

NUTRITIOUS NORTHERN FOOD BASKET
for a family of four for one week

Food Group	Perishable		Non-perishable	
Dairy products (Total: 15.25 L ²)	2% milk, fresh or UHT	3.88 L	Evaporated milk, whole	4.86 L ¹
	Cheddar cheese, medium	10 g	Skim milk powder*	30 g
	Processed cheese slices	60 g		
Eggs	Large eggs	18		
Meat, poultry, fish (Total: 3.55 kg)	Chicken legs	1.72 kg	Canned pink salmon	60 g
	Pork chops, loin	570 g	Sardines in soya oil	60 g
	Hamburger, regular	1.01 kg		
	T-bone steak	70 g		
	Sliced ham	60 g		
Meat alternatives and meat preparations (Total: 1.2 kg)	Bologna	80 g	Canned luncheon meat	80 g
			Canned beans with pork	70 mL
			Peanut butter*	70 g
			Canned beef stew	890 g
Cereal and bakery products (Total: 6.9 kg)	Bread, enriched white	1.28 kg	Flour, all purpose	1.66 kg
			Pilot biscuits	960 g
			Soda crackers	680 g
			Macaroni or spaghetti	840 g
			Rice, long-grain white	340 g
			Rolled oats	60 g
			Corn flakes	600 g
			Macaroni and cheese dinner	480 g
Citrus fruit and tomatoes (Total: 3.2 kg)	Oranges	300 g	Canned whole tomatoes	1180 mL
	Apple juice	1140 mL ³		
	Orange juice	480 mL ³		
Other fruit (Total: 6.25 kg)	Apples	4.51 kg	Canned fruit cocktail in juice	610 mL
	Bananas	1.10 kg		
Potatoes (Total: 7.1 kg)	Fresh potatoes	5.93 kg		
	Frozen French fries	1.17 kg		
Other vegetables (Total: 6.3 kg ⁴)	Carrots	970 g	Canned green peas	2110 mL
	Onions	820 g	Canned kernel corn	3860 mL
Fats and oils (Total: 0.95 kg)	Margarine, soft	155 g	Corn oil	130 mL
	Butter	155 g	Lard	520 g
Sugar and sweets (Total: 0.95 kg)			Sugar, white	390 g
			Fruit drink crystals with vitamin C added	560 g
Miscellaneous			5% added to cost	

1 Undiluted quantity.

2 Calcium equivalent of 2% milk. The weight of dairy products as purchased is 9.3 kg.

3 Quantity as consumed. These quantities may be reconstituted from 285 mL of frozen apple juice concentrate and 120 mL of frozen orange juice concentrate.

4 Based on drained weight of canned vegetables (1.43 kg of peas and 3.08 kg of corn). Quantities in millilitres are undrained.

* Skim milk powder and peanut butter are eligible for shipment under the Food Mail Program as "nutritious perishable food," but are normally considered non-perishable.