

The Weekly Cost of the Nutritious Food Basket in the North Bay Parry Sound District 2009



How to Calculate the Cost of a Nutritious Food Basket:

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

For example, Rob is feeding:

- Himself, 39 years old
- His son, 15 years old, and
- His daughter, 11 years old

2. Find their ages and gender in the chart and write down the costs of feeding each person. Total those costs.

In Rob's case, this would be:

- Man, 31 to 50 years old \$ 47.10
- Boy, 14 to 18 years old \$ 54.22
- Girl, 9 to 13 years old \$ 32.75
- Total cost \$134.07

3. Since it costs a little more to feed small groups of people and a little less to feed larger groups, you may have to adjust the total cost found in Step 2.

If you are feeding:

- 1 person: increase costs by 15% (multiply by 1.15)
- 2 people: increase costs by 10% (multiply by 1.10)
- 3 people: increase costs by 5% (multiply by 1.05)
- 4 people: make no change
- 5 people: decrease costs by 5 % (multiply by 0.95)
- 6 people: decrease costs by 10% (multiply by 0.90)

In Rob's case, he would have to multiply the total cost of the nutritious food basket by 5% for his family of three:

$\$134.07 \times 1.05 = \140.77 is the total cost to feed his family for 1 week.

4. To determine the average monthly cost of the Nutritious Food Basket, multiply the weekly cost by 4.33. In Rob's case, $\$140.77 \times 4.33 = \609.55 is the total cost to feed his family for 1 month.

	Age	Cost/Week (\$)
Boy	2 to 3	\$22.34
	4 to 8	\$28.85
	9 to 13	\$38.37
	14 to 18	\$ 54.22
Girl	2 to 3	\$21.96
	4 to 8	\$28.09
	9 to 13	\$32.75
	14 to 18	\$39.24
Man	19 to 30	\$52.24
	31 to 50	\$47.10
	51 to 70	\$45.52
	>70	\$45.08
Woman	19 to 30	\$40.41
	31 to 50	\$39.98
	51 to 70	\$35.44
	>70	\$34.70
Pregnant Woman	<18	\$43.72
	19 to 30	\$44.10
	31 to 50	\$42.99
Lactating Women	<18	\$45.60
	19 to 30	\$46.80
	31 to 50	\$45.69

Need more information?

We would be pleased to answer any of your questions about our food cost program. Call the North Bay Parry Sound District Health Unit at 1-800-563-2808, and ask to speak to a Public Health Dietitian.



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