

**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)
by Age/Gender Group - March 2018 (a)**

Boy 2-3 years	\$31.62
Girl 2-3 years	\$31.00
Boy 4-8 years	\$41.00
Girl 4-8 years	\$41.00
Male 9-13 years	\$55.77
Male 14-18 years	\$83.02
Male 19-30 years	\$80.38
Male 31-50 years (b)	\$72.09
Male 51-70 years (b)	\$69.53
Male over 70 years (b)	\$68.89
Female 9-13 years	\$47.08
Female 14-18 years	\$57.24
Female 19-30 years	\$61.41
Female 31-50 years (b)	\$60.68
Female 51-70 years (b)	\$52.42
Female over 70 years (b)	\$52.42
Pregnancy 18 years..	\$65.02
Pregnancy 19-30 years (c)	\$65.96
Pregnancy 31-50 years (c)	\$64.51
Lactation 18 years..	\$67.24
Lactation 19-30 years	\$71.25
Lactation 31-50 years	\$69.80

(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.