

**KINDS AND SIZE OF FOODS USED IN PRICING LIST - September 2011**

<b>FOODS</b>	<b>PRICE</b>	<b>SIZE</b>	<b>CATEGORY PRICE</b>	<b>FOODS</b>	<b>PRICE</b>	<b>SIZE</b>	<b>CATEGORY PRICE</b>
<b>Milk</b>				<b>Potatoes</b>	\$4.99	4.54 kg	<b>\$1.10 / kg</b>
Milk, whole	\$6.24	4 litres	<b>\$1.56 / litre</b>	<b>Other vegetables</b>			<b>\$3.04 / kg</b>
Milk, 2%	\$5.98	4 litres	<b>\$1.50 / litre</b>	Carrots	\$3.99	2.27 kg	
Milk, 1%	\$5.72	4 litres	<b>\$1.43 / litre</b>	Onions	\$1.79	908 g	
			<b>\$8.27 / kg</b>	Celery	\$1.59	1 unit	
<b>Meat</b>				Spinach	\$1.99	170 g	
Medium ground beef	\$8.79	1 kg		Broccoli	\$2.29	454 g	
Round steak	\$14.80	1 kg		Lettuce, iceberg	\$1.59	1 unit	
Stewing beef	\$10.30	1 kg		Turnip	\$1.52	1 kg	
Pork loin chop	\$10.12	1 kg		Cabbage	\$1.30	1 kg	
Ham, smoked boneless	\$7.25	1 kg		Tomatoes	\$3.28	1 kg	
Chicken thighs with back	\$4.83	1 kg		Tomatoes, canned	\$1.39	796 mL	
Weiners	\$2.29	450 g		Tomato juice	\$0.99	540 mL	
Bologna	\$5.19	500 g		Tomato paste	\$0.79	156 mL	
				Green peas	\$1.29	540 mL	
<b>Liver, pork</b>	\$5.00	1 kg	<b>\$5.00 / kg</b>	Corn, whole kernel	\$1.29	540 mL	
				Frozen macedoine	\$2.99	1 kg	
<b>Fish</b>			<b>\$13.15 / kg</b>	<b>Bread</b>			<b>\$4.23 / kg</b>
Sole fillets, frozen	\$13.48	900 g		Whole wheat bread	\$2.79	675 g	
Tuna , light, flaked	\$1.19	170 g		Hamburger or hot dog	\$2.49	12 units	
Pink salmon, canned	\$1.99	213 g					
				<b>Breakfast cereals</b>			<b>\$5.05 / kg</b>
<b>Egg, grade A, large</b>	\$3.03	1 douzaine	<b>\$0.25 / unit</b>	Shredded wheat	\$4.99	620 g	
				Bran flakes	\$4.29	520 g	
<b>Cheese</b>			<b>\$13.97 / kg</b>	Oats, quick	\$2.99	1 kg	
Cheese process	\$4.99	500 g					
Cheddar mild	\$4.99	300 g		<b>Other cereal products</b>			<b>\$2.69 / kg</b>
Mozzarella	\$4.99	300 g		Rice, long grain	\$2.99	900 g	
				Macaroni / spaghetti	\$2.29	900 g	
<b>Peanut butter</b>	\$3.19	500 g	<b>\$6.38 / kg</b>	Flour, all purpose	\$5.29	2.5 kg	
				Flour, whole wheat	\$2.99	1 kg	
<b>Flax seed</b>	\$3.36	1 kg	<b>\$3.36 / kg</b>				
				<b>Butter/Margarine</b>			<b>\$8.24 / kg</b>
<b>Legumes</b>			<b>\$4.99 / kg</b>	Butter	\$4.79	454 g	
Beans in tomato sauce	\$1.48	540 mL		Margarine	\$2.69	454 g	
Red beans	\$1.19	540 mL					
Chick peas	\$1.19	540 mL		<b>Other fats</b>			<b>\$4.53 / kg</b>
Lentils	\$1.29	400 g		Mayonnaise (65% oil)	\$2.59	475 g	
Dried white beans	\$1.89	454 g		Vegetable oil (canola)	\$3.59	946 mL	
Dried red beans	\$1.51	454 g					
Yellow split peas	\$0.90	454 g		<b>Sugar</b>			<b>\$2.09 / kg</b>
				White sugar	\$3.39	2 kg	
<b>Citrus</b>			<b>\$2.36 / kg</b>	Brown sugar	\$3.29	1 kg	
Oranges	\$3.67	1 kg					
Frozen orange juice	\$1.59	341 mL		<b>Sweets</b>			<b>\$6.18 / kg</b>
				Strawberry jam	\$3.19	500 mL	
<b>Other fruits</b>			<b>\$3.11 / kg</b>	Honey	\$5.79	500 g	
Apples	\$2.93	1 kg		Molasses	\$1.69	300 g	
Bananas	\$1.96	1 kg					
Grapes	\$6.59	1 kg		<b>Miscellaneous</b> (tea, cocoa, seasoning, etc...)			
Pears	\$3.95	1 kg		Adult - weekly allowance		\$1.59 each	
Cantaloup	\$1.76	1 kg		Child - weekly allowance		\$0.81 each	
Fruit cocktail	\$2.89	796 mL					
Raisins	\$2.99	375 g					

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**Infant** - Formula, powder: \$26.99 / 730 g - Cereals: \$4.39 / 227 g

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## COST OF THE NUTRITIOUS FOOD BASKET - September 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
<b>Child</b>					
6-11 months	735	19	\$4.94	\$34.57	\$149.80
1-3 years	1432	58	\$4.45	\$31.14	\$134.94
<b>Boy/Man</b>					
4-8	1927	84	\$5.69	\$39.86	\$172.73
9-13	2612	111	\$7.27	\$50.89	\$220.52
14-18	3527	135	\$8.59	\$60.12	\$260.52
19-30	2826	123	\$8.00	\$55.99	\$242.62
31-50	2686	113	\$7.57	\$52.98	\$229.58
51-70	2488	110	\$7.32	\$51.23	\$222.00
>70	2337	103	\$7.02	\$49.11	\$212.81
<b>Girl/Woman</b>					
4-8	1801	79	\$5.43	\$37.99	\$164.62
9-13	2281	100	\$6.79	\$47.50	\$205.83
14-18	2330	104	\$7.03	\$49.20	\$213.20
19-30	2293	100	\$6.89	\$48.25	\$209.08
31-50	2194	98	\$6.73	\$47.12	\$204.19
51-70	2025	94	\$6.68	\$46.76	\$202.63
>70	1926	88	\$6.28	\$43.97	\$190.54
<b>Pregnant</b>					
<18	2781	118	\$8.14	\$56.98	\$246.91
19-30	2615	113	\$7.88	\$55.19	\$239.16
31-50	2484	111	\$7.77	\$54.42	\$235.82
<b>Breastfeeding</b>					
<18	2651	113	\$7.93	\$55.49	\$240.46
19-30	2615	113	\$7.88	\$55.19	\$239.16
31-50	2525	111	\$7.80	\$54.59	\$236.56

The minimum adequate cost of a nutritive diet is **\$7.42 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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