

An overview of 2018–2019

Edmonton Nutritious Food Basket Prices



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

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Introduction and Methodology

What is a Nutritious Food Basket?

A nutritious food basket is a food-costing tool that is a measure of the cost of healthy eating based on current nutrition recommendations. Nutritious food baskets have been used in Canada for half a century to assess the cost of an adequate diet in both health and social service contexts.

One of Canada's oldest food costing resources has been in use by the Montreal Diet Dispensary since 1948. The federal government became involved in food costing in 1974, and Agriculture and Agri-Food Canada developed and priced the Nutritious Food Basket and the Thrifty Nutritious Food Basket. These food baskets provided benchmark costs for feeding 23 age and gender groups in 18 cities across the country until 1995. Edmonton Nutritious Food Basket Prices, first developed in 1995, were based on these standards.

In 1998, a National Nutritious Food Basket, revised to reflect current nutrition recommendations and food purchase patterns, was developed by Health Canada. Beginning in 2000, the Edmonton basket was updated based on Health Canada's National Nutritious Food Basket – 1998.

In 2004, the Edmonton Nutritious Food Basket was reviewed and updated to reflect Health Canada's Food Guide to Healthy Eating and Statistics Canada's Family Food Expenditure Survey. Health Canada released the updated National Nutritious Food Basket in 2008, and the Edmonton Food Basket was updated in 2009 to reflect this.

Factors in selecting the Food Basket

Analyzing the cost of a nutritious food basket is complex. It is not simply a matter of pricing a list of foods in various retail stores. Developing a realistic basket of foods involves balancing several important factors:

- Quantities of food must meet nutrient needs.
- The basket must reflect the food consumption patterns for most of the population in the geographic area.
- Tracking food prices over time means that the items selected must be available in all the stores, all the time.
- Limitations on resources (time, money) of those gathering price data.

These factors limit the brand names, package sizes and types of fresh foods chosen for the basket.

The current Edmonton Nutritious Food Baskets consist of 67 food items. These food items fall into categories, which contribute similar nutrients to the diet. Each of the items within a category is weighted to reflect the purchasing patterns of most Albertans. For example, within the meat, poultry and alternatives category, proportions have been assigned to the various items priced, which represent the

percentages of meat, poultry and alternatives that a typical Alberta household consumes. The total weight or volume of food within the category will meet the nutrient needs of average Canadians. This weighting has been done for each of the food categories.

Every food category contains some items that are better sources of a specific nutrient than others in the same category, and the Edmonton Nutritious Food Basket Prices incorporates a realistic balance and variety of foods.

Calculating Nutritious Food Basket prices for each age-gender group

The Edmonton Nutritious Food Basket lists 22 age-gender groups and a reference family of four, and reports the weekly cost of each food category as well as a total weekly cost. This cost represents the weekly food basket prices and assumes that the individual is a member of a family.

The required number of servings of each food category is based on age and gender. Other items can be substituted for the ones priced in this report, but the cost of the food basket will change. No assumptions for “economy of scale” have been made, nor margins for food spoilage or waste.

How to use the Edmonton Nutritious Food Basket prices

The costs can provide benchmarks for families, individuals and agencies looking for guidelines for purchasing nutritious foods. Costs for an individual or family may be different than those in this report if different sized packages are purchased. Edmonton prices presented in this report may differ from prices in other areas of the province.

We suggest adding 10 per cent to the total weekly average cost to accommodate Vitamin D supplement (for adult men and women over 50 years of age), iron supplement (for pregnant women) and other miscellaneous items (such as condiments, baking supplies, tea and coffee), as these are not included in the total weekly average cost.

Care should be taken when comparing the cost of 2018 and 2019 Edmonton Nutritious Food Basket Prices to previous years. Beginning in 2009, the Edmonton Nutritious Food Basket consists of an updated list of 67 representative food items as compared to 51 in the 2008 basket. Additionally, the 2018 and 2019 baskets report weekly costs for 10 food categories, as compared to 11 food categories in 2008 and prior years.

