



Information Package for Users of the New Zealand Estimated Food Costs 2019

Information collated by the Department of Human Nutrition,
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Methods

Food basket

In March we survey the price of 150 food items (Appendix A). These include the most commonly consumed fruits and vegetables, meat, fish and poultry, dairy, and cereals.

In 2014 we updated the food items to ensure that the foods included were reflective of current consumer food choices. To choose which foods to add and remove we used data from the most recent national nutrition survey⁶. The main changes made included the removal of some cuts of meat and inclusion of some convenience foods (e.g. tomato based pasta sauce and packaged biscuits). A full list of the foods we surveyed in 2019 is provided in Appendix A.

Survey of food prices

Students training to be Dietitians in the Department of Human Nutrition record food prices for 150 foods in four cities— Auckland, Hamilton, Wellington, Christchurch and Dunedin. Within each city prices are recorded from four supermarkets. The supermarkets are selected on a 'through-put' basis, (i.e. the supermarkets with the greatest volume of sales) so that a good representation is made. The same supermarkets are used each year, where possible, to ensure that the results of the survey are comparable. Food prices are collected in early March over a three-day period.

Shelf prices only are used (not specials or coupon prices) and the lowest priced item (including in house brands) is recorded when more than one brand is available. The package sizes surveyed are appropriate for a family of four. If the specified package size is not available then the price for the next closest size is recorded. Some produce items such as broccoli and avocados are sold per item rather than weight. For these foods, ten items are weighed and the average is used.

