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

Meat, Poultry & Alternatives		\$56.78
Other Vegetables & Fruits	\$40.11	
Milk & Alternatives	\$34.36	
Whole Grain Products	\$19.14	
Non-whole Grain Products	\$12.83	
Fish	\$11.81	
Dark Green Vegetables	\$9.62	
Unsaturated Oils & Fats	\$7.75	
Orange Vegetables & Fruits	\$6.19	
Eggs	\$3.09	Total Weekly Average Cost for a Family of Four = \$201.66 (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.