HL10.3 Appendix B

Appendix B: Weekly Cost of the Nutritious Food Basket in Toronto (May 2019)

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

Please note it is not appropriate to use NFB as a budgeting tool. The figures are averages only. It is recommended they are viewed in relation to income and other basic household expenses to illustrate how household circumstances can vary.

To find out the minimum cost of a weekly nutritious food basket for a household:

STEP 1:
Write down the age and gender of all the people you are feeding.

STEP 2:
Refer to **Table 1** to find the cost of feeding each person. Write down the costs. Add these costs together to find your subtotal.

STEP 3:
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 4:
To get the cost per month, multiply by 4.33 (number of weeks in a month)

Table 1

Gender/Age (Years)		Cost Per Week
Males	2 – 3	$27.71
	4 – 8	$35.57
	9 – 13	$47.03
	14 – 18	$67.26
	19 – 30	$65.48
	31 – 50	$59.11
	51 – 70	$56.90
	Over 70	$56.32
Females	2 – 3	$27.23
	4 – 8	$34.60
	9 – 13	$40.36
	14 – 18	$48.41
	19 – 30	$50.90
	31 – 50	$50.21
	51 – 70	$43.97
	Over 70	$43.10
Pregnant Women	18 & younger	$54.18
	19 - 30	$54.93
	31 - 50	$53.55
Breastfeeding Women	18 & younger	$56.19
	19 - 30	$58.44
	31 - 50	$57.06

EXAMPLE: Family of Four

	Step 1	Step 2
Gender	**Age (Years)**	**Cost per week ($)**
Man	37	59.11
Woman	37	50.21
Boy	15	67.26
Girl	8	34.60
	Subtotal	**$211.18**

Step 3
Multiply your subtotal by the adjustment factor.
(4 people – make no change)

$211.18 x no adjustment = $211.18

Step 4
Multiply your total weekly cost from Step 3 by 4.33.
$211.18 x 4.33 = $914.41/month

Use the following chart for your household

	Step 1	Step 2
Gender	**Age (Years)**	**Cost per week ($)**
	Subtotal	

Step 3
Multiply your subtotal by the adjustment factor.

Step 4
Multiply your total weekly cost from Step 3 by 4.33.

*The cost of the Nutritious Food Basket is based on cost of 67 food items from 12 stores across the City. Non-food items are not included (e.g. toilet paper, soap, diapers). The software program adds 5% to the basket cost to account for miscellaneous foods used in meal preparation, e.g. spices, condiments, tea.