## Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$) for a Family of Four (a) - February 2012

Meat, Poultry & Alternatives		\$55.68
Other Vegetables & Fruits	\$38.42	
Milk & Alternatives	\$34.94	
Whole Grain Products	\$19.11	
Fish	\$12.73	
Non-whole Grain Products	\$12.46	
Dark Green Vegetables	\$10.15	
Unsaturated Oils & Fats	\$7.75	
Orange Vegetables & Fruits	\$6.56	
Eggs	\$3.10	Total Weekly Average Cost for a Family of Four = \$200.90 (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.