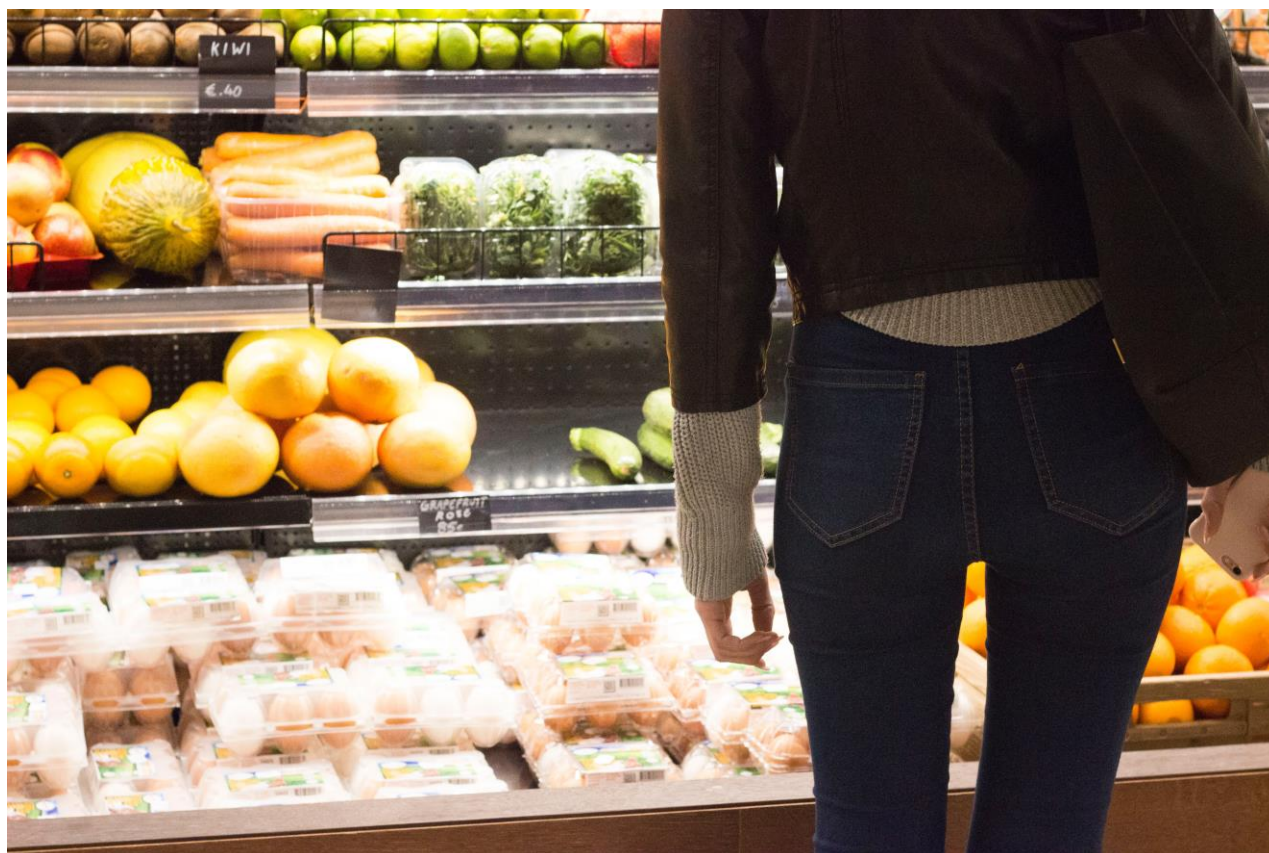


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Amounts allocated to each food category

We allocate gram amounts for each food category to different age and sex groups. The Estimated Family Food Costs are calculated using the specified amounts of the food categories. These amounts are based on the New Zealand Food and Nutrition Guidelines and will meet the nutritional needs of most healthy people³⁻⁵. While the food categories are the same for men, women and children, the amounts are appropriate for each age and sex group.

Table 1 Weekly amount of food allocated to each sex and age group

Food category	Unit	Adult		Adolescent		School age child		Pre-school child	
		Man	Woman	Boy	Girl	10yr	5yr	4yr	1yr
Meat & poultry	g	790	630	790	590	390	390	320	320
Fish	g	350	210	245	210	175	70	40	40
Eggs	ea	4	4	4	4	4	4	4	2
Cheese	g	210	210	210	210	210	210	100	70
Legumes	g	210	175	210	175	175	175	140	140
Milk & yoghurt	kg	2.3	1.9	2.5	1.8	1.8	1.5	1.3	2.2
Fruit	kg	1.2	1.2	1.6	1.2	1.2	0.9	0.7	0.5
Potato*	kg	1.1	0.6	1.1	0.6	0.6	0.4	0.4	0.2
Vegetables	kg	1.8	1.8	1.8	1.8	1.5	1.3	1	0.8
Bread	kg	1.3	0.8	1.4	0.8	0.7	0.5	0.4	0.2
Breakfast cereals	g	490	490	600	490	490	380	310	170
Other cereals†	g	1000	835	1000	835	625	435	320	270
Fats and oils	g	350	245	350	210	210	210	70	70
Spreads	g	210	105	210	105	175	175	140	140
Tea	g	35	35	35	35	0	0	0	0
Coffee	g	14	14	14	14	0	0	0	0
Milo	g	70	70	70	90	70	70	35	35
Sugar	g	210	210	210	140	100	100	70	70
Biscuits and crackers‡	g	105	105	105	105	105	105	105	35
Pasta sauce	g	420	420	560	420	420	210	100	70
Tomato sauce	g	50	50	70	50	50	50	50	24

* Also includes kumara and taro

† Includes flour

‡ New foods for 2014

Calculation of food costs

The calculation of the **Basic** food costs for each centre is completed as follows:

1. Prices and weights for each food item are entered into an excel spreadsheet and the cost per gram or kg is calculated.
2. For each food category a weighted average of dollars per gram or kilogram is calculated.

In 2014 we started to use a weighted average rather than a simple average as used in previous years. This means we are able to take into consideration the popularity of individual food items within each food category. For example, for the fruit category we know that bananas are more commonly consumed than strawberries. The use of a weighted average allows the average price for the fruit category to reflect this.

3. The weighted average of dollars per gram or kg is multiplied by the weekly amounts of each food category allocated for each sex and age group (Table 1).
4. The cost of the food categories are summed to give the total cost of a Basic diet for each age and sex group.

