

Weekly Cost of a Nutritious Food Basket, 2011
Reference Family of Four¹
Sorted Alphabetically

Health Unit	Cost - 2011	Cost - 2010
ALGOMA	\$185.50	\$173.64
BRANT COUNTY	\$174.78	\$164.52
CHATHAM-KENT	\$168.37	\$158.63
DURHAM REGION	\$163.41	\$162.07
EASTERN ONTARIO	\$181.66	\$173.19
ELGIN - ST. THOMAS	\$179.30	\$170.09
GREY- BRUCE	\$174.73	\$166.64
HALDIMAND-NORFOLK	\$171.06	\$167.53
HALIBURTON, KAWARTHA, PINE RIDGE DISTRICT	\$170.86	\$167.73
HALTON REGION	\$171.33	\$167.99
CITY OF HAMILTON	\$166.01	\$159.49
HASTINGS AND PRINCE EDWARD COUNTIES	\$178.00	\$164.42
HURON COUNTY	\$181.50	\$172.12
KINGSTON, FRONTENAC, LENNOX AND ADDINGTON	\$180.90	\$173.96
LAMBTON	\$174.25	\$163.74
LEEDS, GRENVILLE AND LANARK DISTRICT	\$170.66	\$163.06
MIDDLESEX - LONDON	\$170.02	\$160.85
NIAGARA REGION	\$180.82	\$168.70
NORTH BAY, PARRY SOUND DISTRICT	\$177.88	\$168.34
NORTHWESTERN	\$212.35	\$211.67
OTTAWA	\$175.39	\$167.16
OXFORD COUNTY	\$189.59	\$168.86
PEEL	\$172.73	\$159.75
PERTH DISTRICT	\$182.39	\$169.55
PETERBOROUGH COUNTY-CITY	\$179.34	\$171.27
PORCUPINE	\$196.89	\$183.35
RENFREW COUNTY AND DISTRICT	\$170.53	\$168.68
SIMCOE-MUSKOKA DISTRICT	\$172.15	\$160.39
SUDBURY AND DISTRICT	\$188.93	\$170.96
THUNDER BAY DISTRICT	\$183.65	\$182.44
TIMISKAMING	\$189.87	\$174.99
TORONTO	\$172.84	\$165.19
REGION OF WATERLOO	\$168.89	\$168.45
WELLINGTON-DUFFERIN-GUELPH	\$180.92	\$170.73
WINDSOR-ESSEX COUNTY	\$166.38	\$160.66
YORK REGION	\$177.86	\$169.39
ONTARIO AVERAGE	\$177.83	\$169.17

The mix of stores and the approach to store selection may be quite different between health units, making between health unit comparisons inappropriate.

¹ A reference family of four includes: a man and a woman each aged 31-50 years; a boy aged 14-18 years; and a girl aged 4-8 years.