

**Weekly Cost of a Nutritious Food Basket, Ontario 2011**  
**Total Weekly Cost by Age and Sex**

Age-Sex groups (in YEARS)	Ontario Average Year 2011	Ontario Average Year 2010
<b>BOY</b>		
2-3	\$23.55	\$22.46
4-8	\$30.41	\$28.95
<b>GIRL</b>		
2-3	\$23.08	\$22.03
4-8	\$29.47	\$28.09
<b>MALE</b>		
9-13	\$40.32	\$38.36
14-18	\$56.76	\$54.00
19-30	\$54.84	\$52.13
31-50	\$49.61	\$47.14
51-70	\$47.90	\$45.57
Over 70	\$47.39	\$45.11
<b>FEMALE</b>		
9-13	\$34.57	\$32.88
14-18	\$41.26	\$39.26
19-30	\$42.46	\$40.40
31-50	\$41.99	\$39.95
51-70	\$37.24	\$35.46
Over 70	\$36.57	\$34.83
<b>PREGNANCY</b>		
18 and younger	\$45.99	\$43.74
19-30	\$46.45	\$44.13
31-50	\$45.30	\$43.05
<b>LACTATION</b>		
18 and younger	\$47.92	\$45.55
19-30	\$49.19	\$46.76
31-50	\$48.05	\$45.68
<b>FAMILY OF FOUR<sup>1</sup></b>	<b>\$177.83</b>	<b>\$169.17<sup>2</sup></b>

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.

2 This average should not be compared with that of 2008 or the preceding years, because the 2009 NFB was newly defined in terms of: (i) the food items included in the NFB and their corresponding weights, and (ii) the age of members included in a family of four.