

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - January 2018<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)
- Dollars per Week -											
<b>Children</b>											
Boy 2-3 years	7.50	0.80	4.71	3.59	1.85	3.32	4.58	2.58	1.83	1.29	32.05
Girl 2-3 years	7.50	0.80	4.71	3.59	1.85	3.32	4.58	2.21	1.56	1.29	31.42
Boy 4-8 years	9.00	0.80	7.33	3.59	1.85	3.32	8.01	3.69	2.61	1.29	41.49
Girl 4-8 years	9.00	0.80	7.33	3.59	1.85	3.32	8.01	3.69	2.61	1.29	41.49
<b>Males</b>											
9-13 years	12.00	0.80	15.18	3.59	1.85	3.32	10.30	4.42	3.13	1.61	56.21
14-18 years	12.00	0.80	33.51	3.59	1.85	3.32	16.02	5.90	4.17	2.26	83.42
19-30 years	8.25	0.80	30.89	3.59	1.85	3.32	18.30	6.63	4.69	2.58	80.92
31-50 years (b)	7.50	0.80	25.66	3.59	1.85	3.32	16.02	6.63	4.69	2.58	72.65
51-70 years (b)	9.00	0.80	25.66	3.59	1.85	3.32	13.73	6.63	3.13	2.26	69.97
over 70 years (b)	9.00	0.80	25.66	3.59	1.85	3.32	13.73	6.63	3.13	1.61	69.32
<b>Females</b>											
9-13 years	9.75	0.80	9.95	3.59	1.85	3.32	9.15	4.42	3.13	1.61	47.58
14-18 years	10.50	0.80	15.18	3.59	1.85	3.32	12.58	5.16	3.13	1.61	57.73
19-30 years	6.00	0.80	20.42	3.59	1.85	3.32	14.87	5.53	3.65	1.94	61.97
31-50 years (b)	6.75	0.80	20.42	3.59	1.85	3.32	13.73	5.16	3.65	1.94	61.21
51-70 years (b)	9.00	0.80	15.18	3.59	1.85	3.32	10.30	4.42	3.13	1.29	52.89
over 70 years (b)	9.00	0.80	15.18	3.59	1.85	3.32	10.30	4.42	3.13	1.29	52.89
<b>Pregnancy</b>											
18 years & younger (c)	10.50	0.80	20.42	3.59	1.85	3.32	13.73	5.90	3.13	2.26	65.50
19-30 years (c)	9.00	0.80	20.42	3.59	1.85	3.32	14.87	5.90	4.17	2.58	66.51
31-50 years (c)	9.00	0.80	20.42	3.59	1.85	3.32	13.73	5.90	4.17	2.26	65.04
<b>Lactation</b>											
18 years & younger	12.00	0.80	20.42	3.59	1.85	3.32	14.30	5.53	3.65	2.26	67.72
19-30 years	9.00	0.80	25.66	3.59	1.85	3.32	14.87	5.90	4.17	2.58	71.74
31-50 years	9.00	0.80	25.66	3.59	1.85	3.32	13.73	5.90	4.17	2.26	70.28
<b>Family of Four (d)</b>	<b>35.24</b>	<b>3.21</b>	<b>68.59</b>	<b>14.35</b>	<b>7.42</b>	<b>13.29</b>	<b>48.05</b>	<b>19.90</b>	<b>14.08</b>	<b>7.42</b>	<b>231.55</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.

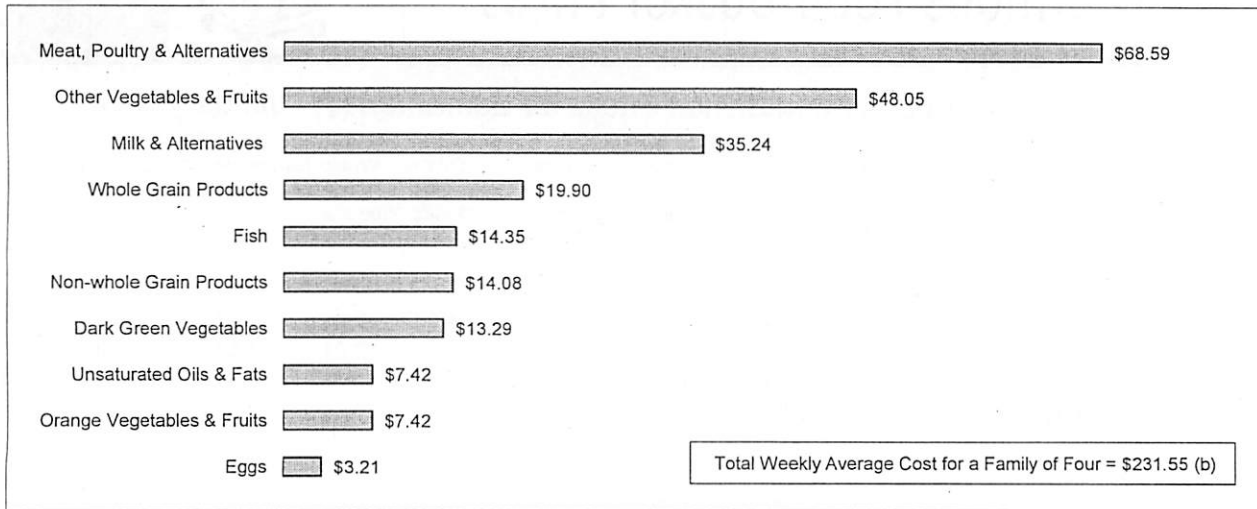
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

