

Attachment 1: Weekly Cost of the Nutritious Food Basket in Toronto (May 2013)

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	\$23.70
	4 – 8	\$30.69
	9 – 13	\$41.00
	14 – 18	\$58.75
	19 – 30	\$56.85
	31 – 50	\$51.29
	51 – 70	\$49.48
	Over 70	\$48.97
Females	2 – 3	\$23.23
	4 – 8	\$29.74
	9 – 13	\$35.00
	14 – 18	\$42.03
	19 – 30	\$43.84
	31 – 50	\$43.32
	51 – 70	\$38.08
	Over 70	\$37.40
Pregnant Women	18 & younger	\$47.12
	19 - 30	\$47.67
	31 - 50	\$46.53
Breastfeeding Women	18 & younger	\$48.98
	19 - 30	\$50.78
	31 - 50	\$49.64

Example		
Step 1		Step 2
Gender	Age (Years)	Cost per week (\$)
Man	37	\$51.29
Woman	37	\$43.32
Boy	15	\$58.75
Girl	8	\$29.74
Step 3		Subtotal
Step 4		
Multiply your subtotal by the adjustment factor. (4 people – make no change)		
\$183.10 x no adjustment = \$183.10		
Step 5		
Multiply your total weekly cost from Step 4 by 4.33. \$183.10 x 4.33 = \$792.82/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.