(\*) 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 2016<sup>(\*)</sup>**

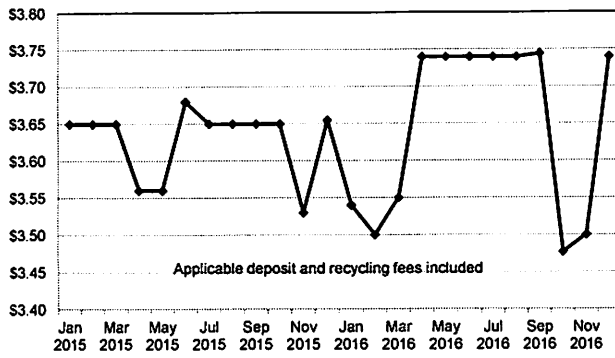
Food Items by Category	July 2016	August 2016	September 2016	October 2016	November 2016	December 2016
<b>Orange Vegetables &amp; Fruits</b>						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.77	2.78	2.61	2.55	2.43	2.36
Melon, cantaloupe, kg	2.06	2.23	2.24	2.39	2.31	2.44
Sweet Potato or Yam, kg	3.37	3.50	3.57	2.97	3.70	3.33
Carrots, kg	2.19	2.06	1.86	1.92	1.80	1.88
<b>Dark Green Vegetables</b>						
Beans, green, frozen, 750 g	3.55	3.80	3.10	2.84	3.19	2.81
Vegetables, mixed, frozen, 750 g	3.55	3.80	3.10	2.84	3.19	2.81
Peas, green, frozen, 750 g	3.55	3.80	3.10	2.84	3.19	2.81
Broccoli, bunches, kg	3.98	4.25	4.35	3.60	3.84	4.14
Lettuce, romaine, kg	3.13	3.45	3.49	3.20	3.61	3.47
Peppers, sweet green bell, kg	6.17	6.26	5.53	5.94	6.10	5.91
<b>Other Fresh Vegetables &amp; Fruits</b>						
Apples, kg	4.25	4.34	4.01	3.52	3.44	3.64
Bananas, kg	1.72	1.72	1.73	1.73	1.72	1.72
Grapes, red or green, seedless, kg	7.22	6.37	5.80	6.62	6.59	7.96
Oranges, kg	3.44	3.57	3.66	3.46	3.79	3.75
Pears, kg	4.35	4.18	4.52	3.93	3.90	3.68
Cabbage, green, kg	2.23	1.98	1.83	1.67	1.81	1.92
Celery, stalks, kg	2.59	2.68	2.59	2.15	2.58	2.87
Cucumber, long english, kg	3.71	3.25	3.89	4.51	6.03	5.83
Lettuce, iceberg, kg	2.54	2.80	2.76	2.79	2.58	2.95
Mushrooms, white, bulk, kg	7.73	7.44	7.51	7.78	7.75	7.64
Onions, yellow, cooking, kg	2.85	2.94	2.41	1.78	1.75	1.61
Potatoes, white or red, 4.54 kg	5.47	5.70	5.31	5.27	5.20	5.25
Rutabaga, kg	2.35	2.34	2.28	2.17	1.99	2.00
Tomatoes, red, kg	2.93	2.69	2.94	3.16	3.55	3.70
<b>Other Processed Vegetables &amp; Fruits</b>						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.44	3.51	3.30	3.10	3.16	3.42
Orange Juice, frozen concentrate, 355 ml	2.01	2.02	1.64	1.72	1.84	1.51
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.47	4.61	4.40	3.95	4.45	4.25
Raisins, seedless, Sultana or Thompson, 750 g	6.11	6.12	5.71	5.76	5.72	5.74
Strawberries, frozen, unsweetened, 600 g	6.00	6.37	6.37	5.68	6.24	5.61
Corn, canned vacuum packed, 341 ml	1.78	1.78	1.53	1.44	1.67	1.51
Tomatoes, canned, whole, 796 ml	2.43	2.35	2.22	2.01	2.09	2.01
<b>Fats &amp; Oils</b>						
Margarine, soft, canola, low in saturated fat, 907 g	4.66	4.29	4.76	4.55	4.75	4.59
Oil, canola, 946 ml	4.38	4.47	4.09	4.11	4.09	4.05
Salad Dressing, Italian, 475 ml	2.88	2.93	3.09	2.94	3.01	2.90
Mayonnaise, 475 ml	4.22	4.24	3.65	3.71	3.78	3.80
Butter, 454 g	3.98	4.00	3.78	3.98	3.98	4.14
<b>Sweeteners</b>						
Sugar, white granulated, 4 kg	5.67	5.66	5.09	5.14	5.24	5.32
Honey, creamed, pasteurized, 500 g	6.38	6.59	5.50	6.34	6.09	6.35

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

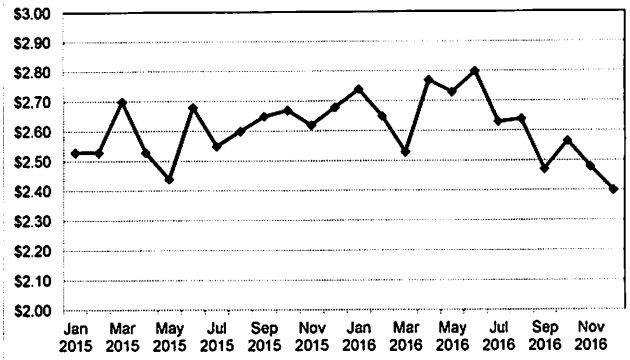
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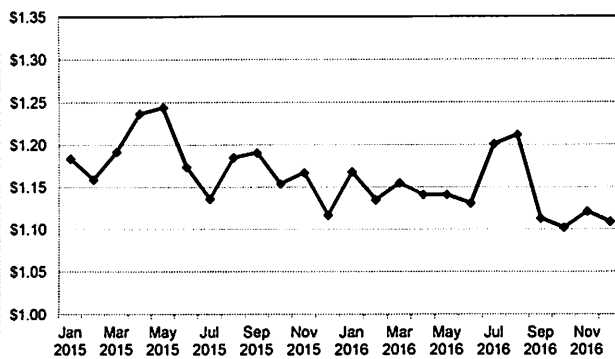
**Milk, 1% partly skimmed, 2 litre  
January 2015 to December 2016**



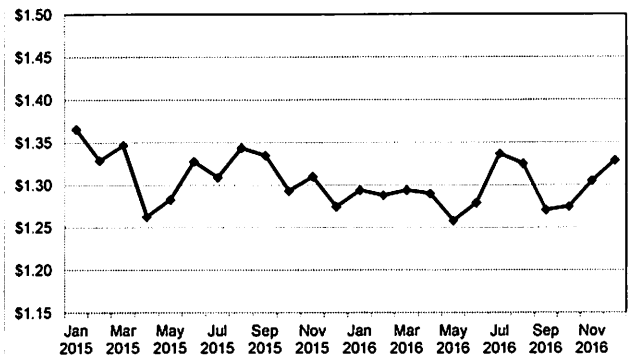
**Yogurt, flavoured, 2% M.F. or less, 750 ml  
January 2015 to December 2016**



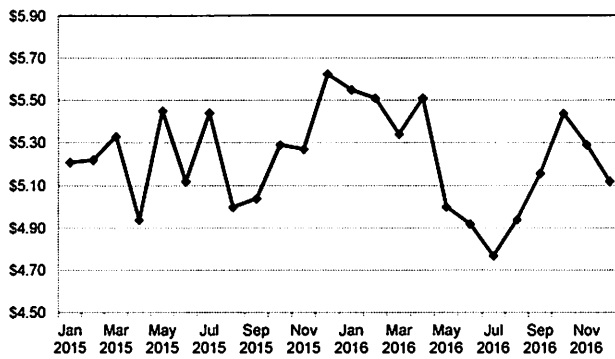
**Cheddar Cheese, medium, 100 g  
January 2015 to December 2016**



