

# Attachment 1: Weekly Cost of the Nutritious Food Basket in Toronto (May 2015)

## How to Calculate Your Food Costs Using the Nutritious Food Basket\*

Follow the steps below to find out the minimum 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	25.08
	4 – 8	32.37
	9 – 13	43.36
	14 – 18	62.90
	19 – 30	60.98
	31 – 50	54.94
	51 – 70	52.99
	Over 70	52.47
<b>Females</b>	2 – 3	24.58
	4 – 8	31.39
	9 – 13	36.96
	14 – 18	44.51
	19 – 30	46.99
	31 – 50	46.42
	51 – 70	40.53
	Over 70	39.83
<b>Pregnant Women</b>	18 & younger	50.11
	19 - 30	50.77
	31 - 50	49.59
<b>Breastfeeding Women</b>	18 & younger	51.94
	19 - 30	54.33
	31 - 50	53.15

<b>Example</b>		
<b>Step 1</b>		<b>Step 2</b>
Gender	Age (Years)	Cost per week (\$)
Man	37	54.94
Woman	37	46.42
Boy	15	62.90
Girl	8	31.39
<b>Step 3</b> Subtotal		<b>\$195.65</b>
<b>Step 4</b> Multiply your subtotal by the adjustment factor. (4 people – make no change)  \$195.65 x no adjustment = \$195.65		
<b>Step 5</b> Multiply your total weekly cost from Step 4 by 4.33. \$195.65 x 4.33 = \$847.16/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.