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

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section. For additional information please phone: 780-427-4243.

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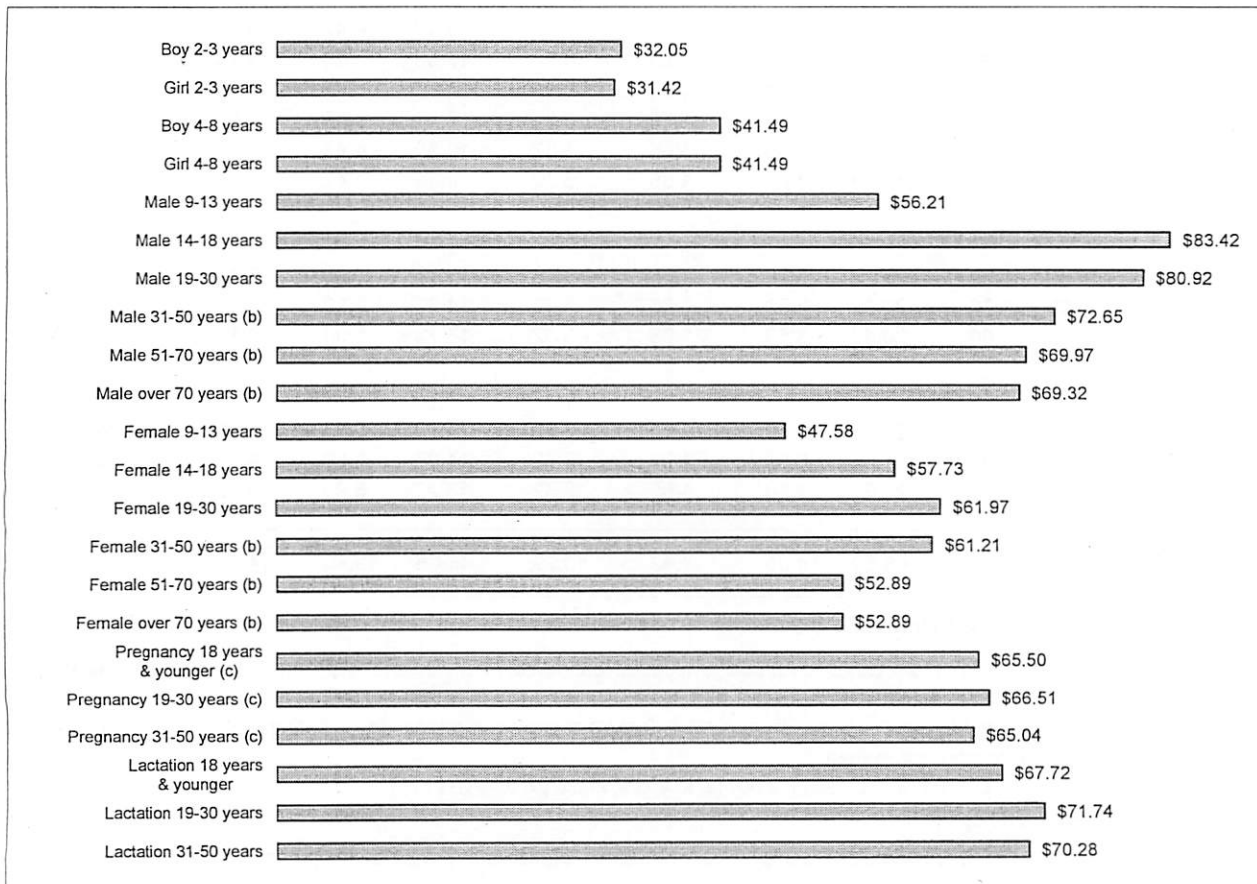
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - January 2018**



(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 - January 2018 (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.