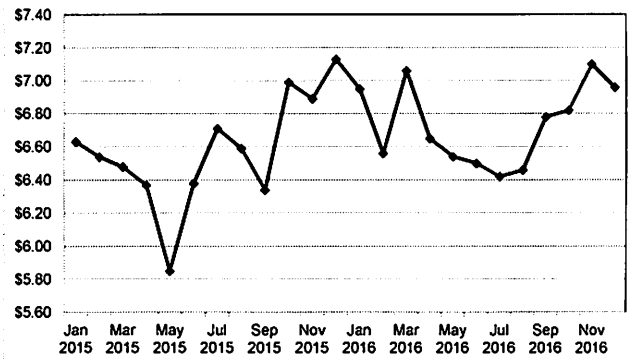
**Mozzarella Cheese, 16.5% B.F. or less, 100 g  
January 2015 to December 2016**



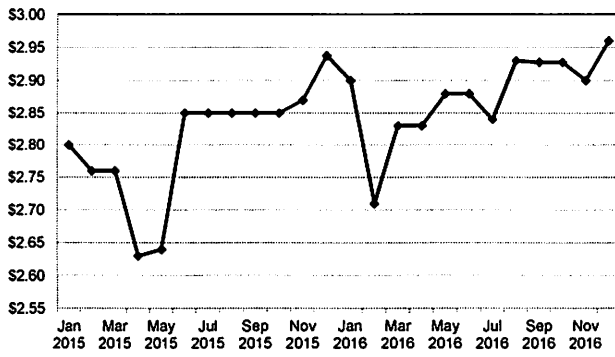
**Processed Cheese, slices, 500 g  
January 2015 to December 2016**



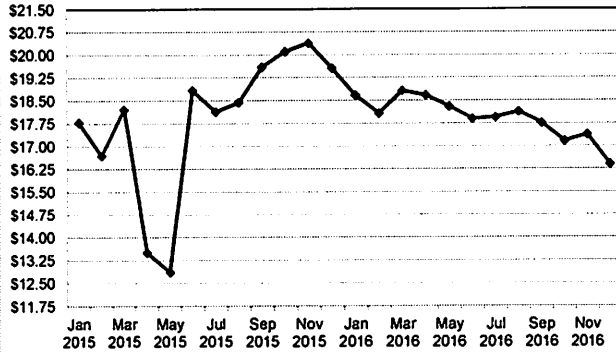
**Ice Cream, 4 litre  
January 2015 to December 2016**



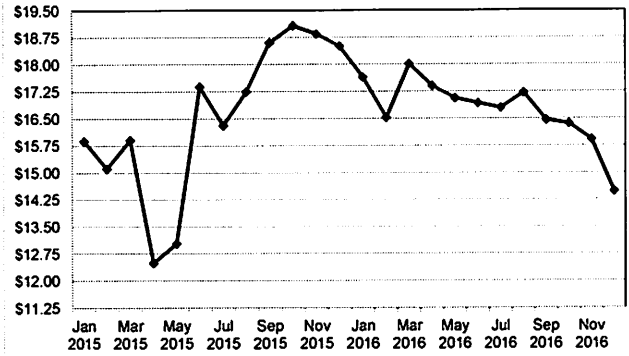
**Eggs, grade A large, dozen  
January 2015 to December 2016**



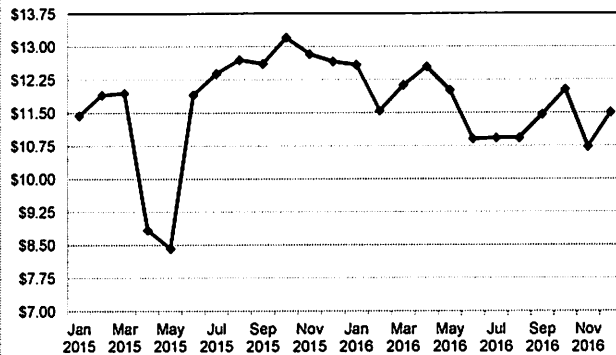
**Inside Round Steak, boneless, kg  
January 2015 to December 2016**



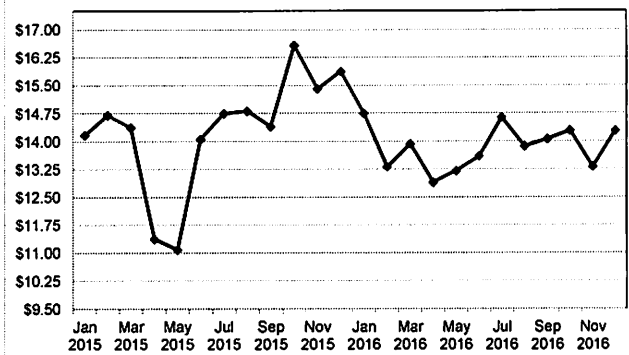
**Inside Round Roast, boneless, kg  
January 2015 to December 2016**



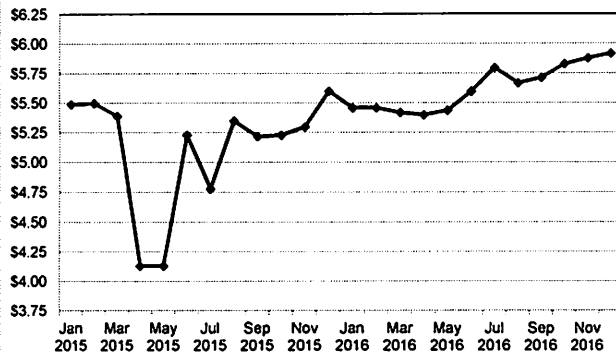
**Ground Beef, lean, kg  
January 2015 to December 2016**



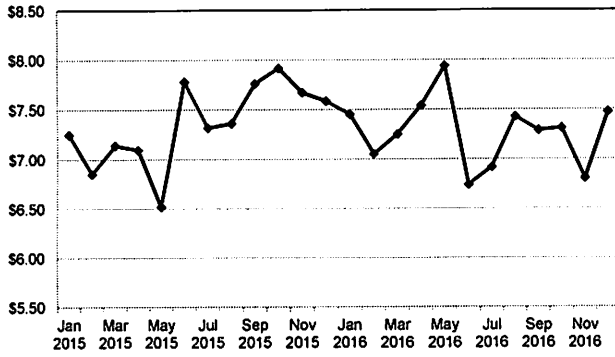
**Pork Loin Chops, centre-cut, bone-in, kg  
January 2015 to December 2016**



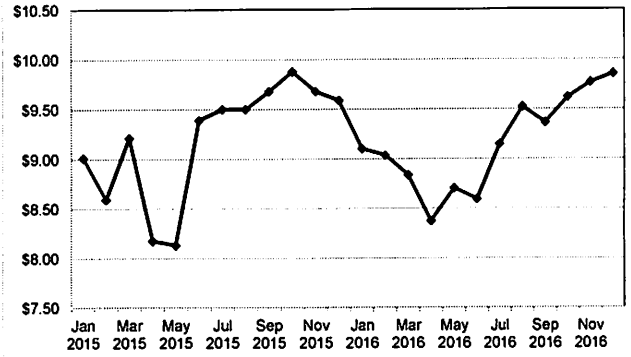
**Ham, sliced, regular, 175 g  
January 2015 to December 2016**



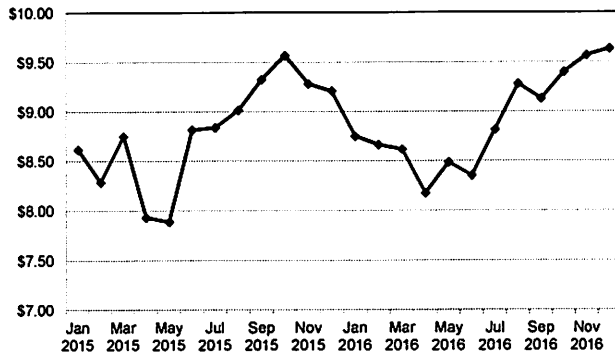
**Chicken, grade A, whole fryer, kg  
January 2015 to December 2016**



