

Weekly Cost of the Nutritious Food Basket in Toronto (May, 2008)

How to Calculate the Food Costs of a Nutritious Food Basket *				
Follow the steps below to find out the cost of a weekly nutritious food basket.		Age/Sex/Group	Cost Per Week	
STEP 1: Write down the age and sex of all the people you are feeding. For example: Man, 37 years old and Woman, 37 years old Boy, 13 years old and Girl, 7 years old		Child 1 2-3 4-6	16.13 17.12 22.71	
STEP 2: Write down the cost of feeding each person.		Boy 7-9 10-12 13-15 16-18	26.97 33.51 39.11 45.33	
STEP 3: This is your subtotal.		Girl 7-9 10-12 13-15 16-18	25.81 30.85 32.90 31.03	
STEP 4: It costs a little more to feed a small group of people and less to feed a large group. Use the following adjustments for household size: 1 person – multiply by 1.15 4 people – make no change 2 people – multiply by 1.10 5 people – multiply by 0.95 3 people – multiply by 1.05 6+ people – multiply by 0.90		Man 19-24 25-49 50-74 75+	42.68 41.21 37.23 33.80	
STEP 5: To determine the cost per month, multiply by 4.33		Woman 19-24 25-49 50-74 75+	31.68 30.15 29.54 28.76	
Sex	Age (years)	Cost Per Week (\$)	Example	
Man	37	41.21		
Woman	37	30.15		
Boy	13	39.11		
Girl	7	25.81		
Subtotal		\$136.28		
TOTAL		\$136.28 x no adjustment = \$136.28 x 4.33= \$590.09/month		
Example: Reference Family of 4, Toronto (May, 2008)				
Sex	Age (years)	Cost Per Week (\$)	Your Household	
Subtotal				
TOTAL				
		Pregnancy		
		Age 13-15		
		Trimester 1	36.38	
		Trimesters 2,3	38.46	
		Lactation	39.67	
		Age 16-18		
		Trimester 1	36.09	
		Trimesters 2,3	38.94	
		Lactation	40.03	
		Age 19-24		
		Trimester 1	35.26	
		Trimesters 2,3	37.70	
		Lactation	38.67	
		Age 25-49		
		Trimester 1	33.75	
		Trimesters 2,3	35.88	
		Lactation	36.67	

* The cost of the Nutritious Food Basket is based on the 66 food items collected from 12 stores across the City. The software program automatically adds 5% to the basket cost to cover the cost of miscellaneous foods used in meal preparation, e.g., spices, seasonings, condiments, baking supplies, coffee/tea.