Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$) for a Family of Four (a) - October 2011

Meat, Poultry & Alternatives		\$56.50
Other Vegetables & Fruits		\$38.94
Milk & Alternatives		\$33.72
Whole Grain Products	\$18.63	
Non-whole Grain Products	\$12.90	
Fish	\$11.62	
Dark Green Vegetables	\$8.60	
Unsaturated Oils & Fats	\$7.88	
Orange Vegetables & Fruits	\$5.44	
Eggs	\$3.00	Total Weekly Average Cost for a Family of Four = \$197.23 (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.