

# Weekly Cost of the Nutritious Food Basket in Toronto (May 2010)

## How to Calculate Your Food Costs Using the Nutritious Food Basket\*

Follow the steps below to find out the cost of a weekly nutritious food basket for your household.

### STEP 1:

Write down the age and gender of all the people you are feeding. For example:

Man, 37 years old and Woman, 37 years old  
Boy, 15 years old and Girl, 8 years old

### STEP 2:

Refer to Table 1 to find the cost of feeding each person. Write down the cost of feeding each person.

### STEP 3:

Add these costs together to find your subtotal.

### STEP 4:

Since it costs a little more to feed a small group of people and less to feed a large group, the total weekly cost may need to be adjusted using the following factors:

Household Size	Adjustment Factor
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 determine the cost per month, multiply by 4.33

Gender/Age (Years)		Cost Per Week
Males	2 – 3	\$21.91
	4 – 8	\$28.24
	9 – 13	\$37.44
	14 – 18	\$52.75
	19 – 30	\$50.92
	31 – 50	\$46.04
	51 – 70	\$44.49
	Over 70	\$44.03
Females	2 – 3	\$21.49
	4 – 8	\$27.39
	9 – 13	\$32.08
	14 – 18	\$38.29
	19 – 30	\$39.43
	31 – 50	\$39.01
	51 – 70	\$34.61
	Over 70	\$33.98
Pregnant Women	18 & younger	\$42.68
	19 - 30	\$43.08
	31 - 50	\$42.04
Breastfeeding Women	18 & younger	\$44.46
	19 - 30	\$45.67
	31 - 50	\$44.63

### Example

Step 1		Step 2
Gender	Age (Years)	Cost per week (\$)
Man	37	\$46.04
Woman	37	\$39.01
Boy	15	\$52.75
Girl	8	\$27.39
<b>Step 3</b>	Subtotal	\$165.19
<b>Step 4</b> Multiply your subtotal by the adjustment factor. (4 people – make no change)  \$165.19 x no adjustment = \$165.19		
<b>Step 5</b> Multiply your total weekly cost from Step 4 by 4.33. \$165.19 x 4.33 = \$715.27/month		

### Use the following chart for your household

Step 1		Step 2
Gender	Age (Years)	Cost per week (\$)
<b>Step 3</b>	Subtotal	
<b>Step 4</b> Multiply your subtotal by the adjustment factor.		
<b>Step 5</b> Multiply your total weekly cost from Step 4 by 4.33.		

\*The cost of the Nutritious Food Basket is based on the 67 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 etc.