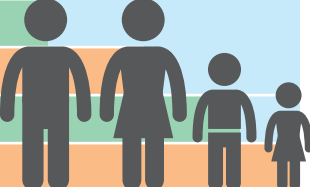






Monthly cost of a healthy diet for

It is only appropriate to compare the monthly cost of the ANFB for this community to the provincial average monthly costs. It is not possible to compare food costs between communities because several unique factors impact the price of food within every community across the province (see page 8 of *The Cost of Healthy Eating in Alberta* for more details).


Reference family of four

Man	31-50 years old		Community Cost	Provincial Average Cost
Woman	31-50 years old			
Male child	9-13 years old		\$1089.54	
Female child	4-8 years old			

Specific age and sex groups

	Age	Community Cost	Provincial Average Cost		Age	Community Cost	Provincial Average Cost
	2-3		\$152.37		2-3		\$149.32
	4-8		\$196.62		4-8		\$196.62
	9-13		\$265.82		9-13		\$225.29
	14-18		\$391.28		14-18		\$272.25
	19-30		\$378.56		19-30		\$289.97
	31-50		\$340.36		31-50		\$286.78
	51-70		\$328.36		51-70		\$249.10
	71+		\$325.07		71+		\$249.10

Pregnant and breastfeeding women

	Age	Community Cost	Provincial Average Cost		Age	Community Cost	Provincial Average Cost
	≤ 18		\$308.45		≤ 18		\$319.12
	19-30		\$312.60		19-30		\$336.60
	31-50		\$305.78		31-50		\$329.79



How to apply the results of the Alberta Nutritious Food Basket (ANFB)

The ANFB methodology produces the most accurate and comprehensive set of food price data required to establish a conservative estimate for the cost of healthy eating in communities across the province each year. These estimates can then be used to support local activities in diverse health and social policy contexts, such as:

I. Living wage calculations

The [Canadian Living Wage Framework](#) outlines a method to calculate a living wage for a specific community anywhere across the country. A living wage is intended to provide households the financial ability to cover all necessary expenses, including food, clothing, housing, transportation, and social inclusion. The ANFB provides the most accurate and consistent estimates of the cost of basic, healthy eating at community levels on an annual basis.

II. Community assessments

The results of the ANFB can support vulnerability or situational assessments that require a reasonable estimate of the cost of a nutritious diet within a specified community. Local ANFB data can help stakeholders and decision-makers identify social priorities or opportunities for action to improve the livelihood of community residents and populations at risk for poor health outcomes. In recent years, several foundations across Alberta that participate in the work of [Vital Signs® Canada](#) have included local cost of healthy eating estimates in community assessment reports.

III. Affordability of healthy eating

The ANFB produces a population measure of food costs that can help analyze the affordability of healthy eating across the continuum of household income levels in Alberta. Affordability is especially relevant for those households that have insufficient financial means to purchase adequate amounts of healthy food. Regular examination of the relationship between food costs and household income can help provide timely insight into the impact of social policy or economic changes on the financial barriers many households face when trying to eat healthy.

IV. Estimates of healthy food costs

The results of the ANFB can never be used as an 'ideal' healthy grocery budget for a specific household because it is a population-based measurement tool that does not reflect the unique needs of individual Albertans. However, ANFB costs do provide broad approximations to support conversations about the realistic and current prices of nutritious food. Healthcare and human and social service providers can cite ANFB results as a conservative estimate when offering generic guidance to individuals or households around the realistic costs of healthy food. ANFB data can also support a respectful discussion of the financial struggles some individuals or households may face when aiming to achieve a healthy pattern of eating or when trying to follow recommended nutrition therapy.

Contact your local dietitian for more support

For more assistance or expertise in locating, interpreting or applying relevant food cost data, contact your local Alberta Health Services public health dietitian at PublicHealthNutrition@ahs.ca.