

KINDS AND SIZE OF FOODS USED IN PRICING LIST - January 2010

FOODS	PRICE	SIZE	CATEGORY PRICE	FOODS	PRICE	SIZE	CATEGORY PRICE
Milk				Potatoes	\$3.79	4.54 kg	\$0.83 / kg
Milk, whole	\$5.85	4 litres	\$1.46 / L	Other vegetables			\$3.18 / kg
Milk, 2%	\$5.58	4 litres	\$1.40 / L	Carrots	\$2.49	2.27 kg	
Milk, 1%	\$5.31	4 litres	\$1.33 / L	Onions	\$1.49	908 g	
Meat			\$7.56 / kg	Celery	\$2.49	1 unit	
Medium ground beef	\$8.36	1 kg		Spinach	\$1.79	170 g	
Round steak	\$11.21	1 kg		Broccoli	\$2.99	454 g	
Stewing beef	\$9.79	1 kg		Lettuce, iceberg	\$1.99	1 unit	
Pork loin chop	\$10.34	1 kg		Turnip	\$2.18	1 kg	
Ham, smoked boneless	\$6.00	1 kg		Cabbage	\$1.18	1 kg	
Chicken thighs with back	\$4.59	1 kg		Tomatoes	\$4.39	1 kg	
Bologna	\$4.21	500 g		Tomatoes, canned	\$1.39	796 mL	
Liver, pork	\$5.00	1 kg	\$5.00 / kg	Tomato juice	\$1.09	540 mL	
Fish			\$11.90 / kg	Tomato paste	\$0.69	156 mL	
Sole fillets, frozen	\$11.23	900 g		Green peas	\$1.29	540 mL	
Tuna , light, flaked	\$1.19	170 g		Corn, whole kernel	\$1.29	540 mL	
Pink salmon, canned	\$1.99	213 g		Frozen macedoine	\$1.60	500 g	
Eggs, grade A, large	\$2.75	1 dozen	\$0.23 / unit	Bread			\$3.73 / kg
Cheese			\$13.81 / kg	Whole wheat bread	\$2.39	675 g	
Cheese process	\$4.79	500 g		Hamburger or hot dog	\$2.49	12 units	
Cheddar mild	\$4.99	300 g		Breakfast cereals			\$4.71 / kg
Mozzarella	\$4.99	300 g		Shredded wheat	\$4.99	620 g	
Peanut butter	\$2.59	500 g	\$5.18 / kg	Bran flakes	\$3.36	475 g	
Flax seed	\$3.19	1 kg	\$3.19 / kg	Oats, quick	\$2.81	1 kg	
Legumes			\$4.84 / kg	Other cereal products			\$2.40 / kg
Beans in tomato sauce	\$1.48	540 mL		Rice, long grain	\$2.99	1 kg	
Red beans	\$1.19	540 mL		Macaroni / spaghetti	\$1.99	900 g	
Chick peas	\$1.19	540 mL		Flour, all purpose	\$3.99	2.5 Kg	
Lentils	\$1.29	400 g		Flour, whole wheat	\$2.59	1 kg	
Dried white beans	\$1.26	454 g		Butter and Margarine			\$7.69 / kg
Dried red beans	\$1.60	454 g		Butter	\$4.49	454 g	
Yellow split peas	\$0.90	454 g		Margarine	\$2.49	454 g	
Citrus			\$1.98 / kg	Other fats			\$4.31 / kg
Oranges	\$2.76	1 kg		Mayonnaise (65% oil)	\$2.39	475 g	
Frozen orange juice	\$1.79	341 mL		Vegetable oil (canola)	\$3.49	946 mL	
Other fruits			\$3.06 / kg	Sugar			\$1.64 / kg
Apples	\$2.93	1 kg		White sugar	\$2.59	2 kg	
Bananas	\$1.74	1 kg		Brown sugar	\$2.69	1 kg	
Grapes	\$8.80	1 kg		Other sweets			\$6.31 / kg
Pears	\$3.73	1 kg		Strawberry jam	\$3.49	500 mL	
Cantaloup	\$2.41	1 kg		Honey	\$5.49	500 g	
Fruit cocktail	\$2.69	796 mL		Molasses	\$1.49	300 g	
Raisins	\$2.49	375 g		Miscellaneous (tea, cocoa, seasoning, etc...)			
				Adult - weekly allowance		\$1.38 each	
				Child - weekly allowance		\$0.79 each	

Infant - Formula, concentrated liquid: \$3.67 / 385 mL - Cereals: \$3.79 / 227g

COST OF THE NUTRITIOUS FOOD BASKET - January 2010

The following table gives the minimum cost of an adequate diet based on individual market order prepared by the Montreal Diet Dispensary, plus 5% to account for inevitable food loss. This market order meets the Dietary Reference Intakes (DRI 2004). These recommendations assume characteristic activity patterns for each age and sex group.

SEX / AGE	CALORIES	PROTEIN	DAILY COST	WEEKLY COST	MONTHLY COST
Child					
6-11 months	736	19	\$4.75	\$33.28	\$144.21
1-3 years	1435	59	\$4.16	\$29.15	\$126.33
Boy/Man					
4-8	1931	84	\$5.32	\$37.21	\$161.24
9-13	2616	112	\$6.80	\$47.63	\$206.40
14-18	3269	136	\$8.04	\$56.27	\$243.84
19-30	2751	122	\$7.44	\$52.11	\$225.79
31-50	2529	110	\$6.97	\$48.81	\$211.51
51-70	2331	106	\$6.75	\$47.24	\$204.70
>70	2236	101	\$6.52	\$45.62	\$197.70
Girl/Woman					
4-8	1804	80	\$5.07	\$35.47	\$153.69
9-13	2285	100	\$6.39	\$44.75	\$193.93
14-18	2335	104	\$6.62	\$46.37	\$200.96
19-30	2185	97	\$6.39	\$44.75	\$193.90
31-50	2029	93	\$6.20	\$43.41	\$188.11
51-70	1918	91	\$6.07	\$42.51	\$184.21
>70	1851	85	\$5.72	\$40.02	\$173.41
Pregnant					
<18	2786	118	\$7.60	\$53.19	\$230.49
19-30	2655	114	\$7.44	\$52.11	\$225.83
31-50	2507	110	\$7.28	\$50.96	\$220.84
Breastfeeding					
<18	2675	115	\$7.43	\$52.04	\$225.52
19-30	2544	111	\$7.28	\$50.97	\$220.86
31-50	2399	107	\$7.12	\$49.85	\$216.01

The minimum adequate cost of a nutritive diet is \$6.90 per person per day for a family of four: a man (31-50 years), a woman(31-50 years), a boy (14-18 years) and a girl (9-13 years).

Adjustment for family size *

- For a person living alone, increase cost by 20%
- For a family of two, increase cost by 10%
- For a family of three, increase cost by 5%

* Source : Family Food Budgeting. United States Department of Agriculture. Publication revised July 1979.

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