Attachment 1
Weekly Cost of the Nutritious Food Basket in Toronto (May 2012)

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

Table 1		
Gender/Age (Years)		**Cost Per Week**
Males	2 – 3	$23.14
	4 – 8	$29.95
	9 – 13	$39.81
	14 – 18	$56.26
	19 – 30	$54.37
	31 – 50	$49.18
	51 – 70	$47.47
	Over 70	$46.96
Females	2 – 3	$22.66
	4 – 8	$28.99
	9 – 13	$34.10
	14 – 18	$40.76
	19 – 30	$42.03
	31 – 50	$41.56
	51 – 70	$36.79
	Over 70	$36.15
Pregnant Women	18 & younger	$45.49
	19 - 30	$45.97
	31 - 50	$44.85
Breastfeeding Women	18 & younger	$47.38
	19 - 30	$48.73
	31 - 50	$47.61

Example		
	Step 1	**Step 2**
Gender	**Age (Years)**	**Cost per week ($)**
Man	37	$49.18
Woman	37	$41.56
Boy	15	$56.26
Girl	8	$28.99
Step 3	Subtotal	$175.99
Step 4 Multiply your subtotal by the adjustment factor. (4 people – make no change) $175.99 x no adjustment = $175.99		
Step 5 Multiply your total weekly cost from Step 4 by 4.33. $175.99 x 4.33 = $762.04/month		

Use the following chart for your household		
	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.