

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - May 2014<sup>(\*)</sup>

Age-Gender Group	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (a)
<b>Children</b> - Dollars per Week -											
Boy 2-3 years	7.53	0.80	4.40	3.53	1.63	2.88	4.13	2.49	1.68	1.32	30.38
Girl 2-3 years	7.53	0.80	4.40	3.53	1.63	2.88	4.13	2.13	1.44	1.32	29.79
Boy 4-8 years	9.04	0.80	6.84	3.53	1.63	2.88	7.23	3.55	2.40	1.32	39.22
Girl 4-8 years	9.04	0.80	6.84	3.53	1.63	2.88	7.23	3.55	2.40	1.32	39.22
<b>Males</b>											
9-13 years	12.05	0.80	14.17	3.53	1.63	2.88	9.30	4.26	2.88	1.65	53.15
14-18 years	12.05	0.80	31.27	3.53	1.63	2.88	14.47	5.69	3.84	2.32	78.46
19-30 years	8.28	0.80	28.83	3.53	1.63	2.88	16.53	6.40	4.32	2.65	75.84
31-50 years (b)	7.53	0.80	23.94	3.53	1.63	2.88	14.47	6.40	4.32	2.65	68.13
51-70 years (b)	9.04	0.80	23.94	3.53	1.63	2.88	12.40	6.40	2.88	2.32	65.80
over 70 years (b)	9.04	0.80	23.94	3.53	1.63	2.88	12.40	6.40	2.88	1.65	65.14
<b>Females</b>											
9-13 years	9.79	0.80	9.28	3.53	1.63	2.88	8.27	4.26	2.88	1.65	44.97
14-18 years	10.54	0.80	14.17	3.53	1.63	2.88	11.37	4.98	2.88	1.65	54.42
19-30 years	6.02	0.80	19.06	3.53	1.63	2.88	13.43	5.33	3.36	1.99	58.02
31-50 years (b)	6.78	0.80	19.06	3.53	1.63	2.88	12.40	4.98	3.36	1.99	57.38
51-70 years (b)	9.04	0.80	14.17	3.53	1.63	2.88	9.30	4.26	2.88	1.32	49.80
over 70 years (b)	9.04	0.80	14.17	3.53	1.63	2.88	9.30	4.26	2.88	1.32	49.80
<b>Pregnancy</b>											
18 years & younger (c)	10.54	0.80	19.06	3.53	1.63	2.88	12.40	5.69	2.88	2.32	61.71
19-30 years (c)	9.04	0.80	19.06	3.53	1.63	2.88	13.43	5.69	3.84	2.65	62.53
31-50 years (c)	9.04	0.80	19.06	3.53	1.63	2.88	12.40	5.69	3.84	2.32	61.16
<b>Lactation</b>											
18 years & younger	12.05	0.80	19.06	3.53	1.63	2.88	12.92	5.33	3.36	2.32	63.86
19-30 years	9.04	0.80	23.94	3.53	1.63	2.88	13.43	5.69	3.84	2.65	67.41
31-50 years	9.04	0.80	23.94	3.53	1.63	2.88	12.40	5.69	3.84	2.32	66.05
<b>Family of Four (d)</b>	<b>35.39</b>	<b>3.21</b>	<b>64.01</b>	<b>14.10</b>	<b>6.50</b>	<b>11.50</b>	<b>43.40</b>	<b>19.19</b>	<b>12.96</b>	<b>7.61</b>	<b>217.88</b>

(\*) Based on Health Canada's 2008 National Nutritious Food Basket.

(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) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(c) A daily iron supplement is required for pregnant women.

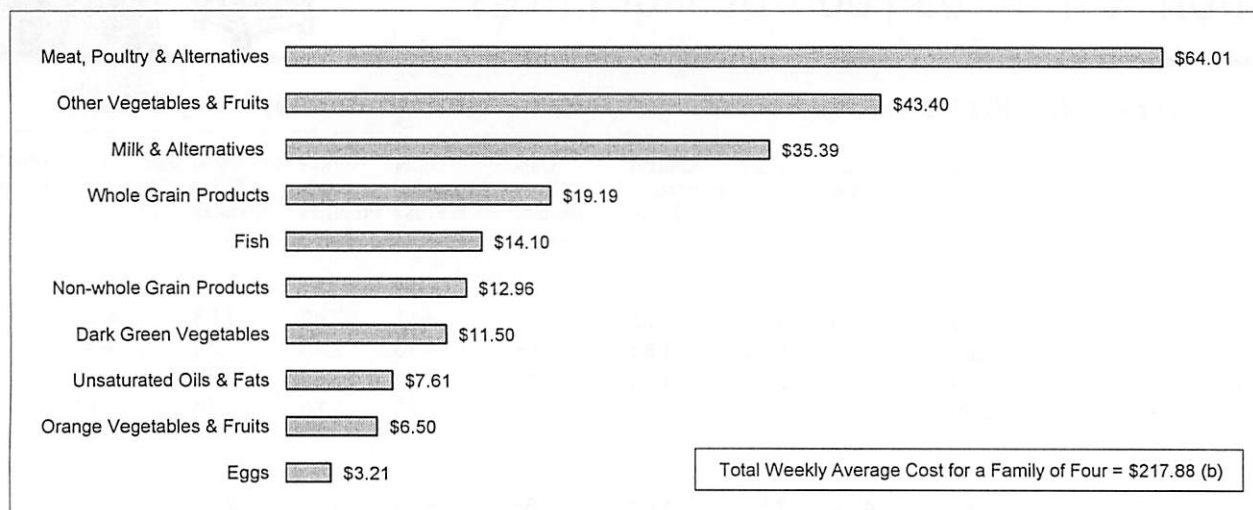
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Note: Due to rounding, totals may not add up.

