

Newfoundland and Labrador Nutritious Food Basket¹
Weekly Food Cost for a Family of Four²
Health Authority with Urban³ and Rural Estimates
2021 and 2022⁴

Health Authority	2021	2022
Eastern	\$261	\$292
Eastern Urban	\$244	\$274
Eastern Rural	\$302	\$340
Central	\$288	\$324
Central Urban	\$246	\$282
Central Rural	\$306	\$342
Western	\$305	\$335
Western Urban	\$298	\$327
Western Rural	\$311	\$342
Labrador-Grenfell	\$314	\$361
Labrador (North Coast)	\$394	\$467
Labrador (South Coast)	\$363	\$413
Labrador (Central West)	\$289	\$324
Northern Peninsula Portion of LGH	\$325	\$385
PROVINCE	\$275	\$309

Notes:

1. The 2021 and 2022 Newfoundland & Labrador Nutritious Food Basket (NLNFB) consists of 61 foods from the 2019 Canada's Food Guide. The prices of specific amounts of these foods, combined with the nutrient needs of individuals and families determines the cost of the basket. The NLNFB has undergone revisions since 2018 to include different food items based on the updated Canada's food guide; therefore, calculating the change from 2018 to 2021 is not advised.

2. For nutritional purposes, a family of four consists of a man and a woman (31-50 years), a boy (14-18 years) and a girl (4-8 years).

3. 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.

4. A change to one item in the basket, store selection and regional definition of North Coast and South Coast Labrador has resulted in adjustments to the 2021 estimates. These changes ensure consistency when comparing 2021 and 2022.

Source: Compiled by the Newfoundland & Labrador Statistics Agency (NLSA) based on survey data from the Newfoundland & Labrador Nutritious Food Basket (NLNFB) collected October/November of 2021 and 2022.