

Newfoundland and Labrador Nutritious Food Basket June 2008*

Average Weekly Cost of a Family of Four**

PROVINCE (**Excluding Labrador Region)	\$151.78
St. John's Health Board	\$154.05
Urban	\$154.03
Rural	\$154.46
Eastern Health Board	\$149.48
Urban	\$146.38
Rural	\$150.38
Central Health Board	\$151.40
Urban	\$147.63
Rural	\$152.65
Western	\$149.81
Urban	\$149.71
Rural	\$149.90
Labrador	\$158.48
Grenfell	\$152.38

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)

***The Labrador Region was included however pricing was recorded for only two communities
(Goose Bay and Labrador City).

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

Collection Date: June 2008