

Newfoundland and Labrador  
PRICE OF WEEKLY NUTRITIOUS FOOD BASKET 2010

AGE/SEX GROUPS	<u>Western</u>		<u>Grenfell</u>	<u>Central</u>		<u>Eastern</u>			<u>St. John's</u>			<u>Labrador</u>				
	Urban	Rural	Total	Total	Urban	Rural	Total	Urban	Rural	Total	Urban	Rural	Total	Urban	Rural	Total
CHILD																
1 YEAR	\$20.22	\$20.12	\$20.17	\$20.69	\$19.88	\$20.58	\$20.41	\$19.77	\$20.70	\$20.49	\$20.42	\$20.43	\$20.42	\$21.63	\$33.83	\$25.89
2-3 YEARS	\$21.81	\$21.71	\$21.76	\$22.39	\$21.46	\$22.27	\$22.07	\$21.39	\$22.23	\$22.05	\$22.09	\$21.99	\$22.08	\$23.21	\$36.57	\$27.88
4-6 YEARS	\$27.89	\$27.83	\$27.86	\$28.94	\$27.60	\$28.67	\$28.41	\$27.53	\$28.50	\$28.28	\$28.37	\$28.21	\$28.37	\$29.69	\$47.33	\$35.85
BOY																
7-9 YEARS	\$33.54	\$32.88	\$33.18	\$34.26	\$32.83	\$33.88	\$33.62	\$32.79	\$33.76	\$33.54	\$34.00	\$33.41	\$33.98	\$35.20	\$56.24	\$42.55
10-12 YEARS	\$41.25	\$40.63	\$40.91	\$41.98	\$40.27	\$41.56	\$41.24	\$40.26	\$41.65	\$41.34	\$41.70	\$41.19	\$41.68	\$43.14	\$68.70	\$52.07
13-15 YEARS	\$48.59	\$47.65	\$48.08	\$49.28	\$47.41	\$48.68	\$48.37	\$47.24	\$49.07	\$48.66	\$48.97	\$48.44	\$48.95	\$50.67	\$80.45	\$61.07
16-18 YEARS	\$56.71	\$54.76	\$55.65	\$56.48	\$54.52	\$55.81	\$55.49	\$54.49	\$56.48	\$56.03	\$56.82	\$55.83	\$56.79	\$57.99	\$93.02	\$70.22
GIRL																
7-9 YEARS	\$31.56	\$31.05	\$31.28	\$32.18	\$30.88	\$31.79	\$31.56	\$30.86	\$31.96	\$31.71	\$31.94	\$31.53	\$31.93	\$33.10	\$52.45	\$39.86
10-12 YEARS	\$38.01	\$37.79	\$37.89	\$39.03	\$37.35	\$38.57	\$38.27	\$37.35	\$38.81	\$38.49	\$38.58	\$38.30	\$38.57	\$40.11	\$63.39	\$48.24
13-15 YEARS	\$39.43	\$39.12	\$39.26	\$40.49	\$38.81	\$39.99	\$39.69	\$38.78	\$40.19	\$39.88	\$40.07	\$39.66	\$40.06	\$41.66	\$65.56	\$50.01
16-18 YEARS	\$38.89	\$37.97	\$38.39	\$39.20	\$37.68	\$38.57	\$38.35	\$37.81	\$39.16	\$38.86	\$39.28	\$38.63	\$39.26	\$40.21	\$64.00	\$48.52
MAN																
19-24 YEARS	\$53.51	\$51.28	\$52.29	\$52.81	\$51.04	\$52.14	\$51.87	\$51.15	\$52.95	\$52.55	\$53.50	\$52.31	\$53.45	\$54.21	\$87.27	\$65.76
25-49 YEARS	\$51.69	\$49.31	\$50.40	\$50.69	\$49.14	\$50.02	\$49.80	\$49.20	\$51.08	\$50.66	\$51.53	\$50.42	\$51.49	\$52.27	\$83.84	\$63.29
50-74 YEARS	\$48.44	\$46.15	\$47.19	\$47.18	\$45.86	\$46.58	\$46.40	\$45.96	\$47.84	\$47.42	\$48.17	\$47.15	\$48.13	\$48.78	\$77.89	\$58.95
75 + YEARS	\$44.80	\$43.00	\$43.82	\$43.60	\$42.39	\$43.11	\$42.93	\$42.63	\$44.34	\$43.95	\$44.57	\$43.65	\$44.54	\$45.02	\$71.28	\$54.19
WOMAN																
19-24 YEARS	\$39.45	\$38.23	\$38.78	\$39.43	\$38.03	\$38.87	\$38.66	\$38.09	\$39.52	\$39.20	\$39.68	\$38.97	\$39.65	\$40.64	\$64.61	\$49.01
25-49 YEARS	\$38.44	\$37.40	\$37.87	\$38.27	\$36.98	\$37.77	\$37.58	\$37.13	\$38.50	\$38.19	\$38.61	\$37.91	\$38.58	\$39.46	\$62.17	\$47.39
50-74 YEARS	\$38.44	\$37.30	\$37.82	\$38.16	\$36.92	\$37.65	\$37.47	\$37.06	\$38.45	\$38.14	\$38.58	\$37.85	\$38.55	\$39.30	\$61.91	\$47.20
75 + YEARS	\$37.02	\$35.86	\$36.38	\$36.62	\$35.47	\$36.13	\$35.97	\$35.59	\$37.02	\$36.70	\$37.08	\$36.45	\$37.06	\$37.81	\$59.66	\$45.44
<b>FAMILY OF FOUR*</b>	<b>\$170.27</b>	<b>\$165.41</b>	<b>\$167.62</b>	<b>\$170.41</b>	<b>\$164.41</b>	<b>\$168.26</b>	<b>\$167.31</b>	<b>\$164.43</b>	<b>\$170.61</b>	<b>\$169.23</b>	<b>\$171.04</b>	<b>\$168.30</b>	<b>\$170.95</b>	<b>\$175.49</b>	<b>\$278.91</b>	<b>\$211.61</b>

