

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - December 2019<sup>(\*)</sup>

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)
<b>Children</b> - Dollars per Week -											
Boy 2-3 years	7.83	0.86	5.20	4.29	1.85	3.53	4.80	2.46	1.78	1.30	<b>33.90</b>
Girl 2-3 years	7.83	0.86	5.20	4.29	1.85	3.53	4.80	2.10	1.53	1.30	<b>33.29</b>
Boy 4-8 years	9.40	0.86	8.08	4.29	1.85	3.53	8.40	3.51	2.55	1.30	<b>43.77</b>
Girl 4-8 years	9.40	0.86	8.08	4.29	1.85	3.53	8.40	3.51	2.55	1.30	<b>43.77</b>
<b>Males</b>											
9-13 years	12.53	0.86	16.74	4.29	1.85	3.53	10.80	4.21	3.06	1.62	<b>59.50</b>
14-18 years	12.53	0.86	36.95	4.29	1.85	3.53	16.80	5.61	4.08	2.27	<b>88.78</b>
19-30 years	8.61	0.86	34.06	4.29	1.85	3.53	19.20	6.31	4.59	2.60	<b>85.92</b>
31-50 years (b)	7.83	0.86	28.29	4.29	1.85	3.53	16.80	6.31	4.59	2.60	<b>76.96</b>
51-70 years (b)	9.40	0.86	28.29	4.29	1.85	3.53	14.40	6.31	3.06	2.27	<b>74.27</b>
over 70 years (b)	9.40	0.86	28.29	4.29	1.85	3.53	14.40	6.31	3.06	1.62	<b>73.62</b>
<b>Females</b>											
9-13 years	10.18	0.86	10.97	4.29	1.85	3.53	9.60	4.21	3.06	1.62	<b>50.18</b>
14-18 years	10.96	0.86	16.74	4.29	1.85	3.53	13.20	4.91	3.06	1.62	<b>61.03</b>
19-30 years	6.26	0.86	22.52	4.29	1.85	3.53	15.60	5.26	3.57	1.95	<b>65.70</b>
31-50 years (b)	7.05	0.86	22.52	4.29	1.85	3.53	14.40	4.91	3.57	1.95	<b>64.93</b>
51-70 years (b)	9.40	0.86	16.74	4.29	1.85	3.53	10.80	4.21	3.06	1.30	<b>56.04</b>
over 70 years (b)	9.40	0.86	16.74	4.29	1.85	3.53	10.80	4.21	3.06	1.30	<b>56.04</b>
<b>Pregnancy</b>											
18 years & younger (c)	10.96	0.86	22.52	4.29	1.85	3.53	14.40	5.61	3.06	2.27	<b>69.36</b>
19-30 years (c)	9.40	0.86	22.52	4.29	1.85	3.53	15.60	5.61	4.08	2.60	<b>70.34</b>
31-50 years (c)	9.40	0.86	22.52	4.29	1.85	3.53	14.40	5.61	4.08	2.27	<b>68.81</b>
<b>Lactation</b>											
18 years & younger	12.53	0.86	22.52	4.29	1.85	3.53	15.00	5.26	3.57	2.27	<b>71.68</b>
19-30 years	9.40	0.86	28.29	4.29	1.85	3.53	15.60	5.61	4.08	2.60	<b>76.11</b>
31-50 years	9.40	0.86	28.29	4.29	1.85	3.53	14.40	5.61	4.08	2.27	<b>74.59</b>
<b>Family of Four (d)</b>	<b>36.80</b>	<b>3.45</b>	<b>75.64</b>	<b>17.16</b>	<b>7.41</b>	<b>14.11</b>	<b>50.41</b>	<b>18.94</b>	<b>13.77</b>	<b>7.47</b>	<b>245.15</b>

(\*) 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.