The **Moderate** cost category allows for an increase in the variety of meats, fish, fruits and vegetables and the inclusion of some convenience foods. This category is calculated from the basic cost by adding 30% to the basic cost figure.

The **Liberal** cost category allows for the use of more convenience and imported foods, out of season fruits and vegetables, higher priced cuts of meat and some specialty foods. This is calculated by adding 20% to the moderate cost figure.

Table 2 Example of Steps 3 & 4- Calculation of basic costs for an adult male

	Weighted average cost per gram or kilogram	Weekly grams of kg allocated	Calculation	Weekly Cost
Cheese	\$0.01/g	210g	\$0.01/g x 210g	\$2.11
Fruit	\$3.86/kg	1.2kg	\$3.86/kg x 1.2kg	\$4.68
Potatoes	\$2.47/kg	1.1kg	\$2.47/kg x 1.1kg	\$2.76
" " other food groups ...	"	"	" "	" "
TOTAL			Sum of food categories	\$68

Assumptions and limitations

Care is needed in interpreting the food cost survey data. We cost the minimum amount needed to be spent on a week-to-week basis to meet dietary and nutritional requirements. The foods included in our price survey have been kept similar to previous years to allow comparability over time.

The most commonly consumed foods for each food category have been included from the 2008/09 Adult Nutrition Survey. This is the most recent national data set with information on what New Zealand adults are eating. The last Children's Nutrition Survey was 2002 and is no longer up to date. Therefore we have assumed children will be eating similar foods to the adults they are living with.

The Food Cost Survey:

1. Does not include take-away, café, restaurant foods or ready-made meals
2. Assumes food preparation and cooking skills
3. Assumes people have access to cooking facilities to prepare meals (e.g. oven, microwave, pots, pans)
4. Condiments, raising agents, flavourings, gravy and stocks are not included in the basic food costs.
5. Does not account for travel costs associated with food shopping and assumes access a large supermarket.

The food baskets have not been designed to meet the nutritional needs of:

6. Older adults aged 65 years and over
7. Pregnant or lactating women
8. People with special dietary requirements (e.g. people with food allergies)

It is likely food costs for these groups will be higher.

The size of food packets costed have been optimized for the amount that would be typically purchased by a family of two adults and two children e.g. a 1kg block of cheese rather than 500g. Larger size packages are usually less expensive than smaller. It is likely the food costs for smaller household sizes, single adult, two or three person households will be underestimated.

Furthermore people who have completely run out of food and have not maintained an average spending over previous weeks may not be able to meet their immediate needs simply by spending the amount estimated. The amount of money needed to replenish food supplies from nothing is another research question and is outside the scope of this report.

Estimated Food Costs for 2019

Table 3 Estimated weekly food costs for Auckland, Wellington, Christchurch and Dunedin in 2019

	Basic \$		Moderate \$		Liberal \$	
	Mean	SD ¹	Mean	SD	Mean	SD
Man	71	6	92	8	110	9
Woman	60	5	78	6	93	7
Adolescent boy	74	6	96	7	115	9
Adolescent girl	61	5	79	6	94	7
Child 10 yr	52	4	67	5	81	6
Child 5 yr	44	3	57	4	69	5
Child 4 yr	34	2	44	3	53	4
Child 1 yr	30	2	39	3	46	4
Family (two adults, child 10 and 4 years) ²	216	17	281	22	338	26

	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	68	5	88	6	105	7
Woman	57	4	74	5	89	6
Adolescent boy	70	5	91	6	110	8
Adolescent girl	58	4	75	5	90	6
Child 10 yr	49	4	64	5	76	6
Child 5 yr	42	3	54	4	65	5
Child 4 yr	32	2	42	3	50	4
Child 1 yr	28	2	37	2	44	3
Family (two adults, child 10 and 4 years)	206	15	267	19	320	23

	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	70	3	91	4	110	5
Woman	61	2	79	3	94	4
Adolescent boy	74	3	96	4	115	5
Adolescent girl	61	3	79	3	95	4
Child 10 yr	52	2	67	2	81	3
Child 5 yr	44	2	58	2	69	3
Child 4 yr	34	1	45	2	54	2
Child 1 yr	30	1	39	2	46	2
Family (two adults, child 10 and 4 years)	217	9	282	11	338	14