The number of age and gender groups and the reference family of four changed in 2009. More detail on the composition of the current basket and weekly quantities of food required by specified age-gender groups is provided in the Appendix section of this report.

Publication of the Survey

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Accordingly, the food costs shown in this report represent weighted average prices of several retail food stores, gathered on the same day. The prices from each store are weighted to account for an estimated market share. The weighted average retail food prices for Edmonton are converted to a unit price for each food category and then multiplied by the number of units or servings required to meet nutrient needs for each age-gender group for one week. The weekly average

food costs for each age-gender group and the reference family of four are then averaged for each month, to determine the average weekly cost of the nutritious food basket for the month.

Acknowledgments

We wish to express our sincere appreciation to Health Canada and Agriculture and Agri-Food Canada, whose nutrition information, weights, quantities, consumption and expenditure data have been used as a reference in the development of our food costing methodology.

Table 1 - Annual Average Weekly Cost of Edmonton Nutritious Food Basket 2018^(*)

Age-Gender Group	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (a)
Children - Dollars per Week -											
Boy 2-3 years	7.67	0.84	4.96	3.70	1.78	3.19	4.60	2.53	1.74	1.29	32.28
Girl 2-3 years	7.67	0.84	4.96	3.70	1.78	3.19	4.60	2.17	1.49	1.29	31.67
Boy 4-8 years	9.20	0.84	7.71	3.70	1.78	3.19	8.05	3.61	2.48	1.29	41.84
Girl 4-8 years	9.20	0.84	7.71	3.70	1.78	3.19	8.05	3.61	2.48	1.29	41.84
Males											
9-13 years	12.26	0.84	15.97	3.70	1.78	3.19	10.35	4.34	2.98	1.62	57.01
14-18 years	12.26	0.84	35.24	3.70	1.78	3.19	16.10	5.78	3.97	2.26	85.12
19-30 years	8.43	0.84	32.49	3.70	1.78	3.19	18.40	6.51	4.47	2.59	82.37
31-50 years (b)	7.67	0.84	26.98	3.70	1.78	3.19	16.10	6.51	4.47	2.59	73.80
51-70 years (b)	9.20	0.84	26.98	3.70	1.78	3.19	13.80	6.51	2.98	2.26	71.22
over 70 years (b)	9.20	0.84	26.98	3.70	1.78	3.19	13.80	6.51	2.98	1.62	70.58
Females											
9-13 years	9.96	0.84	10.46	3.70	1.78	3.19	9.20	4.34	2.98	1.62	48.06
14-18 years	10.73	0.84	15.97	3.70	1.78	3.19	12.65	5.06	2.98	1.62	58.50
19-30 years	6.13	0.84	21.47	3.70	1.78	3.19	14.95	5.42	3.48	1.94	62.89
31-50 years (b)	6.90	0.84	21.47	3.70	1.78	3.19	13.80	5.06	3.48	1.94	62.14
51-70 years (b)	9.20	0.84	15.97	3.70	1.78	3.19	10.35	4.34	2.98	1.29	53.62
over 70 years (b)	9.20	0.84	15.97	3.70	1.78	3.19	10.35	4.34	2.98	1.29	53.62
Pregnancy											
18 years & younger (c)	10.73	0.84	21.47	3.70	1.78	3.19	13.80	5.78	2.98	2.26	66.53
19-30 years (c)	9.20	0.84	21.47	3.70	1.78	3.19	14.95	5.78	3.97	2.59	67.46
31-50 years (c)	9.20	0.84	21.47	3.70	1.78	3.19	13.80	5.78	3.97	2.26	65.99
Lactation											
18 years & younger	12.26	0.84	21.47	3.70	1.78	3.19	14.37	5.42	3.48	2.26	68.77
19-30 years	9.20	0.84	26.98	3.70	1.78	3.19	14.95	5.78	3.97	2.59	72.97
31-50 years	9.20	0.84	26.98	3.70	1.78	3.19	13.80	5.78	3.97	2.26	71.49
Family of Four (d)	36.03	3.36	72.13	14.79	7.10	12.75	48.29	19.52	13.41	7.43	234.80

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

(a) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(c) A daily iron supplement is required for pregnant women.

