

# Attachments



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# Attachment A—Food Basket Form

## Participatory Food Costing Project

Date:	Time:	Store Name:
Store Address:		City/Town:
Your Name:		Your Address:
Your Phone Number:		
Your Postal Code:		

**Note:** For all items listed below, choose the **lowest price** for the food product in the purchase size indicated. If the item in the preferred purchase size is not available, choose the lowest price for the closest alternative size. **If an item or suggested substitute is not available, indicate this with an “N/A” (not available) so that it is clear the item was not simply forgotten.**

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Milk Products</b>							
2% milk	3L	/2L /4L					
Yogurt	500g						
Cheddar cheese, medium	222g						
Processed cheese slices	500g						
Mozarella cheese	227g						
Vanilla ice cream	2L						
<b>Eggs</b>							
Grade A large	1 doz						

The package sizes will vary and do not have to be any particular size. Cost only the price per kilogram (found on the label, usually the middle number) of regular sized packages of meat (not value packs or family packs). Meat is assumed to be fresh, not frozen. If the price per kilogram is not available then record the price per pound and later convert that price to kilograms.

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Meat Products</b>							
Round Steak (Cheapest of any variety—inside, outside, marinating)	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO	YES NO	
		/lb			Product of _____	Product of _____	
					Address _____	Address _____	
Stewing beef	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO	YES NO	
		/lb			Product of _____	Product of _____	
					Address _____	Address _____	
Ground beef, medium	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO	YES NO	
		/lb			Product of _____	Product of _____	
					Address _____	Address _____	
Pork chops, loin (Cheapest of any variety)	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO	YES NO	
		/lb			Product of _____	Product of _____	
					Address _____	Address _____	

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Meat Products</b> <i>(continued)</i>							
Chicken legs	1kg	/kg		price/lb x 2.2046 lb/kg = price/kg	YES NO	YES NO	
		/lb			Product of _____	Product of _____	
					Address _____	Address _____	
<i>Note: For the remaining meats, poultry and fish products, record the cheapest price for the item specified in the preferred purchase unit.</i>							
Weiners, beef & pork	450g						
Sliced ham (sandwich type)	175g	/175g pre packaged					
		/175g deli					
Frozen fish fillets	400g						
Pink salmon, canned	213g						
Flaked light tuna canned, water	170g						

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Meat Alternatives</b>							
Baked beans with tomato sauce	398mL						
Dry navy beans/ white pea beans	454g	/bag					
		bulk					
Smooth peanut butter	500g						

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Grain Products</b>							
Bread, enriched white	570g						
Bread, whole wheat	675g						
Hot dog or Hamburger rolls	480g						
Flour, white, all-purpose	2.5kg	/bag					
		bulk					
Flour, whole wheat	2.5kg	/bag					
		bulk					
Macaroni or Spaghetti	900g	/bag					
		bulk					
Rice, long grain, white	900g	/bag					
		bulk					

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Grain Products</b> <i>(continued)</i>							
Macaroni & cheese dinner	225g						
Oatmeal, regular	1kg	/bag					
		bulk					
Corn flakes (can use no-name substitute)	675g						
Shreddies, (can use no-name substitute)	620g						
Soda crackers, salted	450g						
Social tea cookies	900g						



A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Citrus Fruits</b>							
Oranges	1kg	/kg		price/lb x 2.2026 lb/kg = price/kg			
		/lb					
		/3lb bag					
Apple juice, canned or tetrapak (Vitamin C added)	1.36L	/1.36L		price/L x 1.36 = price 1.36kg			
		/1L					
Orange juice, frozen concentrate	355mL						
Tomatoes	1kg	/kg		price/lb x 2.2026 lb/kg = price/kg	YES NO Product of _____	YES NO Product of _____	
		/lb					
Whole tomatoes, canned	796mL						
Tomato juice, canned	1.36L						

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Other Fruits</b>							
Apples	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
		/lb					
		/3lb bag					
Bananas	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg			
		/lb					
Grapes	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg			
		/lb					
Pears	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
		/lb					
Raisins	750g	/bag					
		bulk					
Fruit cocktail, canned, juice packed	398mL						

