

## Attachment 1: Weekly Cost of the Nutritious Food Basket in Toronto (May 2014)

### 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	
<b>Males</b>	2 – 3	\$24.62
	4 – 8	\$31.87
	9 – 13	\$42.76
	14 – 18	\$62.12
	19 – 30	\$60.23
	31 – 50	\$54.24
	51 – 70	\$52.28
	Over 70	\$51.77
<b>Females</b>	2 – 3	\$24.13
	4 – 8	\$30.90
	9 – 13	\$36.41
	14 – 18	\$43.91
	19 – 30	\$46.37
	31 – 50	\$45.79
	51 – 70	\$39.95
	Over 70	\$39.24
<b>Pregnant Women</b>	18 & younger	\$49.45
	19 - 30	\$50.11
	31 - 50	\$48.94
<b>Breastfeeding Women</b>	18 & younger	\$51.27
	19 - 30	\$53.63
	31 - 50	\$52.45

<b>Example</b>		
<b>Step 1</b>		<b>Step 2</b>
Gender	Age (Years)	Cost per week (\$)
Man	37	\$54.24
Woman	37	\$45.79
Boy	15	\$62.12
Girl	8	\$36.41
<b>Step 3</b> Subtotal		
<b>Step 4</b> Multiply your subtotal by the adjustment factor. (4 people – make no change)  \$183.10 x no adjustment = \$193.05		
<b>Step 5</b> Multiply your total weekly cost from Step 4 by 4.33. \$193.05 x 4.33 = \$835.91/month		

<b>Use the following chart for your household</b>		
<b>Step 1</b>		<b>Step 2</b>
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.