	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	68	4	89	6	107	7
Woman	58	4	75	5	90	6
Adolescent boy	71	4	93	6	111	7
Adolescent girl	59	4	76	5	91	6
Child 10 yr	50	3	65	3	78	4
Child 5 yr	42	2	55	3	66	4
Child 4 yr	33	2	43	2	51	3
Child 1 yr	29	2	37	2	45	3
Family (two adults, child 10 and 4 years)	209	12	272	16	326	19

¹ SD Standard Deviation

² Family Scenario- calculated from the average cost from four supermarkets in each city

Table 4 Estimated weekly food costs (\$) for a **Basic** diet compared to previous years

	2019 [§]	2018	2017	2016	2015	2014	2013	2012	2011**	2010
Auckland										
Man	71	71	65	64	69	68	64	66	65	64
Woman	60	60	55	55	59	58	61	63	61	61
Adolescent Boy	74	74	68	67	72	71	82	84	82	81
Adolescent Girl	61	61	56	55	59	59	68	70	68	68
10 yrs	52	52	48	47	51	50	53	54	53	54
5 yrs	44	44	41	40	44	42	36	37	36	36
4 yrs	34	34	32	31	34	33	34	34	34	34
1 yr	30	29	28	27	29	31	29	29	28	29
Wellington										
Man	68	72	69	64	68	69	70	68	65	64
Woman	57	61	58	55	58	59	66	64	61	60
Adolescent Boy	70	75	72	68	71	72	89	85	82	81
Adolescent Girl	58	61	59	55	59	60	74	71	68	67
10 yrs	49	52	51	47	50	51	58	57	52	53
5 yrs	42	44	43	40	43	44	39	37	35	35
4 yrs	32	34	33	31	34	34	36	35	33	33
1 yr	28	30	28	27	29	27	31	31	28	28
Christchurch										
Man	70	67	68	63	68	71	68	66	—	62
Woman	61	57	58	54	58	61	64	62	—	58
Adolescent Boy	74	70	71	66	71	75	86	83	—	78
Adolescent Girl	61	58	59	54	59	62	71	69	—	65
10 yrs	52	50	50	46	51	53	56	55	—	52
5 yrs	44	42	43	40	44	46	38	36	—	34
4 yrs	34	33	33	31	34	36	36	34	—	32
1 yr	30	29	29	27	30	28	31	30	—	28
Dunedin										
Man	68	68	67	65	66	67	68	67	62	60
Woman	58	58	57	55	56	57	64	63	58	57
Adolescent Boy	71	71	70	69	69	70	86	84	78	77
Adolescent Girl	59	59	57	56	57	58	71	70	65	64
10 yrs	50	50	49	48	49	50	56	55	51	50
5 yrs	42	42	42	41	42	43	37	37	34	33
4 yrs	33	33	32	32	33	34	35	35	32	31
1 yr	29	29	28	28	28	27	30	30	27	27

[§] Food costs from 2014 to 2019 are comparable. They cannot be compared to previous years (2009-13) because survey methods varied.

** No data available for 2011

Table 5 Estimated weekly food costs (\$) for a **Moderate** diet compared to previous years