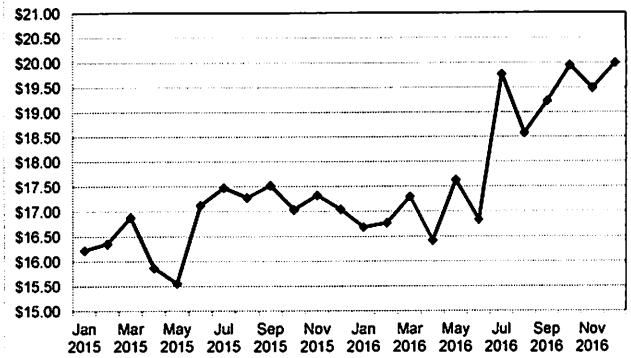
**Chicken Thighs, kg  
January 2015 to December 2016**



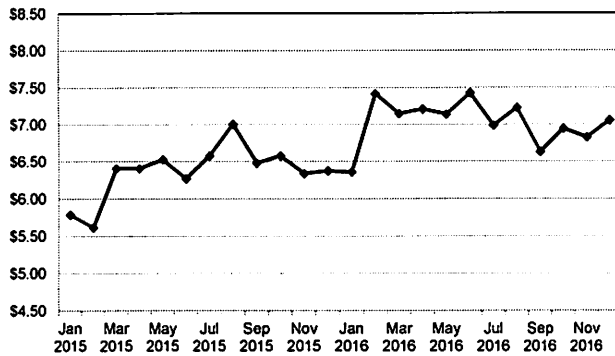
**Chicken Drumsticks, kg  
January 2015 to December 2016**



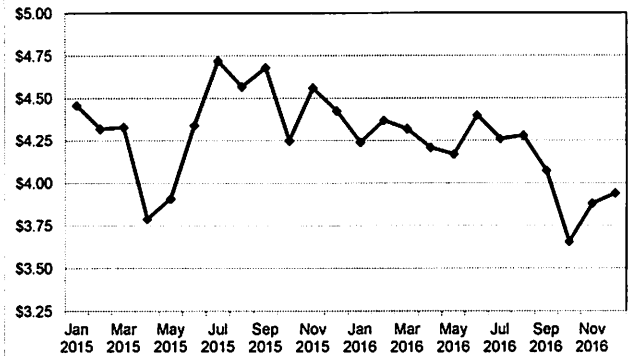
**Chicken Breasts, boneless & skinless, kg  
January 2015 to December 2016**



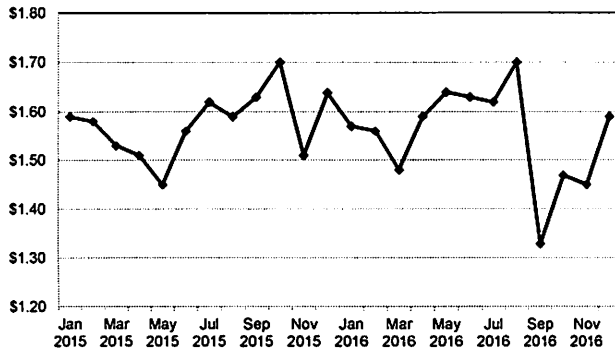
**Fish, sole, frozen, 400 g  
January 2015 to December 2016**



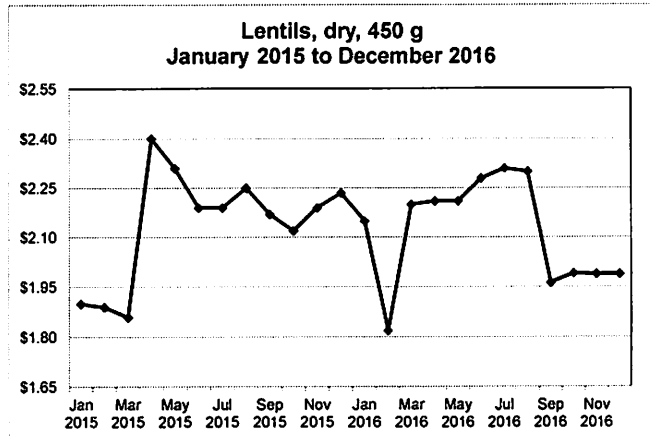
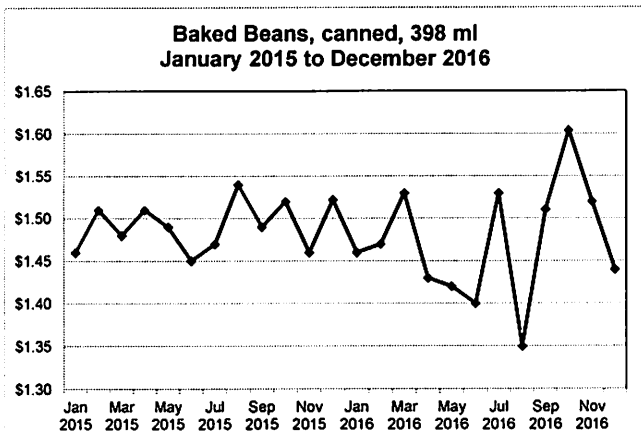
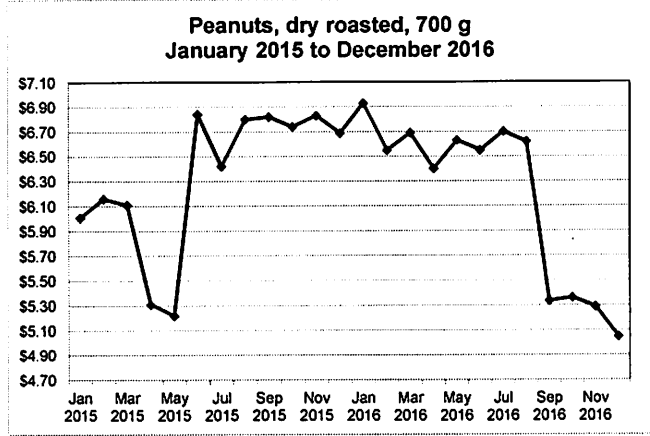
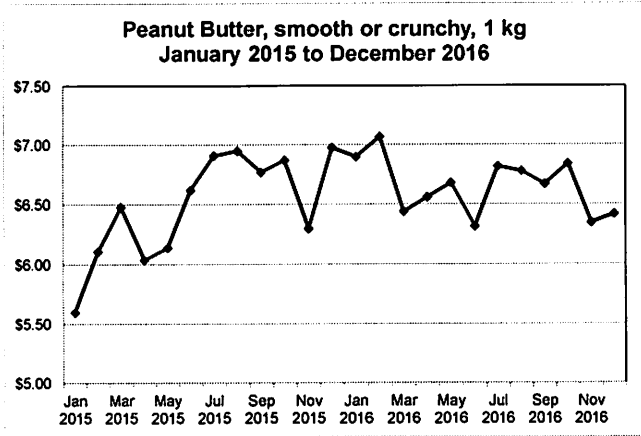
**Salmon, sockeye, canned, 213 g  
January 2015 to December 2016**



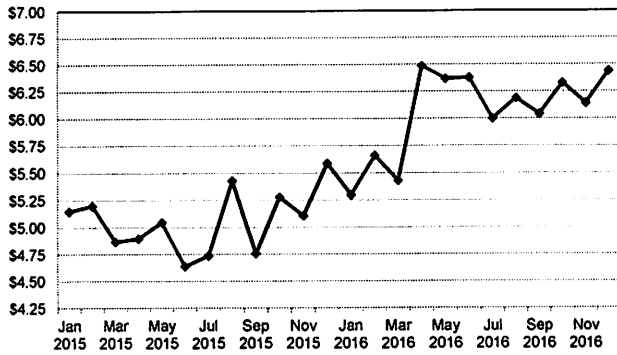
**Tuna, flaked or chunk, in water, canned, 170 g  
January 2015 to December 2016**