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

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	Urban	Rural	Total	Total	Urban	Rural	Total	Urban	Rural	Total	Urban	Rural	Total	Urban	Rural	Total
<b>PREGNANCY AND LACTATION</b>																
13-15 TRI1	\$45.40	\$45.32	\$45.36	\$46.77	\$44.87	\$46.09	\$45.79	\$44.72	\$46.67	\$46.23	\$46.05	\$45.91	\$46.05	\$47.99	\$75.00	\$57.42
13-15 TRI2	\$48.24	\$48.24	\$48.24	\$49.75	\$47.70	\$49.07	\$48.73	\$47.52	\$49.59	\$49.13	\$48.90	\$48.80	\$48.89	\$51.04	\$79.85	\$61.11
13-15 TRI3	\$48.24	\$48.24	\$48.24	\$49.75	\$47.70	\$49.07	\$48.73	\$47.52	\$49.59	\$49.13	\$48.90	\$48.80	\$48.89	\$51.04	\$79.85	\$61.11
13-15 LACT	\$49.03	\$49.05	\$49.04	\$50.58	\$48.51	\$50.00	\$49.63	\$48.33	\$50.30	\$49.86	\$49.72	\$49.53	\$49.72	\$51.90	\$81.09	\$62.10
16-18 TRI1	\$44.81	\$44.13	\$44.44	\$45.32	\$43.69	\$44.73	\$44.47	\$43.60	\$45.52	\$45.09	\$45.12	\$44.81	\$45.11	\$46.76	\$73.36	\$56.05
16-18 TRI2	\$48.24	\$47.79	\$47.99	\$49.11	\$47.29	\$48.53	\$48.22	\$47.11	\$49.18	\$48.72	\$48.66	\$48.43	\$48.65	\$50.58	\$79.21	\$60.58
16-18 TRI3	\$48.24	\$47.79	\$47.99	\$49.11	\$47.29	\$48.53	\$48.22	\$47.11	\$49.18	\$48.72	\$48.66	\$48.43	\$48.65	\$50.58	\$79.21	\$60.58
16-18 LACT	\$49.46	\$49.07	\$49.25	\$50.47	\$48.56	\$49.87	\$49.55	\$48.39	\$50.42	\$49.96	\$49.94	\$49.67	\$49.93	\$51.91	\$81.34	\$62.19
19-24 TRI1	\$43.64	\$43.18	\$43.39	\$44.40	\$42.75	\$43.82	\$43.55	\$42.64	\$44.47	\$44.06	\$44.05	\$43.78	\$44.04	\$45.74	\$71.67	\$54.80
19-24 TRI2	\$46.59	\$46.12	\$46.33	\$47.45	\$45.67	\$46.85	\$46.56	\$45.55	\$47.41	\$46.99	\$47.05	\$46.71	\$47.03	\$48.71	\$76.48	\$58.41
19-24 TRI3	\$46.59	\$46.12	\$46.33	\$47.45	\$45.67	\$46.85	\$46.56	\$45.55	\$47.41	\$46.99	\$47.05	\$46.71	\$47.03	\$48.71	\$76.48	\$58.41
19-24 LACT	\$48.00	\$47.45	\$47.70	\$49.03	\$47.13	\$48.38	\$48.07	\$46.96	\$48.84	\$48.42	\$48.53	\$48.16	\$48.52	\$50.31	\$79.29	\$60.43
25-49 TRI1	\$41.26	\$40.87	\$41.05	\$41.91	\$40.38	\$41.35	\$41.11	\$40.30	\$42.06	\$41.67	\$41.61	\$41.39	\$41.61	\$43.24	\$67.55	\$51.74
25-49 TRI2	\$43.90	\$43.48	\$43.67	\$44.70	\$43.05	\$44.11	\$43.85	\$42.90	\$44.78	\$44.36	\$44.30	\$44.10	\$44.29	\$46.08	\$72.13	\$55.18
25-49 TRI3	\$44.67	\$44.34	\$44.49	\$45.74	\$43.94	\$44.96	\$44.70	\$43.82	\$45.75	\$45.32	\$45.21	\$45.06	\$45.20	\$46.87	\$73.81	\$56.28
25-49 LACT	\$46.23	\$46.06	\$46.14	\$47.67	\$45.65	\$46.70	\$46.44	\$45.57	\$47.53	\$47.09	\$46.95	\$46.83	\$46.94	\$48.54	\$76.92	\$58.45

\*Note: TRI - Trimester, LACT - Lactation