

## Newfoundland and Labrador Nutritious Food Basket 2010\*

### Average Weekly Cost of a Family of Four\*\*

<b>PROVINCE (**Excluding Labrador Region)</b>	<b>\$169.29</b>
<b>St. John's Health Board</b>	<b>\$170.95</b>
Urban	\$171.04
Rural	\$168.30
<b>Eastern Health Board</b>	<b>\$169.23</b>
Urban	\$164.43
Rural	\$170.61
<b>Central Health Board</b>	<b>\$167.31</b>
Urban	\$164.41
Rural	\$168.26
<b>Western</b>	<b>\$167.62</b>
Urban	\$170.27
Rural	\$165.41
<b>Labrador</b>	<b>\$211.61</b>
Urban	\$175.49
Rural	\$278.91
<b>Grenfell</b>	<b>\$170.41</b>

**Notes:**

\* Comparison between communities, urban/rural areas, or health regions is not recommended.

\*\* Family of Four Consists of a Man and Woman (25-49 years),  
a Boy (13-15 years) and a Girl (7-9 years)

**Source:** Department of Health & Community Services, Government of Newfoundland & Labrador

**Collection Date:** May 2010