

## Attachment 1: 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.		<b>Age/Sex/Group</b>	<b>Cost Per Week</b>
<b>STEP 1:</b> 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		<b>Child</b> 1 2-3 4-6	16.13 17.12 22.71
<b>STEP 2:</b> Write down the cost of feeding each person.		<b>Boy</b> 7-9 10-12 13-15 16-18	26.97 33.51 39.11 45.33
<b>STEP 3:</b> This is your subtotal.		<b>Girl</b> 7-9 10-12 13-15 16-18	25.81 30.85 32.90 31.03
<b>STEP 4:</b> 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		<b>Man</b> 19-24 25-49 50-74 75+	42.68 41.21 37.23 33.80
<b>STEP 5:</b> To determine the cost per month, multiply by 4.33		<b>Woman</b> 19-24 25-49 50-74 75+	31.68 30.15 29.54 28.76
<b>Sex</b>	<b>Age (years)</b>	<b>Cost Per Week (\$)</b>	<b>Example</b>
Man	37	<b>41.21</b>	
Woman	37	<b>30.15</b>	
Boy	13	<b>39.11</b>	
Girl	7	<b>25.81</b>	
Subtotal		<b>\$136.28</b>	
TOTAL		<b>\$136.28 x no adjustment = \$136.28 x 4.33= \$590.09/month</b>	
<b>Example: Reference Family of 4, Toronto (May, 2008)</b>			
<b>Sex</b>	<b>Age (years)</b>	<b>Cost Per Week (\$)</b>	<b>Your Household</b>
Subtotal			
TOTAL			
		<b>Pregnancy</b>	
		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.