Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$) for a Family of Four (a) - April 2010

Meat, Poultry & Alternatives	\$51.37	
Other Vegetables & Fruits	\$37.02	
Milk & Alternatives	\$31.34	
Whole Grain Products	\$17.32	
Non-whole Grain Products	\$12.09	
Fish	\$11.77	
Dark Green Vegetables	\$9.52	
Unsaturated Oils & Fats	\$7.72	
Orange Vegetables & Fruits	\$6.23	
Eggs	\$2.51	Total Weekly Average Cost for a Family of Four = \$186.88 (b)

(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.