

Weekly Cost of a Nutritious Food Basket, 2012
Reference Family of Four¹
Sorted Alphabetically

Health Unit	Cost - 2012	Cost - 2011
ALGOMA	\$192.64	\$185.50
BRANT COUNTY	\$182.91	\$174.78
CHATHAM-KENT	\$169.63	\$168.37
DURHAM REGION	\$172.64	\$163.41
EASTERN ONTARIO	\$190.38	\$181.66
ELGIN - ST. THOMAS	\$177.39	\$179.30
GREY- BRUCE	\$172.62	\$174.73
HALDIMAND-NORFOLK	\$184.73	\$171.06
HALIBURTON, KAWARTHA, PINE RIDGE DISTRICT	\$179.10	\$170.86
HALTON REGION	\$179.82	\$171.33
CITY OF HAMILTON	\$172.69	\$166.01
HASTINGS AND PRINCE EDWARD COUNTIES	\$178.77	\$178.00
HURON COUNTY	\$184.02	\$181.50
KINGSTON, FRONTENAC, LENNOX AND ADDINGTON	\$182.14	\$180.90
LAMBTON	\$180.76	\$174.25
LEEDS, GRENVILLE AND LANARK DISTRICT	\$176.39	\$170.66
MIDDLESEX - LONDON	\$178.30	\$170.02
NIAGARA REGION	\$186.84	\$180.82
NORTH BAY, PARRY SOUND DISTRICT	\$188.31	\$177.88
NORTHWESTERN	\$217.52	\$212.35
OTTAWA	\$171.70	\$175.39
OXFORD COUNTY	\$192.10	\$189.59
PEEL	\$174.21	\$172.73
PERTH DISTRICT	\$187.75	\$182.39
PETERBOROUGH COUNTY-CITY	\$182.56	\$179.34
PORCUPINE	\$197.98	\$196.89
RENFREW COUNTY AND DISTRICT	\$178.22	\$170.53
SIMCOE-MUSKOKA DISTRICT	\$182.70	\$172.15
SUDBURY AND DISTRICT	\$188.89	\$188.93
THUNDER BAY DISTRICT	\$191.07	\$183.65
TIMISKAMING	\$191.83	\$189.87
TORONTO	\$175.99	\$172.84
REGION OF WATERLOO	\$176.87	\$168.89
WELLINGTON-DUFFERIN-GUELPH	\$191.29	\$180.92
WINDSOR-ESSEX COUNTY	\$170.23	\$166.38
YORK REGION	\$190.70	\$177.86
ONTARIO AVERAGE	\$183.10	\$177.83

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.