	2019*	2018	2017	2016	2015	2014	2013	2012	2011†	2010
Auckland										
Man	92	93	85	83	89	88	84	86	85	83
Woman	78	78	72	71	76	75	79	81	79	79
Adolescent Boy	96	97	89	88	94	92	107	109	107	106
Adolescent Girl	79	79	73	72	77	77	89	91	88	88
10 yrs	67	67	62	61	66	65	69	70	69	70
5 yrs	57	57	53	52	57	55	47	47	47	47
4 yrs	44	44	41	40	44	43	44	44	44	44
1 yr	39	38	36	35	38	40	38	38	36	38
Wellington										
Man	88	93	89	84	88	90	91	88	85	83
Woman	74	79	76	71	75	77	86	83	79	78
Adolescent Boy	91	97	94	88	93	94	115	111	106	105
Adolescent Girl	75	80	77	72	76	78	96	93	88	87
10 yrs	64	67	66	61	65	66	75	74	68	68
5 yrs	54	58	56	52	56	57	50	49	46	46
4 yrs	42	45	43	41	44	44	47	46	43	43
1 yr	37	39	37	35	37	35	41	40	36	37
Christchurch										
Man	91	88	88	82	89	92	88	86	—	80
Woman	79	75	75	70	76	79	83	81	—	76
Adolescent Boy	96	92	93	86	93	98	112	108	—	102
Adolescent Girl	79	75	76	71	77	81	93	90	—	85
10 yrs	67	64	65	60	66	69	73	71	—	67
5 yrs	58	55	55	52	57	60	49	47	—	45
4 yrs	45	43	43	40	44	47	46	45	—	42
1 yr	39	38	37	35	38	36	40	38	—	37
Dunedin										
Man	89	89	87	85	85	87	89	87	81	78
Woman	75	75	74	72	73	74	84	81	76	74
Adolescent Boy	93	93	91	89	90	91	111	110	101	100
Adolescent Girl	76	76	74	73	74	75	93	91	84	83
10 yrs	65	65	64	62	64	65	73	72	66	65
5 yrs	55	55	54	53	55	56	48	48	44	43
4 yrs	43	43	42	41	43	44	46	45	41	41
1 yr	37	38	37	36	37	35	39	39	35	35

* Food costs from 2014 to 2019 are comparable. They cannot be compared to previous years (2009-13) because survey methods varied.

† No data available for 2011

Table 6 Estimated weekly costs (\$) for a **Liberal** diet compared to previous years

	2019*	2018	2017	2016	2015	2014	2013	2012	2011†	2010
Auckland										
Man	110	111	102	100	107	106	100	103	102	99
Woman	93	94	86	85	92	90	95	98	95	94
Adolescent Boy	115	116	107	105	113	111	128	131	128	127
Adolescent Girl	94	95	87	86	93	92	106	109	106	106
10 yrs	81	81	75	74	79	78	83	84	83	84
5 yrs	69	69	64	63	68	66	56	57	57	56
4 yrs	53	53	49	48	53	51	53	53	53	52
1 yr	46	46	43	42	46	48	45	45	44	46
Wellington										
Man	105	112	107	100	106	108	109	105	101	100
Woman	89	95	91	85	90	92	103	100	95	94
Adolescent Boy	110	117	113	105	111	112	138	133	128	126
Adolescent Girl	90	96	92	86	92	94	115	111	106	105
10 yrs	76	81	79	74	79	80	90	88	82	82
5 yrs	65	69	67	63	68	69	60	58	55	55
4 yrs	50	53	52	49	53	53	57	55	52	52
1 yr	44	47	44	42	45	42	49	48	43	44
Christchurch										
Man	110	105	106	98	107	111	106	103	—	96
Woman	94	89	90	84	91	95	100	97	—	91
Adolescent Boy	115	110	111	103	111	117	135	129	—	122
Adolescent Girl	95	91	91	85	92	97	111	108	—	102
10 yrs	81	77	78	73	79	83	88	85	—	81
5 yrs	69	66	66	62	68	72	59	57	—	54
4 yrs	54	51	52	48	53	56	56	53	—	51
1 yr	46	45	45	42	46	44	48	46	—	44
Dunedin										
Man	107	107	105	102	102	105	106	104	97	94
Woman	90	90	88	86	88	89	100	98	91	89
Adolescent Boy	111	111	110	107	108	109	134	132	122	119
Adolescent Girl	91	91	89	87	89	90	111	109	101	99
10 yrs	78	78	77	75	76	78	88	86	79	78
5 yrs	66	66	65	63	66	67	58	57	53	52
4 yrs	51	51	51	49	51	53	55	54	50	49
1 yr	45	45	44	43	44	42	46	47	42	42

* Food costs from 2014 to 2019 are comparable. They cannot be compared to previous years (2009-13) because survey methods varied.

