

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - August 2017<sup>(\*)</sup>

Age-Gender Group	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (a)
- Dollars per Week -											
<b>Children</b>											
Boy 2-3 years	7.55	0.85	4.73	3.41	1.75	3.06	4.51	2.60	1.84	1.23	31.53
Girl 2-3 years	7.55	0.85	4.73	3.41	1.75	3.06	4.51	2.23	1.58	1.23	30.89
Boy 4-8 years	9.05	0.85	7.37	3.41	1.75	3.06	7.88	3.72	2.63	1.23	40.95
Girl 4-8 years	9.05	0.85	7.37	3.41	1.75	3.06	7.88	3.72	2.63	1.23	40.95
<b>Males</b>											
9-13 years	12.07	0.85	15.26	3.41	1.75	3.06	10.14	4.47	3.15	1.53	55.69
14-18 years	12.07	0.85	33.67	3.41	1.75	3.06	15.77	5.95	4.20	2.15	82.89
19-30 years	8.30	0.85	31.04	3.41	1.75	3.06	18.02	6.70	4.73	2.45	80.31
31-50 years (b)	7.55	0.85	25.78	3.41	1.75	3.06	15.77	6.70	4.73	2.45	72.04
51-70 years (b)	9.05	0.85	25.78	3.41	1.75	3.06	13.52	6.70	3.15	2.15	69.42
over 70 years (b)	9.05	0.85	25.78	3.41	1.75	3.06	13.52	6.70	3.15	1.53	68.81
<b>Females</b>											
9-13 years	9.81	0.85	10.00	3.41	1.75	3.06	9.01	4.47	3.15	1.53	47.04
14-18 years	10.56	0.85	15.26	3.41	1.75	3.06	12.39	5.21	3.15	1.53	57.18
19-30 years	6.04	0.85	20.52	3.41	1.75	3.06	14.64	5.58	3.68	1.84	61.37
31-50 years (b)	6.79	0.85	20.52	3.41	1.75	3.06	13.52	5.21	3.68	1.84	60.62
51-70 years (b)	9.05	0.85	15.26	3.41	1.75	3.06	10.14	4.47	3.15	1.23	52.37
over 70 years (b)	9.05	0.85	15.26	3.41	1.75	3.06	10.14	4.47	3.15	1.23	52.37
<b>Pregnancy</b>											
18 years & younger (c)	10.56	0.85	20.52	3.41	1.75	3.06	13.52	5.95	3.15	2.15	64.92
19-30 years (c)	9.05	0.85	20.52	3.41	1.75	3.06	14.64	5.95	4.20	2.45	65.90
31-50 years (c)	9.05	0.85	20.52	3.41	1.75	3.06	13.52	5.95	4.20	2.15	64.46
<b>Lactation</b>											
18 years & younger	12.07	0.85	20.52	3.41	1.75	3.06	14.08	5.58	3.68	2.15	67.15
19-30 years	9.05	0.85	25.78	3.41	1.75	3.06	14.64	5.95	4.20	2.45	71.16
31-50 years	9.05	0.85	25.78	3.41	1.75	3.06	13.52	5.95	4.20	2.15	69.72
<b>Family of Four (d)</b>	<b>35.47</b>	<b>3.41</b>	<b>68.92</b>	<b>13.63</b>	<b>7.01</b>	<b>12.26</b>	<b>47.31</b>	<b>20.09</b>	<b>14.18</b>	<b>7.05</b>	<b>229.31</b>

(\*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) 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.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(c) A daily iron supplement is required for pregnant women.

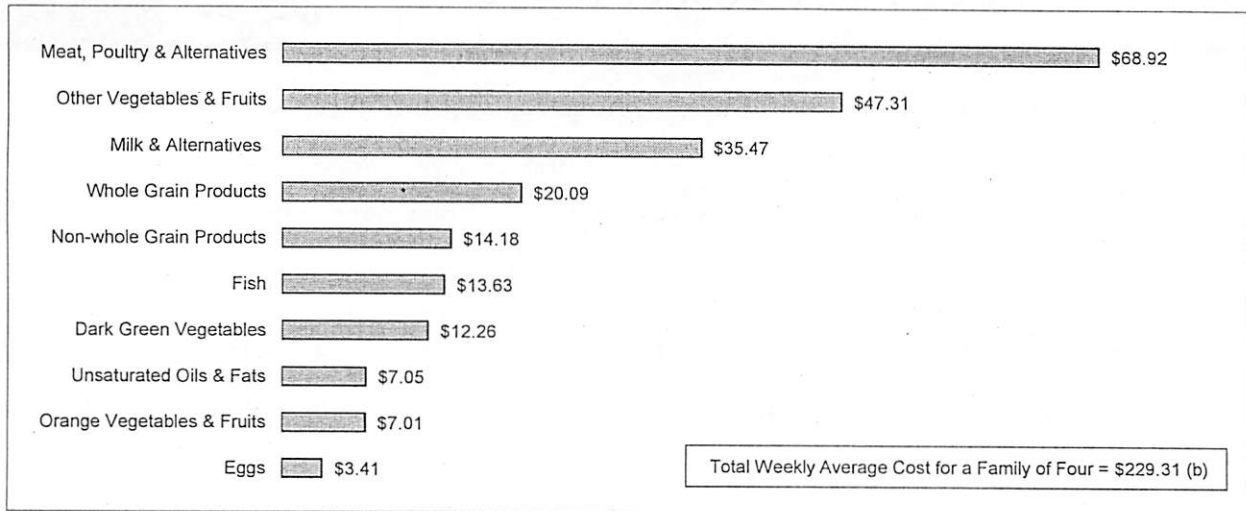
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Note: Due to rounding, totals may not add up.

