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

Meat, Poultry & Alternatives
Other Vegetables & Fruits

Milk & Alternatives
Whole Grain Products
Fish
Fish
Fish
Fish
Unsaturated Oils & Fats
Orange Vegetables & Fruits
Eggs Eggs \$6.42
Figs Figs 13.29

Total Average Weekly Food Cost Family of Four 2013 = \$210.44 (b)

- (*) 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.