

Nutritious Food Basket Survey 2015

The Cost of Eating Well in Grey and Bruce Counties

The Nutritious Food Basket

The Nutritious Food Basket is a costing tool that measures the cost of basic healthy eating using the current nutrition recommendations from *Eating Well with Canada's Food Guide* and average food purchasing patterns from the *Canadian Community Health Survey 2.2*.

Food costing monitors both affordability and accessibility of foods by relating the cost of the food basket to individual or family incomes.

Inadequate Income is a Significant Barrier to Healthy Eating

Food is a basic human need and is required for health. The cost of food can be a barrier to health for many people on a limited income. The Nutritious Food Basket annual report is a powerful policy and advocacy tool which can be used to raise awareness about the cost of healthy eating to assess the adequacy of social assistance rates or minimum wage incomes.

The 2015 Nutritious Food Basket survey found that it costs **\$199.55 per week** (\$864.05 per month) to feed a reference family of four (two parents, two children) in Grey and Bruce Counties.

You can estimate the cost of a Nutritious Food Basket for up to 22 age and gender groups by using the table on page 2.

“Food insecurity is the inability to acquire or consume an adequate diet”.¹ Food insecurity affects a person’s physical and mental well-being and their ability to learn.

“Community Food Security exists when all citizens access a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance, and equal access for everyone.”²

1 Lynn McIntyre, Food Insecurity. In *Social Determinants of Health. Canadian Perspectives*. Editor D. Raphael. Canadian Scholars’ Press Inc. 2004

2 Dietitians of Canada. (2007) *Community Food Security Position of Dietitians of Canada*



How to calculate your family's food cost

The Weekly Cost of Eating Well in Grey-Bruce

Age/Gender	Cost per week
Children	
B 2-3y	\$ 25.70
G 2-3y	\$ 25.23
B 4-8y	\$ 33.16
G 4-8y	\$ 32.21
Males	
Age Group	
9-13 y	\$ 44.34
14-18y	\$ 64.11
19-30y	\$ 62.09
31-50y	\$ 55.90
51-70y	\$ 53.93
Over 70y	\$ 53.43
Females	
Age Group	
9-13y	\$ 37.78
14-18y	\$ 45.51
19-30y	\$ 47.91
31-50y	\$ 47.33
51-70y	\$ 41.41
Over 70y	\$ 40.63
Pregnancy	
<18y	\$ 51.13
19-30y	\$ 51.75
31-50y	\$ 50.53
Lactation	
<18y	\$ 53.04
19-30y	\$ 55.33
31-50y	\$ 54.11

To estimate the weekly cost of a nutritious food basket for your household, follow these steps. An example is provided:

Example	
Male (31-50y)	\$55.90
Female (31-50y)	\$47.33
Boy (14-18y)	\$64.11
Girl (4-8y)	\$32.21
Subtotal	\$199.55
Adjustment Factor	x 1.00
Total	\$199.55 per week
Monthly total	\$864.05 per month

Step 1: Write down the age and gender of each person you are feeding.

Step 2: Using the chart (to the left), write down the weekly food cost for each person.

Step 3: Add the weekly food cost together - This is your *subtotal*.

Step 4: It costs a little more (per person) to feed a small group and a little less to feed a large group. Use the following adjustments for group size:

- 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+ people: multiply by 0.90

Step 5: To calculate your monthly estimate, multiply the weekly total by 4.33.

Your Household		
Gender	Age	Cost
Subtotal		
Adjustment X _____	=	
Total		\$ _____ per week
X 4.33		\$ _____ per month