

**Weekly Cost of a Nutritious Food Basket, 2011**  
**Reference Family of Four<sup>1</sup>**  
**Sorted Alphabetically**

<b>Health Unit</b>	<b>Cost - 2011</b>	<b>Cost - 2010</b>
ALGOMA	\$185.50	\$173.64
BRANT COUNTY	\$174.78	\$164.52
CHATHAM-KENT	\$168.37	\$158.63
DURHAM REGION	\$163.41	\$162.07
EASTERN ONTARIO	\$181.66	\$173.19
ELGIN - ST. THOMAS	\$179.30	\$170.09
GREY- BRUCE	\$174.73	\$166.64
HALDIMAND-NORFOLK	\$171.06	\$167.53
HALIBURTON, KAWARTHA, PINE RIDGE DISTRICT	\$170.86	\$167.73
HALTON REGION	\$171.33	\$167.99
CITY OF HAMILTON	\$166.01	\$159.49
HASTINGS AND PRINCE EDWARD COUNTIES	\$178.00	\$164.42
HURON COUNTY	\$181.50	\$172.12
KINGSTON, FRONTENAC, LENNOX AND ADDINGTON	\$180.90	\$173.96
LAMBTON	\$174.25	\$163.74
LEEDS, GRENVILLE AND LANARK DISTRICT	\$170.66	\$163.06
MIDDLESEX - LONDON	\$170.02	\$160.85
NIAGARA REGION	\$180.82	\$168.70
NORTH BAY, PARRY SOUND DISTRICT	\$177.88	\$168.34
NORTHWESTERN	\$212.35	\$211.67
OTTAWA	\$175.39	\$167.16
OXFORD COUNTY	\$189.59	\$168.86
PEEL	\$172.73	\$159.75
PERTH DISTRICT	\$182.39	\$169.55
PETERBOROUGH COUNTY-CITY	\$179.34	\$171.27
PORCUPINE	\$196.89	\$183.35
RENFREW COUNTY AND DISTRICT	\$170.53	\$168.68
SIMCOE-MUSKOKA DISTRICT	\$172.15	\$160.39
SUDBURY AND DISTRICT	\$188.93	\$170.96
THUNDER BAY DISTRICT	\$183.65	\$182.44
TIMISKAMING	\$189.87	\$174.99
TORONTO	\$172.84	\$165.19
REGION OF WATERLOO	\$168.89	\$168.45
WELLINGTON-DUFFERIN-GUELPH	\$180.92	\$170.73
WINDSOR-ESSEX COUNTY	\$166.38	\$160.66
YORK REGION	\$177.86	\$169.39
<b>ONTARIO AVERAGE</b>	<b>\$177.83</b>	<b>\$169.17</b>

The mix of stores and the approach to store selection may be quite different between health units, making between health unit comparisons inappropriate.

<sup>1</sup> A reference family of four includes: a man and a woman each aged 31-50 years; a boy aged 14-18 years; and a girl aged 4-8 years.

## Weekly Cost of a Nutritious Food Basket, Ontario 2011

### Total Weekly Cost by Age and Sex

Age-Sex groups (in YEARS)	Ontario Average Year 2011	Ontario Average Year 2010 <sup>1</sup>
<b>BOY</b>		
2-3	\$23.55	\$22.46
4-8	\$30.41	\$28.95
<b>GIRL</b>		
2-3	\$23.08	\$22.03
4-8	\$29.47	\$28.09
<b>MALE</b>		
9-13	\$40.32	\$38.36
14-18	\$56.76	\$54.00
19-30	\$54.84	\$52.13
31-50	\$49.61	\$47.14
51-70	\$47.90	\$45.57
Over 70	\$47.39	\$45.11
<b>FEMALE</b>		
9-13	\$34.57	\$32.88
14-18	\$41.26	\$39.26
19-30	\$42.46	\$40.40
31-50	\$41.99	\$39.95
51-70	\$37.24	\$35.46
Over 70	\$36.57	\$34.83
<b>PREGNANCY</b>		
18 and younger	\$45.99	\$43.74
19-30	\$46.45	\$44.13
31-50	\$45.30	\$43.05
<b>LACTATION</b>		
18 and younger	\$47.92	\$45.55
19-30	\$49.19	\$46.76
31-50	\$48.05	\$45.68
<b>FAMILY OF FOUR<sup>1</sup></b>	<b>\$177.83</b>	<b>\$169.17<sup>2</sup></b>

<sup>1</sup> A reference family of four includes: a man and a woman each aged 31-50 years; a boy aged 14-18 years; and a girl aged 4-8 years.

<sup>2</sup> This average should not be compared with that of 2008 or the preceding years, because the 2009 NFB was newly defined in terms of: (i) the food items included in the NFB and their corresponding weights, and (ii) the age of members included in a family of four.