

Information Package for Users of the New Zealand Estimated Food Costs 2014



Information collated by
the Department of Human Nutrition, University of Otago

Introduction

Since the 1970s the Department of Human Nutrition (previously Home Science Extension with the School of Home Science) at the University of Otago has conducted an annual Food Cost Survey. The Food Cost Survey is based on a basket of food designed to meet dietary needs of adult males and females (19 years and over), adolescents (11 to 18 years), school aged children (10 and 5 years) and preschool children and infants (4 and 1 years). In recent years food costs have been reported for five cities in New Zealand including Dunedin, Auckland, Wellington, Christchurch and Hamilton.

Most healthy families or individuals will meet their nutritional needs when spending the amount of money specified as the basic costs (Table 1). However, spending less than this amount increases the risk of not getting all the necessary nutrients. Many people will not lack energy or nutrients when spending less than this amount on food if they make careful management choices. However, the chances of consuming an inadequate diet increase as the amount spent to purchase food falls below the basic costs.

The foods included in the survey were revised in order to collect the 2014 data. In addition, the methods we use to calculate food costs and the amounts of food allocated to sex and age groups have been updated. This means the 2014 food costs are not directly comparable to previous years.

This information package includes:

Introduction	2
How the estimated family food costs are calculated	3
<i>Table 1 Weekly amount of food allocated to each sex and age group</i>	<i>3</i>
<i>Table 2 Example of Steps 3 & 4- Calculation of basic costs for an Adult male.....</i>	<i>5</i>
Estimated Food Costs for 2014.....	6
<i>Table 3 Estimated food costs for 2014</i>	<i>6</i>
<i>Table 4 Estimated food costs for a Basic diet.....</i>	<i>7</i>
<i>Table 5 Estimated food costs for a Moderate diet.....</i>	<i>8</i>
<i>Table 6 Estimated food costs for a Liberal diet.....</i>	<i>9</i>
Food shopping suggestions	11
The estimated costs of non-food items	12
Appendix 1 List of foods and package sizes surveyed in 2014.....	13

How the estimated family food costs are calculated

Amounts allocated to each food category

The Estimated Family Food Costs are calculated using the specified amounts of the food categories (e.g. meat, bread, eggs, fruit, etc) needed for one week (see Table 1). These amounts are based on the New Zealand Food and Nutrition Guidelines and will meet the nutritional needs of most healthy people ⁽¹⁻³⁾. 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	25

* Also includes kumara and taro

† Includes flour

‡ New foods for 2014

Collection of food prices

To estimate **Basic** food costs the price of 167 food items are surveyed (Appendix A). These include the most commonly consumed fruits and vegetables; meat, fish and poultry; dairy; and cereals. The costs are calculated assuming mostly home preparation of meals and dishes, and that food is purchased from supermarkets.

In 2014 we updated the food items to ensure that the foods included to be priced were reflective of current consumer food choices. To choose which foods to add and remove we used data from the most recent national nutrition survey⁽⁴⁾. The main changes made included the removal of some cuts of meat and inclusion of some convenience foods such as tomato based pasta sauce and packaged biscuits. A full list of the foods we surveyed in 2014 is provided in Appendix A.

Student Dietitians of the Department of Human Nutrition record food prices in five main centres – Auckland, Hamilton, Wellington, Christchurch and Dunedin. Within each centre 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 three weekdays.

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.



The Food Cost Survey does not:

Include take-away or restaurant foods or ready made meals and assumes some food preparation and cooking skills

Or account for:

Travel costs

Special dietary needs

Access to cooking and kitchen equipment

Spices and condiments

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 \$ per gram or kilogram is calculated.

In 2014 we have used 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 \$ 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	$\$0.01/\text{g} \times 210\text{g}$	\$2.11
Fruit	\$3.86/kg	1.2kg	$\$3.86/\text{kg} \times 1.2\text{kg}$	\$4.68
Potatoes	\$2.47/kg	1.1kg	$\$2.47/\text{kg} \times 1.1\text{kg}$	\$2.76
" " other food groups ...	"	"	" "	" "
TOTAL			Sum of food categories	\$68