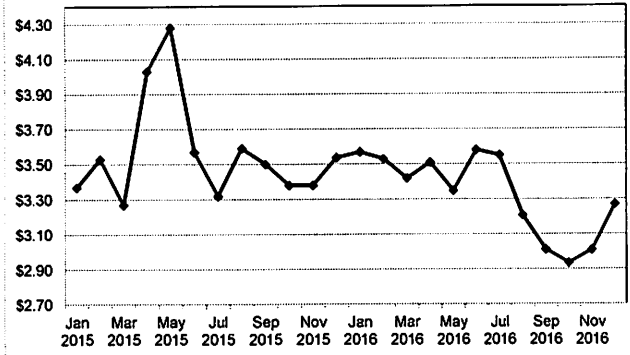




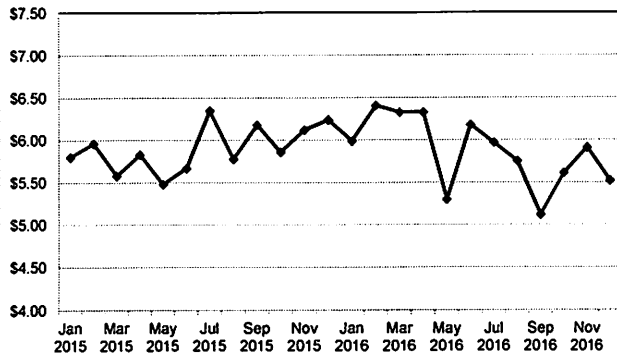
**Cereal, bran flakes with raisins, 675 g  
January 2015 to December 2016**



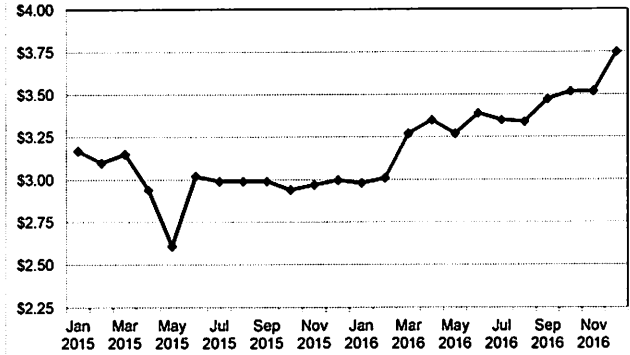
**Cereal, oats, quick cooking, 1 kg  
January 2015 to December 2016**



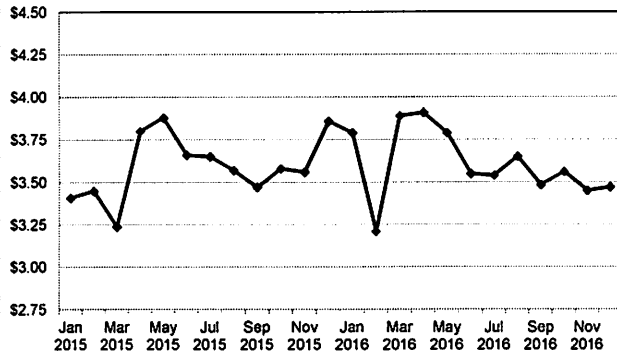
**Cereal, toasted oats O's, 525 g  
January 2015 to December 2016**



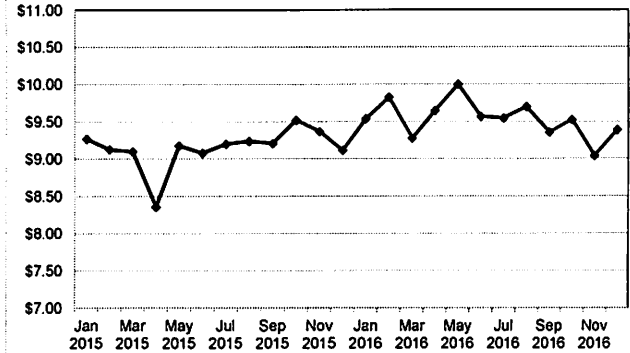
**Pita, whole wheat, 324 g, 6's  
January 2015 to December 2016**



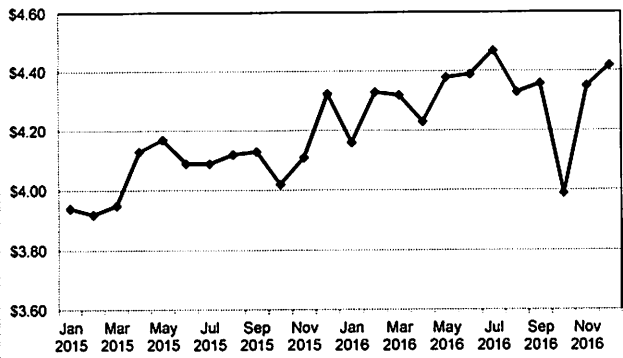
**Bread, whole wheat, private label, 680 g  
January 2015 to December 2016**



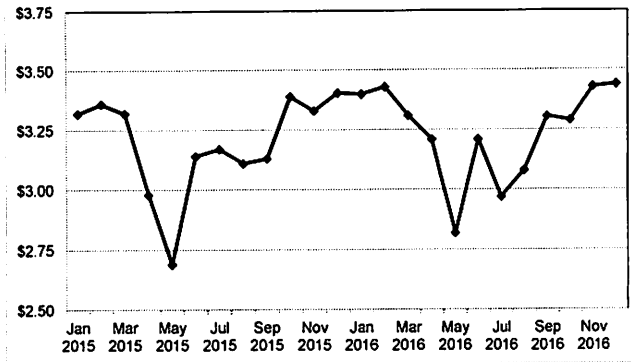
**Flour, whole wheat, 5 kg  
January 2015 to December 2016**



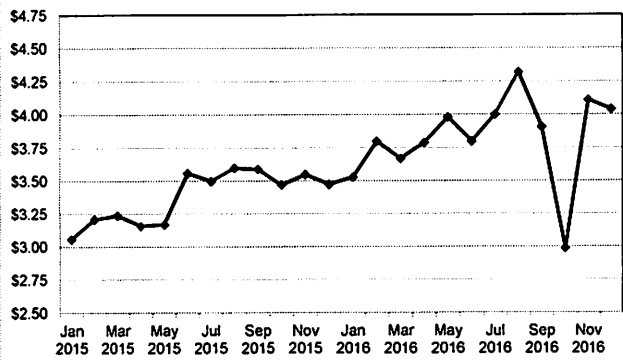
**Cookies, arrowroot, 350 g  
January 2015 to December 2016**



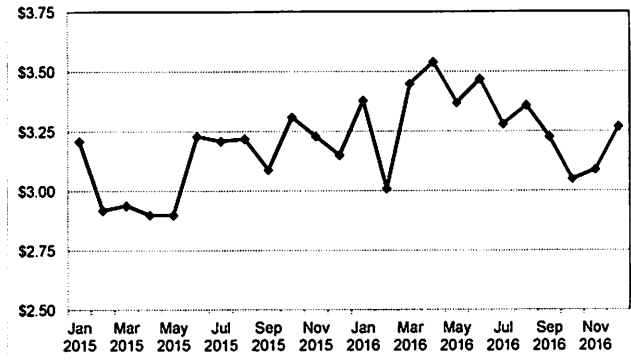
**Buns, hamburger, white, 540 g, 12's  
January 2015 to December 2016**



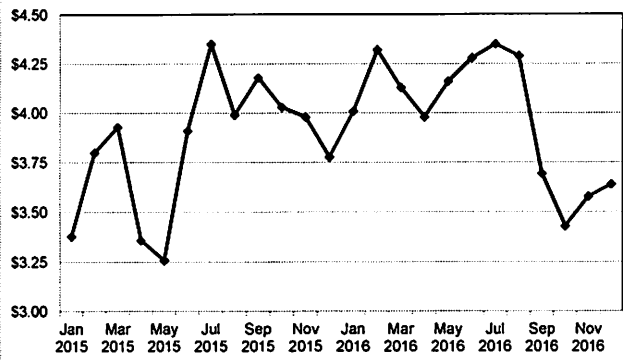
**Soda Crackers, unsalted tops, 450 g  
January 2015 to December 2016**



