

## **The Cost of Healthy Eating in Eastern Health Region – Rural Avalon and Peninsulas\*, 2010 results**

The Newfoundland Nutritious Food Basket Survey provides information about the cost of healthy eating in Newfoundland and Labrador.

In the Eastern Health Region – Rural Avalon and Peninsulas\*, the survey is conducted by the Regional Nutritionists with Eastern Health, in cooperation with the Department of Health and Community Services and the Newfoundland and Labrador Statistics Agency.

During a designated 2-week period in June 2010, a “food basket” list of 63 basic food items is priced in six selected grocery stores in the region. Items in the food basket are priced at the lowest price available in the store in a specified purchase size, regardless of brand. The basket is not a recommended diet. It is a tool for monitoring the cost of healthy eating. It has the advantage of being based on food purchasing patterns and therefore has some similarity to the foods generally purchased in the province.

The list does not include:

- convenience foods
- items with little nutritional value (soft drinks, candy, etc.)
- foods eaten away from home
- non-food items such as soap, toothpaste, toilet paper and cleaning supplies.

The average weekly cost of the nutritious food basket is available for 23 age and gender groups, including pregnancy and lactation (see tables that follow).

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.

For more information, contact Donna Nolan, Regional Nutritionist at 229-1575 or [donna.nolan@easternhealth.ca](mailto:donna.nolan@easternhealth.ca)

**Average Weekly Cost of the Nutritious Food Basket in the Eastern Health Region – Rural Avalon and Peninsulas\*, June 2010**

<b>Group</b>	<b>Age</b>	<b>Average Weekly Cost</b>
Family of 4°		<b>\$169.23</b>
Child	1 year	\$20.49
	2-3 years	\$22.05
	4-6 years	\$28.28
Boy	7-9 years	\$33.54
	10-12 years	\$41.34
	13-15 years	\$48.66
	16-18 years	\$56.03
Girl	7-9 years	\$31.71
	10-12 years	\$38.49
	13-15 years	\$39.88
	16-18 years	\$38.86
Man	19-24 years	\$52.55
	25-49 years	\$50.66
	50-74 years	\$47.42
	75 + years	\$43.95
Woman	19-24 years	\$39.20
	25-49 years	\$38.19
	50-74 years	\$38.14
	75+ years	\$36.70

\* Eastern Health – Rural Avalon and Peninsulas includes all communities, on the Avalon, Burin and Bonavista peninsulas, from Holyrood to Port Blandford

°The reference family of four includes a man and woman aged 25-49 years, a boy 13-15 years and a girl 7-9 years.

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**Pregnancy and Lactation**

<b>Age◇</b>	<b>Average Weekly Cost</b>
13-15 years TRI 1	\$46.23
13-15 years TRI 2	\$49.13
13-15 years TRI 3	\$49.13
13-15 years LACT	\$49.86
16-18 years TRI 1	\$45.09
16-18 years TRI 2	\$48.72
16-18 years TRI 3	\$48.72
16-18 years LACT	\$49.96
19-24 years TRI 1	\$44.06
19-24 years TRI 2	\$46.99
19-24 years TRI 3	\$46.99
19-24 years LACT	\$48.42
25-49 years TRI 1	\$41.67
25-49 years TRI 2	\$44.36
25-49 years TRI 3	\$45.32
25-49 years LACT	\$47.09

\* Eastern Health – Rural Avalon and Peninsulas includes all communities, on the Avalon, Burin and Bonavista peninsulas, from Holyrood to Port Blandford

◇Note: TRI is Trimester, LACT is Lactation