(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Note: Due to rounding, totals may not add up.

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

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Table 2 - Annual Average Weekly Cost of Edmonton Nutritious Food Basket 2019^(*)

Age-Gender Group	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (a)
Children - Dollars per Week -											
Boy 2-3 years	7.85	0.84	5.11	4.14	1.82	3.60	4.85	2.50	1.72	1.28	33.72
Girl 2-3 years	7.85	0.84	5.11	4.14	1.82	3.60	4.85	2.15	1.47	1.28	33.12
Boy 4-8 years	9.42	0.84	7.95	4.14	1.82	3.60	8.49	3.58	2.46	1.28	43.58
Girl 4-8 years	9.42	0.84	7.95	4.14	1.82	3.60	8.49	3.58	2.46	1.28	43.58
Males											
9-13 years	12.57	0.84	16.47	4.14	1.82	3.60	10.92	4.29	2.95	1.61	59.20
14-18 years	12.57	0.84	36.35	4.14	1.82	3.60	16.99	5.72	3.93	2.25	88.20
19-30 years	8.64	0.84	33.51	4.14	1.82	3.60	19.41	6.44	4.42	2.57	85.39
31-50 years (b)	7.85	0.84	27.83	4.14	1.82	3.60	16.99	6.44	4.42	2.57	76.50
51-70 years (b)	9.42	0.84	27.83	4.14	1.82	3.60	14.56	6.44	2.95	2.25	73.85
over 70 years (b)	9.42	0.84	27.83	4.14	1.82	3.60	14.56	6.44	2.95	1.61	73.20
Females											
9-13 years	10.21	0.84	10.79	4.14	1.82	3.60	9.71	4.29	2.95	1.61	49.95
14-18 years	11.00	0.84	16.47	4.14	1.82	3.60	13.35	5.01	2.95	1.61	60.77
19-30 years	6.28	0.84	22.15	4.14	1.82	3.60	15.77	5.36	3.44	1.93	65.34
31-50 years (b)	7.07	0.84	22.15	4.14	1.82	3.60	14.56	5.01	3.44	1.93	64.55
51-70 years (b)	9.42	0.84	16.47	4.14	1.82	3.60	10.92	4.29	2.95	1.28	55.74
over 70 years (b)	9.42	0.84	16.47	4.14	1.82	3.60	10.92	4.29	2.95	1.28	55.74
Pregnancy											
18 years & younger (c)	11.00	0.84	22.15	4.14	1.82	3.60	14.56	5.72	2.95	2.25	69.02
19-30 years (c)	9.42	0.84	22.15	4.14	1.82	3.60	15.77	5.72	3.93	2.57	69.97
31-50 years (c)	9.42	0.84	22.15	4.14	1.82	3.60	14.56	5.72	3.93	2.25	68.43
Lactation											
18 years & younger	12.57	0.84	22.15	4.14	1.82	3.60	15.17	5.36	3.44	2.25	71.33
19-30 years	9.42	0.84	27.83	4.14	1.82	3.60	15.77	5.72	3.93	2.57	75.65
31-50 years	9.42	0.84	27.83	4.14	1.82	3.60	14.56	5.72	3.93	2.25	74.11
Family of Four (d)	36.91	3.34	74.41	16.58	7.29	14.38	50.96	19.31	13.26	7.39	243.83

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

(a) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(c) A daily iron supplement is required for pregnant women.

(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Note: Due to rounding, totals may not add up.

