



How Much Does Healthy Eating Cost in 2009?

For more information call the Health ACTION Line at 613-345-5685 or 1-800-660-5853 or visit us on the web at: www.healthunit.org/nutrition

Survey of Stores: The Leeds, Grenville and Lanark District Health Unit conducted the Nutritious Food Basket survey to calculate the price of nutritious foods in the Tri-county. Survey results can be used to raise awareness of the cost of healthy eating and support the advocacy efforts to reduce food insecurity in our community.

What foods were priced?

The foods for the Nutritious Food Basket survey are based on Canadian eating patterns and buying habits* as well as nutritional value. The survey records the lowest cost at each grocery store for 67 foods, and estimates the average cost.

The foods surveyed are found in Canada's Food Guide:

- Vegetables and Fruit
- Orange Vegetables and Fruit
- Dark Green Vegetables
- Whole Grains/ Whole Wheat Products
- Non Whole Grain Products
- Milk and Milk Alternatives
- Meat, Poultry, Legumes, Eggs and Fish

These foods can be used to prepare nutritious meals and snacks. To calculate the total cost for a week, an extra 5% was added to account for additional food items used in meal preparation such as spices, seasonings, condiments, baking supplies, soups, coffee and tea.

*Eating patterns and purchasing frequency based on the Canadian Community Health Survey 2.2 - 2007 results.

Nutritious Food Basket Weekly Costs Leeds, Grenville and Lanark, 2009		
	Age (years)	Food Cost per week (\$)
Boy	2-3	21.89
	4-8	28.31
Girl	2-3	21.49
	4-8	27.50
Males	9-13	37.65
	14-18	53.30
	19-30	51.42
	31-50	46.39
	51-70	44.82
	Over 70	44.39
Females	9-13	32.17
	14-18	38.54
	19-30	39.77
	31-50	39.32
	51-70	34.82
	Over 70	34.13
Pregnant	18 and younger	42.97
	19-30	43.37
	31-50	42.30
Lactation	18 and younger	44.78
	19-30	46.04
	31-50	44.97

What items were not included?

The total cost does not include processed and convenience foods, soft drinks, popular snack foods, special dietary foods, infant foods, religious or cultural foods, soap, shampoo, toilet paper or other personal items that people might add to their shopping cart.

Use the Nutritious Food Basket results to estimate the cost of feeding:

- ▶ yourself and your family
- ▶ a group of people sharing living space (group homes, shelters, students)
- ▶ when teaching about budgeting for food and family (other) expenses

Step 1: Write down the gender and age of each person in the household.

Step 2: Use the Nutritious Food Basket Weekly Costs and write down the weekly food cost for each person.

Step 3: Add the weekly food costs together for the subtotal.

Step 4: It costs a little more to feed small groups of people and a little less to feed larger groups. Multiply the subtotal by the amount below for number of people in the household.

- 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

Step 5: To find out the monthly costs, multiply your weekly total by 4.33.

Example: 2-Person Household		
Gender	Age	Cost (\$)
Woman	27	39.77
Girl	7	27.50
Subtotal		67.27
Multiply for 2 people		x 1.10
Total =		73.99 (per week)
Total X 4.33 =		320.41 (per month)

Your Household		
Gender	Age	Cost (\$)
Subtotal		
Multiply for ___ people		x 1.10
Total =		(per week)
Total X 4.33 =		(per month)

The 2009 data indicated that the estimated cost of feeding a sample family of four in Leeds, Grenville and Lanark is \$166.51 per week, or \$721.00 per month.



Brockville 613-345-5685
 Gananoque 613-382-4231
 Kemptville 613-258-5941
 Smiths Falls 613-283-2740

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