Graph 3 - Average Weekly Food Cost by Category 2013^(*) Family of Four^(a) - Edmonton

Meat. Poultry & Alternatives \$59.17 Other Vegetables & Fruits \$41.95 Milk & Alternatives \$35.20 Whole Grain Products \$19.42 Non-whole Grain Products \$13.26 \$13.02 Dark Green Vegetables \$10.87 Unsaturated Oils & Fats \$7.85 Orange Vegetables & Fruits \$6.42 Total Average Weekly Food Cost Family of Four 2013 = \$210.44 (b) Eggs \$3.29

- (*) Based on Health Canada's 2008 National Nutritious Food Basket.
- (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 Average Weekly Food 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.