

An overview of 2018–2019

Edmonton

Retail Food Prices



Alberta Agriculture and Forestry, Government of Alberta
Edmonton Retail Food Prices - Overview of 2018 and 2019

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Introduction and Methodology

The survey builds on the historical series of benchmark retail food prices, which have been collected in Edmonton since the early 1970's. The data series provides accurate, timely and reliable information on retail food prices for a specific basket of food items, for use in business analysis and planning. This 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, the survey was reviewed 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.

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).

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 to adapt the basket for differences in availability and product sizes in Edmonton. 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 Wednesday of each week.

Table 1 - Average Retail Food Prices for Edmonton (\$) - January to June 2018^(*)

Food Items by Category	January 2018	February 2018	March 2018	April 2018	May 2018	June 2018
Milk Products & Alternatives						
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
Eggs						
Eggs, grade A large, dozen	2.75	2.92	2.93	2.90	2.81	2.99
Beef						
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
Pork & Processed Meats						
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
Poultry						
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
Fish						
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
Meat Alternatives						
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
Whole Grain Products						
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
Non-Whole Grain Products						
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 1 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - January to June 2018^(*)

Food Items by Category	January 2018	February 2018	March 2018	April 2018	May 2018	June 2018
Orange Vegetables & Fruits						
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
Dark Green Vegetables						
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
Other Fresh Vegetables & Fruits						
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
Other Processed Vegetables & Fruits						
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
Fats & Oils						
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
Sweeteners						
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 1 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2018^(*)

Food Items by Category	July 2018	August 2018	September 2018	October 2018	November 2018	December 2018
Milk Products & Alternatives						
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
Eggs						
Eggs, grade A large, dozen	2.82	2.98	2.92	2.83	2.83	2.85
Beef						
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
Pork & Processed Meats						
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
Poultry						
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
Fish						
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
Meat Alternatives						
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
Whole Grain Products						
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
Non-Whole Grain Products						
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 1 (Cont'd) - Average Retail Food Prices for Edmonton (\$) - July to December 2018^(*)

Food Items by Category	July 2018	August 2018	September 2018	October 2018	November 2018	December 2018
Orange Vegetables & Fruits						
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
Dark Green Vegetables						
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
Other Fresh Vegetables & Fruits						
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
Other Processed Vegetables & Fruits						
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
Fats & Oils						
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
Sweeteners						
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.

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 2019^(*)

Food Items by Category	January 2019	February 2019	March 2019	April 2019	May 2019	June 2019
Milk Products & Alternatives						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.90	3.90	3.90	3.90	3.90	3.93
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.75	2.66	2.57	2.66	2.61	2.59
Cheddar Cheese, medium, 100 g	1.12	1.11	1.17	1.15	1.12	1.14
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.31	1.28	1.26	1.23	1.20	1.25
Processed Cheese, slices, 500 g	5.41	5.55	4.95	5.58	4.81	5.40
Ice Cream, 4 litre	7.68	7.78	7.84	7.84	7.18	6.91
Eggs						
Eggs, grade A large, dozen	2.78	2.85	2.81	2.83	2.84	2.84
Beef						
Inside Round Steak, boneless, kg	18.58	18.58	18.47	19.03	16.61	18.21
Inside Round Roast, boneless, kg	16.18	15.94	15.86	17.51	15.19	15.73
Ground Beef, lean, kg	12.92	12.26	12.21	13.36	12.19	12.70
Pork & Processed Meats						
Pork Loin Chops, centre-cut, bone-in, kg	15.01	14.90	14.62	16.40	15.39	15.92
Ham, sliced, regular, 175 g	5.45	5.38	4.52	5.41	5.41	5.41
Poultry						
Chicken, grade A, whole fryer, kg	7.56	7.72	7.67	7.80	7.41	7.45
Chicken Thighs, kg	10.63	10.21	9.72	11.22	10.25	10.67
Chicken Drumsticks, kg	10.41	9.99	9.50	10.87	10.03	10.32
Chicken Breasts, boneless & skinless, kg	20.77	18.83	20.64	21.34	19.78	20.57
Fish						
Fish, sole, frozen, 400 g	7.58	7.34	7.40	7.08	7.58	7.58
Salmon, sockeye, canned, 213 g	4.96	5.56	5.68	5.94	5.68	5.66
Tuna, flaked or chunk, in water, canned, 170 g	1.72	1.66	1.75	1.57	2.00	1.86
Meat Alternatives						
Peanut Butter, smooth or crunchy, 1 kg	6.56	5.40	6.73	6.54	6.79	6.55
Peanuts, dry roasted, 700 g	5.29	5.07	5.44	5.08	5.34	5.33
Baked Beans, canned, 398 ml	1.63	1.53	1.68	1.65	1.51	1.55
Lentils, dry, 400 g	2.06	2.13	2.13	2.07	2.21	2.31
Whole Grain Products						
Cereal, bran flakes with raisins, 675 g	6.14	6.07	5.86	6.63	5.98	5.99
Cereal, oats, quick cooking, 1 kg	3.40	3.20	3.08	3.43	3.32	3.44
Cereal, toasted oats O's, 525 g	5.27	5.29	5.19	5.48	5.03	5.13
Pita, whole wheat, 324 g, 6's	3.64	3.61	3.63	3.65	3.60	3.53
Bread, whole wheat, private label, 680 g	2.76	2.76	2.71	2.71	2.87	2.91
Flour, whole wheat, 5 kg	9.60	9.22	9.68	9.40	9.76	9.43
Non-Whole Grain Products						
Cookies, arrowroot, 350 g	4.81	4.84	4.84	4.84	4.84	4.84
Buns, hamburger, white, 540 g, 12's	3.03	2.97	2.74	3.03	2.67	2.72
Soda Crackers, unsalted tops, 450 g	4.10	4.06	4.06	4.25	4.06	4.07
Bread, white, private label, 570 g	2.63	2.68	2.60	2.82	2.61	2.80
Pasta, macaroni or spaghetti, enriched, 900 g	3.27	3.39	3.75	3.77	3.18	2.96
Flour, white, enriched, all purpose, 5 kg	9.60	9.43	9.70	9.40	9.76	9.43
Rice, converted, natural long grain, 900 g	5.01	5.58	5.58	5.58	5.58	4.92

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

Table 2 - Average Retail Food Prices for Edmonton (\$) - January to June 2019^(*)

Food Items by Category	January 2019	February 2019	March 2019	April 2019	May 2019	June 2019
Orange Vegetables & Fruits						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.55	2.50	2.38	2.55	2.36	2.40
Melon, cantaloupe, kg	2.59	2.56	2.62	2.36	2.86	2.32
Sweet Potato or Yam, kg	3.19	3.48	3.92	1.84	4.02	3.88
Carrots, kg	2.05	2.12	2.11	1.93	2.20	2.15
Dark Green Vegetables						
Beans, green, frozen, 750 g	3.46	3.14	3.02	3.69	3.48	3.50
Vegetables, mixed, frozen, 750 g	3.46	3.14	3.02	3.69	3.48	3.50
Peas, green, frozen, 750 g	3.46	3.14	3.02	3.69	3.48	3.50
Broccoli, bunches, kg	5.11	6.31	6.33	5.70	5.58	5.76
Lettuce, romaine, kg	5.91	5.26	5.98	5.35	5.17	4.44
Peppers, sweet green bell, kg	6.54	6.46	6.77	7.56	6.97	7.25
Other Fresh Vegetables & Fruits						
Apples, kg	3.79	3.97	4.19	4.37	4.61	5.07
Bananas, kg	1.72	1.72	1.72	1.72	1.72	1.72
Grapes, red or green, seedless, kg	7.37	7.49	7.54	6.23	8.26	7.63
Oranges, kg	3.92	3.92	3.92	3.92	4.10	4.06
Pears, kg	4.49	4.66	4.81	5.19	4.80	4.82
Cabbage, green, kg	3.40	3.17	2.95	3.09	3.15	3.20
Celery, stalks, kg	3.87	4.01	4.45	6.09	6.81	7.36
Cucumber, long english, kg	6.04	6.09	5.25	4.55	4.40	4.16
Lettuce, iceberg, kg	4.56	3.92	4.32	4.83	4.61	3.92
Mushrooms, white, bulk, kg	8.00	8.32	8.08	6.88	8.27	8.38
Onions, yellow, cooking, kg	2.03	2.22	2.34	2.38	2.42	2.39
Potatoes, white or red, 4.54 kg	5.53	5.86	5.99	5.88	6.03	6.77
Rutabaga, kg	2.73	2.71	2.91	3.09	3.58	3.93
Tomatoes, red, kg	5.91	5.29	5.51	4.59	3.46	3.66
Other Processed Vegetables & Fruits						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.49	3.64	3.64	3.96	3.31	3.36
Orange Juice, frozen concentrate, 355 ml	2.07	2.29	2.21	2.26	2.20	2.02
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	3.92	4.02	4.47	3.96	4.27	4.41
Raisins, seedless, Sultana or Thompson, 750 g	6.50	6.77	7.05	7.09	7.18	7.18
Strawberries, frozen, unsweetened, 600 g	6.54	6.33	5.21	5.56	5.03	4.84
Corn, canned vacuum packed, 341 ml	1.58	1.48	1.42	1.48	1.65	1.64
Tomatoes, canned, whole, 796 ml	2.38	2.36	2.25	2.34	2.33	2.18
Fats & Oils						
Margarine, soft, canola, low in saturated fat, 907 g	4.59	4.34	4.11	4.23	4.50	4.52
Oil, canola, 946 ml	4.33	4.28	4.34	4.47	4.88	4.83
Salad Dressing, Italian, 475 ml	3.22	2.91	2.80	2.88	2.73	2.90
Mayonnaise, 475 ml	4.25	4.00	3.82	3.46	4.07	4.00
Butter, 454 g	4.10	4.09	4.00	4.27	4.11	4.10
Sweeteners						
Sugar, white granulated, 4 kg	5.31	4.76	4.84	5.26	5.02	4.91
Honey, creamed, pasteurized, 500 g	5.28	5.33	5.48	5.08	5.07	5.33

