

# Calculating the Cost of a Nutritious Food Basket for You and Your Child

2011

		Age	Cost Per Week	Calculations
You	Female Pregnant	14-18	\$ 51.01	<p>Step 1: Write down the gender and age of each person you are feeding.</p> <p>Step 2: Using the chart above, write down the weekly food cost for each person.</p> <p>Step 3: Add the weekly food costs together.</p> <p>Step 4: It costs a little more per person to feed a smaller group of people compared to a larger group. The following adjustment factors can be used to take this difference into account.</p> <p>1 person- multiply total by 1.20            2 people- multiply total by 1.10            3 people- multiply total by 1.05            4 people- make no changes            5-6 people- multiply total by 0.95            7 or more people- multiply total by 0.90</p>
		19-30	\$ 51.47	
		31-50	\$ 50.18	
	Breast Feeding Female	Under 18	\$ 53.18	
		19-30	\$ 54.44	
		31-50	\$ 53.15	
Your Child	Girl	2-3	\$ 25.66	
		4-8	\$ 32.77	
		9-13	\$ 38.41	
		14-18	\$ 45.82	
	Boy	2-3	\$ 26.17	
		4-8	\$ 33.80	
		9-13	\$ 44.78	
		14-18	\$ 62.80	

Gender	Age	Cost Per Week	Example
You	19	<b>\$ 51.47</b>	
Girl	2	<b>\$ 25.66</b>	
<b>TOTAL</b>		<b>\$77.13</b>	
<b>Optional Additional Calculations</b> Total x Adjustment Factor  <u><b>\$ 77.13 x 1.10 = \$84.84</b></u>  Total x 4.33 = Monthly Food Cost  <u><b>\$ 84.84 x 4.33 = \$367.36</b></u>			

Gender	Age	Cost Per Week	You and Your Child
<b>TOTAL</b>			
<b>Optional Additional Calculations</b> Total x adjustment factor  _____ x _____ = _____  Total x 4.33 = Monthly Food Cost  _____ x 4.33 = _____			

The Nutritious Food Basket protocol is carried out every year 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. 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. This newsletter gives you the tools needed to develop an idea of how costly eating well will be for you and your growing child. After calculating the cost of your Nutritious Food Basket you can use the tips below to help you buy healthy foods while staying within your budget.

Many healthy foods like breads, cereals, fruits and vegetables cost less than other foods like chips and pop. So you can eat healthy without spending a lot of money or a lot of time.

### **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.

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

#### ***Vegetables and Fruits***

- Buy only as many fruits and vegetables as you need to reduce spoilage and waste.
- Buy fresh fruits and vegetables in season. They will be better quality and cheaper.

#### ***Grains***

- Look for bargains on day-old breads and bakery products.
- Whenever you can, stock up on healthy, low-cost grain products that keep well. These include rice, potatoes, and noodles. Watch for case-lot sales.

#### ***Milk and Alternatives***

- Buy fresh milk, cheese and yogurt in the largest size you can use. Larger quantities of foods are generally cheaper than the smaller package sizes.

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

- Stock up on dry or canned beans, peas and lentils when you can. They give you the same food value as meat at a much lower cost, with less fat and keep for about a year.
- Buy value packs of meat when they are on sale and either freeze raw or in prepared batches of your favourite recipes.