

# Edmonton Nutritious Food Basket Prices



## Average Weekly Nutritious Food Basket Prices for Edmonton (\$) - February 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	7.53	0.85	4.88	3.42	1.80	3.23	4.54	2.55	1.81	1.29	31.90
Girl 2-3 years	7.53	0.85	4.88	3.42	1.80	3.23	4.54	2.19	1.55	1.29	31.27
Boy 4-8 years	9.03	0.85	7.59	3.42	1.80	3.23	7.94	3.65	2.59	1.29	41.39
Girl 4-8 years	9.03	0.85	7.59	3.42	1.80	3.23	7.94	3.65	2.59	1.29	41.39
<b>Males</b>											
9-13 years	12.04	0.85	15.72	3.42	1.80	3.23	10.21	4.38	3.11	1.61	56.37
14-18 years	12.04	0.85	34.69	3.42	1.80	3.23	15.89	5.84	4.15	2.26	84.15
19-30 years	8.28	0.85	31.98	3.42	1.80	3.23	18.16	6.57	4.66	2.58	81.52
31-50 years (b)	7.53	0.85	26.56	3.42	1.80	3.23	15.89	6.57	4.66	2.58	73.08
51-70 years (b)	9.03	0.85	26.56	3.42	1.80	3.23	13.62	6.57	3.11	2.26	70.44
over 70 years (b)	9.03	0.85	26.56	3.42	1.80	3.23	13.62	6.57	3.11	1.61	69.79
<b>Females</b>											
9-13 years	9.79	0.85	10.30	3.42	1.80	3.23	9.08	4.38	3.11	1.61	47.56
14-18 years	10.54	0.85	15.72	3.42	1.80	3.23	12.48	5.11	3.11	1.61	57.86
19-30 years	6.02	0.85	21.14	3.42	1.80	3.23	14.75	5.47	3.63	1.94	62.24
31-50 years (b)	6.77	0.85	21.14	3.42	1.80	3.23	13.62	5.11	3.63	1.94	61.50
51-70 years (b)	9.03	0.85	15.72	3.42	1.80	3.23	10.21	4.38	3.11	1.29	53.04
over 70 years (b)	9.03	0.85	15.72	3.42	1.80	3.23	10.21	4.38	3.11	1.29	53.04
<b>Pregnancy</b>											
18 years & younger (c)	10.54	0.85	21.14	3.42	1.80	3.23	13.62	5.84	3.11	2.26	65.79
19-30 years (c)	9.03	0.85	21.14	3.42	1.80	3.23	14.75	5.84	4.15	2.58	66.78
31-50 years (c)	9.03	0.85	21.14	3.42	1.80	3.23	13.62	5.84	4.15	2.26	65.32
<b>Lactation</b>											
18 years & younger	12.04	0.85	21.14	3.42	1.80	3.23	14.18	5.47	3.63	2.26	68.02
19-30 years	9.03	0.85	26.56	3.42	1.80	3.23	14.75	5.84	4.15	2.58	72.20
31-50 years	9.03	0.85	26.56	3.42	1.80	3.23	13.62	5.84	4.15	2.26	70.74
<b>Family of Four (d)</b>	<b>35.38</b>	<b>3.41</b>	<b>71.00</b>	<b>13.67</b>	<b>7.19</b>	<b>12.91</b>	<b>47.66</b>	<b>19.70</b>	<b>13.99</b>	<b>7.42</b>	<b>232.34</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.

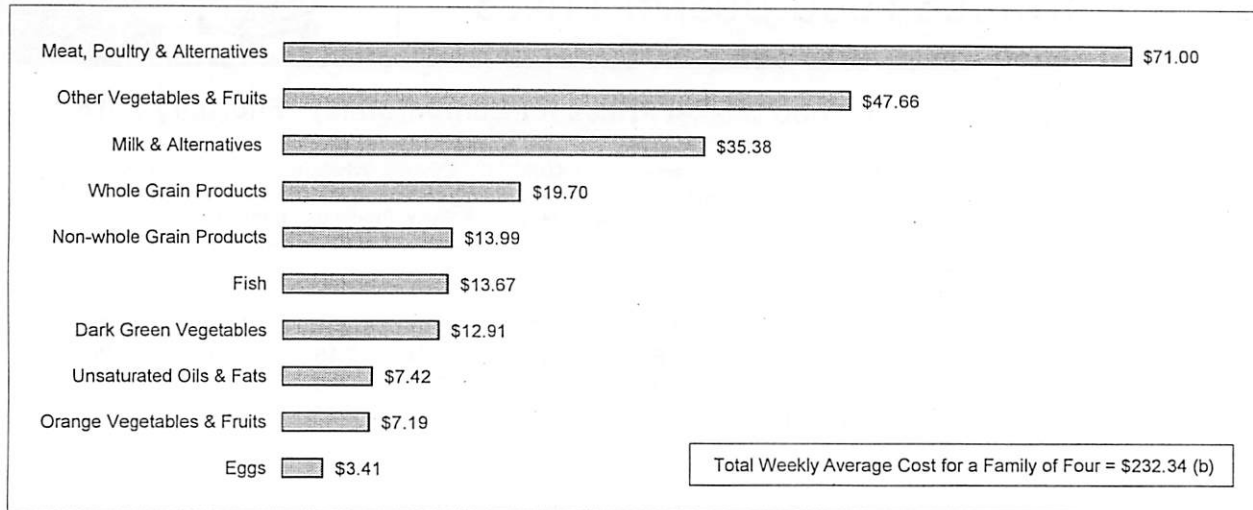
(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