† No data available for 2011

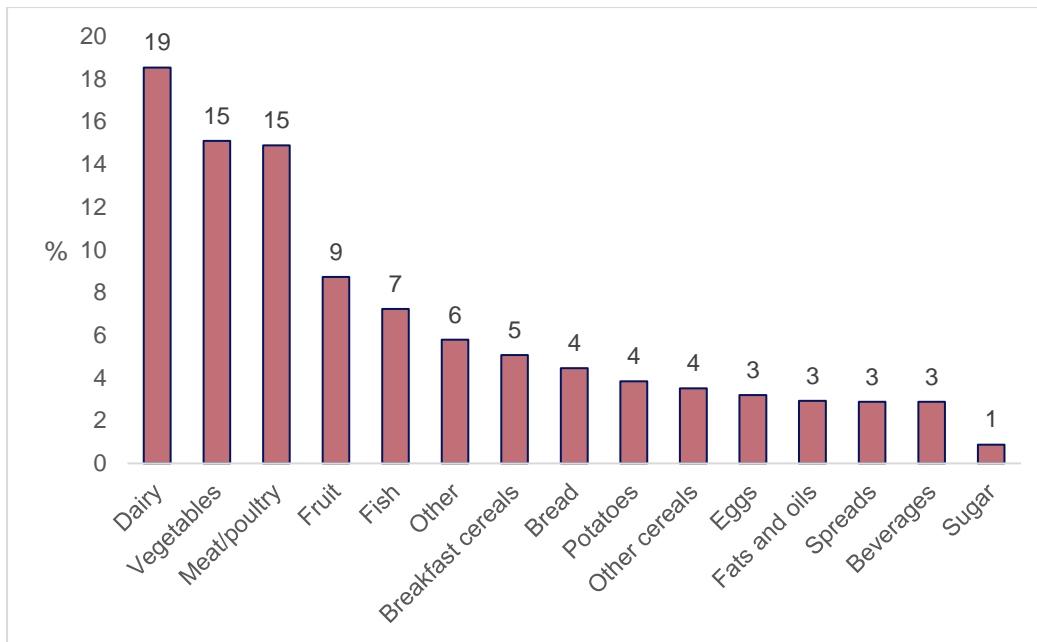


Figure 1 Percent contribution of different food groups to estimated food costs for a family of four
 Notes- Dairy includes milk and yoghurt, other includes tomato and pasta sauce, other cereals includes flour

Notes for 2019 data

Table 3 shows the average food costs for each city calculated for different age and sex groups and also for a family of four (two adults, child 10 years and child 4 years). In 2019 we estimate weekly food costs for a family of four to meet basic nutritional needs between \$206 and \$217 per week.

Food costs for different household sizes can be calculated by summing the food costs for different age and sex groups. However it should be noted that weekly food costs for single and smaller household sizes (less than three) may be underestimated. In 2019 the highest food costs were for adolescent boys and this was similar to previous years. This is because of their higher energy needs and nutrient requirements. Food costs for the cities of Dunedin, Wellington, Auckland and Christchurch were similar.

Tables 4 to 6 compared basic, moderate and liberal food costs by year. Food costs for Dunedin and Auckland were similar to 2018. Food costs in Wellington were lower than 2018 and in Christchurch they were higher however the differences were not large and likely due to variation in the data.

Figure 1 provides a breakdown of the contribution of each food group to overall food costs for a family of four. This reflects both the price of the food group and the amounts allocated to meet needs. Fresh foods makes up most of the food costs including dairy and milk (18%), vegetables (15%), meat and poultry (15%), fruit (9%) and fish (7%).

A wide variety of foods are surveyed to calculate the cost of a Basic Diet. Within each food category some foods are more expensive than others. The food costs for the Moderate and Liberal diets are calculated from the Basic Diet. The Moderate and Liberal diets are assumed to contain a higher proportion of expensive foods, a greater variety of foods and some out of season fruit and vegetables. Below are some examples of foods that might be included in greater amounts in these diets as compared to the basic diet. Fruit and vegetable prices will vary with season. Some fruit and vegetables are very cheap in season so these suggestions are not always applicable.

