## Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$) for a Family of Four (b) - December 2009


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