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Potatoes</b>							
Potatoes, fresh	4.54kg (10 lb bag)	/bag		price/lb x 2.2026 lb/kg= price/kg	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
Frozen French fries	1kg						

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Other Vegetables</b> <i>Note: If any of the following vegetables are priced by unit (for instance \$1.99 for a bunch of broccoli) note the price and weigh three units. Record the weights in the comments section of the pricing form.</i>							
Broccoli	1kg	/bunch		weight#1= _____ weight#2= _____ weight#3= _____ Add 3 weights and divide total by 3 Avg.weight= _____	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
Cabbage	1kg	/kg			YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
Carrots, fresh	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
		/lb					
		/3 lb bag					
Celery	1kg	/bunch		weight#1= _____ weight#2= _____ weight#3= _____ Add 3 weights and divide total by 3 Avg.weight= _____	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Other Vegetables</b> <i>(continued)</i>							
Cucumber	1kg	/each		weight#1= _____ weight#2= _____ weight#3= _____ Add 3 weights and divide total by 3 Avg.weight= _____	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
Lettuce, Iceberg	1kg	/head		weight#1= _____ weight#2= _____ weight#3= _____ Add 3 weights and divide total by 3 Avg.weight= _____	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
Lettuce, Romaine	1kg	/head		weight#1= _____ weight#2= _____ weight#3= _____ Add 3 weights and divide total by 3 Avg.weight= _____	YES NO Product of _____ Address _____	YES NO Product of _____ Address _____	
Onions	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO Product of _____	YES NO Product of _____	
		/lb			Address _____	Address _____	
		/3lb bag			Address _____	Address _____	

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Other Vegetables (continued)</b>							
Green Pepper	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO Product of	YES NO Product of	
		/lb			_____ Address	_____ Address	
Turnips	1kg	/kg		price/lb x 2.2026 lb/kg= price/kg	YES NO Product of	YES NO Product of	
		/lb			_____ Address	_____ Address	
Mixed Vegetables, frozen	1kg						
Whole kernel corn, canned	341mL						
Green peas, canned	398mL						

A Foods	B Purchase size	C Price	D On Sale	E Comments & calculations	F Was lowest price local ? (circle one)	G Was local available? (circle one)	H Price entered to spreadsheet
<b>Fats &amp; Oils</b>							
Margarine tub ( <i>non hydrogenated</i> )	454g						
Butter	454g						
Canola oil	1L						
Mayonnaise - type salad dressing	500mL						
<b>Sugar &amp; other sweets</b>							
Sugar white	2 kg	/bag					
		bulk					
Strawberry jam	500mL						

# Attachment B—Worksheet 1

## Calculating the Cost of Food

A Foods	B Purchase Size	C Purchase Price	D Scalar	E Scaled Price	F Weight	G Weighted Price	H Weekly Cost /Food Grouping
<b>Milk Products</b>							
2% Milk	3L		0.3333		0.6530		
Yogurt	500g		1.7567		.0165		
Cheddar cheese, medium	227g		0.7627		0.0889		
Process cheese, slices	500g		0.4078		0.0849		
Mozzarella cheese	227g		0.8157		0.1233		
Vanilla ice cream	2L		0.8723		0.0334		
<b>Eggs</b>							
Grade A large	1 dozen		0.0833		1.000		
<b>Meats, Poultry, Fish</b>							
Round steak	1kg		1.0000		0.1275		
Stewing beef	1kg		1.0000		0.0529		
Ground beef, medium	1kg		1.0000		0.1638		
Pork chops, loin	1kg		1.0000		0.1005		
Chicken legs	1kg		1.0000		0.3348		
Weiners	459g		2.2222		0.0415		