Basic	Moderate	Liberal
Fruit		
Apples, bananas, pears	Oranges, canned fruit, nectarines, peaches	Strawberries, feijoas, apricots, Fresh and frozen berries
Vegetables		
Carrots, pumpkin, cabbage, onions	Mushrooms, tomatoes, cauliflower, broccoli	Spinach, avocado, courgettes
Meat and Poultry		
Chicken pieces (drumsticks, frozen pieces), sausages, corned silverside, mince	Chicken thighs, ham, pork chops, beef stewing cuts	Lamb steaks, salami, Porterhouse steak, rump steak, pork diced pieces, chicken breast
Fish		
Canned fish, whole fish, frozen crumbed fillets, Red Cod, Hoki, Monk, Trevally	Sole, Terakihi, Gurnard	Blue cod, Salmon, Snapper
Breakfast cereals		
Rolled oats, cornflakes, rice bubbles, wheat biscuits	Muesli, Extruded cereals (e.g Nutrigrain, cheerios)	Bircher Muesli, Toasted muesli with fruit and nuts
Cheese		
Cheddar- tasty, edam, Colby, mild	Processed cheese slices, cottage cheese, cream cheese	Parmesan, mozzarella, speciality cheeses (e.g. brie, feta)
Bread		

Sliced packaged bread- wholemeal, white	Sliced packaged multigrain varieties, fruit bread, bread rolls, hamburger buns	Pita pockets, wraps, speciality breads (e.g. focaccia, ciabatta), bagels
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The estimated costs of non-food items

There have been many requests to include the cost of these items because many of them are usually purchased at a supermarket and paid for as part of the 'grocery' bill.

The costs for non-food items are calculated from the 2016 Household Economic Survey (previously reported as the Consumer Expenditure Statistics) produced by Statistics New Zealand. The average weekly household expenditure on 'personal care' and 'cleaning products and other household supplies' for a couple with two dependent children, can be summed as an estimate of spending on non-food items.

1. *Personal care* includes soaps, oral toiletries, hair products, hair pins/curlers/adornments, razors and blades, brushes (hair/body/tooth), manicure needs, toilet paper, sanitary needs, baby toiletries, infant needs, disposable nappies and nappy liners, perfumes, deodorants, shaving creams, bathing products, make-up, toners and fresheners, nail preparations, skin preparations. **(\$25.40)**
2. *Other household supplies and services* includes household cleaners and cleaning materials, laundry products, air fresheners, pest/insect killers, kitchen wraps, matches, fire starters, straws, candles, rope, paper towels, and rubbish bags. **(\$10.80)**

Average weekly household expenditure on non-food items is approximately \$36.20

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Appendix 1 List of foods and package sizes surveyed in 2019

Item	Unit Size Priced
Fruit, fresh	
Bananas	per/kg
Apples	per/kg
Oranges	per/kg
Mandarins	per/kg
Pears	per/kg
Kiwifruit	per/kg
Grapes*	per/kg
Nectarines	per/kg
Lemons	per/kg
Peaches	per/kg
Plums	per/kg
Strawberries	per/kg
Watermelon	per/kg
Feijoas	per/kg
Apricots	per/kg
Pineapple	per/kg
Fruit, canned	± 20g
Peaches	410g
fruit salad	410g
Pineapple	425
Apricot	410g
Pears	410g
Vegetables, fresh	
Tomatoes	per/kg
Onions	per/kg
Lettuce	per/kg
Carrots	per/kg
Broccoli	per/kg
Pumpkin	per/kg
Cucumber	per/kg
Pepper/capsicum, any colour	per/kg
Cabbage	per/kg
Mushrooms	per/kg
Cauliflower	per/kg
Silverbeet	per/kg

