## Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)

for a Family of Four (a) - August 2016

(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.