Source: Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch. For additional information please phone: 780-427-4011.

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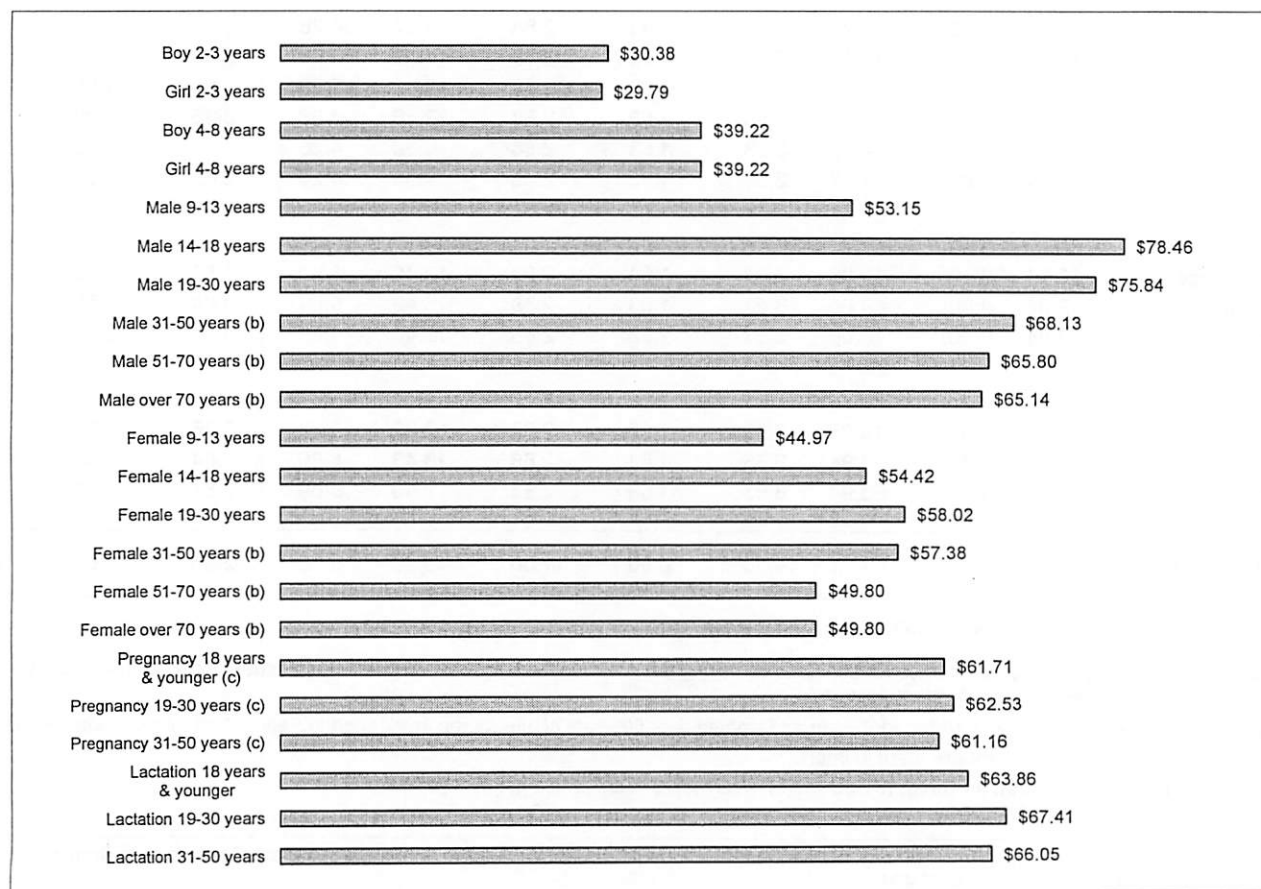
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - May 2014**



(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.

**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
by Age/Gender Group - May 2014 (a)**



(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) A daily Vitamin D supplement is required for adult men and women over 50 years of age.

(c) A daily iron supplement is required for pregnant women.