A Foods	B Purchase Size	C Purchase Price	D Scalar	E Scaled Price	F Weight	G Weighted Price	H Weekly Cost /Food Grouping
<b>Meats, Poultry, Fish</b> <i>(continued)</i>							
Sliced ham	175g		5.7143		0.0840		
Frozen fish fillets	400g		2.2026		0.0503		
Pink salmon, canned	213g		4.6948		0.0290		
Flaked white tuna, canned, water	170g		8.3333		0.0158		
<b>Meat Alternatives</b>							
Baked beans with tomato sauce	398mL		2.3526		0.4436		
Dry navy beans/ white pea beans	454g		2.2026		0.1019		
Smooth peanut butter	500g		2.0000		0.4545		
<b>Grain Products</b>							
Bread enriched white	570g		1.7540		0.1895		
Bread, whole wheat	675g		1.4815		0.1895		
Hot dog or hamburger rolls	480g		2.0833		0.1207		
Flour, white all-purpose	2.5kg		0.4000		0.0892		
Flour, whole wheat	2.5kg		0.4000		0.0223		

A Foods	B Purchase Size	C Purchase Price	D Scalar	E Scaled Price	F Weight	G Weighted Price	H Weekly Cost /Food Grouping
<b>Grain products (Continued)</b>							
Macaroni or spaghetti	900g		1.1111		0.1025		
Rice, long grain, white	900g		1.1111		0.0748		
Macaroni & cheese dinner	225g		4.4444		0.0211		
Oatmeal, regular	1kg		1.0000		0.0073		
Corn flakes <i>(can use no-name)</i>	675g		1.4815		0.0468		
Shreddies <i>(can use no-name)</i>	620g		1.6129		0.0468		
Soda crackers	450g		2.2222		0.0277		
Social tea cookies	350g		2.8571		0.0618		
<b>Citrus fruit and tomatoes</b>							
Oranges	1kg		1.0000		0.2321		
Apple juice	1.36L		0.7016		0.3554		
Orange juice, frozen concentrate	355g		2.3359		0.1300		
Tomatoes	1kg		1.0000		0.1469		
Whole tomatoes, canned	796mL		1.2563		0.0794		
Tomato juice, canned	1.36L		0.7125		0.0562		
<b>Other fruit</b>							
Apples	1kg		1.0000		0.3114		
Bananas	1kg		1.0000		0.3982		
Grapes	1kg		1.0000		0.0828		
Pears	1kg		1.0000		0.1306		

A Foods	B Purchase Size	C Purchase Price	D Scalar	E Scaled Price	F Weight	G Weighted Price	H Weekly Cost /Food Grouping
<b>Other fruit (Continued)</b>							
Raisins	750g		1.3333		0.0169		
Fruit cocktail, canned	398mL		2.5126		0.0601		
<b>Potatoes</b>							
Potatoes, fresh	4.54kg		0.2203		0.8993		
Frozen French fried potatoes	1kg		1.0000		0.1007		
<b>Other vegetables</b>							
Broccoli	1kg		1.0000		0.0991		
Cabbage	1kg		1.0000		0.0433		
Carrots, fresh	1kg		1.0000		0.1504		
Celery	1kg		1.0000		0.0586		
Cucumber	1kg		1.0000		0.0769		
Lettuce, iceberg	1kg		1.0000		0.0761		
Lettuce, Romaine	1kg		1.0000		0.1007		
Onions	1kg		1.0000		0.1256		
Green pepper	1kg		1.0000		0.0517		
Turnips	1kg		1.0000		0.0606		
Mixed vegetables, frozen	1kg		1.0000		0.0558		
Whole kernel corn, canned	341mL		3.6765		0.0763		
Green peas, canned	398 mL		3.7133		0.0248		

<b>A</b> Foods	<b>B</b> Purchase Size	<b>C</b> Purchase Price	<b>D</b> Scalar	<b>E</b> Scaled Price	<b>F</b> Weight	<b>G</b> Weighted Price	<b>H</b> Weekly Cost /Food Grouping
<b>Fats &amp; Oils</b>							
Margarine, tub (non-hydrogenated)	454g		2.2026		0.3824		
Butter	454g		2.2026		1.9999		
Canola oil	1L		1.0870		0.2279		
Mayonnaise - type salad dressing	500mL		1.4993		1.1964		
<b>Sugar &amp; Other Sweets</b>							
Sugar, white	2kg		0.5000		0.8036		
Strawberry jam	500mL		1.4993		0.1964		

