



# Calculating the Cost of a Nutritious Food Basket for Seniors

## 2011

Gender	Which are You?	Age	Cost Per Week
	Single Male	51-70	\$ 53.02
	Single Male	+ 70	\$ 52.44
	Single Female	51-70	\$ 41.28
	Single Female	+ 70	\$ 40.54
	Male Female	Both 51-70	\$ 103.73
	Male Female	Both + 70	\$ 102.29
	Male Female	51-70 + 70	\$ 102.92
	Male Female	+ 70 51-70	\$ 103.10

If your household situation is different from the above options you may calculate your own Nutritious Food Basket Cost by adding the appropriate amounts for each member in your household and multiple it by 1.1 for 2 people or 1.05 for 3 people  
 You may also refer to *Calculating the Cost of a Nutritious Food Basket for Your Family or Household* if your household includes members from other age groups.

The Nutritious Food Basket protocol is carried out every year in order to determine the price of healthy foods in different regions across Ontario. This year health professionals from your community have surveyed 6 grocery stores in order to collect prices on foods that are commonly purchased and are part of a balanced diet. It is important to know that the price of the food basket is based on foods that are essential in a diet and does not include things like coffee, tea and pop that are consumed for enjoyment. If the cost of your Nutritious Food Basket seems high don't be discouraged, it is possible to buy a variety of foods in small amount without spending a lot of money. Here are some tips for eating healthy on a budget!

### Eating for One or Two on a Budget

#### Tips for Eating From All Four Food Groups

##### *Vegetables and Fruits*

- Buy fresh fruit and vegetables in season
- Buy only three pieces of each kind of fruit: one ripe, one medium and one green. Eat the ripe one right away and use the others as they ripen.
- Look for Canada Choice canned fruits and vegetables, which are just as nutritious as Canada Fancy and vary only in appearance. Fancy and Choice is Canada's way of grading canned fruits and vegetables.

##### *Grains*

- To maintain freshness, keep bread in the freezer, well wrapped. Remove one or more slices at a time as needed
- Stock up when pasta and rice are on sale; they can be stored for several years if left unopened in a dark place.

##### *Milk and Alternatives*

- Inexpensive buys are;
  - Skim milk powder can be mixed with water and used in soups, gravies, casseroles, sauces, pudding, baked goods, scrambled eggs and anything else where you would usually add milk. To use as fluid milk just mix well with water and serve cold.
  - Mild or medium cheddar cheese and cottage cheese.
  - Plain yogurt to which you can add your own flavoring by adding fresh, canned or frozen fruits, honey, jam, ect.

### ***Meat and Alternatives***

- Use less meat in casseroles, soup, stir-fries and spaghetti sauce and add instead add more vegetables, beans, pasta, rice or instead.
- Have one or two meatless meals a week. Try scrambled or hard boiled eggs, omelettes, baked beans, or pasta with chickpeas.

### **For the Best Savings**

- Look for grocery sales in flyers and newspaper ads for the stores where you shop.
- Plan your meals. Make a list of all the foods you need and stick to the list!
- Find out about food buying clubs, cooperatives, and farmers' markets.
- Save coupons for the foods you plan to buy.
- Use the stoop and rise method of shopping. Items at eye level are usually more expensive.
- Know your prices. End of the aisle displays are not always on special.
- Stick to basics. Prepared foods like frozen packaged meals, vegetables in sauces or salads in bags. Prepared foods may save you time but they cost a lot more!
- Shop the outside edges of the store. This is where the fresh foods are which are cheaper than prepared and processed foods.
- Try no-name labels or store brands. They taste the same and can lead to significant savings.
- Look for the 'unit cost.' It shows you how much something costs so you can tell which size or brand is the best deal. Many stores show the unit price on the shelf below the product and most give prices per 100 grams.