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section. For additional information please phone: 780-427-4243.

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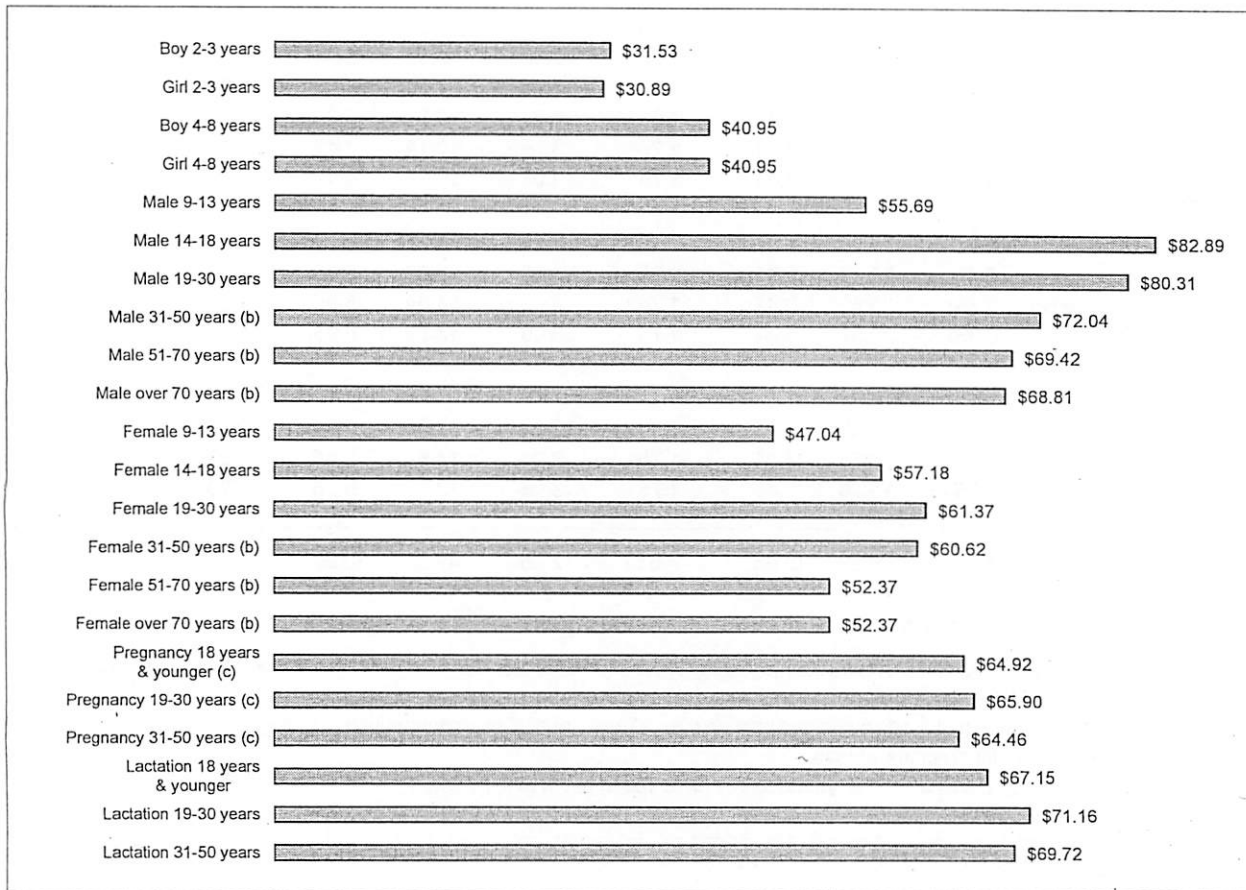
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - August 2017**



(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.

**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
by Age/Gender Group - August 2017 (a)**



(a) 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.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age.

(c) A daily iron supplement is required for pregnant women.