

Table 31: Edmonton Nutritious Food Basket - Weekly Average Cost for a Family of Four (1), 2005

	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes
Dollars						
Jan.....	25.14	1.99	36.26	2.86	26.62	5.90
Feb.....	24.84	1.98	36.48	3.10	26.51	5.31
Mar.....	24.99	1.95	36.96	2.96	26.91	5.82
Apr.....	25.87	1.97	36.45	2.93	27.06	6.14
May.....	25.87	2.08	35.82	3.36	27.37	7.21
Jun.....	26.80	1.95	36.98	3.27	27.07	7.55
Jul.....	26.84	1.96	35.37	3.27	27.44	7.06
Aug.....	27.04	1.98	35.88	3.24	27.48	6.74
Sep.....	27.34	1.90	35.41	3.33	27.40	6.58
Oct.....	27.38	1.98	36.96	3.31	26.91	7.02
Nov.....	27.13	1.93	35.02	3.03	26.74	7.14
Dec.....	27.07	2.00	36.88	3.24	27.68	8.37
Average	26.36	1.97	36.21	3.16	27.10	6.74

	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (2)
Dollars						
Jan.....	10.13	4.60	14.88	5.61	2.00	135.99
Feb.....	8.96	4.57	14.38	5.93	1.92	133.99
Mar.....	9.88	3.91	14.76	6.02	1.99	136.14
Apr.....	9.62	4.85	15.30	5.73	2.06	137.99
May.....	9.91	4.43	15.30	5.35	2.02	138.73
Jun.....	10.53	4.88	15.62	6.01	2.00	142.66
Jul.....	10.24	4.78	15.64	5.77	1.98	140.36
Aug.....	10.73	5.11	15.62	6.08	1.95	141.84
Sep.....	10.61	4.51	14.78	5.96	2.08	139.92
Oct.....	10.54	4.49	14.34	6.30	1.94	141.15
Nov.....	10.70	4.96	14.74	6.11	1.99	139.50
Dec.....	11.35	5.08	15.87	6.30	2.06	145.89
Average	10.27	4.68	15.10	5.93	2.00	139.51

(1) The family of four is composed of a man and a woman (ages 25 to 49 years), a boy (age 13 to 15 years) and a girl (age 7 to 9 years).

(2) Add 10 per cent to the total cost of the basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc., and iron supplement for pregnant women.

Source: Statistics and Data Development Unit of Alberta Agriculture, Food and Rural Development