

Newfoundland and Labrador Nutritious Food Basket¹
Weekly Food Cost for a Family of Four²
Health Authority with Urban³ and Rural Estimates
2021

Health Authority	2021
Eastern	\$276
Eastern Urban	\$269
Eastern Rural	\$294
Central	\$279
Central Urban	\$242
Central Rural	\$296
Western	\$297
Western Urban	\$290
Western Rural	\$304
Labrador-Grenfell	\$309
Labrador (North Coast)	\$392
Labrador (South Coast)	\$332
Labrador (Central West)	\$285
Northern Peninsula Portion of LGH	\$323
PROVINCE	\$282

Notes:

1. The 2021 Newfoundland & Labrador Nutritious Food Basket (NLNFB) consists of 61 foods from the 2019 Canada's Food Guide. The prices of specific amounts of these foods, combined with the nutrient needs of individuals and families determines the cost of the basket. The NLNFB has undergone revisions since 2018 to include different food items based on the updated Canada's food guide; therefore, calculating the change from 2018 to 2021 is not advised.

2. 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).

3. 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.

Source: Compiled by the Newfoundland & Labrador Statistics Agency (NLSA) based on survey data from the Newfoundland & Labrador Nutritious Food Basket (NLNFB) collected October/November of 2021.