Avocado	per/kg
Spinach*	per/kg
Courgettes	per/kg
Celery	per/kg
Vegetables, canned	± 20g
Tomato canned	575g
Beetroot, canned	425-450g
Vegetables, frozen	
Vegetables, peas, carrots and corn mix	1000g
Green beans, frozen	1000g
Peas, frozen	1000g
Vegetables, chunky mix, frozen*	1000g
Corn, frozen	1000g
Potatoes	
Potatoes	1kg and 5kg bag
Kumara	per/kg
French fries, frozen	1kg bag
Taro*	Per/kg
Meat and poultry	
chicken breast (skin on)	per/kg
Beef mince	per/kg
Chicken, frozen whole*	size 14
Chicken drumsticks*	per/kg
Chicken thigh (skin on)	per/kg
Bacon, vacuum packed	per/kg
Beef, rump steak	per/kg
Beef corned silverside	per/kg
Beef schnitzel	per/kg
Beef sausages	per/kg
Chicken wings*	per/kg
Ham vacuumed packed	
Ham, shaved deli*	per/kg
Beef, porterhouse steak	per/kg
Sausages, mixed meat*	per/kg
Pork pieces	per/kg
Beef blade steak	per/kg
Beef chuck steak	per/kg
Lamb shoulder chops	per/kg

Chicken pieces frozen mixed	per/kg
Beef topside	per/kg
Lamb roast leg	per/kg
Chicken leg*	per/kg
Lamb steak	per/kg
Luncheon meat	per/kg
Pork sausages*	per/kg
Chicken nibbles	per/kg
Pork shoulder roast	per/kg
Salami	per/kg
Pork deli slices	per/kg
Pork leg roast	per/kg
Pork loin chops	per/kg
Fish	
Tuna, canned	185g
Salmon, caned	210g
Fish fillet, frozen crumbed*	450g
Fish fillets, middle priced	per/kg
Fish fillets, bottom priced	per/kg
Fish fillets, top priced	per/kg
Legumes	\pm 20g
Baked beans, canned	410g
Kidney beans, canned	415g
Bean mix, canned	415g
Chickpeas, canned	415g
Lentils, red, dried	415g
Peanuts, unsalted	per 100g
Breakfast cereals	\pm 20g
Wheat biscuits	750g
Muesli	750g
Cornflakes	500g
Rolled oats	1500g
Rice bubbles	500g
Spreads	\pm 20g
Jam	375g
Vegemite/equiv	250g
Peanut butter	380g
Honey	500g
Marmalade	375g

Tea, coffee, milo	
Teabags 100's	100 bags
Tea leaves	250g
Instant coffee	100g
Milo/equip 300g	310g
Drinking chocolate	300g
Sugar	
White sugar	1.5kg
Brown sugar	1kg
Other cereals	
	± 20g
White rice	1kg
Dried pasta	500g
Noodles, instant	370g
Noodles (plain egg)	200-300g
Canned spaghetti	410g
White flour	1.5kg
Wholemeal flour	1.5kg
Dried lasagne	500g
Brown rice	1kg
Eggs	
Eggs	a dozen
Fats and oils	
Mono margarine	500g
Butter	500g
Mono marg (reduced fat)	500g
Vegetable oil	500ml
Olive oil	500ml
Polyunsaturated marg	500g
Cheese	
Edam	1kg
Colby	1kg
Tasty	1kg
Mild	1kg
Processed cheese	12 slices
Milk	
Blue	2L
Light blue	2L
Green	2L
Yogurt	
Yoghurt 1kg	1kg
Yoghurt 6-pack	6 x 125-150g

Bread	
White toast slice	600-700g
Wholemeal toast slice	600-700g
Multigrain toast slice	600-700g
Bread rolls 6-pack	6 pack
White sandwich slice	600-700g
Wholemeal sandwich slice	600-700g
Multigrain sandwich slice	600-700g
Other foods	
	± 20g
Pasta sauce*	575g
Tomato sauce*	420g
Biscuits, plain*	250g
Crackers, plain*	125g
Infant formula (>12 months)	900g