## Attachment C—Worksheet 2: Factors for Age/Gender Groups

Category	Age (years)	Factors										
		Milk products (L)	Eggs (unit)	Meat, Poultry & Fish	Meat Alt.	Grain Prod.	Citrus Fruit	Other Fruit	Potatoes	Other Veg.	Fats & Oils	Sugar & Sweets
<b>Child</b>	1	3.50	2.00	0.20	0.05	0.75	0.19	0.90	0.80	0.50	0.10	0.10
	2 to 3	3.00	2.00	0.25	0.05	1.10	0.20	0.90	0.80	0.50	0.15	0.10
	4 to 6	3.75	3.00	0.30	0.10	1.60	0.50	1.00	1.10	0.55	0.20	0.25
<b>Boy</b>	7 to 9	3.00	3.00	0.55	0.10	2.00	0.50	1.10	1.40	1.10	0.30	0.25
	10 to 12	4.50	3.00	0.75	0.10	2.20	0.75	1.45	1.45	1.10	0.30	0.35
	13 to 15	5.50	3.00	1.00	0.20	2.30	0.75	1.45	1.80	1.50	0.30	0.35
	16 to 18	4.75	3.00	1.60	0.20	2.80	0.75	1.75	2.10	1.50	0.35	0.35
<b>Girl</b>	7 to 9	3.50	3.00	0.50	0.20	1.50	0.70	1.10	1.20	1.10	0.20	0.25
	10 to 12	5.20	3.00	0.50	0.20	1.75	0.75	1.50	1.20	1.10	0.20	0.25
	13 to 15	5.00	3.00	0.60	0.20	1.90	0.80	1.50	1.30	1.50	0.20	0.25
	16 to 18	3.50	3.00	0.80	0.20	1.70	0.80	1.50	1.30	1.50	0.20	0.25
<b>Man</b>	19 to 24	3.50	3.00	1.65	0.25	2.50	0.80	1.75	2.10	1.50	0.35	0.35
	25 to 49	3.50	3.00	1.65	0.20	2.15	0.80	1.75	2.10	1.65	0.30	0.25
	50 to 74	3.50	3.00	1.45	0.20	1.70	0.80	1.75	1.75	1.65	0.20	0.20
	75 +	3.50	3.00	1.20	0.20	1.50	0.80	1.75	1.00	1.65	0.15	0.20
<b>Woman</b>	19 to 24	3.50	3.00	0.90	0.20	1.65	0.80	1.50	1.50	1.50	0.20	0.20
	25 to 49	3.50	3.00	0.85	0.20	1.40	0.80	1.50	1.00	1.65	0.15	0.20
	50 to 74	3.50	3.00	0.85	0.20	1.25	0.80	1.50	1.00	1.65	0.15	0.15
	75 +	3.50	3.00	0.85	0.15	1.20	0.80	1.50	1.00	1.50	0.15	0.10

## Attachment C—Worksheet 2: Factors for Age/Gender Groups

Category	Age (years)	Factors										
		Milk products (L)	Eggs (unit)	Meat, Poultry & Fish	Meat Alt.	Grain Prod.	Citrus Fruit	Other Fruit	Potatoes	Other Veg.	Fats & Oils	Sugar & Sweets
Pregnant/ Breast-feeding	13 to 15 Trimester 1	7.00	3.00	0.60	0.20	1.75	1.00	1.50	1.20	1.70	0.15	0.15
	13 to 15 Trimester 2	7.50	3.00	0.65	0.20	1.90	1.00	1.50	1.20	1.70	0.20	0.15
	13 to 15 Trimester 3	7.50	3.00	0.65	0.20	1.90	1.00	1.50	1.20	1.70	0.20	0.15
	13 to 15 Breast feeding	7.50	3.00	0.65	0.20	2.20	1.00	1.50	1.20	1.70	0.20	0.25
	16 to 18 Trimester 1	6.00	3.00	0.85	0.20	1.60	1.00	1.60	1.30	1.65	0.15	0.10
	16 to 18 Trimester 2	7.00	3.00	0.85	0.20	1.90	1.00	1.60	1.30	1.65	0.15	0.10
	16 to 18 Trimester 3	7.00	3.00	0.85	0.20	1.90	1.00	1.60	1.30	1.65	0.15	0.10
	16 to 18 Breast feeding	7.00	3.00	0.85	0.20	2.10	1.00	1.60	1.30	1.70	0.20	0.10

