

Weekly Cost of the Nutritious Food Basket in Toronto (May 2011)

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	\$22.57
	4 – 8	\$29.26
	9 – 13	\$39.09
	14 – 18	\$55.48
	19 – 30	\$53.46
	31 – 50	\$48.27
	51 – 70	\$46.64
	Over 70	\$46.15
Females	2 – 3	\$22.11
	4 – 8	\$28.34
	9 – 13	\$33.36
	14 – 18	\$39.95
	19 – 30	\$41.18
	31 – 50	\$40.75
	51 – 70	\$36.08
	Over 70	\$35.43
Pregnant Women	18 & younger	\$44.65
	19 - 30	\$45.08
	31 - 50	\$43.99
Breastfeeding Women	18 & younger	\$46.54
	19 - 30	\$47.89
	31 - 50	\$46.81

Step 1		Step 2
Gender	Age (Years)	Cost per week (\$)
Man	37	\$48.27
Woman	37	\$40.75
Boy	15	\$55.48
Girl	8	\$28.34
Step 3 Subtotal		\$172.84
Step 4 Multiply your subtotal by the adjustment factor. (4 people – make no change) \$172.84 x no adjustment = \$172.84		
Step 5 Multiply your total weekly cost from Step 4 by 4.33. \$172.84 x 4.33 = \$748.40/month		

Step 1		Step 2
Gender	Age (Years)	Cost per week (\$)
Step 3 Subtotal		
Step 4 Multiply your subtotal by the adjustment factor.		
Step 5 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.