

**Newfoundland and Labrador Nutritious Food Basket
Weekly Food Cost for a Family of Four
Health Authority with Urban and Rural Estimates**

Health Authority	2012	2013	2014	2015	2016	2017	2018
Eastern	\$234	\$237	\$255	\$263	\$262	\$261	\$261
Eastern Urban	\$233	\$238	\$257	\$264	\$261	\$257	\$259
Eastern Rural	\$237	\$236	\$249	\$262	\$263	\$272	\$268
Central	\$241	\$249	\$258	\$272	\$261	\$263	\$260
Central Urban	\$239	\$231	\$251	\$266	\$258	\$251	\$254
Central Rural	\$241	\$256	\$261	\$274	\$263	\$268	\$262
Western	\$241	\$250	\$251	\$265	\$272	\$273	\$256
Western Urban	\$240	\$254	\$255	\$270	\$271	\$269	\$240
Western Rural	\$241	\$245	\$247	\$257	\$274	\$279	\$278
Labrador-Grenfell	\$250	\$259	\$270	\$277	\$275	\$276	\$278
Labrador (North Coast)	\$318	..	\$386	..	\$380	\$402	\$368
Labrador (South Coast)	\$296	\$308	\$310
Labrador (Central West)	\$239	\$243	\$246	\$266	\$257	\$256	\$260
Labrador (Grenfell)	\$232	\$253	\$262	\$258	\$267	\$258	\$269
PROVINCE	\$237	\$243	\$256	\$266	\$264	\$264	\$261

Notes:

1. A Family of Four for nutritional purposes consists of a man and woman (31-50 years) ,a Boy (14-18 years) and a Girl (4-8 years).
2. The urban population refers to Statistics Canada defined census metropolitan and census agglomeration areas and communities with a population of 5,000 and over. All other areas are defined as rural.
3. ".." indicates insufficient sample points available for weekly cost estimates.

Source: Compiled by the Newfoundland and Labrador Statistics Agency based on survey data from the Newfoundland and Labrador Nutritious Food Basket.