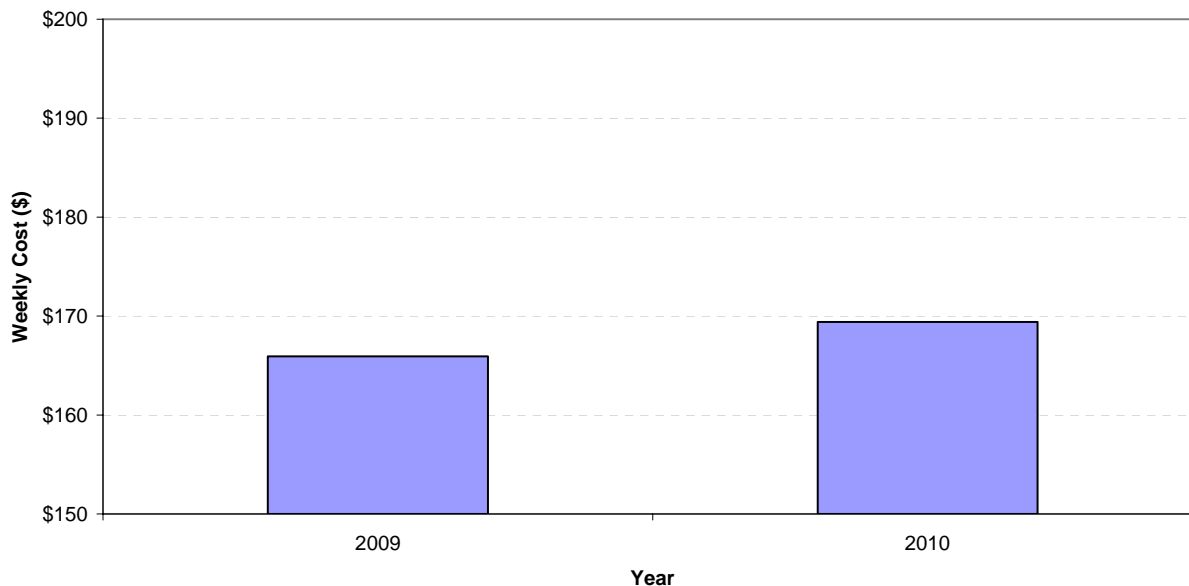


Cost of a Nutritious Food Basket

This summary focuses on the cost of purchasing food according to current nutrition recommendations.

Ontario Public Health Standards, Chronic Diseases and Injuries Program Standard, Chronic Disease Prevention – Req 2.

Average Weekly Cost of a Nutritious Food Basket for a Reference Family of Four[†] in York Region, 2009-2010



[†] The reference family of four includes a man and women between the ages of 31 and 50 years old, a 14 year old boy and an 8 year old girl.

Interpretation:

- In 2010, the average weekly cost of purchasing a nutritious basket of food for a reference family of four in York Region was \$169.40.
- The cost has increased by \$3.48 (or 2%) from \$165.92 in 2009.

Data Notes:

Each year, York Region Community and Health Services staff price the cost of a Nutritious Food Basket during a two-week period. The costing reflects the average price that would be paid by shoppers who went to six different grocery stores throughout York Region.

The Ontario Nutritious Food Basket is a food costing tool that is used to measure the cost of healthy eating based on current nutrition recommendations. It is a listing of foods that are priced to estimate the average cost of feeding individuals and families. The Nutritious Food Basket includes only basic food items and does not include foods from restaurants, packaged convenience foods, snack foods, frozen pre-cooked foods, soups, sauces and items for food preparation such as flavourings or spices. Items are priced at the lowest cost available, regardless of brand name. The importance of items such as coffee, tea, condiments, sauces and spices is accounted for by a 5% factor added to the total cost of the basket.

For details on the cost of food for other reference groups, visit www.york.ca/nutrition (under Resources > Food Security)