Nutrition Facts

The Weekly Cost of the Nutritious Food Basket in London and Middlesex County

(May, 2009)

This information outlines the approximate price of eating well in London and Middlesex County. Weekly costs are based on a May 2009 survey of 67 food items (the *Nutritious Food Basket*) from 14 main chain and independent grocery stores in London and Middlesex County. The foods surveyed are determined by food buying patterns of average Canadians and data provided by Statistics Canada. The *Nutritious Food Basket* is calculated to meet the nutrient needs of most people in each age and gender group.

	Age	Approximate Cost Per Week ($)
Boy	2-3	21.14
	4-8	27.39
	9-13	36.52
	14-18	51.99
Girl	2-3	20.77
	4-8	26.65
	9-13	31.15
	14-18	37.43

	Age	Approximate Cost Per Week ($)
Man	19-30	50.22
	31-50	45.23
	51-70	43.65
	70+	43.23
Woman	19-30	38.80
	31-50	38.34
	51-70	33.83
	70+	33.11
Pregnant Woman	Younger than 18 years of age	41.79
Pregnant Woman	19-30	42.22
Pregnant Woman	31-50	41.16
Breastfeeding Woman	Younger than 18 years of age	43.55
Breastfeeding Woman	19-30	44.88
Breastfeeding Woman	31-50	43.81

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To estimate the cost of a nutritious diet for your household, follow these steps.

Step 1
Write down the gender and age for each person you are feeding.

Step 2
Using the chart on the other side of this fact sheet, write down the weekly food cost for each person.

Step 3
Add the weekly food costs together.

Step 4
If you feel it costs you more per person to feed a small group and less per person to feed a large group, you may choose to adjust the total cost in Step 3. The Toronto Social Planning Council suggests using the following adjustments for family size:

If you are feeding:

1 person	**Multiply by 1.20**
2 people	**Multiply by 1.10**
3 people	**Multiply by 1.05**
4 people	**Make no change**
5-6 people	**Multiply by 0.95**
7 or more people	**Multiply by 0.90**

Example		
Sex	Age	Approximate Cost per Week
Man	42	45.23
Woman	39	38.34
Girl	8	26.65
Boy	14	51.99
Boy	3	21.14
Subtotal =		183.35
X (0.95) Adjustment factor		**174.18 Total**

Your Household		
Sex	Age	Approximate Cost per Week
Subtotal =		
X Adjustment factor		**Total**

Note: The *Nutritious Food Basket* represents **food costs only**. You may have other non-food items on your grocery list that will make your grocery bill more expensive.

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