

# Food Cost Calculator for Saskatchewan

**(Based on The 2006 Cost of Healthy Eating in Saskatchewan report)**

We all know that it costs money to eat. But how much does it cost to eat **well**? This calculator will help you estimate how much it would cost to feed your family healthy meals for a week or a month.

To calculate food costs in Saskatchewan, the “Nutritious Food Basket” is used. The Nutritious Food Basket contains 66 foods that are tasty, economical and nutritious. Using these foods, you could meet the recommendations of *Canada’s Food Guide*. In 2006, the prices of these foods were collected in many stores throughout Saskatchewan. Though it may not be exactly how your family would eat, it does provide a minimum amount that it would cost to eat well in Saskatchewan.

**To calculate the price of a nutritious food basket for an individual, family or group use the following steps and record the results in *Table #1*:**

**Step 1:** On *Table #1*, write down the age and gender of all the people you are feeding.

**Step 2:** Refer to *Table #2*, to find the cost of feeding each person, per week. (Pregnant or breastfeeding mothers use *Table #3*.) Record these amounts on *Table 1 – Step 2*.

**Step 3:** Add these costs together to find your subtotal.

**Step 4:** It costs a little more to feed a small group of people and less to feed a large group. Use the following adjustment factors for household size:

- 1 person – multiply by 1.15
- 2 people – multiply by 1.10
- 3 people – multiply by 1.05
- 4 people – make no change
- 5 people – multiply by 0.95
- 6+ people – multiply by 0.90

**Step 5:** To determine the cost per month, multiply by 4.33.

<b>Table #1 Your household</b>			
<b>Step 1</b>	<b>Age (years)</b>	<b>Gender</b>	<b>Step 2 Cost per Week (\$)</b>
<b>Step 3</b>	Weekly Food Cost Subtotal =		
<b>Step 4</b>	Multiply your subtotal by the adjustment factor ____ (as shown above in Step 4) Calculate your Total Weekly Food Costs =		
<b>Step 5</b>	Multiply your Total Weekly Food Cost from Step 4 by 4.33 Calculate your Total Monthly Food Costs =		

**Table 2: Average Weekly Costs of a Nutritious Food Basket in Saskatchewan by Age and Gender, 2006**

Age (years) and Gender		Cost per week \$
Child	1	20.55
	2-3	21.81
	4-6	28.60
Boy	7-9	34.35
	10-12	42.28
	13-15*	48.83
	16-18	56.81
Girl	7-9*	32.75
	10-12	39.03
	13-15	41.69
	16-18	39.81
Man	19-24	54.06
	25-49*	52.36
	50-74	47.57
	75+	43.20
Women	19-24	40.62
	25-49*	38.59
	50-74	37.85
	75+	36.83
<b>Family of Four*</b>		<b>\$172.53</b>

\*Family of Four includes two adults ages 25-49 and two children ages 7-15yrs.

**Table 3: Average Weekly Costs of a Nutritious Food Basket for Pregnant or Breastfeeding Women in Saskatchewan, 2006**

Mother's age (yrs)	Pregnancy and Breastfeeding	Cost per week \$
13-15	Trimester 1	45.12
	Trimester 2, 3	47.36
	Breastfeeding	48.84
16-18	Trimester 1	45.15
	Trimester 2, 3	48.18
	Breastfeeding	49.47
19-24	Trimester 1	43.98
	Trimester 2, 3	46.68
	Breastfeeding	47.81
25-49	Trimester 1	42.12
	Trimester 2, 3	44.57
	Breastfeeding	45.49



## Questions and Answers:

### 1. Does my monthly food basket cost include everything that I would buy from a grocery store in one month?

No, the basket does not include higher-priced convenience foods. Non-food items such as cleaning supplies, toilet paper and personal hygiene items are not included.

### 2. If I follow a special diet, do these food costs apply to me?

It depends on the restrictions of the special diet. Your public health nutritionist or dietitian can help you figure out if you would expect extra costs.

### 3. What if I eat out a lot?

The Nutritious Food Basket does not include restaurant foods. Eating out would add extra cost to your monthly food bill.

### 4. Why are the costs less for women than for men?

Women are generally smaller than men are and so need less food to meet their energy and nutrient needs. Breastfeeding and pregnant women will have greater needs to help their baby grow or to produce milk.

You may also be surprised at the cost of feeding children and teens. They need a higher quantity of food to support their growth and development.

If you have any questions about food costs or to learn more about the cost of food in Saskatchewan, contact your local public health nutritionist to request a copy of "The Cost of Healthy Eating in Saskatchewan – 2006" report.

Public Health Nutritionists  
of Saskatchewan

