

Table 31: Edmonton Nutritious Food Basket - Weekly Average Cost  
for a Family of Four (1), 2008

|                | Dairy<br>Products | Eggs        | Meat, Poultry<br>& Fish | Meat<br>Alternatives | Cereal & Bakery<br>Products | Citrus Fruit &<br>Tomatoes |
|----------------|-------------------|-------------|-------------------------|----------------------|-----------------------------|----------------------------|
| Dollars        |                   |             |                         |                      |                             |                            |
| Jan.....       | 27.01             | 2.09        | 35.11                   | 3.02                 | 29.48                       | 6.92                       |
| Feb.....       | 26.92             | 2.13        | 35.06                   | 2.97                 | 28.53                       | 7.30                       |
| Mar.....       | 26.98             | 2.12        | 35.87                   | 3.03                 | 29.19                       | 6.97                       |
| Apr.....       | 27.53             | 2.12        | 35.77                   | 2.96                 | 30.90                       | 7.56                       |
| May.....       | 27.84             | 2.14        | 36.85                   | 3.10                 | 32.19                       | 7.74                       |
| Jun.....       | 27.61             | 2.18        | 37.17                   | 3.30                 | 32.07                       | 8.20                       |
| Jul.....       | 28.52             | 2.17        | 37.73                   | 3.15                 | 33.46                       | 8.18                       |
| Aug.....       | 29.27             | 2.23        | 38.67                   | 3.35                 | 33.66                       | 8.49                       |
| Sep.....       | 29.25             | 2.24        | 38.72                   | 3.26                 | 33.28                       | 7.90                       |
| Oct.....       | 28.58             | 2.25        | 39.01                   | 3.31                 | 33.14                       | 8.70                       |
| Nov.....       | 28.24             | 2.27        | 38.33                   | 3.20                 | 34.26                       | 9.40                       |
| Dec.....       | 28.36             | 2.28        | 39.94                   | 3.43                 | 34.15                       | 9.51                       |
| <b>Average</b> | <b>28.01</b>      | <b>2.18</b> | <b>37.35</b>            | <b>3.17</b>          | <b>32.03</b>                | <b>8.07</b>                |

  

|                | Other Fruit  | Potatoes    | Other<br>Vegetables | Fats & Oils | Sugars & Other<br>Sweets | Total Weekly<br>Cost (2) |
|----------------|--------------|-------------|---------------------|-------------|--------------------------|--------------------------|
| Dollars        |              |             |                     |             |                          |                          |
| Jan.....       | 11.41        | 5.36        | 15.15               | 5.59        | 2.23                     | <b>143.37</b>            |
| Feb.....       | 10.88        | 5.24        | 14.09               | 5.59        | 2.26                     | <b>140.98</b>            |
| Mar.....       | 12.18        | 5.24        | 14.66               | 5.80        | 2.23                     | <b>144.26</b>            |
| Apr.....       | 11.67        | 5.19        | 15.36               | 5.84        | 2.26                     | <b>147.16</b>            |
| May.....       | 12.85        | 5.43        | 16.51               | 5.95        | 2.35                     | <b>152.96</b>            |
| Jun.....       | 12.86        | 5.74        | 16.90               | 5.62        | 2.27                     | <b>153.92</b>            |
| Jul.....       | 13.62        | 7.20        | 16.68               | 5.90        | 2.31                     | <b>158.92</b>            |
| Aug.....       | 14.55        | 8.28        | 16.26               | 5.88        | 2.30                     | <b>162.94</b>            |
| Sep.....       | 15.17        | 7.81        | 16.81               | 6.01        | 2.30                     | <b>162.76</b>            |
| Oct.....       | 13.71        | 7.43        | 17.77               | 6.28        | 2.31                     | <b>162.50</b>            |
| Nov.....       | 12.95        | 7.24        | 18.90               | 6.18        | 2.39                     | <b>163.37</b>            |
| Dec.....       | 13.74        | 7.09        | 17.92               | 6.22        | 2.40                     | <b>165.05</b>            |
| <b>Average</b> | <b>12.97</b> | <b>6.44</b> | <b>16.42</b>        | <b>5.91</b> | <b>2.30</b>              | <b>154.85</b>            |

(1) The family of four is composed of a man and a woman (ages 25 to 49 years), a boy (age 13 to 15 years) and a girl (age 7 to 9 years).

(2) Add 10 per cent to the total cost of the basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc., and iron supplement for pregnant women.

Source: Alberta Agriculture and Rural Development, Statistics and Data Development Branch