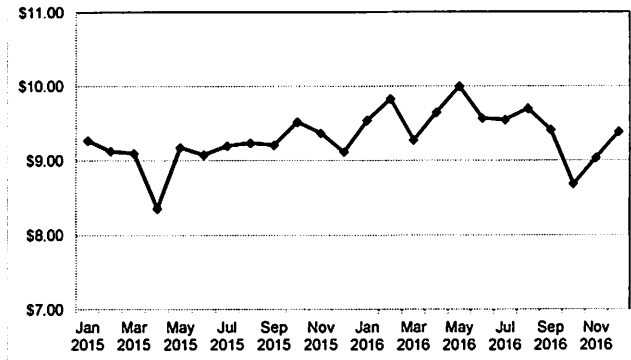
**Bread, white, private label, 570 g  
January 2015 to December 2016**



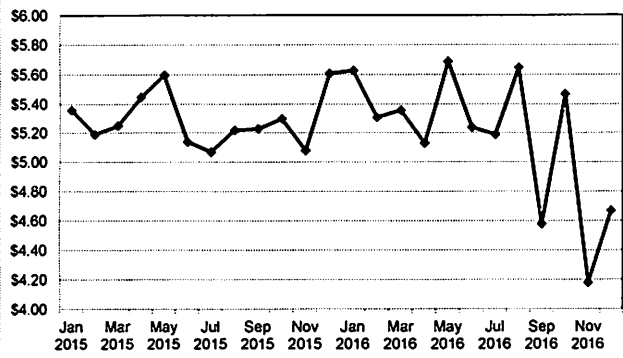
**Pasta, macaroni or spaghetti, enriched, 900 g  
January 2015 to December 2016**



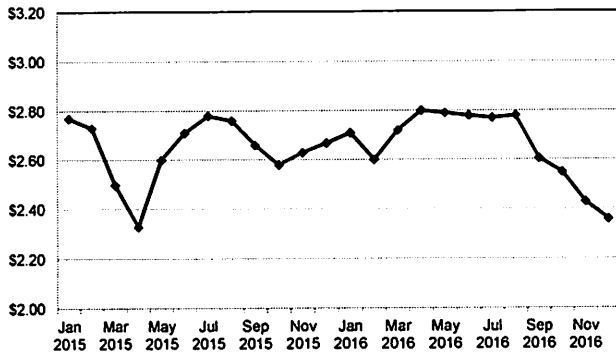
**Flour, white, enriched, all purpose, 5 kg  
January 2015 to December 2016**



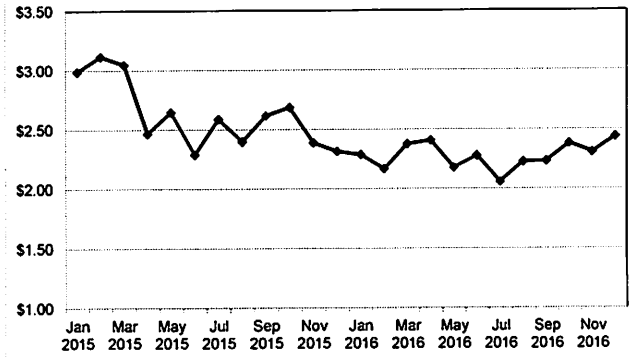
**Rice, converted, natural long grain, 900 g  
January 2015 to December 2016**



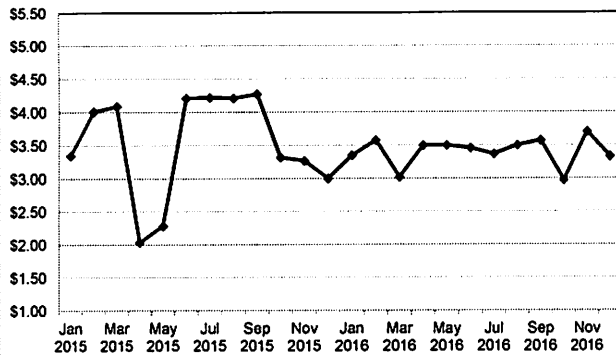
**Peaches, canned, juice or water pack, 398 ml  
January 2015 to December 2016**



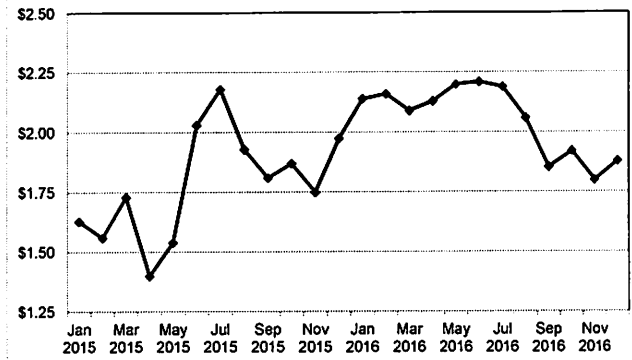
**Melon, cantaloupe, kg  
January 2015 to December 2016**



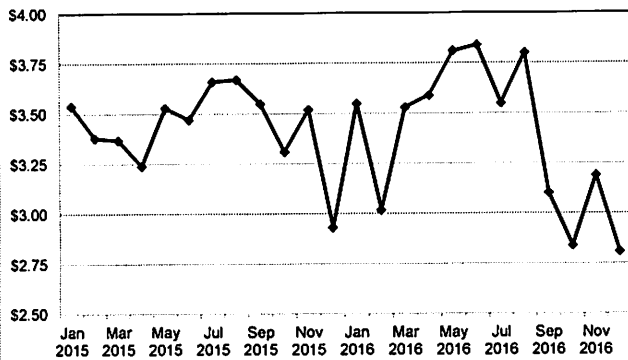
**Sweet Potato or Yam, kg  
January 2015 to December 2016**



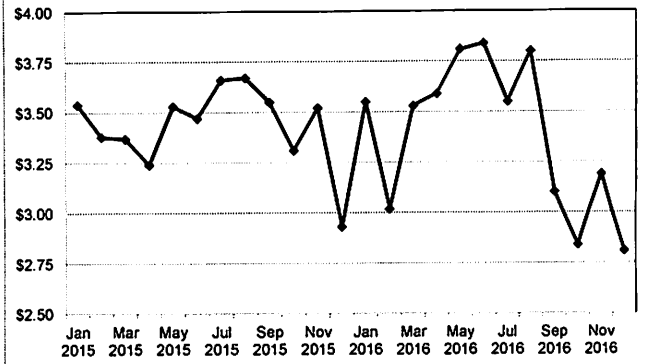
**Carrots, kg  
January 2015 to December 2016**



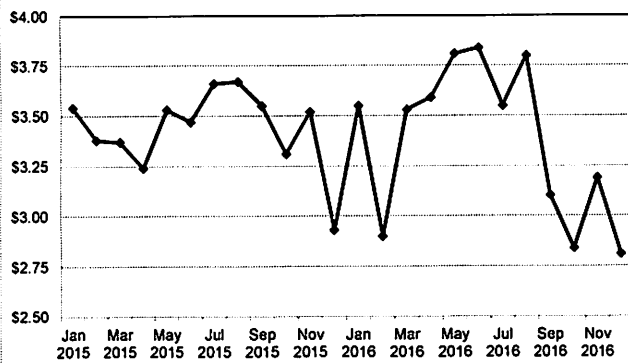
**Beans, green, frozen, 750 g**  
January 2015 to December 2016



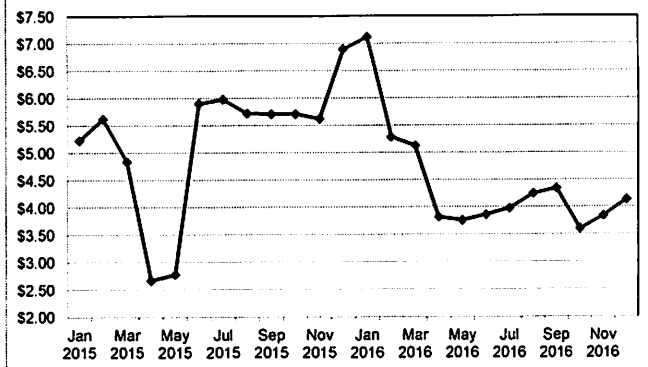
**Vegetables, mixed, frozen, 750 g**  
January 2015 to December 2016