Estimated Food Costs for 2014

Table 3 Estimated food costs for 2014

	Basic \$	Moderate \$	Liberal \$
Auckland			
Man	68	91	109
Woman	58	77	92
Adolescent Boy	71	95	114
Adolescent Girl	59	78	94
10yr old	50	66	79
5 yr old	42	56	68
4 yr old	33	44	53
1 yr old	32	43	51
Hamilton*			
Man	64	85	102
Woman	54	72	86
Adolescent Boy	67	89	107
Adolescent Girl	55	73	88
10yr old	47	63	75
5 yr old	40	54	64
4 yr old	31	42	50
1 yr old	31	41	49
Wellington			
Man	69	92	110
Woman	59	78	94
Adolescent Boy	72	96	115
Adolescent Girl	60	80	95
10yr old	51	68	81
5 yr old	44	58	70
4 yr old	34	46	55
1 yr old	32	42	51
Christchurch			
Man	71	95	114
Woman	61	76	97
Adolescent Boy	75	99	119
Adolescent Girl	62	82	98
10yr old	53	70	85
5 yr old	46	61	73
4 yr old	36	48	58
1 yr old	32	42	51
Dunedin			
Man	67	89	106
Woman	57	76	92
Adolescent Boy	70	93	112
Adolescent Girl	58	77	93
10yr old	50	66	80
5 yr old	43	57	69
4 yr old	34	45	54
1 yr old	32	42	51

* Unreliable data- only two supermarkets were surveyed

Table 4 Estimated food costs for a Basic diet

	2014* \$	2013 \$	2012 \$	2011 \$	2010 \$	2009 \$	2008 \$	2007 \$	2006 \$	2005 \$
Auckland										
Man	68	64	66	65	64	61	54	53	50	53
Woman	58	61	63	61	61	58	51	50	48	50
Adolescent Boy	71	82	84	82	81	77	69	67	64	67
Adolescent Girl	59	68	70	68	68	64	57	56	53	56
10yr old	50	53	54	53	54	50	45	43	42	44
5 yr old	42	36	37	36	36	34	30	29	29	30
4 yr old	33	34	34	34	34	32	28	28	27	28
1 yr old	32	29	29	28	29	27	25	23	23	24
Hamilton†										
Man	64	71	67	—	62	60	55	50	49	51
Woman	54	68	63	—	59	57	53	47	47	48
Adolescent Boy	67	89	83	—	79	76	71	62	63	64
Adolescent Girl	55	74	69	—	65	63	59	52	52	53
10yr old	47	57	52	—	52	50	47	40	41	42
5 yr old	40	40	35	—	34	33	31	27	28	28
4 yr old	31	37	33	—	32	31	29	25	26	26
1 yr old	31	29	28	—	28	27	26	21	22	23
Wellington										
Man	69	70	68	65	64	61	58	52	51	51
Woman	59	66	64	61	60	58	55	49	49	49
Adolescent Boy	72	89	85	82	81	77	73	65	65	64
Adolescent Girl	60	74	71	68	67	64	61	54	54	54
10yr old	51	58	57	52	53	50	48	41	43	42
5 yr old	44	39	37	35	35	34	32	28	29	28
4 yr old	34	36	35	33	33	31	30	26	27	27
1 yr old	32	31	31	28	28	27	26	22	23	23
Christchurch‡										
Man	71	68	66	—	62	61	54	52	54	52
Woman	61	64	62	—	58	57	51	49	52	49
Adolescent Boy	75	86	83	—	78	77	68	65	69	66
Adolescent Girl	62	71	69	—	65	64	57	54	57	55
10yr old	53	56	55	—	52	51	46	43	46	45
5 yr old	46	38	36	—	34	34	30	29	31	29
4 yr old	36	36	34	—	32	32	29	27	29	28
1 yr old	32	31	30	—	28	28	25	23	25	24
Dunedin§										
Man	67	68	67	62	60	59	54	50	54	51
Woman	57	64	63	58	57	56	52	47	51	49
Adolescent Boy	70	86	84	78	77	75	68	63	69	65
Adolescent Girl	58	71	70	65	64	62	57	52	57	54
10yr old	50	56	55	51	50	49	45	40	45	44
5 yr old	43	37	37	34	33	33	30	27	30	29
4 yr old	34	35	35	32	31	31	28	26	28	27
1 yr old	32	30	30	27	27	27	25	21	24	25

* 2014 food costs are not comparable to previous years because the foods included and methods used to calculate food costs have been revised.

† Unreliable data- only two supermarkets were surveyed

‡ No data available for 2011.