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Table 3 - Average Weekly Food Cost (\$) for Family of Four(a), Edmonton - 2018^(*)

Month	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (b)
January	35.24	3.21	68.59	14.35	7.42	13.29	48.05	19.90	14.08	7.42	231.55
February	35.38	3.41	71.00	13.67	7.19	12.91	47.66	19.70	13.99	7.42	232.34
March	35.64	3.42	69.30	14.03	6.95	12.31	47.20	19.74	13.58	7.36	229.55
April	35.79	3.38	69.40	14.69	6.89	12.60	46.65	19.87	13.55	7.30	230.14
May	35.71	3.28	71.80	14.07	6.99	12.28	46.71	19.87	13.40	7.39	231.50
June	35.48	3.49	73.68	14.79	7.03	12.01	48.33	19.48	13.26	7.61	235.16
July	35.84	3.29	71.41	14.38	6.83	12.26	47.97	19.39	13.37	7.42	232.17
August	36.20	3.48	73.18	14.97	6.87	12.42	48.41	19.42	12.95	7.35	235.24
September	36.42	3.41	74.94	15.66	7.00	12.59	46.83	18.82	13.13	7.48	236.28
October	36.77	3.30	75.17	16.78	7.27	13.05	48.94	18.82	13.00	7.53	240.62
November	36.48	3.30	73.09	14.78	7.39	13.40	49.60	19.34	13.03	7.39	237.81
December	37.37	3.32	73.99	15.31	7.40	13.89	53.11	19.85	13.51	7.51	245.27
Average 2018	36.03	3.36	72.13	14.79	7.10	12.75	48.29	19.52	13.41	7.43	234.80

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

(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age.
Note: Due to rounding, totals may not add up.

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Table 4 - Average Weekly Food Cost (\$) for Family of Four(a), Edmonton - 2019(*)

Month	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (b)
January	37.15	3.24	74.82	15.33	7.31	14.21	52.45	19.44	13.07	7.60	244.64
February	37.01	3.32	70.49	15.88	7.36	14.85	52.31	19.32	13.27	7.19	241.01
March	36.62	3.28	72.90	16.18	7.47	15.21	52.01	19.05	13.12	6.97	242.80
April	36.97	3.30	77.39	16.08	6.58	15.12	52.41	20.08	13.68	6.91	248.51
May	36.36	3.31	71.68	16.58	7.84	14.50	52.46	19.07	12.98	7.46	242.24
June	37.00	3.31	74.45	16.42	7.11	14.43	52.10	19.10	13.06	7.49	244.48
July	36.84	3.34	73.10	16.34	7.23	14.32	50.70	20.04	13.24	7.57	242.72
August	37.09	3.31	75.89	17.20	6.90	13.86	50.29	18.67	13.17	7.54	243.92
September	36.81	3.38	76.65	17.08	7.14	14.24	47.82	18.84	13.22	7.68	242.86
October	37.40	3.42	75.83	17.33	7.45	13.51	48.51	19.51	13.34	7.36	243.67
November	36.92	3.44	74.13	17.36	7.66	14.19	50.04	19.61	13.19	7.42	243.97
December	36.80	3.45	75.64	17.16	7.41	14.11	50.41	18.94	13.77	7.47	245.15
Average 2019	36.91	3.34	74.41	16.58	7.29	14.38	50.96	19.31	13.26	7.39	243.83

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

(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

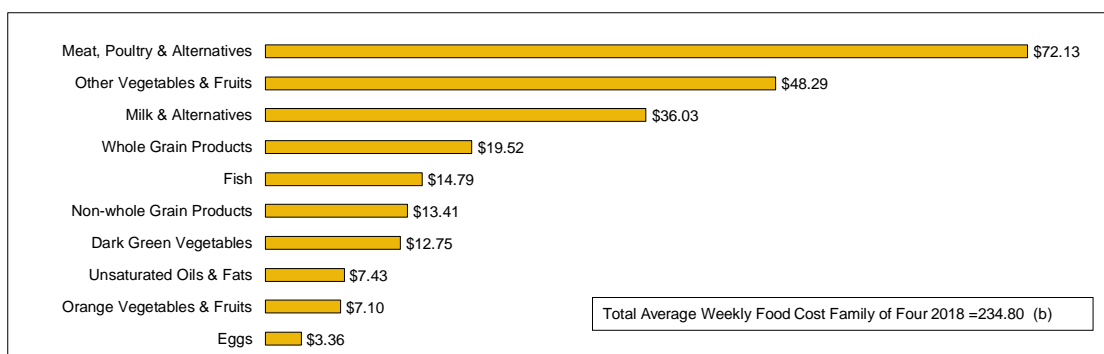
(b) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc.; Vitamin D supplement for adult men and women over 50 years of age.