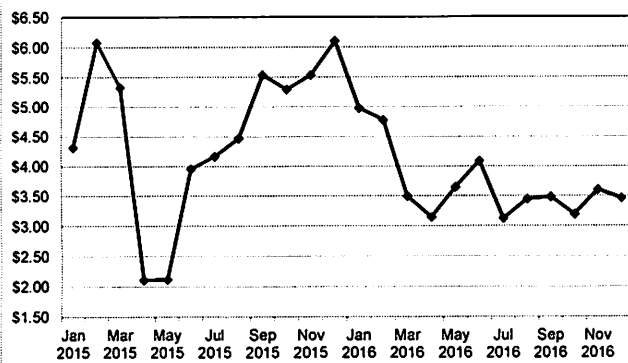
**Peas, green, frozen, 750 g**  
January 2015 to December 2016



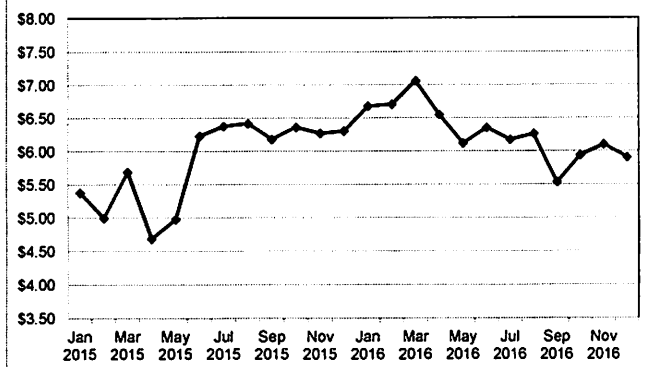
**Broccoli, bunches, kg**  
January 2015 to December 2016



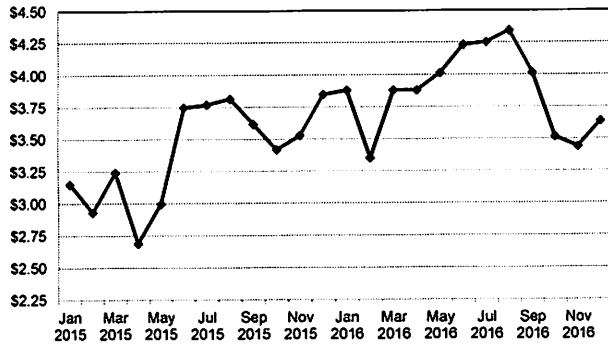
**Lettuce, romaine, kg**  
January 2015 to December 2016



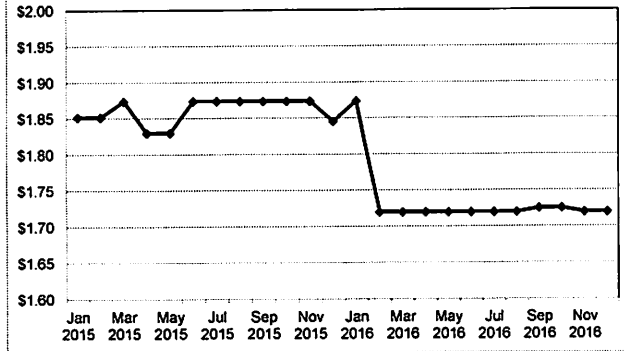
**Peppers, sweet green bell, kg**  
January 2015 to December 2016



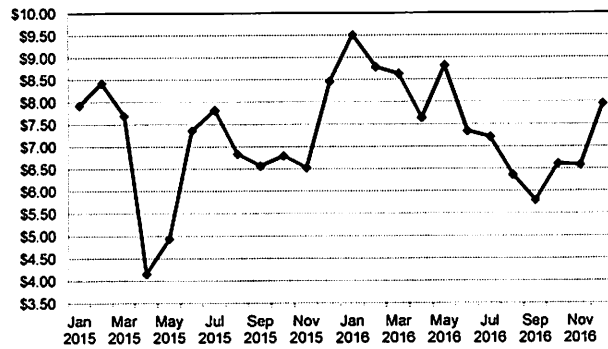
**Apples, kg**  
January 2015 to December 2016



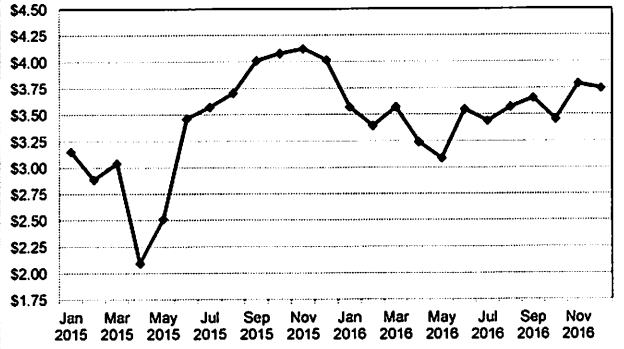
**Bananas, kg**  
January 2015 to December 2016



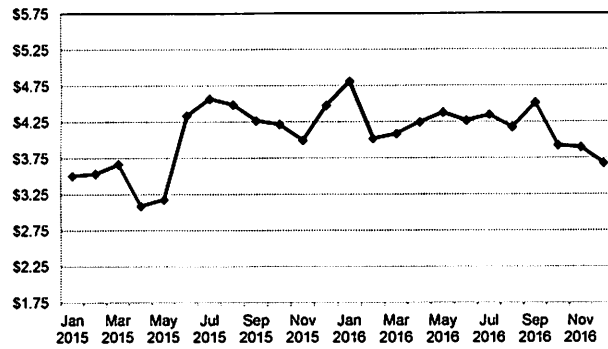
**Grapes, red or green, seedless, kg**  
January 2015 to December 2016



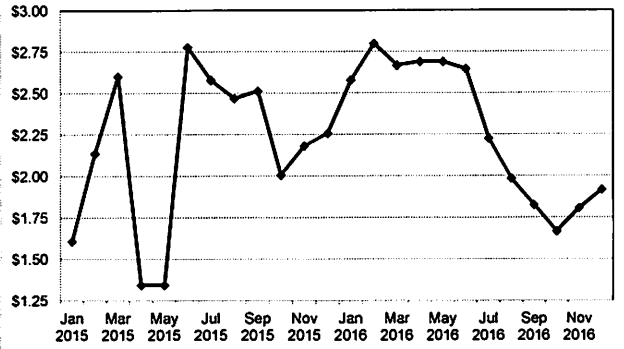
**Oranges, kg**  
January 2015 to December 2016



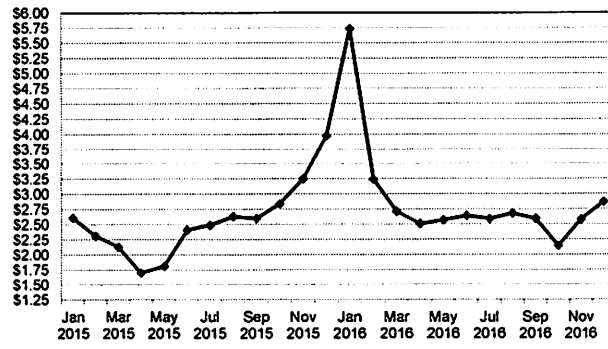
**Pears, kg**  
January 2015 to December 2016



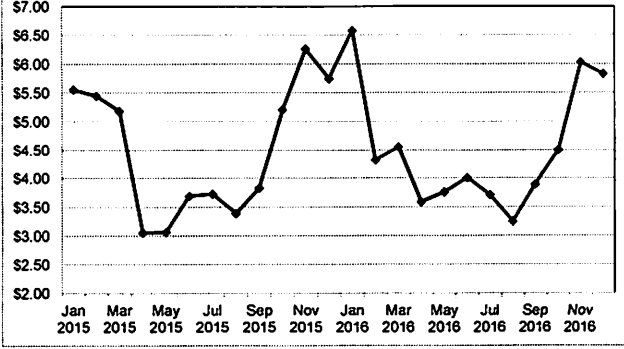
**Cabbage, green, kg**  
January 2015 to December 2016



