

**Newfoundland and Labrador Nutritious Food Basket
Weekly Food Cost for a Family of Four¹
Health Authority with Urban² and Rural Estimates
2012-2017**

| Health Authority | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
|--------------------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Eastern | \$234 | \$237 | \$255 | \$263 | \$262 | \$261 |
| Eastern Urban | \$233 | \$238 | \$257 | \$264 | \$261 | \$257 |
| Eastern Rural | \$237 | \$236 | \$249 | \$262 | \$263 | \$272 |
| Central | \$241 | \$249 | \$258 | \$272 | \$261 | \$263 |
| Central Urban | \$239 | \$231 | \$251 | \$266 | \$258 | \$251 |
| Central Rural | \$241 | \$256 | \$261 | \$274 | \$263 | \$268 |
| Western | \$241 | \$250 | \$251 | \$265 | \$272 | \$273 |
| Western Urban | \$240 | \$254 | \$255 | \$270 | \$271 | \$269 |
| Western Rural | \$241 | \$245 | \$247 | \$257 | \$274 | \$279 |
| Labrador-Grenfell | \$250 | \$259 | \$270 | \$277 | \$275 | \$276 |
| Labrador (North Coast) | \$318 | .. | \$386 | .. | \$380 | \$402 |
| Labrador (South Coast) | .. | .. | .. | .. | \$296 | \$308 |
| Labrador (Central West) | \$239 | \$243 | \$246 | \$266 | \$257 | \$256 |
| Grenfell | \$232 | \$253 | \$262 | \$258 | \$267 | \$258 |
| PROVINCE | \$237 | \$243 | \$256 | \$266 | \$264 | \$264 |

Notes:

1. For nutritional purposes, a family of four consists of a man and a woman (31-50 years), a boy (14-18 years) and a girl (4-8 years).

2. The urban population refers to Statistics Canada defined census metropolitan and census agglomeration areas and communities with a population of 5,000 and over. All other areas are defined as rural.

The Newfoundland & Labrador Nutritious Food Basket (NLNFB) is based on the National Nutritious Food Basket revised by Health Canada in 2008. The NLNFB has been adjusted to reflect information on the average food purchasing patterns of NL households as reported in the 2004 Canadian Community Health Survey, Cycle 2.2. The food basket is based on 63 foods that represent one of many possible patterns of healthy eating that would meet the nutrient needs of individuals of various age and gender groups.

Regional Nutritionists in the Regional Health Authorities, in cooperation with the Department of Children, Seniors Social Development (Healthy Living, Sport and Recreation Division), collect pricing information for the NLNFB on an annual basis. The raw data is forwarded to the Newfoundland & Labrador Statistics Agency (NLSA) for compilation and statistical analysis. The NLSA releases the above table on food costs in NL which are expressed for a reference family of four. Information about the cost of a nutritious food basket may be used to promote and support policies and programs which increase access to healthy foods.

".." indicates insufficient sample points available for weekly cost estimates.

Source: Compiled by the Newfoundland & Labrador Statistics Agency (NLSA) based on survey data from the Newfoundland & Labrador Nutritious Food Basket (NLNFB).