(*) 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 2019^(*)

Food Items by Category	July 2019	August 2019	September 2019	October 2019	November 2019	December 2019
Milk Products & Alternatives						
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included	3.94	3.97	3.93	3.98	3.98	3.95
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.61	2.58	2.47	2.63	2.39	2.60
Cheddar Cheese, medium, 100 g	1.11	1.08	1.13	1.11	1.10	1.10
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.28	1.29	1.32	1.27	1.24	1.24
Processed Cheese, slices, 500 g	4.90	5.15	5.09	5.45	5.38	4.96
Ice Cream, 4 litre	7.27	7.21	7.60	7.83	7.63	7.71
Eggs						
Eggs, grade A large, dozen	2.86	2.84	2.90	2.93	2.95	2.96
Beef						
Inside Round Steak, boneless, kg	18.51	18.91	18.76	18.93	18.89	18.84
Inside Round Roast, boneless, kg	16.28	17.29	16.61	16.07	16.11	16.45
Ground Beef, lean, kg	13.03	13.51	13.34	13.71	13.91	13.96
Pork & Processed Meats						
Pork Loin Chops, centre-cut, bone-in, kg	15.37	15.30	16.25	16.07	14.75	15.54
Ham, sliced, regular, 175 g	5.50	5.62	5.59	5.65	5.21	5.48
Poultry						
Chicken, grade A, whole fryer, kg	8.09	7.50	7.39	8.22	8.00	7.43
Chicken Thighs, kg	10.38	10.76	11.42	11.22	11.11	10.10
Chicken Drumsticks, kg	10.08	10.60	11.24	11.20	10.98	9.99
Chicken Breasts, boneless & skinless, kg	19.69	20.70	21.12	20.59	20.41	20.79
Fish						
Fish, sole, frozen, 400 g	7.32	7.54	7.64	7.68	7.66	7.57
Salmon, sockeye, canned, 213 g	5.64	6.15	6.10	6.21	6.10	6.22
Tuna, flaked or chunk, in water, canned, 170 g	2.06	2.01	1.86	1.93	2.14	1.84
Meat Alternatives						
Peanut Butter, smooth or crunchy, 1 kg	6.02	6.19	5.59	6.17	5.20	5.19
Peanuts, dry roasted, 700 g	5.27	5.28	5.58	5.43	5.12	5.04
Baked Beans, canned, 398 ml	1.55	1.62	1.57	1.81	1.58	1.61
Lentils, dry, 400 g	2.14	2.36	2.42	2.44	2.17	2.39
Whole Grain Products						
Cereal, bran flakes with raisins, 675 g	6.00	5.28	5.23	5.72	6.01	5.46
Cereal, oats, quick cooking, 1 kg	3.55	3.47	3.48	3.50	3.40	3.59
Cereal, toasted oats O's, 525 g	5.75	5.24	5.32	5.64	5.61	5.27
Pita, whole wheat, 324 g, 6's	3.67	3.64	3.66	3.62	3.62	3.62
Bread, whole wheat, private label, 680 g	2.92	2.83	2.92	2.83	2.71	2.94
Flour, whole wheat, 5 kg	9.68	9.39	9.69	9.47	9.16	9.51
Non-Whole Grain Products						
Cookies, arrowroot, 350 g	4.84	4.82	4.79	4.79	4.79	4.81
Buns, hamburger, white, 540 g, 12's	2.78	2.75	2.82	2.99	3.03	3.23
Soda Crackers, unsalted tops, 450 g	4.11	4.28	4.28	4.16	4.06	4.20
Bread, white, private label, 570 g	2.79	2.81	2.81	2.81	2.72	2.84
Pasta, macaroni or spaghetti, enriched, 900 g	3.77	3.08	3.02	3.57	2.94	3.57
Flour, white, enriched, all purpose, 5 kg	9.68	9.39	9.69	9.47	9.16	9.51
Rice, converted, natural long grain, 900 g	4.67	4.84	4.85	4.79	5.47	5.62

(*) 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^(*)

Food Items by Category	July 2019	August 2019	September 2019	October 2019	November 2019	December 2019
Orange Vegetables & Fruits						
Peaches, canned halves or slices, juice or water pack, 398 ml	2.50	2.40	2.41	2.61	2.34	2.56
Melon, cantaloupe, kg	2.30	2.20	2.37	2.66	2.83	2.73
Sweet Potato or Yam, kg	4.03	3.77	4.15	3.46	3.97	3.30
Carrots, kg	2.20	2.10	1.97	1.94	2.02	1.86
Dark Green Vegetables						
Beans, green, frozen, 750 g	3.45	3.43	3.37	3.35	3.35	3.12
Vegetables, mixed, frozen, 750 g	3.45	3.43	3.37	3.35	3.35	3.12
Peas, green, frozen, 750 g	3.45	3.43	3.37	3.35	3.35	3.12
Broccoli, bunches, kg	5.80	5.61	5.95	5.25	5.74	5.72
Lettuce, romaine, kg	4.19	4.11	4.51	4.63	4.81	5.15
Peppers, sweet green bell, kg	7.34	6.69	6.20	6.24	6.40	6.43
Other Fresh Vegetables & Fruits						
Apples, kg	4.76	4.54	3.51	3.53	3.55	4.23
Bananas, kg	1.72	1.72	1.72	1.72	1.72	1.72
Grapes, red or green, seedless, kg	7.51	7.12	6.82	7.23	7.48	7.54
Oranges, kg	4.06	4.12	3.92	4.03	4.19	4.10
Pears, kg	4.63	4.36	4.23	4.83	4.93	4.87
Cabbage, green, kg	3.06	2.91	2.65	2.76	2.80	2.80
Celery, stalks, kg	6.36	4.95	3.68	2.93	3.23	3.38
Cucumber, long english, kg	4.22	4.35	5.35	6.22	5.78	6.19
Lettuce, iceberg, kg	4.03	3.51	3.28	3.92	4.19	4.06
Mushrooms, white, bulk, kg	8.31	8.49	8.41	8.43	8.27	8.52
Onions, yellow, cooking, kg	2.71	2.72	2.26	2.19	2.44	2.17
Potatoes, white or red, 4.54 kg	7.18	7.17	7.05	6.81	6.88	6.41
Rutabaga, kg	4.13	4.08	3.74	3.69	2.96	3.06
Tomatoes, red, kg	3.48	3.99	3.64	4.01	4.23	4.54
Other Processed Vegetables & Fruits						
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.48	3.88	3.85	3.76	3.74	3.73
Orange Juice, frozen concentrate, 355 ml	1.73	1.88	1.93	1.82	2.10	1.99
Vegetable Juice Cocktail, 1.36 litre - deposit & recycling fee included	4.04	4.26	4.37	4.13	4.27	4.12
Raisins, seedless, Sultana or Thompson, 750 g	7.15	7.17	7.11	7.16	7.17	7.15
Strawberries, frozen, unsweetened, 600 g	4.59	4.73	4.80	4.70	4.84	4.70
Corn, canned vacuum packed, 341 ml	1.60	1.62	1.63	1.50	1.59	1.42
Tomatoes, canned, whole, 796 ml	2.22	2.31	2.39	2.19	2.20	2.16
Fats & Oils						
Margarine, soft, canola, low in saturated fat, 907 g	4.53	4.46	4.42	4.12	4.31	4.17
Oil, canola, 946 ml	5.18	5.07	5.18	5.07	4.86	5.12
Salad Dressing, Italian, 475 ml	2.76	2.86	2.77	2.76	2.84	3.04
Mayonnaise, 475 ml	4.01	3.99	4.26	4.01	4.06	3.89
Butter, 454 g	4.12	3.92	4.16	3.90	4.14	4.01
Sweeteners						
Sugar, white granulated, 4 kg	4.78	4.85	4.86	4.84	4.81	4.76
Honey, creamed, pasteurized, 500 g	5.10	5.15	5.30	5.26	5.34	5.84

