Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$) by Age/Gender Group - January 2010 (a)

Boy 2-3 years	\$26.64
Girl 2-3 years	\$26.08
Boy 4-8 years	\$34.33
Girl 4-8 years	\$34.33
Male 9-13 years	\$46.06
Male 14-18 years	\$67.10
Male 19-30 years	\$65.20
Male 31-50 years (b)	\$58.85
Male 51-70 years (b)	\$56.65
Male over 70 years (b)	\$55.95
Female 9-13 years	\$39.32
Female 14-18 years	\$47.26
Female 19-30 years	\$50.14
Female 31-50 years (b)	\$49.54
Female 51-70 years (b)	\$43.07
Female over 70 years (b)	\$43.07
Pregnancy 18 years & younger (c)	\$53.43
Pregnancy 19-30 years (c)	\$54.27
Pregnancy 31-50 years (c)	\$53.00
Lactation 18 years & younger	\$55.30
Lactation 19-30 years	\$58.12
Lactation 31-50 years	\$56.85

(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.