## Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$) for a Family of Four (a) - July 2013

Meat, Poultry & Alternatives		\$60.09
Other Vegetables & Fruits	\$41.89	
Milk & Alternatives	\$35.18	
Whole Grain Products	\$19.25	
Fish	\$13.79	
Non-whole Grain Products	\$12.68	
Dark Green Vegetables	\$10.11	
Unsaturated Oils & Fats	\$8.05	
Orange Vegetables & Fruits	\$6.01	
Eggs	\$3.32	Total Weekly Average Cost for a Family of Four = \$210.37 (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.