Note: Due to rounding, totals may not add up.

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

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**Graph 1 - Average Weekly Food Cost by Category 2018^(*)
Family of Four^(a) - Edmonton**

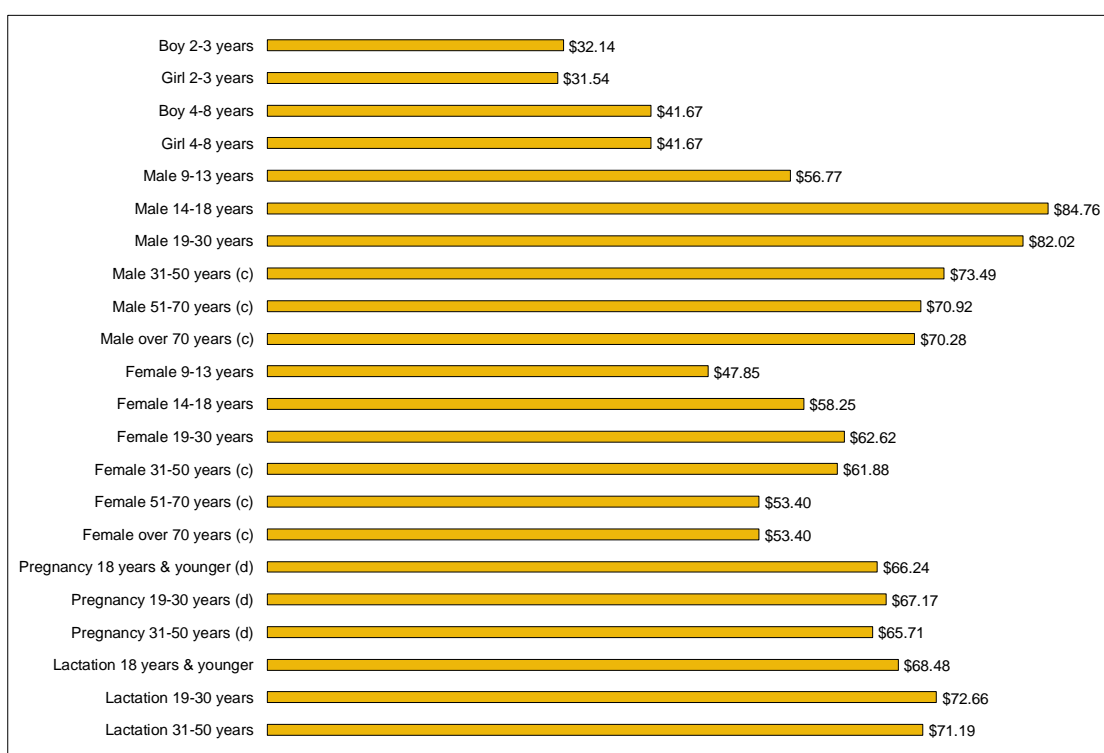


(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

**Graph 2 - Average Total Weekly Food Cost^(b) 2018^(*)
by Age/Gender Group - Edmonton**



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

(b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

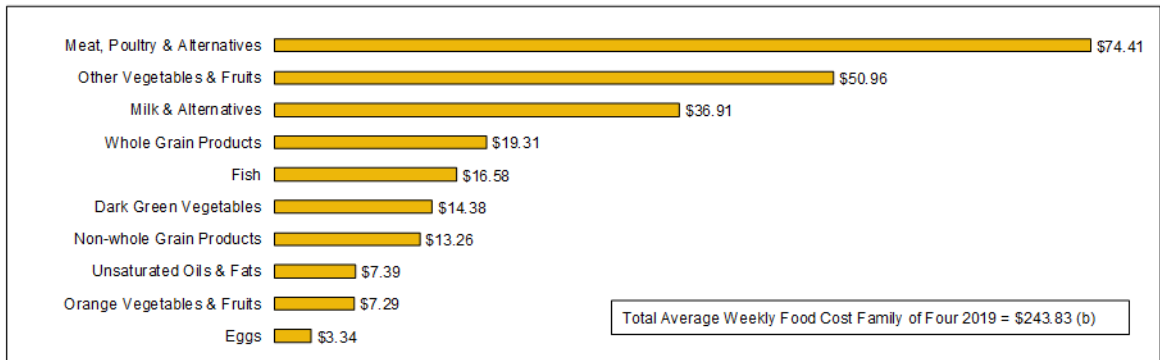