## Attachment C—Worksheet 2: Factors for Age/Gender Groups

Category	Age (years)	Factors										
		Milk products (L)	Eggs (unit)	Meat, Poultry & Fish	Meat Alt.	Grain Prod.	Citrus Fruit	Other Fruit	Potatoes	Other Veg.	Fats & Oils	Sugar & Sweets
Pregnant/ Breast-feeding	19 to 24 Trimester 1	6.00	3.00	0.75	0.20	1.65	1.00	1.50	1.20	1.65	0.15	0.15
	19 to 24 Trimester 2	6.25	3.00	0.85	0.20	2.00	1.00	1.50	1.20	1.65	0.15	0.15
	19 to 24 Trimester 3	6.25	3.00	0.85	0.20	2.00	1.00	1.50	1.20	1.65	0.15	0.15
	19 to 24 Breast feeding	6.25	3.00	0.85	0.20	2.20	1.00	1.50	1.20	1.65	0.20	0.15
	25 to 49 Trimester 1	5.75	3.00	0.70	0.15	1.45	1.20	1.50	1.00	1.65	0.15	0.10
	25 to 49 Trimester 2	6.25	3.00	0.75	0.15	1.65	1.20	1.50	1.20	1.65	0.15	0.10
	25 to 49 Trimester 3	6.25	3.00	0.75	0.15	1.65	1.20	1.50	1.20	1.65	0.15	0.10
	25 to 49 Breast feeding	6.25	3.00	0.75	0.15	1.80	1.20	1.50	1.20	1.65	0.20	0.10
Household of 4		16.00	12.00	4.00	0.80	7.35	3.05	5.80	6.10	5.90	0.95	1.05

## Attachment D—Worksheet 3: Weekly Food Costs for an Individual

1	2	3	4
Food	Weekly Cost (Col. H-Worksheet 1)	Factor (Worksheet 2)	Age/Gender Specific Weekly Cost
Milk			
Eggs			
Meats			
Meat Alternatives			
Grains			
Citrus Fruit			
Other Fruit			
Potatoes			
Other Vegetables			
Fats & Oils			
Sugar			
<b>Weekly Cost of all Food Groupings</b>			
<b>Total Weekly Food Cost</b>			



## Attachment E

### Sample Letter to Grocery Store Manager

Date

Dear Manager,

The (your organization) is conducting a nutritious food basket survey to enable us to determine the cost of 66 foods that reflect healthy eating recommendations. We would like to invite your store to participate in this survey.

Food costing is a tool that was developed in the 1970's by Agriculture Canada to monitor the changing costs in the prices of foods. Now, Health Canada's National Nutritious Food Basket is used to raise awareness of the cost of a healthy diet and to compare the adequacy of various incomes to provide a healthy diet.

We will be collecting food prices from (number of stores) grocery stores (in the area.) Prices from all stores will be pooled to determine an average price for each food item. Individual prices, brand and store names will be kept strictly confidential. ***Participating grocery stores will not be identified and the cost—of either specific foods or of the nutritious food basket as a whole—will not be released for any one store.*** This survey is not intended to determine the cost of food items per store but rather the average cost of healthy eating.

The food pricing will be conducted by (number of people) individuals on (date of costing). With your permission, those doing food basket pricing will spend approximately 90 to 120 minutes in your store.

We would greatly appreciate your participation in this project. If you have any questions please contact (person x) at (phone number).

We will contact you by phone to confirm your participation. Thank you for your interest and cooperation.

Sincerely,

Name:

Title:

Organization:

Phone:

Email:





# Thought About Food?



**What Does it Cost to Eat Healthy  
in Your Community?**

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*A Training Guide to Participatory Food Costing*