## Graph 1 - Average Weekly Food Cost by Category 2011<sup>(\*)</sup> Family of Four<sup>(a)</sup> - Edmonton

Meat, Poultry & Alternatives	\$55.05	
Other Vegetables & Fruits	\$39.32	
Milk & Alternatives	EHERBEREERE HERBEREERE HERBEREERE HERBEREERE S33.13	
Whole Grain Products	\$18.58	
Non-whole Grain Products	\$12.64	
Fish	EEEEEEEEEEE \$11.31	
Dark Green Vegetables	EEEEEEEEEEEEE \$9.78	
Unsaturated Oils & Fats	\$7.76	
Orange Vegetables & Fruits	\$6.24	Total Average Weekly Food Cost Family of Four 2011 = \$196.66 (b)
Eggs	<b>11111111</b> \$2.85	

- (\*) 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.