(c) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(d) A daily iron supplement is required for pregnant women.

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**Graph 3 - Average Weekly Food Cost by Category 2019^(*)
Family of Four^(a) - Edmonton**

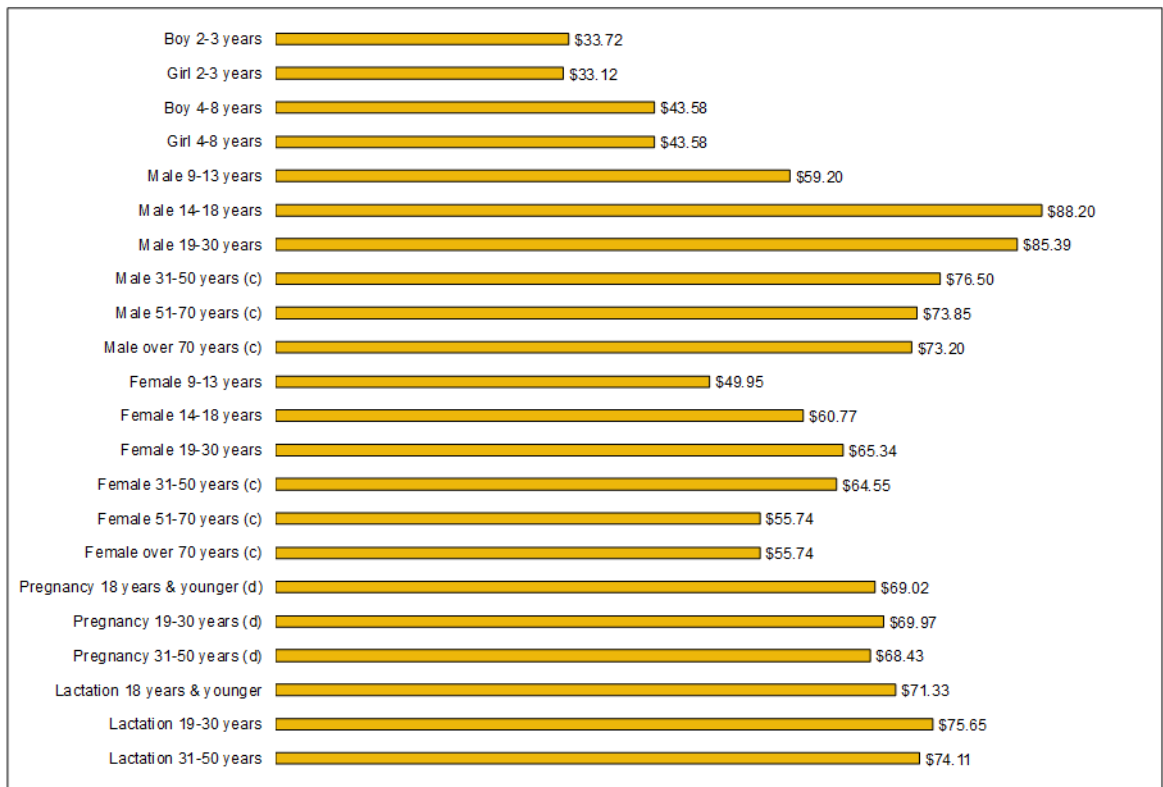


(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

**Graph 4 - Average Total Weekly Food Cost^(b) 2019^(*)
by Age/Gender Group - Edmonton**



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

(b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(c) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(d) A daily iron supplement is required for pregnant women.