**Celery, stalks, kg**  
January 2015 to December 2016

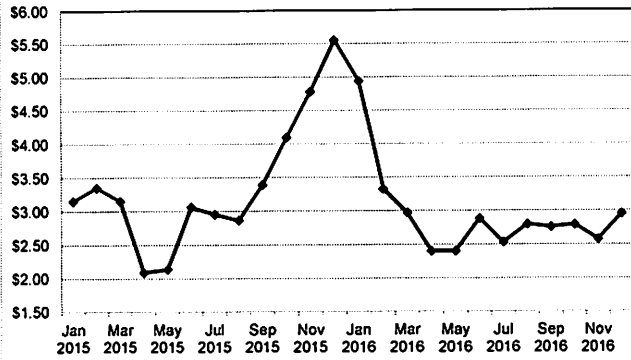


**Cucumber, long english, kg**  
January 2015 to December 2016

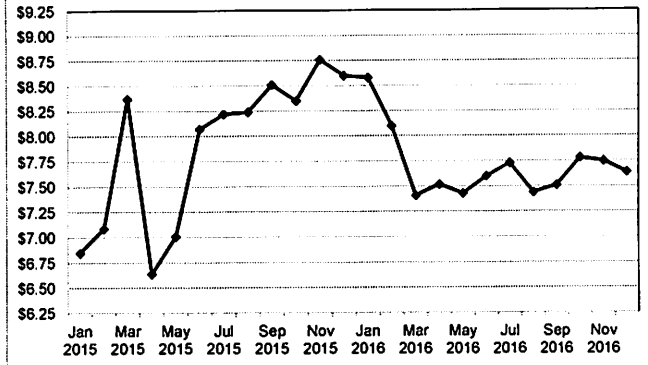




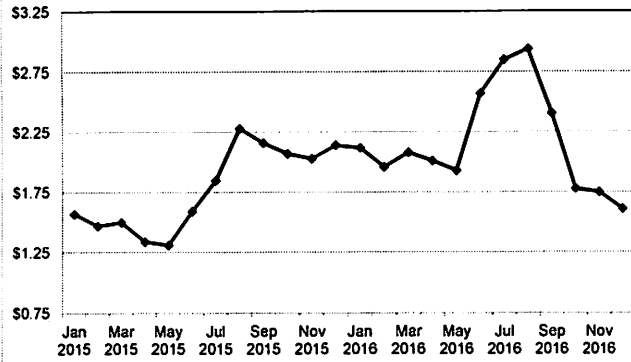
**Lettuce, iceberg, kg**  
January 2015 to December 2016



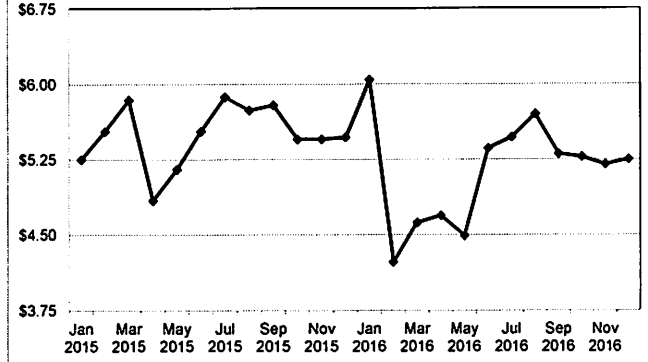
**Mushrooms, white, bulk, kg**  
January 2015 to December 2016



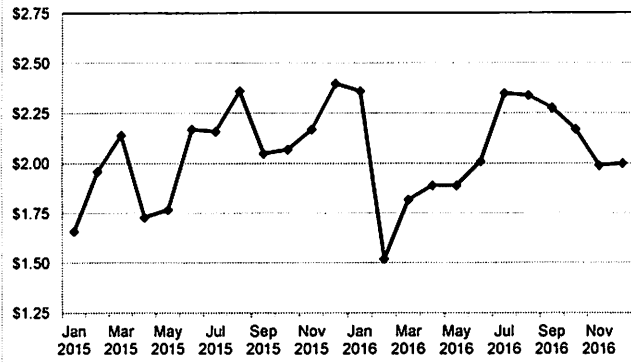
**Onions, yellow, cooking, kg**  
January 2015 to December 2016



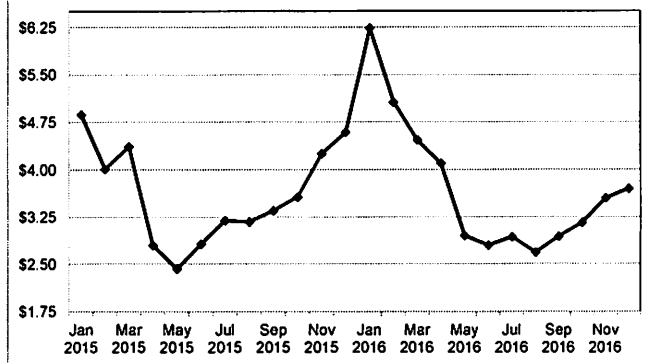
**Potatoes, white or red, 4.54 kg**  
January 2015 to December 2016



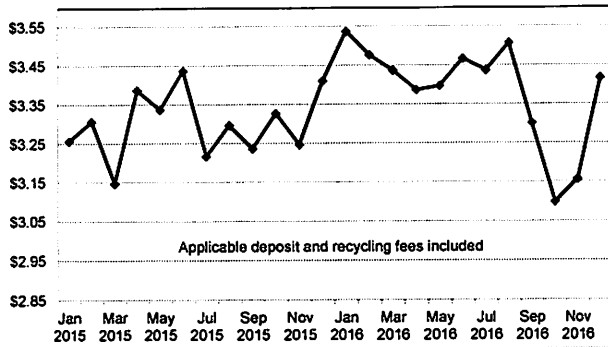
**Rutabagas, kg**  
January 2015 to December 2016



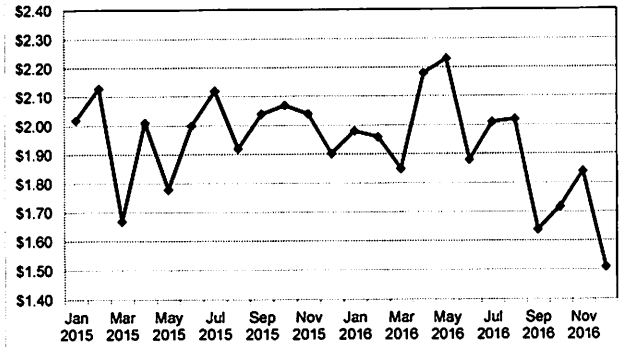
**Tomatoes, red, kg**  
January 2015 to December 2016



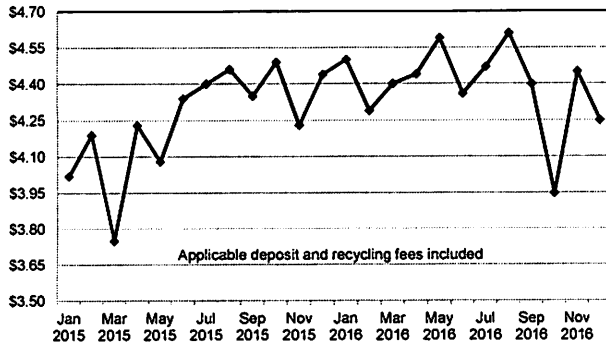
**Apple Juice, unsweetened, 1.36 litres  
January 2015 to December 2016**