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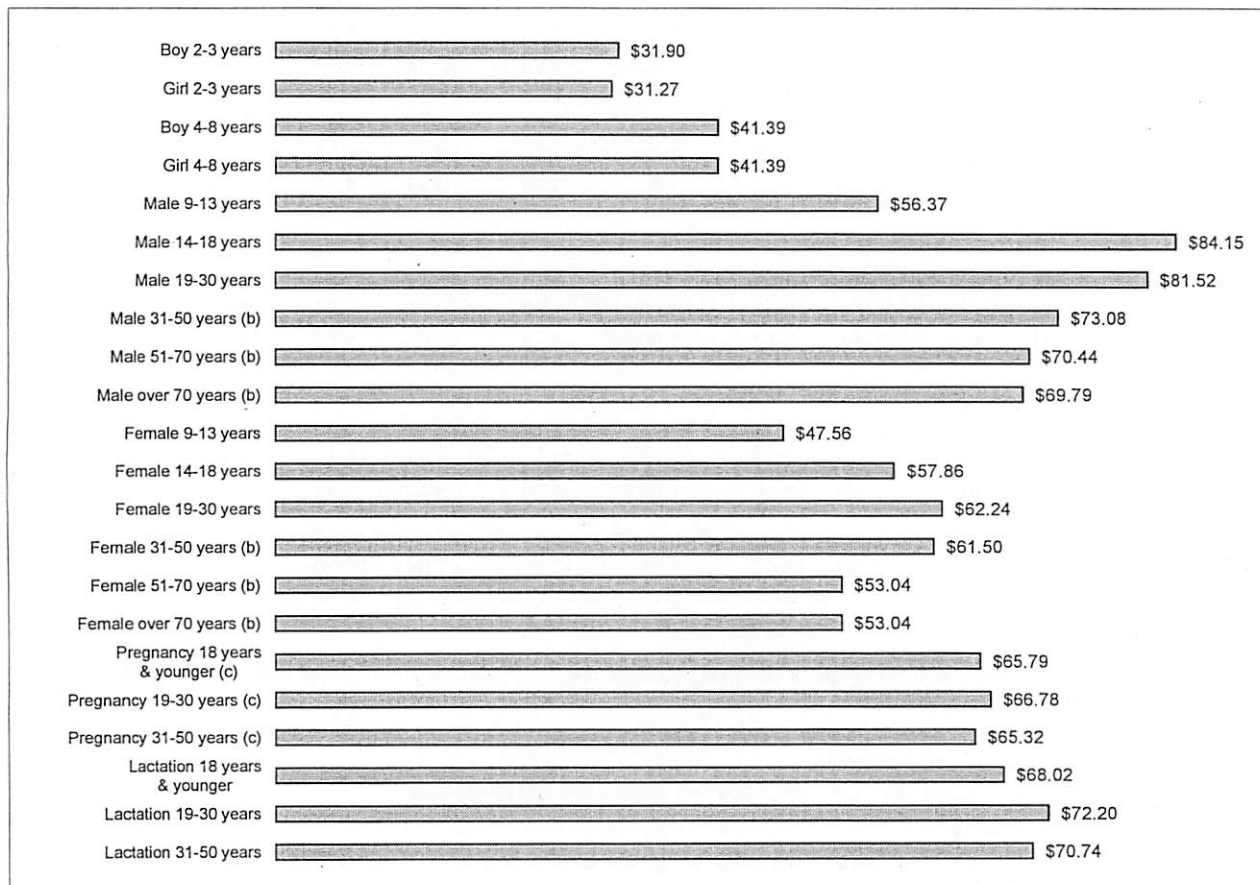
**Edmonton Nutritious Food Basket - Total Weekly Average Cost (\$)  
for a Family of Four (a) - February 2018**



(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 - February 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.