§ Data for 2010 have been re-calculated allowing for a correction to the data as released in 2010

Table 5 Estimated food costs for a Moderate diet

	2014 \$*	2013 \$	2012 \$	2011 \$	2010 \$	2009 \$	2008 \$	2007 \$	2006 \$	2005 \$
Auckland										
Man	91	84	86	85	83	79	70	70	65	68
Woman	77	79	81	79	79	75	67	66	62	65
Adolescent Boy	95	107	109	107	106	100	89	88	83	87
Adolescent Girl	78	89	91	88	88	83	74	73	69	73
10yr old	66	69	70	69	70	65	59	56	55	58
5 yr old	56	47	47	47	47	44	39	38	37	39
4 yr old	44	44	44	44	44	41	37	36	35	36
1 yr old	43	38	38	36	38	35	32	30	30	32
Hamilton†										
Man	85	92	87	—	80	78	72	65	64	66
Woman	72	88	82	—	76	74	69	61	61	63
Adolescent Boy	89	115	108	—	102	99	92	81	81	83
Adolescent Girl	73	97	90	—	85	82	76	67	68	69
10yr old	63	74	68	—	67	65	60	52	54	54
5 yr old	54	52	46	—	45	43	41	35	36	37
4 yr old	42	48	43	—	42	41	38	33	34	34
1 yr old	41	38	36	—	37	35	33	27	29	30
Wellington										
Man	92	91	88	85	83	80	76	58	67	66
Woman	78	86	83	79	78	75	72	64	63	63
Adolescent Boy	96	115	111	106	105	101	95	84	85	84
Adolescent Girl	79	96	93	88	87	83	80	70	70	70
10yr old	68	75	74	68	68	65	62	54	55	55
5 yr old	58	50	49	46	46	44	42	37	37	37
4 yr old	46	47	46	43	43	41	39	34	35	35
1 yr old	42	41	40	36	37	35	34	28	30	30
Christchurch‡										
Man	95	88	86	—	80	79	70	68	70	67
Woman	81	83	81	—	76	75	67	64	67	64
Adolescent Boy	99	112	108	—	102	100	89	85	90	86
Adolescent Girl	82	93	90	—	85	84	75	71	75	72
10yr old	70	73	71	—	67	67	60	55	59	58
5 yr old	61	49	47	—	45	44	40	37	40	38
4 yr old	48	46	45	—	42	41	37	35	37	36
1 yr old	43	40	38	—	37	36	33	30	33	32
Dunedin§										
Man	89	89	87	81	78	77	71	65	70	66
Woman	76	84	81	76	74	73	67	62	67	63
Adolescent Boy	93	111	110	101	100	97	89	82	90	85
Adolescent Girl	77	93	91	84	83	81	74	68	74	71
10yr old	66	73	72	66	65	64	59	53	58	57
5 yr old	57	48	48	44	43	43	39	35	39	38
4 yr old	45	46	45	41	41	40	37	33	36	36
1 yr old	42	39	39	35	35	35	32	28	31	32

* 2014 food costs are not comparable to previous years because the foods included and methods used to calculate food costs have been revised

† Unreliable data- only two supermarkets were surveyed

‡ No data available for 2011

§ Data for 2010 have been re-calculated allowing for a correction to the data as released in 2010

Table 6 Estimated food costs for a Liberal diet

	2014 \$*	2013 \$	2012 \$	2011 \$	2010 \$	2009 \$	2008 \$	2007 \$	2006 \$	2005 \$
Auckland										
Man	109	100	103	102	99	95	84	83	78	82
Woman	92	95	98	95	94	90	80	79	75	78
Adolescent Boy	114	128	131	128	127	120	107	105	99	104
Adolescent Girl	93	106	109	106	106	100	89	87	83	87
10yr old	79	83	84	83	84	78	71	68	66	69
5 yr old	68	56	57	57	56	52	47	46	45	47
4 yr old	53	53	53	53	52	49	44	43	42	44
1 yr old	51	45	45	44	46	42	39	36	36	38
Hamilton†										
Man	102	111	105	—	96	94	87	78	77	79
Woman	86	106	98	—	92	89	82	74	73	76
Adolescent Boy	107	138	130	—	122	119	111	97	98	100
Adolescent Girl	88	116	108	—	102	99	92	81	82	83
10yr old	75	89	81	—	81	78	73	62	64	65
5 yr old	64	62	55	—	54	52	49	42	43	44
4 yr old	50	57	52	—	50	49	46	40	41	41
1 yr old	49	46	43	—	44	42	40	33	35	36
Wellington										
Man	110	109	105	101	100	96	91	81	80	80
Woman	94	103	100	95	94	90	86	76	76	76
Adolescent Boy	115	138	133	128	126	121	114	101	101	100
Adolescent Girl	95	115	111	106	105	100	96	84	85	84
10yr old	81	90	88	82	82	78	75	64	66	66
5 yr old	70	60	58	55	55	52	50	44	45	44
4 yr old	55	57	55	52	52	49	47	41	42	41
1 yr old	51	49	48	43	44	42	40	34	36	36
Christchurch‡										
Man	114	106	103	—	96	95	84	81	84	81
Woman	97	100	97	—	91	90	80	77	80	77
Adolescent Boy	119	135	129	—	122	120	107	102	108	103
Adolescent Girl	98	111	108	—	102	101	90	85	90	86
10yr old	85	88	85	—	81	80	72	66	71	70
5 yr old	73	59	57	—	54	53	48	45	48	46
4 yr old	58	56	53	—	51	50	45	42	45	43
1 yr old	51	48	46	—	44	44	39	35	39	38
Dunedin§										
Man	106	106	104	97	94	92	85	78	84	79
Woman	92	100	98	91	89	87	80	74	80	76
Adolescent Boy	112	134	132	122	119	117	106	98	108	102
Adolescent Girl	93	111	109	101	99	97	89	81	88	85
10yr old	80	88	86	79	78	77	71	63	70	68
5 yr old	69	58	57	53	52	51	47	43	46	45
4 yr old	54	55	54	50	49	48	44	40	44	43
1 yr old	51	46	47	42	42	42	38	33	37	38