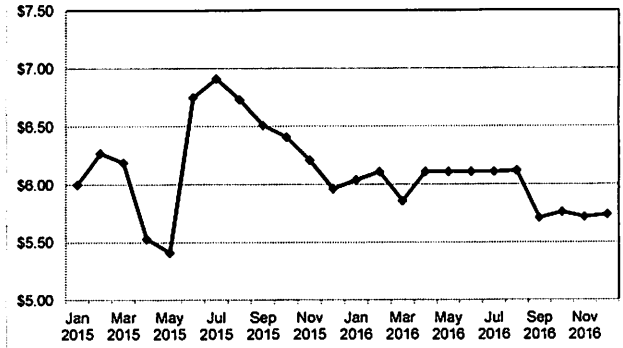
**Orange Juice, frozen concentrate, 355 ml  
January 2015 to December 2016**



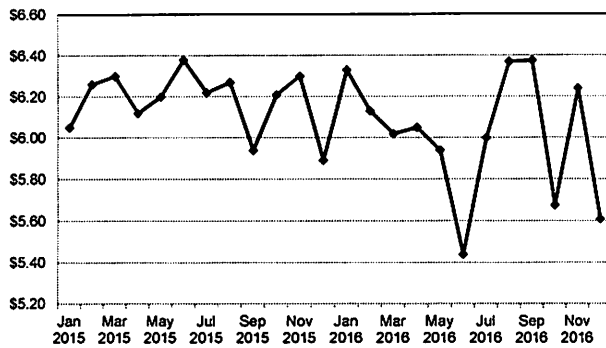
**Vegetable Juice Cocktail, 1.36 litres  
January 2015 to December 2016**



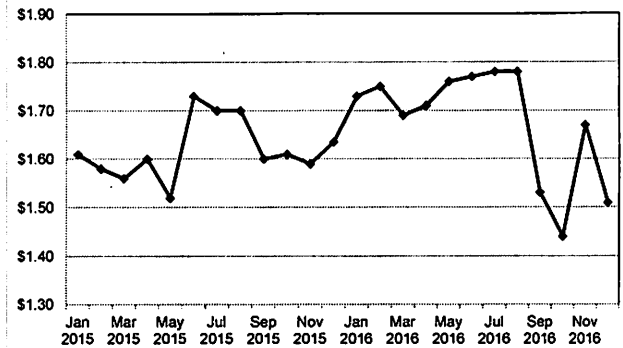
**Raisins, seedless, sultana or thompson, 750 g  
January 2015 to December 2016**



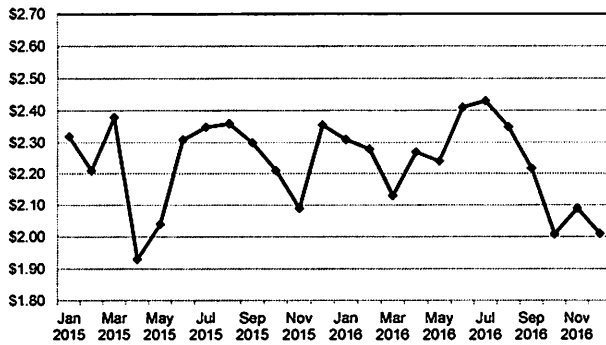
**Strawberries, frozen, unsweetened, 600 g  
January 2015 to December 2016**



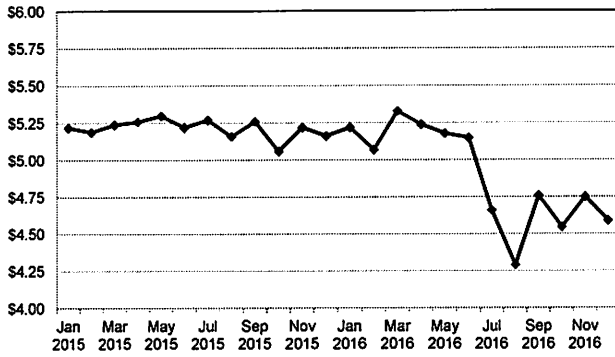
**Corn, canned vacuum packed, 341 ml  
January 2015 to December 2016**



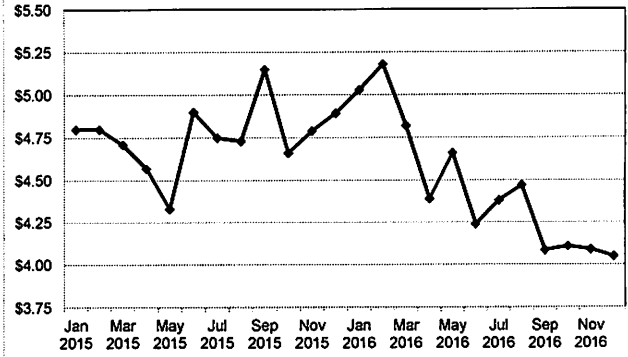
**Tomatoes, canned, whole, 796 ml  
January 2015 to December 2016**



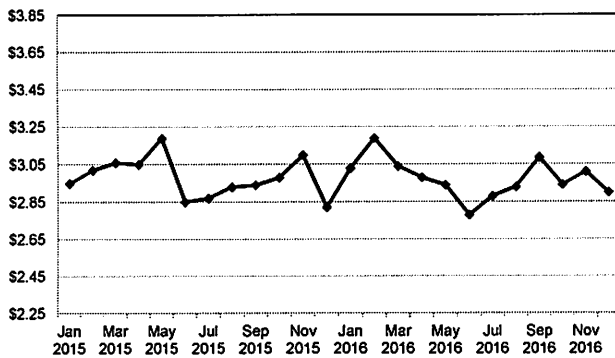
**Margarine, canola, low in saturated fat, 907 g  
January 2015 to December 2016**



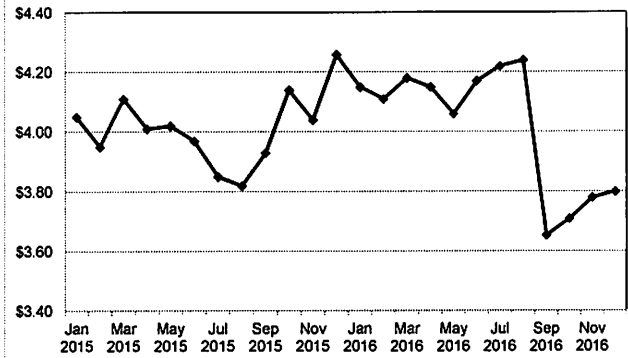
**Oil, canola, 946 ml  
January 2015 to December 2016**



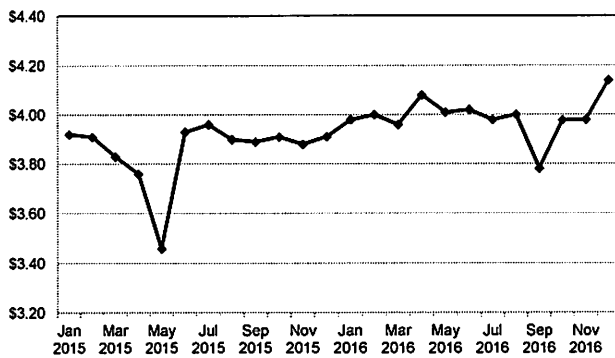
**Salad Dressing, Italian, 475 ml  
January 2015 to December 2016**



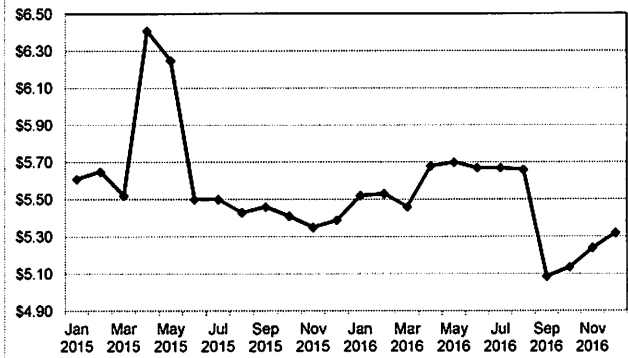
**Mayonnaise, 475 ml  
January 2015 to December 2016**



**Butter, 454 g  
January 2015 to December 2016**



**Sugar, white granulated, 4 kg  
January 2015 to December 2016**



**Honey, creamed, pasteurized, 500 g  
January 2015 to December 2016**

