## Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$) for a Family of Four (a) - May 2017

Meat, Poultry & Alternatives			\$71.22
Other Vegetables & Fruits		\$47.17	
Milk & Alternatives		\$35.42	
Whole Grain Products	\$20.99		
Non-whole Grain Products	\$13.94		
Dark Green Vegetables	\$13.86		
Fish	\$13.44		
Unsaturated Oils & Fats	\$7.04		
Orange Vegetables & Fruits	\$6.83		
Eggs	\$3.46	Total Weekly Average Cost for a Family of Four = \$233.37 (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.