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APPENDIX A - EDMONTON NUTRITIOUS FOOD BASKET PRICE REPORT 2018 - 2019^(*)

Composition of the Edmonton Nutritious Food Basket

<p><u>Milk & Alternatives</u></p> <p>Cheese, cheddar, medium</p> <p>Cheese, mozzarella, partially skimmed (52% water, ~16.5% M.F.)</p> <p>Cheese, processed food, cheddar, slices</p> <p>Milk, partly skimmed, 1% M.F.</p> <p>Yogurt, less than 2% M.F.</p> <p><u>Eggs</u></p> <p>Eggs, grade A, large</p> <p><u>Meat, Poultry & Alternatives</u></p> <p>Beans, baked, canned in tomato sauce</p> <p>Beef, ground, lean</p> <p>Beef, hip, inside round roast</p> <p>Beef, hip, inside round steak</p> <p>Chicken, breast, boneless & skinless</p> <p>Ham, sliced, regular</p> <p>Lentils, dry</p> <p>Peanut butter, smooth type, fat, sugar and salt added</p> <p>Peanuts, dry roasted</p> <p>Pork, loin, centre chop, bone-in</p> <p><u>Fish</u></p> <p>Fish, sole, frozen</p> <p>Salmon, sockeye, canned</p> <p>Tuna, light, canned in water</p> <p><u>Orange Vegetables & Fruits</u></p> <p>Carrots, raw</p> <p>Melons, cantaloupe, raw</p> <p>Peaches, canned halves or slices, juice or water pack</p> <p>Sweet potato or yam, raw</p> <p><u>Dark Green Vegetables</u></p> <p>Beans, snap (Italian, green or yellow), frozen</p> <p>Broccoli, raw</p> <p>Lettuce, romaine, raw</p> <p>Peas, green, frozen</p> <p>Peppers, sweet, green, raw</p> <p>Vegetables, mixed, frozen</p>	<p><u>Other Vegetables & Fruits</u></p> <p>Apple juice, added vitamin C</p> <p>Apples, raw</p> <p>Bananas, raw</p> <p>Cabbage, raw</p> <p>Celery, raw</p> <p>Corn, canned vacuum packed</p> <p>Cucumber, raw</p> <p>Grapes, red or green, raw</p> <p>Lettuce, iceberg, raw</p> <p>Mushrooms, raw</p> <p>Onions, cooking, yellow, raw</p> <p>Orange juice, frozen concentrate</p> <p>Oranges, raw</p> <p>Pears, raw</p> <p>Potatoes, white, raw</p> <p>Raisins, seedless, Sultana or Thompson</p> <p>Rutabaga or turnip, raw</p> <p>Strawberries, frozen, unsweetened</p> <p>Tomatoes, canned, whole</p> <p>Tomatoes, red, raw</p> <p>Vegetable Juice Cocktail</p> <p><u>Whole Grain Products</u></p> <p>Bread, whole wheat</p> <p>Cereal, bran flakes with raisins</p> <p>Cereal, oats, quick cooking</p> <p>Cereal, toasted oats O's</p> <p>Flour, whole wheat</p> <p>Pita, whole wheat</p> <p><u>Non-whole Grain Products</u></p> <p>Bread, white</p> <p>Buns, hamburger</p> <p>Cookies, arrowroot</p> <p>Crackers, saltine, unsalted top</p> <p>Flour, white, enriched, all purpose</p> <p>Pasta, spaghetti, enriched</p> <p>Rice, white, long-grain, parboiled</p> <p><u>Unsaturated Oils & Fats</u></p> <p>Margarine, tub, non-hydrogenated</p> <p>Salad dressing, Italian, regular</p> <p>Mayonnaise</p> <p>Vegetable oil, canola</p>
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(*) - Based on Health Canada's 2008 National Nutritious Food Basket