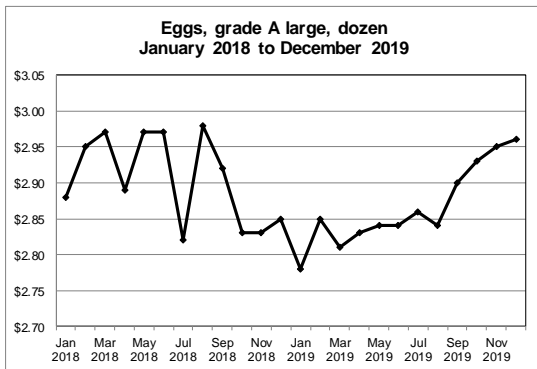
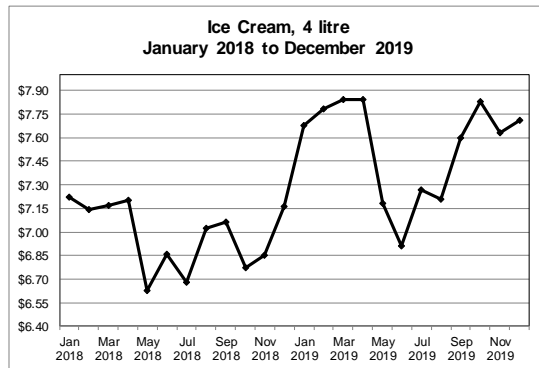
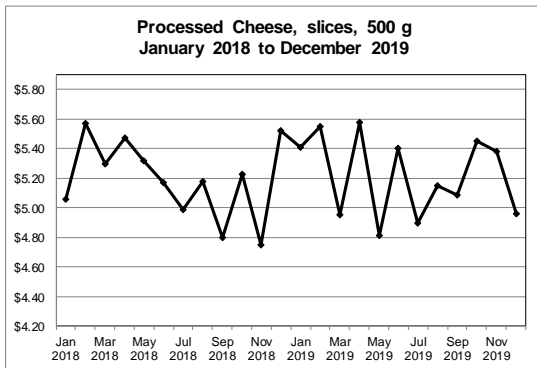
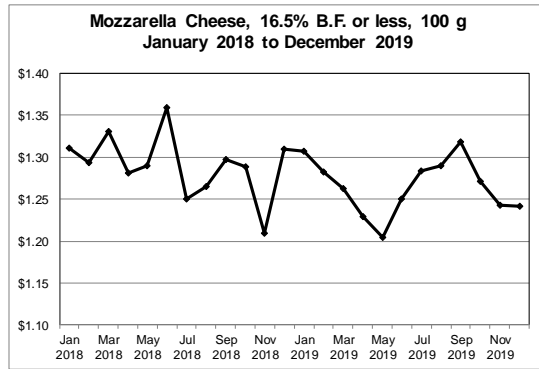
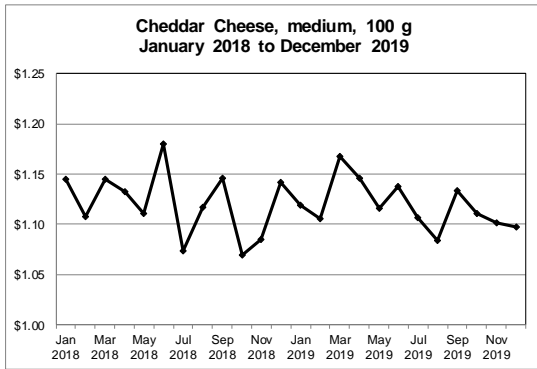
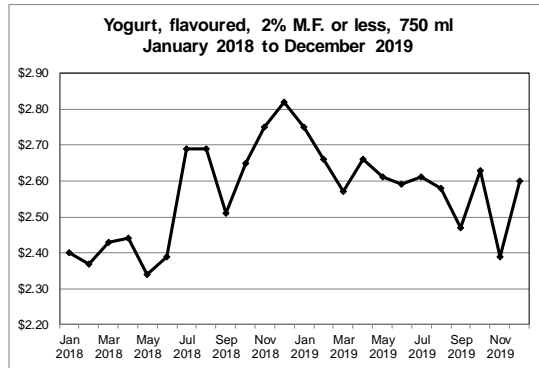
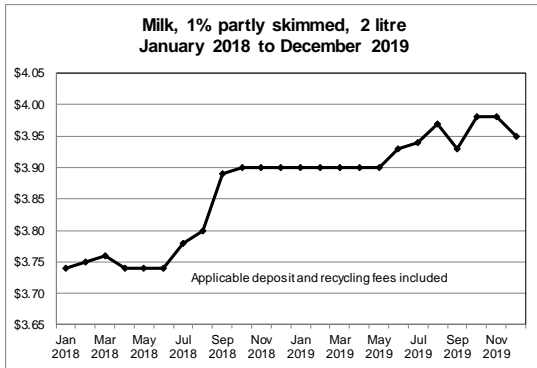
(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

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Milk Products & Eggs

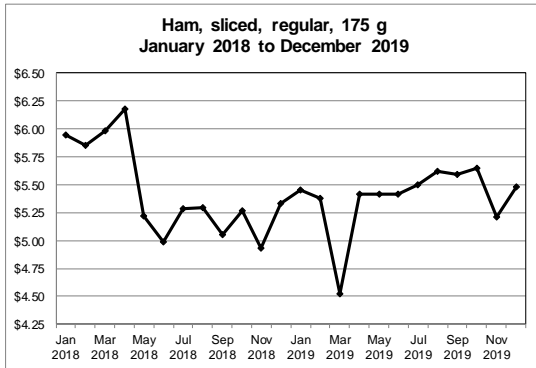
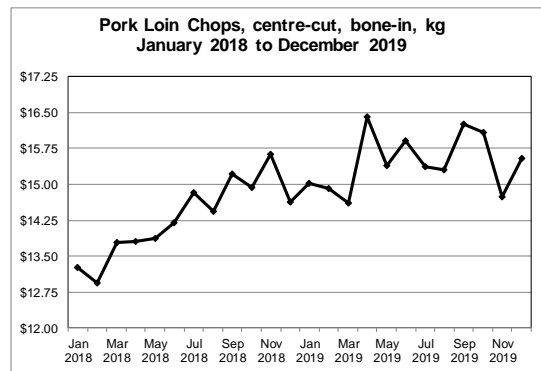
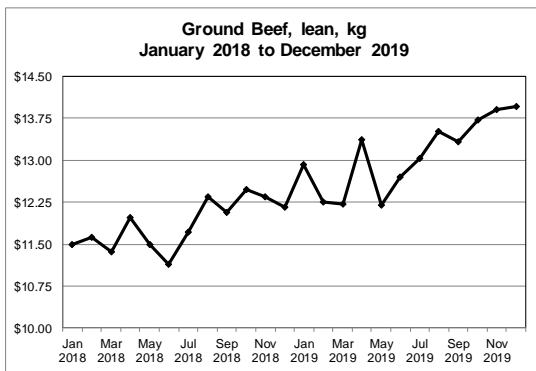
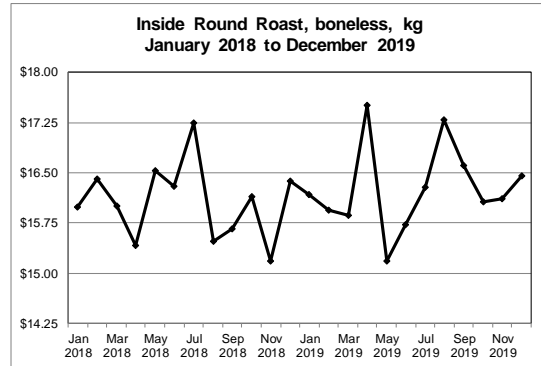
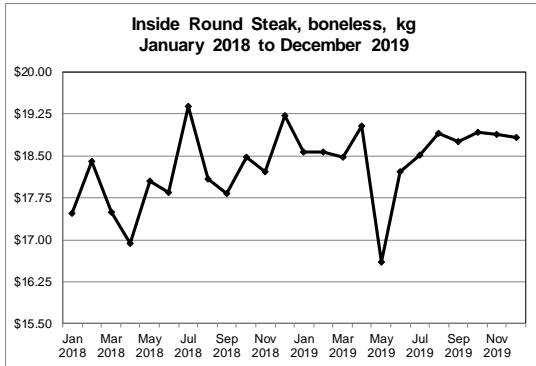
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Beef, Pork & Processed Meats