* 2014 food costs are not comparable to previous years because the foods included and methods used to calculate food costs have been revised

† Unreliable data- only two supermarkets were surveyed

‡ No data available for 2011

§ Data for 2010 have been re-calculated allowing for a correction to the data as released in 2010

Notes for 2014 data

In 2014 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. In comparison to 2013 food costs for women, adolescent boys and girls and children (10 years) were lower in 2014. It is important to note this is not because of a decrease in food prices but a reflection of the revisions that have been made to the Food Cost Survey methods.

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

Food shopping suggestions

Here are some suggestions of practices that can help to keep food costs down:

- Where possible (i.e. time, facilities and skill levels exist) make food from basic ingredients.
- Buy whole chicken rather than boned chicken meat or portions. These can be cut into portions for cooking or freezing a specific amount, or it can be cooked whole and the meat removed from the bone.
- Fish: It is often not cheaper to buy whole fish than fish fillets because of the proportion of waste that they contain. Canned fish is often an excellent fish option.
- Meat: Remember that leaner cuts of meat may be better value for money if cheaper cuts have a higher fat content which may be discarded.
- Dry goods can be bought from bulk bins and are sometimes cheaper than buying packaged products. However do check against a packaged product.

It is a good idea to take a calculator shopping to check which product is the cheapest on a unit weight basis.

Often savings can be made by buying house brands (e.g., Pams, Homebrand, Budget) in particular for basic foods such as flour, sugar, milk.

Frozen or canned foods can often be as nutritious and cheaper and easier to store than fresh foods

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 2010 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, are summed as an estimate of spending on non-food items. The average expenditure is assumed to be the moderate cost for these items.

Items that are included in the 'personal care' and 'cleaning products and other household supplies' categories are described below:

- *Personal care* includes soaps, oral toiletries, hair products (including colour and perm rinses), hair pins/curlers/adornments, razors and blades, brushes (hair/body/tooth), manicure needs, toilet paper, sanitary needs, baby toiletries, infant needs, disposable babies nappies and nappy liners, perfumes, deodorants, shaving creams, bathing products, make-up, toners and fresheners, nail preparations, skin preparations.
- *Cleaning products and other household supplies* 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.

Estimated weekly costs on non-food items for a family of four (2 adults, 2 children)

Moderate
\$ 40.70

* 2010 Household Economic Survey. Statistics New Zealand Te Tari Tatau, Wellington New Zealand.
This survey is undertaken every three years and an update is not available until 2014.

References

1. Ministry of Health (2003) *Food and Nutrition Guidelines for Healthy Adults: A Background Paper*. 1–148. Wellington: Ministry of Health.
2. National Health and Medical Research Council & Ministry of Health (2006) *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes*. 1–317. Canberra, Wellington: NHMRC, Ministry of Health.
3. Ministry of Health (2012) *Food and Nutrition Guidelines for Healthy Children and Young People (Aged 2-18 years)*. 1–246. Ministry of Health.
4. University of Otago, & Ministry of Health (2011) *A Focus on Nutrition: Key findings of the 2008/09 New Zealand Adult Nutrition Survey*. 1–359. Wellington: Ministry of Health.

Appendix 1 List of foods and package sizes surveyed in 2014

Food 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	

Food Item	Unit Size Priced
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	± 20g
Baked beans, canned	410g
Kidney beans, canned	415g
Bean mix, canned	415g
Chickpeas, canned	415g
Lentils, red, dried	415g
Peanuts, unsalted	per 100g

Food Item	Unit Size Priced
Breakfast cereals	± 20g
Wheat biscuits	750g
Muesli	750g
Cornflakes	500g
Rolled oats	1500g
Rice bubbles	500g
Spreads	± 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/equiv 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	250ml
Polyunsaturated marg	
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

Food Item	Unit Size Priced
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

