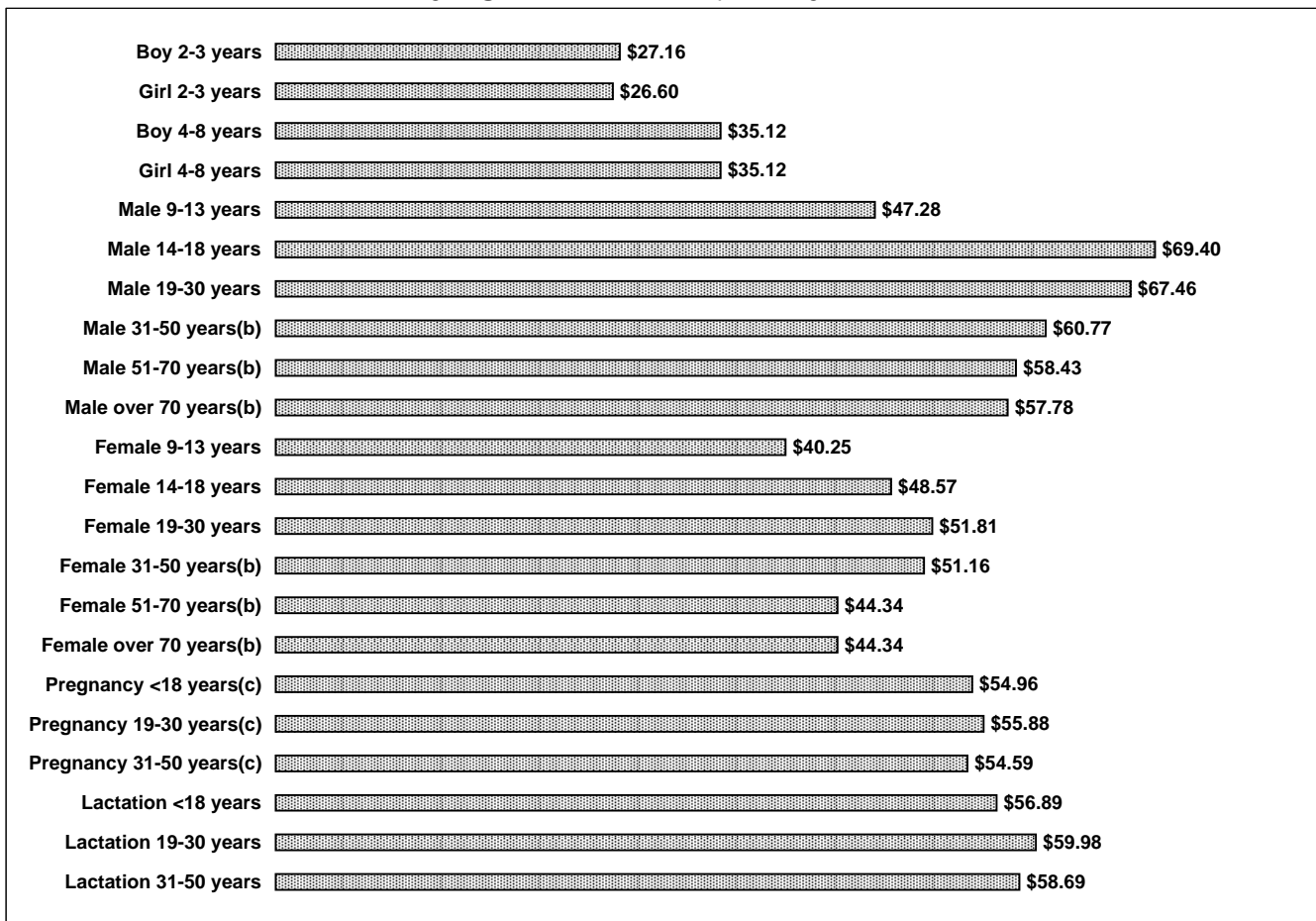


Edmonton Nutritious Food Basket - Total Weekly Average Cost<sup>(a)</sup> (\$)  
by Age/Gender Group - July 2009



(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and an 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.