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

APPENDIX B - EDMONTON NUTRITIOUS FOOD BASKET PRICE REPORT 2018 - 2019^(*)

Weekly Quantities of Food^(a) Required for Specified Age-Gender Groups

Age-Gender Group	Milk & Alternatives (litre)	Eggs (no.)	Fish (kg)	Meat, Poultry & Alternatives (kg)	Orange Vegetables & Fruits (kg)	Dark Green Vegetables (kg)	Other Vegetables & Fruits (kg)	Whole Grain Products (kg)	Non-whole Grain Products (kg)	Unsaturated Oils & Fats (kg)
Children										
Boy 2-3 years	4.49	3.50	0.20	0.30	0.62	0.67	1.30	0.35	0.33	0.21
Girl 2-3 years	4.49	3.50	0.20	0.30	0.62	0.67	1.30	0.30	0.28	0.21
Boy 4-8 years	5.39	3.50	0.20	0.46	0.62	0.67	2.27	0.50	0.47	0.21
Girl 4-8 years	5.39	3.50	0.20	0.46	0.62	0.67	2.27	0.50	0.47	0.21
Males										
9-13 years	7.19	3.50	0.20	0.96	0.62	0.67	2.92	0.59	0.57	0.26
14-18 years	7.19	3.50	0.20	2.13	0.62	0.67	4.54	0.79	0.75	0.37
19-30 years	4.94	3.50	0.20	1.96	0.62	0.67	5.19	0.89	0.85	0.42
31-50 years (b)	4.49	3.50	0.20	1.63	0.62	0.67	4.54	0.89	0.85	0.42
51-70 years (b)	5.39	3.50	0.20	1.63	0.62	0.67	3.89	0.89	0.57	0.37
over 70 years (b)	5.39	3.50	0.20	1.63	0.62	0.67	3.89	0.89	0.57	0.26
Females										
9-13 years	5.84	3.50	0.20	0.63	0.62	0.67	2.59	0.59	0.57	0.26
14-18 years	6.29	3.50	0.20	0.96	0.62	0.67	3.56	0.69	0.57	0.26
19-30 years	3.59	3.50	0.20	1.30	0.62	0.67	4.21	0.74	0.66	0.32
31-50 years (b)	4.04	3.50	0.20	1.30	0.62	0.67	3.89	0.69	0.66	0.32
51-70 years (b)	5.39	3.50	0.20	0.96	0.62	0.67	2.92	0.59	0.57	0.21
over 70 years (b)	5.39	3.50	0.20	0.96	0.62	0.67	2.92	0.59	0.57	0.21
Pregnancy										
18 years & younger (c)	6.29	3.50	0.20	1.30	0.62	0.67	3.89	0.79	0.57	0.37
19-30 years (c)	5.39	3.50	0.20	1.30	0.62	0.67	4.21	0.79	0.75	0.42
31-50 years (c)	5.39	3.50	0.20	1.30	0.62	0.67	3.89	0.79	0.75	0.37
Lactation										
18 years & younger	7.19	3.50	0.20	1.30	0.62	0.67	4.05	0.74	0.66	0.37
19-30 years	5.39	3.50	0.20	1.63	0.62	0.67	4.21	0.79	0.75	0.42
31-50 years	5.39	3.50	0.20	1.63	0.62	0.67	3.89	0.79	0.75	0.37
Family of Four (d)	21.11	14.00	0.82	4.35	2.49	2.70	13.61	2.67	2.54	1.21

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

(a) Quantities are for food "as purchased". Food is for preparation of all meals and snacks for a week.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age

(c) A daily iron supplement is required for pregnant women.

(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

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