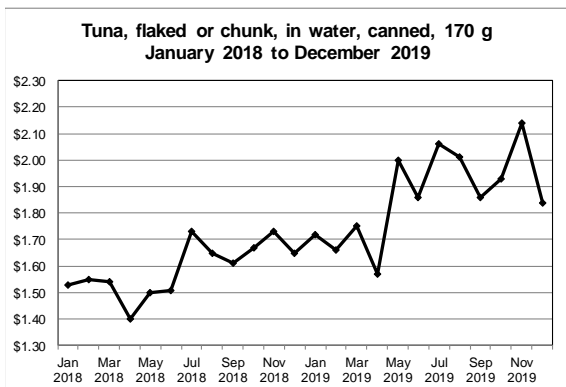
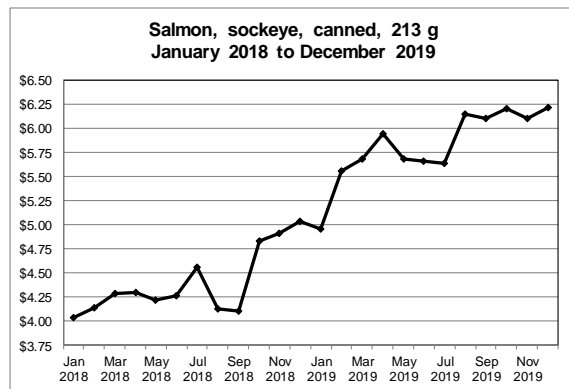
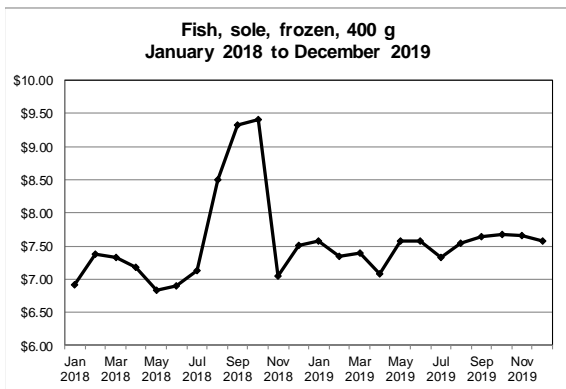
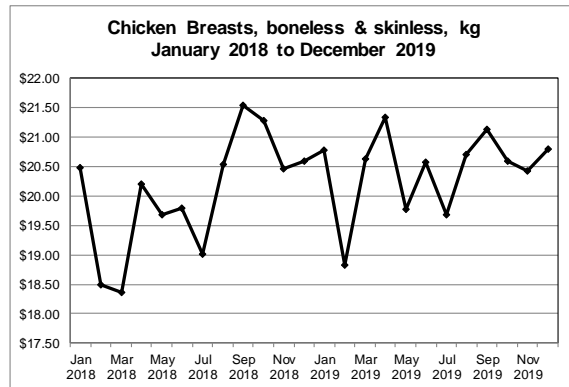
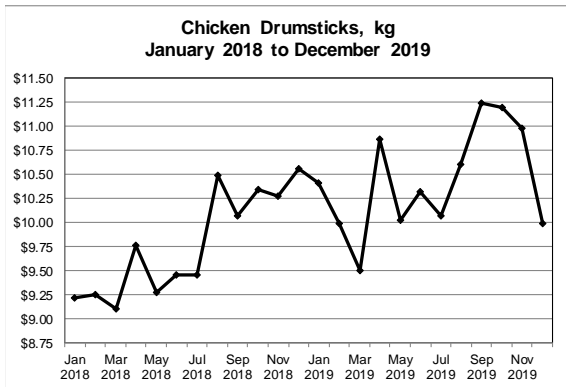
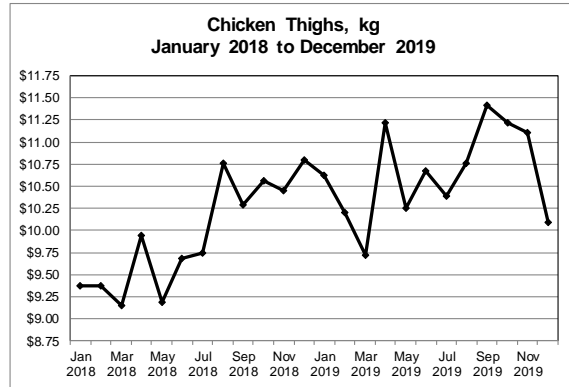
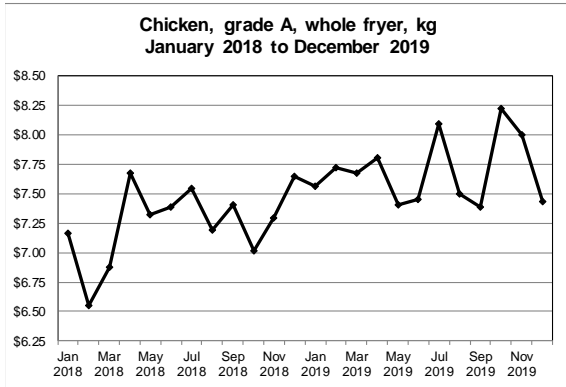
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Poultry & Fish

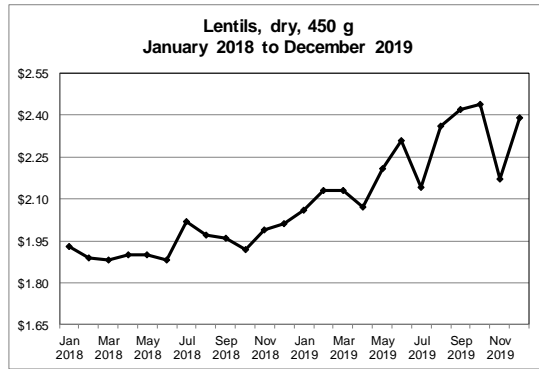
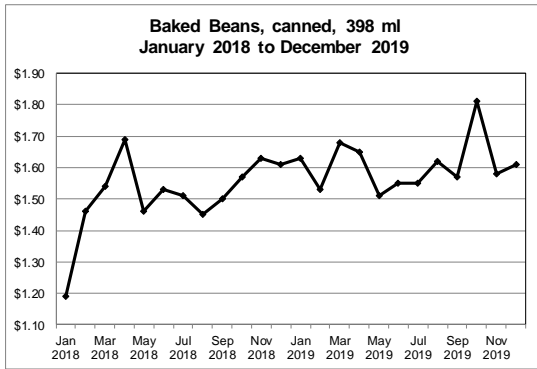
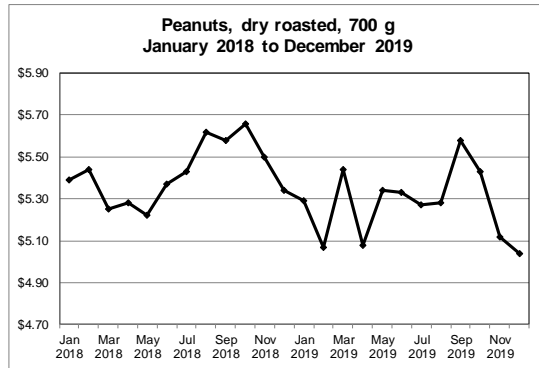
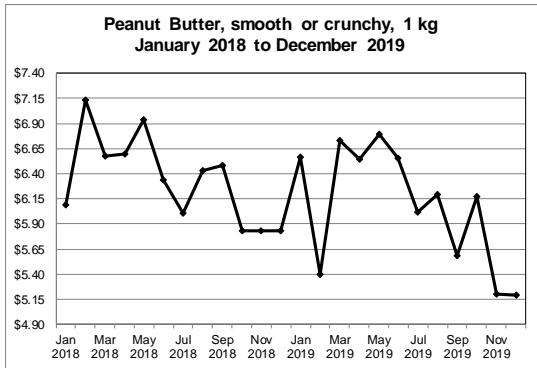
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Meat Alternative

