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.

	Age/Sex/Group	Cost Per Week
Child	1	16.13
	2-3	17.12
	4-6	22.71
Boy	7-9	26.97
	10-12	33.51
	13-15	39.11
	16-18	45.33
Girl	7-9	25.81
	10-12	30.85
	13-15	32.90
	16-18	31.03
Man	19-24	42.68
	25-49	41.21
	50-74	37.23
	75+	33.80
Woman	19-24	31.68
	25-49	30.15
	50-74	29.54
	75+	28.76

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

STEP 2:
Write down the cost of feeding each person.

STEP 3:
This is your subtotal.

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

STEP 5:
To determine the cost per month, multiply by 4.33

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

Example

Sex	Age (years)	Cost Per Week ($)
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)

Your Household

Sex	Age (years)	Cost Per Week ($)
Subtotal		
TOTAL		

* *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.*