



Nutrition Notes

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The Cost of Healthy Eating in Wellington and Dufferin Counties

Every year Public Health finds out what it costs for a person to eat healthy food in Wellington, Dufferin and Guelph. In May 2011, we surveyed seven grocery stores.

We chose 67 items in each grocery store and then calculated the cost of one week of food. This year the weekly cost for a family of four is \$180.92.

What food do you choose for your survey?

Our food choices meet the nutrient needs of most people in each age group based on Eating Well with Canada’s Food Guide and the Dietary Reference Intakes. They are the lowest-priced and most healthy food items.

They include:

- Breads, cereals, and other grain products
- Vegetables and fruit
- Milk, cheese, and other dairy products
- Meat, fish, and poultry, canned beans and other meat alternatives.

They do not include:

- Infant and baby foods
- Food chosen for religious or cultural reasons, such as kosher and halal
- Non-food items, such as soap, toilet paper, toothpaste, cleaning supplies
- Food for company, special diets, or eaten in restaurants

Why do you gather this information?

We use it to:

- Find out if people can afford and get healthy food.
- Compare the cost of healthy eating to income and living expenses such as housing, child care, and transportation.

What does it cost for a person to eat healthy food?

Here are weekly costs:

	Age	Cost (\$) wk
Boy	2-3	23.63
	4-8	30.59
Girl	2-3	23.17
	4-8	29.68
Males	9-13	40.81
	14-18	58.01
	19-30	55.98
	31-50	50.51
	51-70	48.73
	>70	48.24
Females	9-13	34.84
	14-18	41.75
	19-30	43.19
	31-50	42.72
	51-70	37.75
	>70	37.01
Pregnant Woman	<18	46.64
	19-30	47.14
	31-50	45.99
Lactation	<18	48.61
	19-30	50.10
	31-50	48.95

How can I find the cost of feeding my family?

Follow these steps:

1. Write down the sex and age of each person you are feeding.
2. Use the chart above that shows weekly food costs. Find the cost for each person.
3. Total the costs to get the subtotal.
4. Use the following adjustment factor for the number of people being fed:

Number of people	Adjustment
One person	1.20
Two People	1.10
Three people	1.05
Four people	No change
Five people	0.95
Six people	0.90

	Age (years)	Cost (dollars per week)
Man	42	50.51
Woman	39	42.72
Girl	5	29.68
Subtotal =		122.91
X 1.05 = (adjustment factor)		
Total:		129.06

Where can I find more information?

Ministry of Health and Long-Term Care: *The Nutritious Food Basket Guidance Document*
<http://www.health.gov.on.ca/en>

WDG Public Health:
 Call a Public Health Nutritionist,
 1-800-265-7293
 Visit www.wdgpublichealth.ca