

KINDS AND SIZE OF FOODS USED IN PRICING LIST - January 2011

FOODS	PRICE	SIZE	CATEGORY PRICE	FOODS	PRICE	SIZE	CATEGORY PRICE
Milk				Potatoe	\$3.99	4.54 kg	\$0.88 / kg
Milk, whole	\$5.91	4 litres	1.48 / litre	Other vegetables			\$3.53 / kg
Milk, 2%	\$5.65	4 litres	1.41 / litre	Carrots	\$3.99	2.27 kg	
Milk, 1%	\$5.39	4 litres	1.35 / litre	Onions	\$1.66	908 g	
Meat			\$8.56 / kg	Celery	\$2.49	1 unit	
Medium ground beef	\$11.00	1 kg		Spinach	\$2.29	170 g	
Round steak	\$14.30	1 kg		Broccoli	\$2.99	454 g	
Stewing beef	\$9.60	1 kg		Lettuce, iceberg	\$1.99	1 unit	
Pork loin chop	\$10.12	1 kg		Turnip	\$1.52	1 kg	
Ham, smoked boneless	\$8.41	1 kg		Cabbage	\$2.18	1 kg	
Chicken thighs with back	\$4.41	1 kg		Tomatoes	\$5.49	1 kg	
Weiners	\$2.69	450 g		Tomatoes, canned	\$1.49	796 ml	
Bologna	\$5.06	500 g		Tomato juice	\$0.99	540 ml	
Liver, pork	\$5.00	1 kg	\$5.00 / kg	Tomato paste	\$0.69	156 ml	
Fish			\$11.47 / kg	Green peas	\$1.29	540 ml	
Sole fillets, frozen	\$10.33	900 g		Corn, whole kernel	\$1.29	540 ml	
Tuna , light, flaked	\$1.25	170 g		Frozen macedoine	\$1.50	500 g	
Pink salmon, canned	\$1.99	213 g		Bread			\$3.98 / kg
Egg, grade A, large	\$2.82	1 dozen	\$0.24 / unit	Whole wheat bread	\$2.59	675 g	
Cheese			\$13.89 / kg	Hamburger or hot dog	\$2.49	12 units	
Cheese process	\$4.89	500 g		Breakfast cereals			\$4.69 / kg
Cheddar mild	\$4.99	300 g		Shredded wheat	\$4.99	620 g	
Mozzarella	\$4.99	300 g		Bran flakes	\$3.06	475 g	
Peanut butter	\$2.59	500 g	\$5.18 / kg	Oats, quick	\$2.99	1 kg	
Flax seed	\$3.52	1 kg	\$3.52 / kg	Other cereal products			\$2.09 / kg
Legumes			\$4.81 / kg	Rice, long grain	\$1.99	1 kg	
Beans in tomato sauce	\$1.48	540 ml		Macaroni / spaghetti	\$1.99	900 g	
Red beans	\$1.19	540 ml		Flour, all purpose	\$4.29	2.5 kg	
Chick peas	\$1.19	540 ml		Flour, whole wheat	\$2.59	1 kg	
Lentils	\$1.29	400 g		Butter/Margarine			\$7.80 / kg
Dried white beans	\$1.21	454 g		Butter	\$4.59	454 g	
Dried red beans	\$1.51	454 g		Margarine	\$2.49	454 g	
Yellow split peas	\$0.95	454 g		Other fats			\$4.31 / kg
Citrus			\$2.04 / kg	Mayonnaise (65% oil)	\$2.39	475 g	
Oranges	\$2.76	1 kg		Vegetable oil (canola)	\$3.49	946 ml	
Frozen orange juice	\$1.99	341 ml		Sugar			\$1.95 / kg
Other fruits			\$3.05 / kg	White sugar	\$3.19	2 kg	
Apples	\$2.48	1 kg		Brown sugar	\$2.99	1 kg	
Bananas	\$1.74	1 kg		Sweets			\$5.90 / kg
Grapes	\$8.80	1 kg		Strawberry jam	\$2.99	500 ml	
Pears	\$4.37	1 kg		Honey	\$5.59	500 g	
Cantaloup	\$2.66	1 kg		Molasses	\$1.69	300 g	
Fruit cocktail	\$2.69	796 ml		Miscellaneous (tea, cocoa, seasoning, etc...)			
Raisins	\$2.99	375 g		Adult - weekly allowance		\$1.41 each	
				Child - weekly allowance		\$0.79 each	

Infant - Formula, powder: \$27.99 / 730 g - Cereals: 3.99 / 227 g

COST OF THE NUTRITIOUS FOOD BASKET - January 2011

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	735	19	\$5.01	\$35.09	\$152.06
1-3 years	1432	58	\$4.27	\$29.90	\$129.57
Boy/Man					
4-8	1927	84	\$5.50	\$38.50	\$166.83
9-13	2612	111	\$7.05	\$49.37	\$213.94
14-18	3527	135	\$8.30	\$58.11	\$251.81
19-30	2826	123	\$7.74	\$54.16	\$234.69
31-50	2686	113	\$7.33	\$51.28	\$222.21
51-70	2488	110	\$7.10	\$49.70	\$215.37
>70	2337	103	\$6.82	\$47.72	\$206.79
Girl/Woman					
4-8	1801	79	\$5.24	\$36.70	\$159.03
9-13	2281	100	\$6.61	\$46.25	\$200.42
14-18	2330	104	\$6.86	\$48.01	\$208.04
19-30	2293	100	\$6.69	\$46.85	\$203.02
31-50	2194	98	\$6.54	\$45.80	\$198.47
51-70	2025	94	\$6.50	\$45.49	\$197.12
>70	1926	88	\$6.12	\$42.83	\$185.60
Pregnant					
<18	2781	118	\$7.86	\$55.03	\$238.46
19-30	2615	113	\$7.62	\$53.35	\$231.18
31-50	2484	111	\$7.53	\$52.68	\$228.28
Breastfeeding					
<18	2651	113	\$7.66	\$53.63	\$232.40
19-30	2615	113	\$7.62	\$53.35	\$231.18
31-50	2525	111	\$7.55	\$52.84	\$228.97

The minimum adequate cost of a nutritive diet is **7.19 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.

Montreal Diet Dispensary
2182 Lincoln Avenue
Montréal (Québec) H3H 1J3