

# Nourishing Notes

## Budgeting for Food (2007)

Eating a nutritious diet is important to promote proper growth and development and to help prevent some chronic diseases. The Health Unit conducts a food cost survey every year in local grocery stores to calculate the *Cost of Eating Well* in Windsor-Essex County according to sex and age. These costs are based on a healthy diet including a variety of foods from *Canada's Food Guide to Healthy Eating*. Often the money available for food is used to pay for other household expenses. So, it is important to budget money just for food.

### How can this information be used?

- ✓ To estimate what it might cost to feed individuals or a group of people (like in group homes, shelters, students sharing a house and so on) and compare it to incomes
- ✓ To make up case studies for discussion in budgeting or educational programs
- ✓ To discuss the difficulty those with a limited income may have with being able to afford a nutritious diet.

#### Weekly Cost of Eating Well in Windsor-Essex County\*

Sex	Age	Cost
Child	1 year	\$15.35
	2-3 years	\$16.28
	4-6 years	\$21.53
Boy	7-9 years	\$28.80
	10-12 years	\$32.13
	13-15 years	\$37.64
	16-18 years	\$44.02
Girl	7-9 years	\$24.74
	10-12 years	\$29.45
	13-15 years	\$31.49
	16-18 years	\$29.98
Man	19-24 years	\$41.65
	25-49 years	\$40.35
	50-74 years	\$36.48
	75+ years	\$33.03
Woman	19-24 years	\$30.71
	25-49 years	\$29.26
	50-74 years	\$28.72
	75+ years	\$28.00

#### Weekly Cost of Eating Well in Windsor-Essex County\* during Pregnancy and Breastfeeding

Mother's Age	Stage	Cost
13-15 yrs.	Trimester 1	\$34.82
	Trimester 2	\$36.80
	Trimester 3	\$36.80
	Breastfeeding	\$37.87
16-18 yrs:	Trimester 1	\$34.83
	Trimester 2	\$37.45
	Trimester 3	\$37.45
	Breastfeeding	\$38.45
19-24 yrs:	Trimester 1	\$33.93
	Trimester 2	\$36.25
	Trimester 3	\$36.25
	Breastfeeding	\$37.14
25-49 yrs:	Trimester 1	\$32.54
	Trimester 2	\$34.55
	Trimester 3	\$34.55
	Breastfeeding	\$35.28

\*Based on average prices from 9 stores during June, 2007.

# Budgeting for Food 2007

## Estimate Your Food Budget

Sample Weekly Household Food Cost Calculation		
Sex	Age	Cost
Man	41	\$40.35
Woman	39	\$29.26
Boy	14	\$37.64
Girl	8	\$24.74
Subtotal =		\$131.99
$\$131.99 \times \underline{1} = \$131.99$ (Subtotal X adjustment) = Total		

Your Household Food Cost Calculation		
Sex	Age	Cost
Subtotal =		
$\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ (Subtotal X adjustment) = Total		

1. Write down the sex and age for each person in your household.
2. Write down the weekly food cost for each person according to the tables on the other page.
3. Add up the food costs for your household to get a subtotal.
4. Some studies have shown that it costs more to feed one person than to feed a small group of people. Therefore, multiply the subtotal for your household using the adjustment factor that is right for your household.
5. The weekly cost can be changed to a monthly cost by multiplying the total by 4.33.

Adjustment Factor
<b>If you are feeding:</b>
1 person—multiply by 1.15
2 people—multiply by 1.10
3 people—multiply by 1.05
4 people—multiply by 1
5 people—multiply by 0.95
6 people—multiply by 0.90

### Caution!

- These calculations are a *guideline* of what you could be spending on food in order to stay healthy. It does not guarantee that you will be healthy by spending this amount. Eating a balanced diet based on *Canada's Food Guide to Healthy Eating* is the key to good nutrition.
- This food budget estimate does not include money for convenience foods, snack foods, eating out or for paper, personal hygiene and cleaning products. You need to budget extra money for these items.

### Other Suggestions

- ◆ Try to keep the food budget money in a separate envelope or container so that it is available for food purchases during the month.
- ◆ If budgeting for food money is a problem, it may be helpful to look at all of your household income and expenses to see if money can be saved in other ways.
- ◆ Other fact sheets about healthy food choices and food budgeting are available from the Health Unit.
- ◆ Shop Smart Supermarket Tours are offered **free of charge** in the community to help shoppers read and understand food labels. Call the Health Unit to reserve a spot.