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

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| Dark Green Vegetables［＂］ |  |  |
| Fish 这 |  |  |
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| Orange Vegetables \＆Fruits \％ |  |  |
| Eggs［開閔 \＄2．65 |  | Total Weekly Average Cost for a Family of Four＝\＄196．11（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．