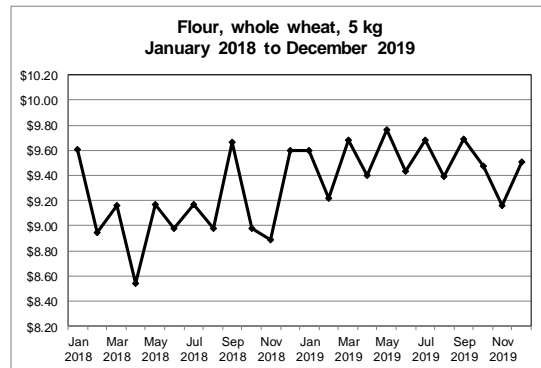
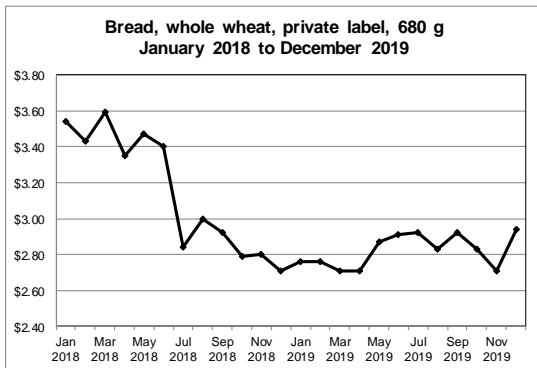
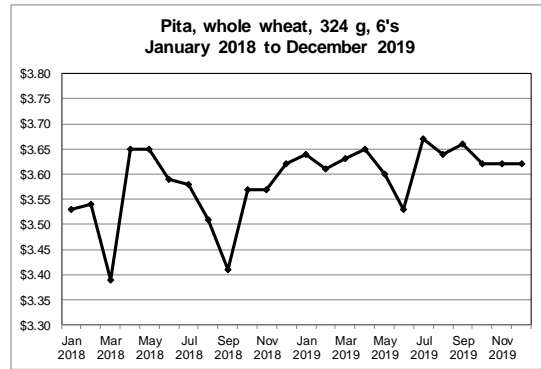
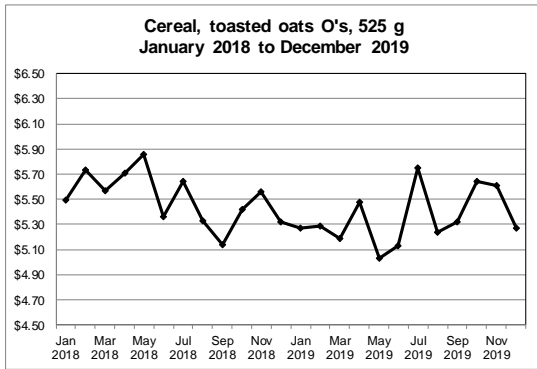
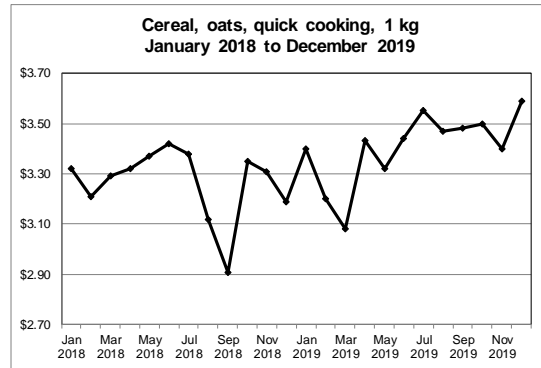
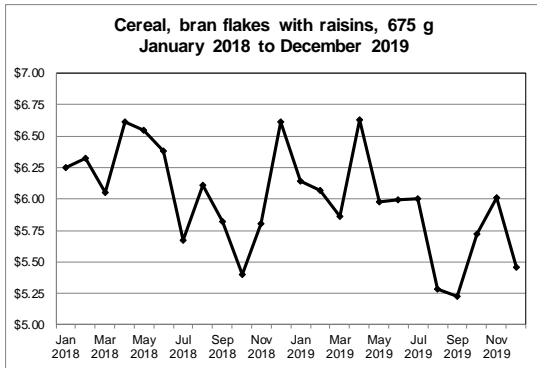
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Whole Grain Products

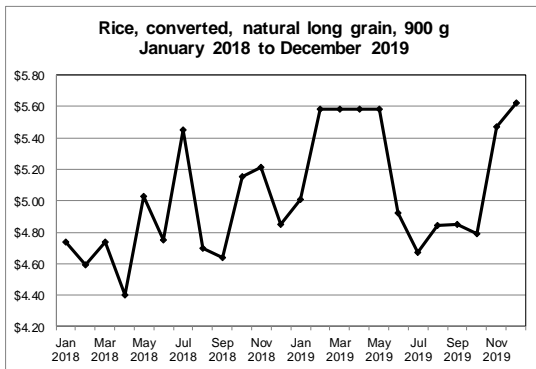
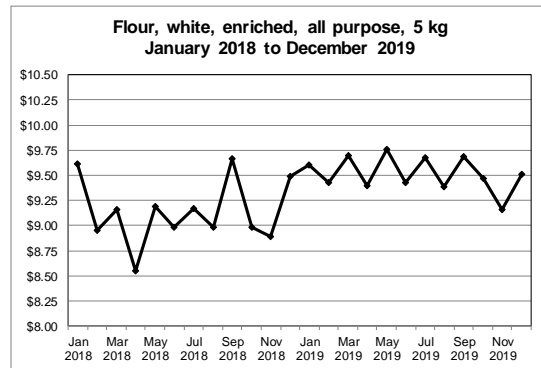
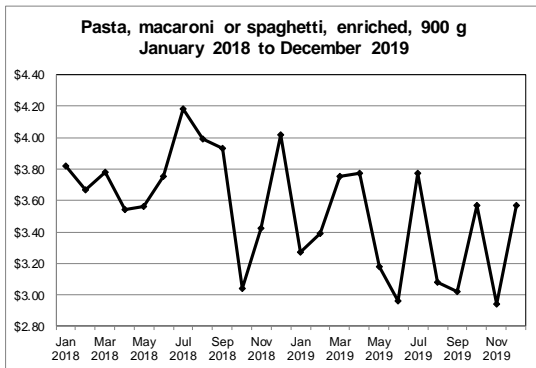
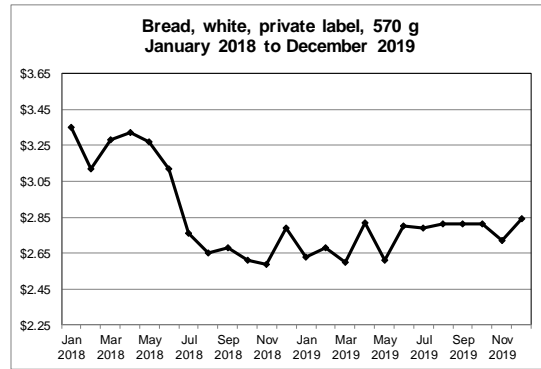
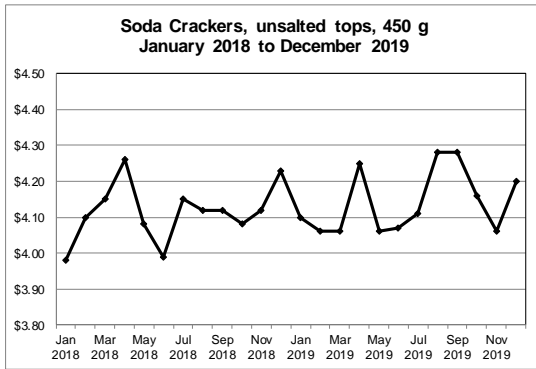
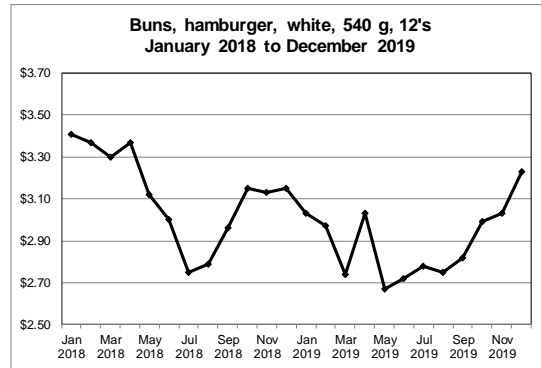
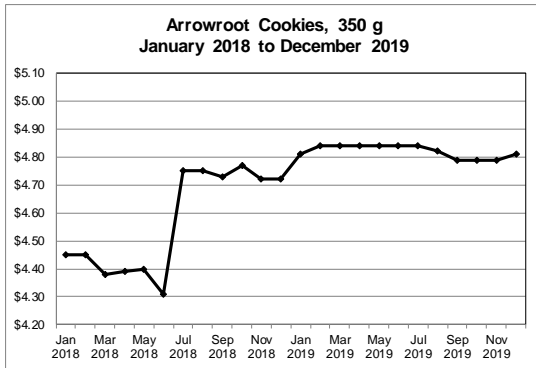
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Non-Whole Grain Products