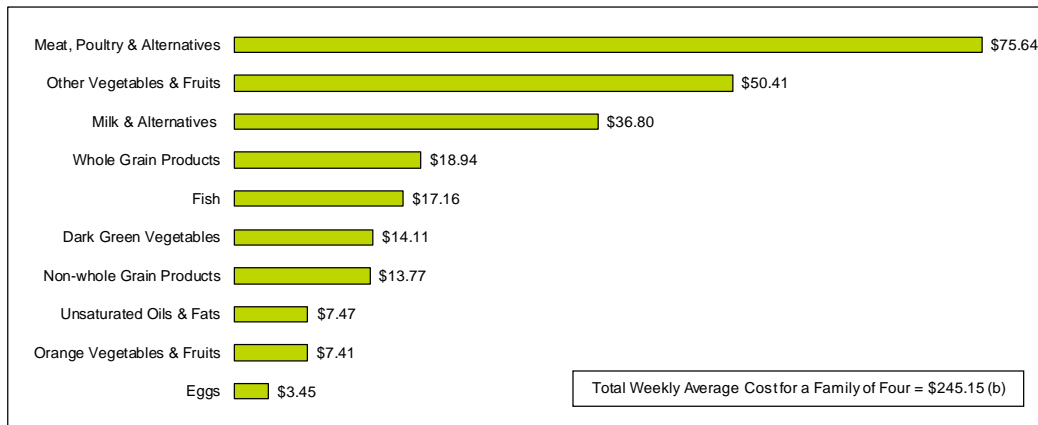
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

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

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

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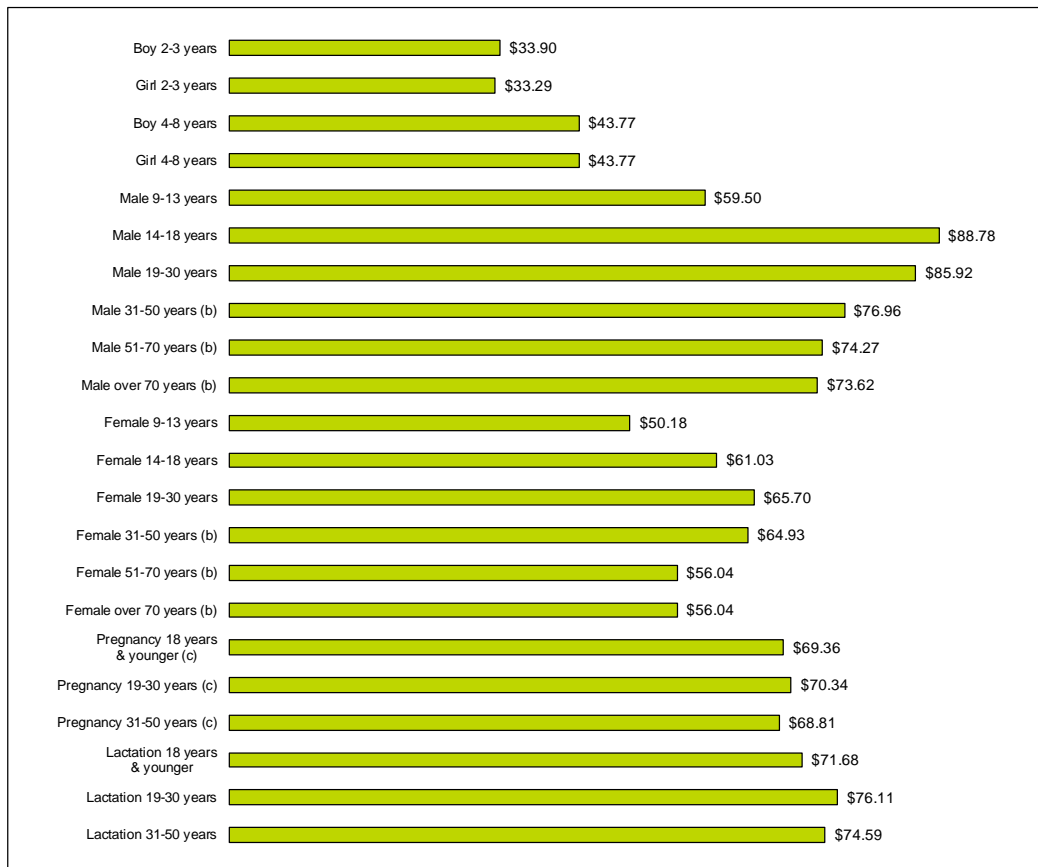
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - December 2019**



(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 and iron supplement for pregnant women.

**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
by Age/Gender Group - December 2019 (a)**



(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.

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