

Nutritious Food Basket 2000-2008

Average Weekly Cost of a Family of Four*

Region	2000 (\$)	2001 (\$)	2002 (\$)	2003 (\$)	2004 (\$)	2005 (\$)	2006 (\$)	2008 (\$)
Provincial	\$119.68	\$125.07	\$128.92	\$129.60	\$129.10	\$135.41	\$140.95	\$151.78
St. John's Region - Urban	\$117.64	\$124.92	\$129.57	\$129.99	\$127.78	\$131.91	\$141.58	\$154.03
St. John's Region - Rural	\$116.35	\$129.45	\$135.28	\$138.71	\$133.47	\$136.80	\$142.81	\$154.46
Eastern Region - Urban	\$112.87	\$123.50	\$124.41	\$122.96	\$127.12	\$134.07	\$135.03	\$146.38
Eastern Region - Rural	\$116.62	\$126.51	\$131.09	\$132.77	\$132.01	\$138.65	\$143.43	\$150.38
Central Region - Urban	\$120.01	\$123.69	\$127.05	\$131.50	\$130.63	\$132.50	\$136.36	\$147.63
Central Region - Rural	\$122.76	\$126.68	\$129.70	\$125.09	\$129.47	\$135.09	\$139.91	\$152.65
Western Region - Urban	\$119.81	\$123.14	\$125.07	\$128.40	\$125.52	\$135.68	\$135.80	\$149.71
Western Region - Rural	\$115.39	\$121.95	\$124.66	\$128.63	\$127.59	\$144.60	\$144.56	\$149.90
*Grenfell Region - Island	\$125.15	\$127.31	\$133.87	\$132.17	\$133.42	N/A	N/A	N/A
*Grenfell Region - Labrador	\$131.18	\$128.68	N/A	N/A	N/A	N/A	N/A	\$152.38
Labrador Region - Urban	\$131.29	N/A	N/A	N/A	\$138.06	\$141.80	\$148.81	\$158.48
Labrador Region - Rural	\$186.28	N/A	N/A	N/A	N/A	N/A	N/A	N/A

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