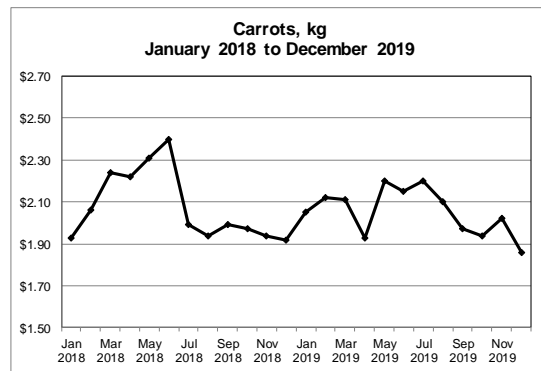
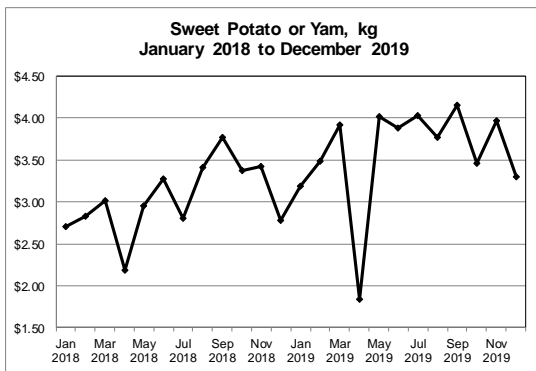
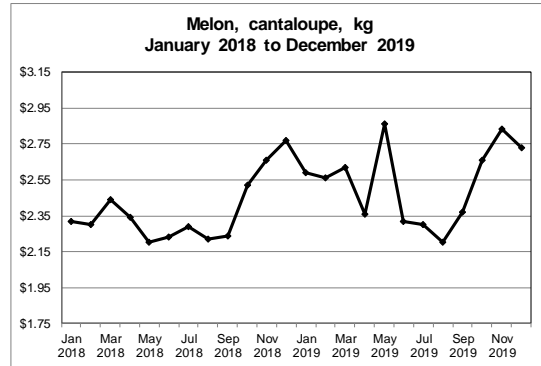
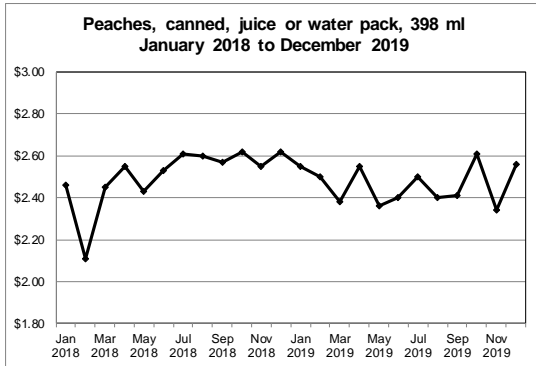
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Orange Vegetables & Fruits

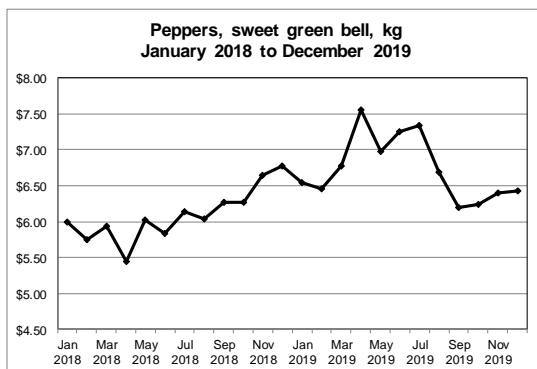
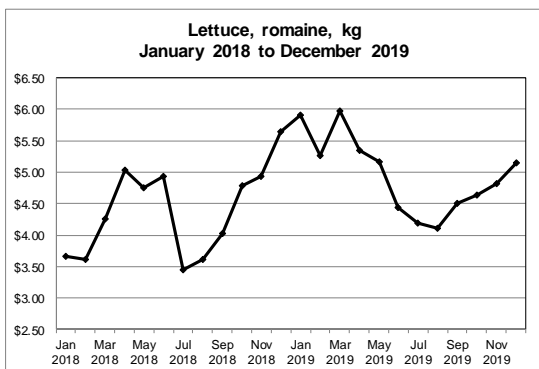
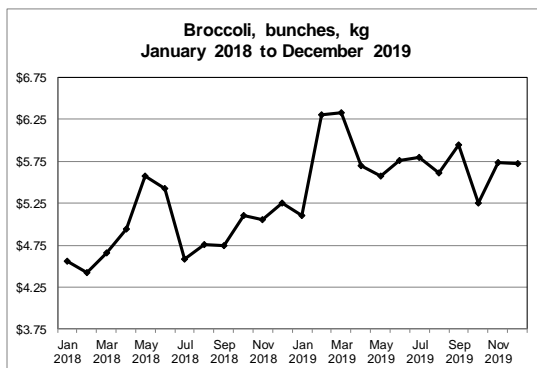
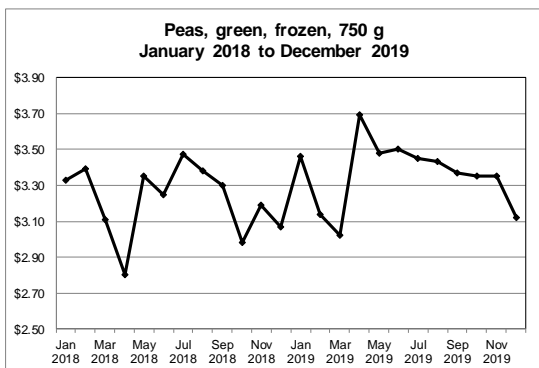
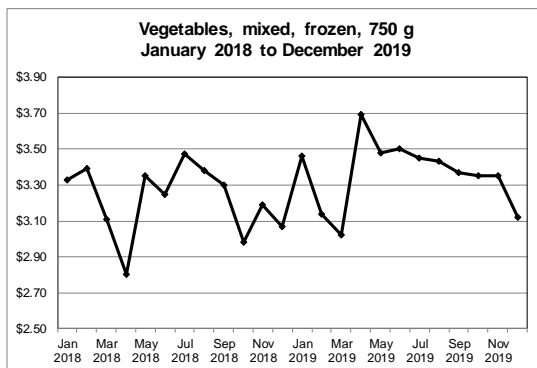
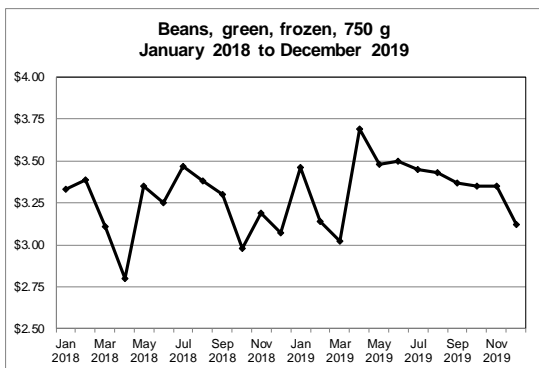
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Dark Green Vegetables

