



Healthy Eating Fact Sheet



Hamilton
Public Health Services

How Much Does Healthy Eating Cost in 2016?

Registered Dietitians with Public Health Services conducted a survey of the price of nutritious foods in seven grocery stores in the City of Hamilton - the survey is called the Nutritious Food Basket survey.

What foods were priced?

The foods for the Nutritious Food Basket survey are based on Canadian eating patterns and buying habits* as well as nutritional value. The survey represents the lowest average cost of 67 healthy foods in seven Hamilton grocery stores.

The foods surveyed are found in Canada's Food Guide:

- Vegetables and Fruit
- Orange Vegetables and Fruit
- Dark Green Vegetables
- Whole Grains/ Whole Wheat Products
- Non Whole Grain Products
- Milk and Milk Alternatives
- Meat, Poultry, Legumes, Eggs and Fish

These foods can be used to prepare nutritious meals and snacks. To get the total cost for a week, an extra 5% was added to account for additional food items used in meal preparation such as spices, seasonings, condiments, baking supplies, soups, coffee and tea.

*Eating patterns and purchasing frequency based on the Canadian Community Health Survey 2.2 results.

Nutritious Food Basket Weekly Costs City of Hamilton, 2016		
	Age (years)	Food Cost per week (\$)
Boys	2-3	23.56
	4-8	30.52
Girls	2-3	23.10
	4-8	29.60
Males	9-13	40.77
	14-18	58.89
	19-30	57.24
	31-50	51.59
	51-70	49.60
	Over 70	49.10
Females	9-13	34.82
	14-18	41.93
	19-30	44.19
	31-50	43.61
	51-70	38.07
	Over 70	37.32
Pregnant Women	18 and younger	47.09
	19-30	47.78
	31-50	46.62
Breastfeeding Women	18 and younger	48.88
	19-30	50.98
	31-50	49.81
Reference Family of Four	Male 31-50 Female 31-50 Boy 14, Girl 7	183.69

What items were not included?

The total cost does not include processed and convenience foods, soft drinks, popular snack foods, special dietary foods, infant foods, religious or cultural foods, soap, shampoo, toilet paper or other personal items that people might add to their shopping cart.

Use the Nutritious Food Basket to estimate the cost of feeding:

- yourself and your family
- a group of people sharing living space (group homes, shelters, students)

Step 1. Write down the gender and age of each person in the household.

Step 2. Use the Nutritious Food Basket Weekly Costs and write down the weekly food cost for each person.

Step 3. Add the weekly food costs together for the subtotal.

Step 4. Multiply the subtotal by the amount below for the number of people in the household. It costs a little more to feed small groups of people and a little less to feed larger groups.

- 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 find out the monthly costs, multiply your total by 4.33.

Example: 2-Person Household		
Gender	Age	Cost (\$)
Woman	27	44.19
Girl	7	29.60
Subtotal		73.79
Multiply for 2 people		X 1.10
Total =		81.17 (per week)
Total X 4.33 =		351.46 (per month)

Your Household		
Gender	Age	Cost (\$)
Subtotal		
Multiply for ____ people		X
Total =		(per week)
Total X 4.33 =		(per month)