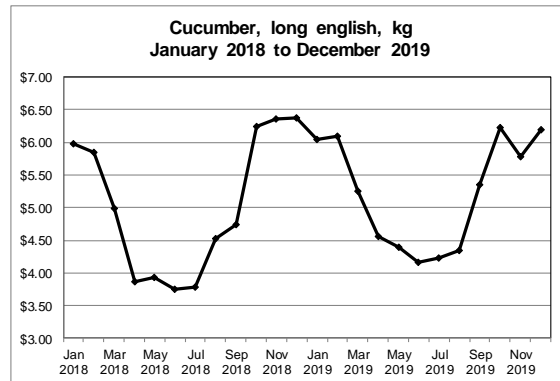
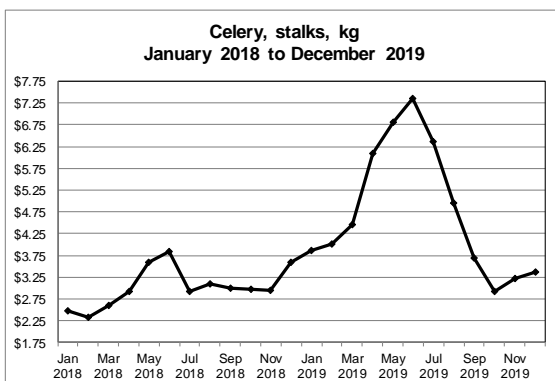
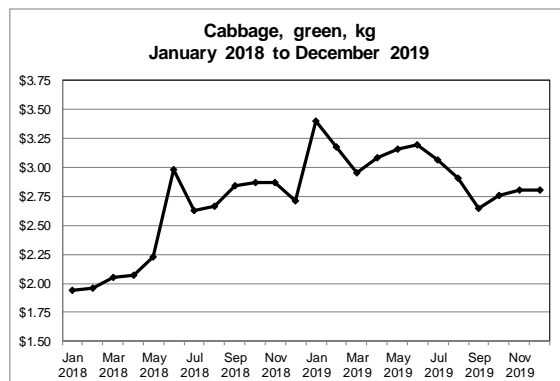
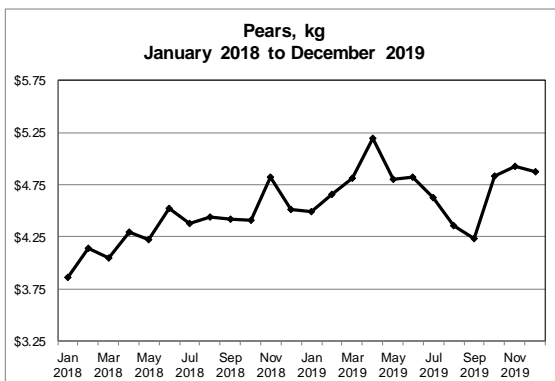
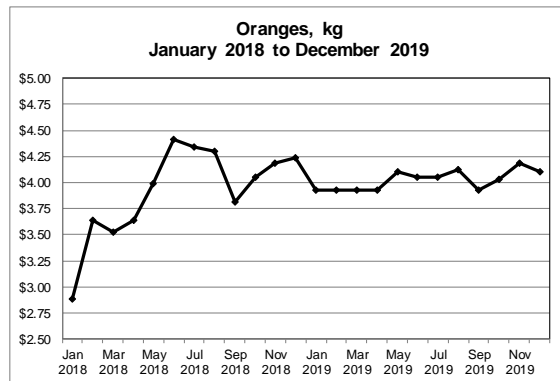
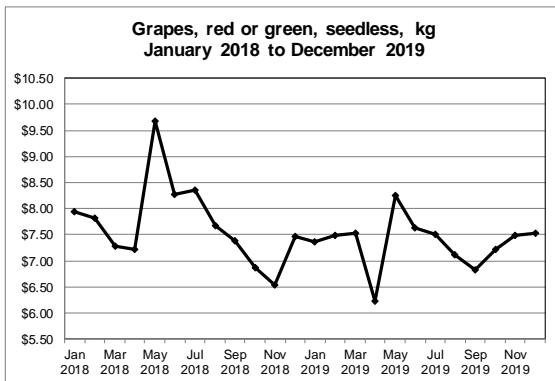
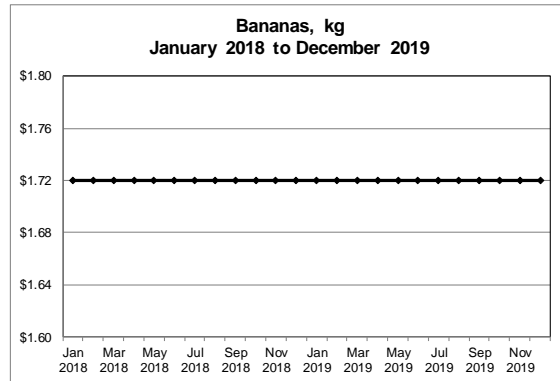
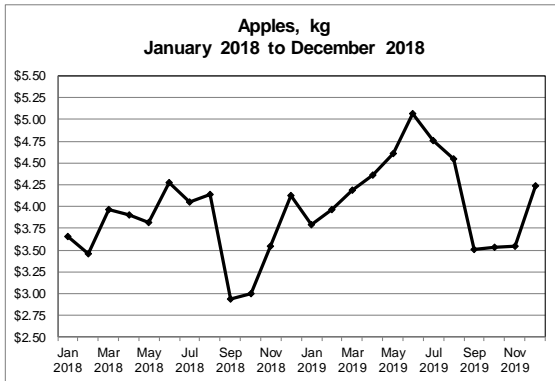
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Other Fresh Vegetables & Fruits

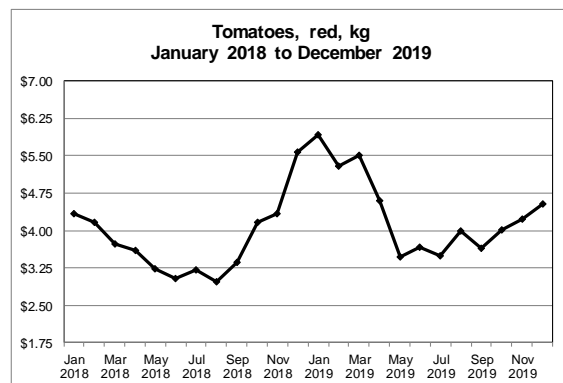
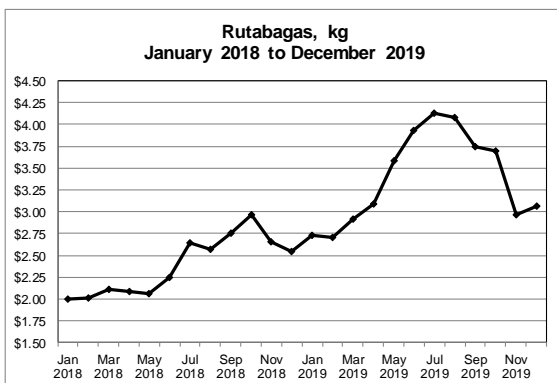
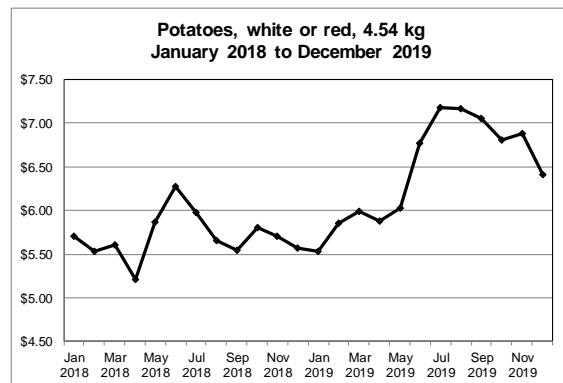
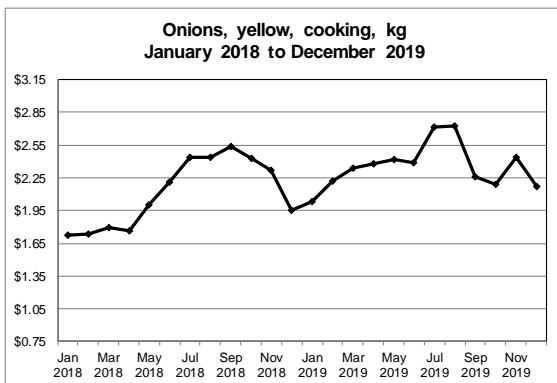
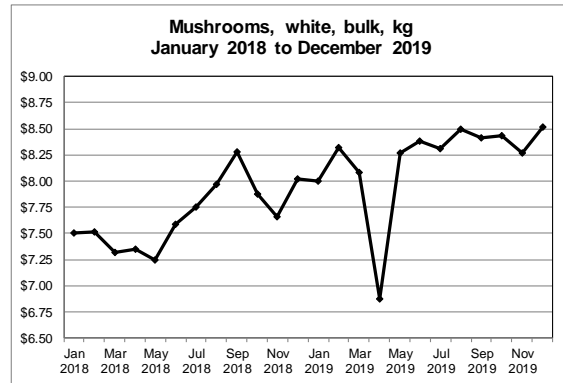
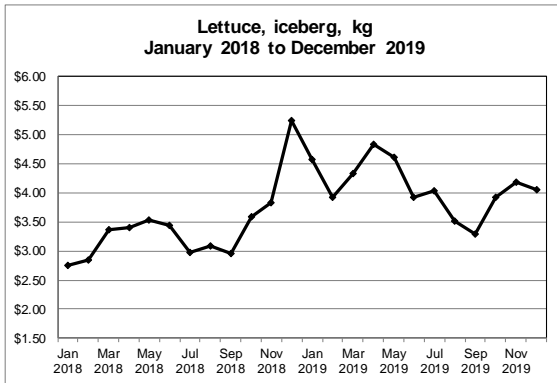
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Other Fresh Vegetables & Fruits

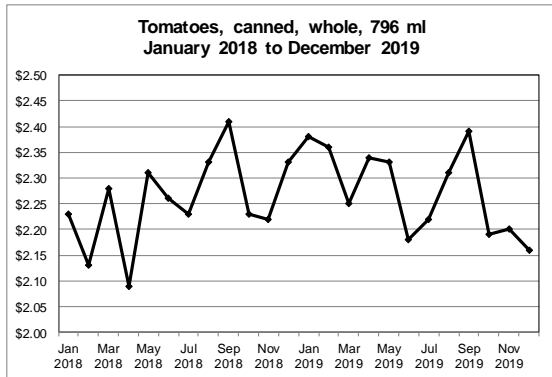
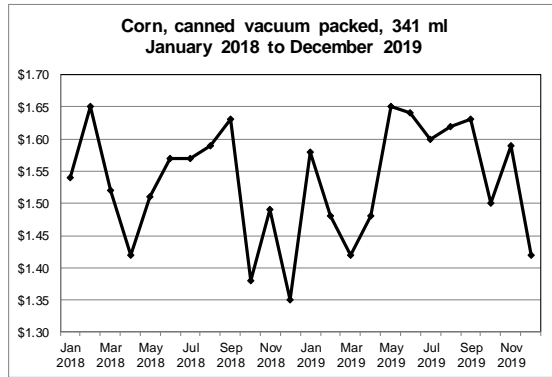
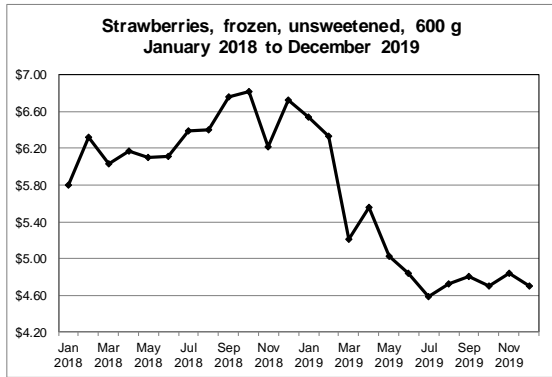
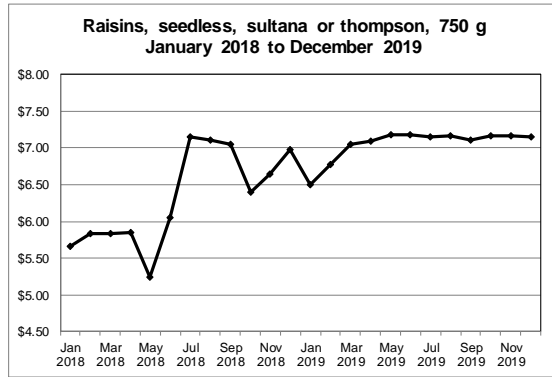
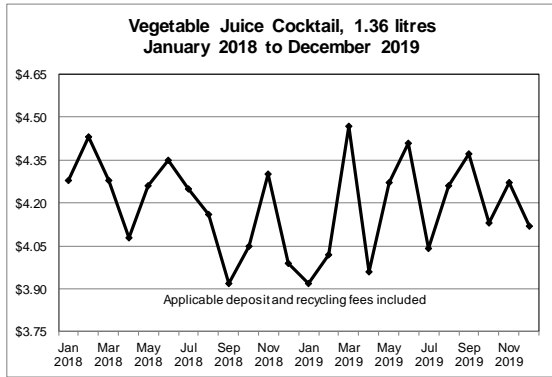
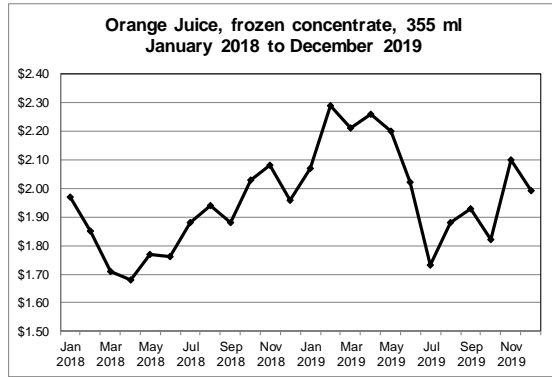
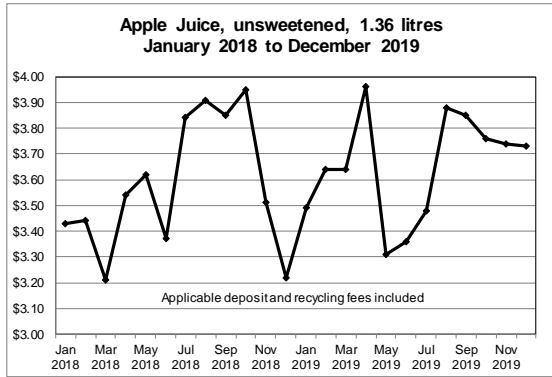
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Other Processed Vegetables & Fruits

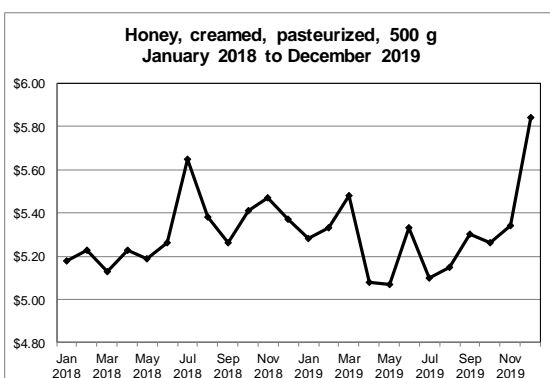
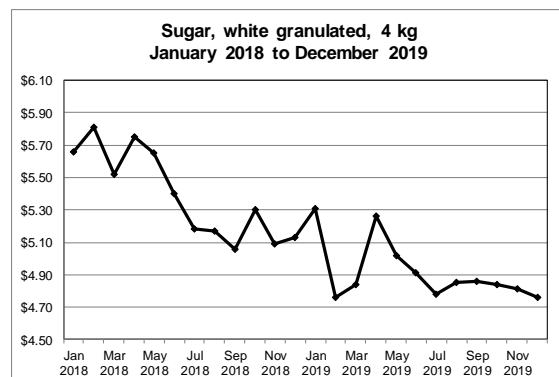
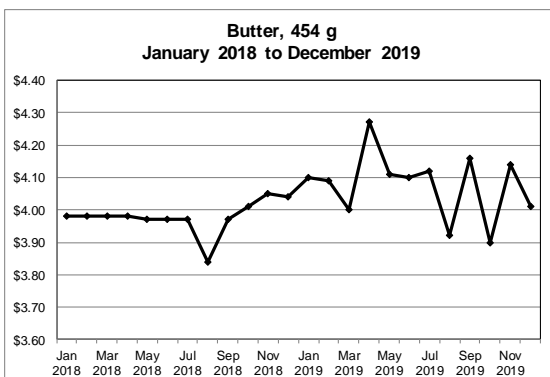
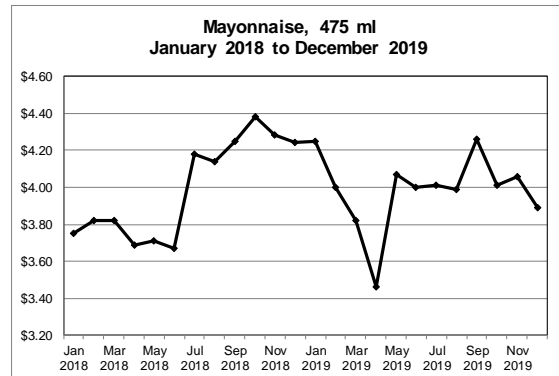
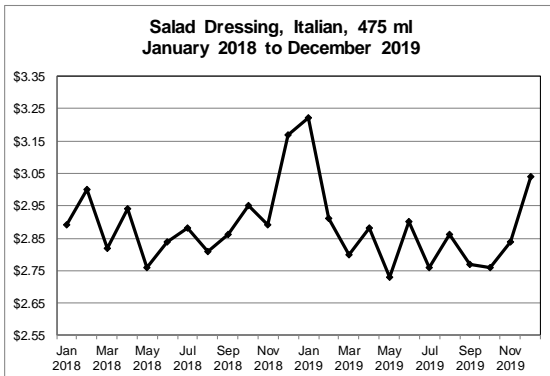
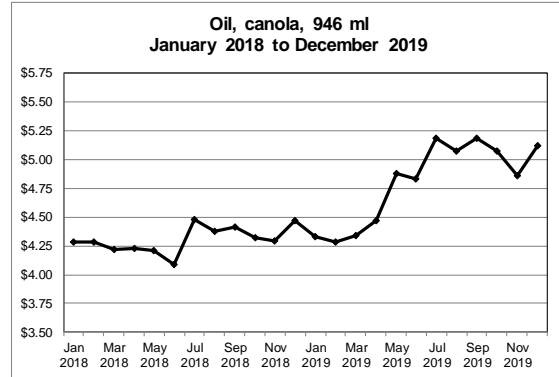
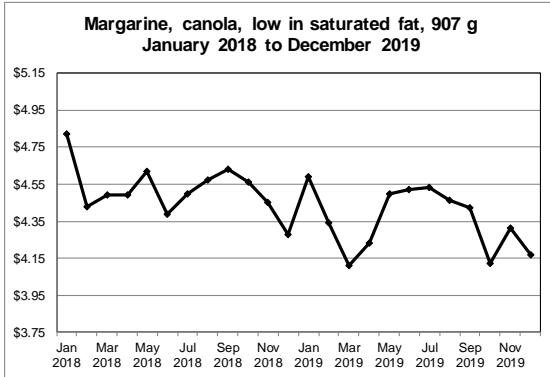
Average Retail Food Prices for Edmonton, 2018 - 2019



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

Fats, Oils & Sweeteners

Average Retail Food Prices for Edmonton, 2018 - 2019



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