

Monitoring Food Affordability Reference Document, 2018

Population and Public Health Division,
Ministry of Health and Long-Term Care

August, 2018

Preamble

Reference Documents are program or topic-specific documents that provide information and best practices relevant to implementing the Ontario Public Health Standards: Requirements for Programs, Services, and Accountability (Standards), Protocols and Guidelines.¹ Reference Documents are not enforceable; the aim of Reference Documents is to provide professional staff employed by local boards of health support in operationalizing and implementing requirements outlined in the Standards, Protocols and Guidelines.

Purpose

As part of the new *Population Health Assessment and Surveillance Protocol, 2018*² under the modernized Ontario Public Health Standards: Requirements for Programs, Services and Accountability (Standards), boards of health are required to monitor food affordability at a local level.

The Ontario Ministry of Health and Long-Term Care has prepared this Reference Document to provide guidance to boards of health in regard to fulfilling the requirement of monitoring food affordability

Context

Food costing is used to monitor both accessibility and affordability of foods by relating the cost of food to individual/family incomes. Food accessibility is the physical and economic access to sufficient, safe and nutritious food to meet dietary needs and food preferences for an active and healthy life. Food affordability is the economic sufficiency to procure an adequate diet that meets nutrient needs with safe and acceptable foods. Food affordability is heavily influenced by market forces, and impacts food accessibility and food security.

Food costing tools measure the cost of basic healthy eating that represents current nutrition recommendations and average food purchasing patterns. A food costing assessment provides a snapshot of purchasing patterns and barriers to healthy eating, and does not provide daily nutrition intake or purchasing recommendations. This is achieved by calculating the average cost of the lowest price available of each food item from across a sample of grocery stores. By preparing different income and family scenarios and comparing them to the cost of food, a snapshot of barriers to healthy eating is achieved. Food costing tools can be used to raise awareness about the cost of healthy eating and to assist policy and decision makers to formulate sound health, nutrition and social policies.

Boards of health can use food costing data for:

- Monitoring food affordability and accessibility, under the Population Health Assessment Standard, by relating the cost of food to individual and household incomes;
- Monitoring trends in the cost of food over time;
- Informing policy decisions by disseminating the results of their food costing assessments to their partners and other relevant stakeholders;
- Identifying community issues/needs and priority populations, providing population health information to communities and stakeholders;
- Supporting and promoting access to nutritious, safe, personally acceptable foods; and
- Informing the development of local healthy public policy and its programs and services under the Standards, in particular the Health Equity, Chronic Disease Prevention and Well-Being, School Health, and Healthy Growth and Development Standards.

Existing Tools for Monitoring Food Affordability

National Nutritious Food Basket

In 1974, Agriculture and Agri-Food Canada developed and priced the National Nutritious Food Basket (NNFB) and the Thrifty Nutritious Food Basket. The NNFB is used by stakeholders at various levels of government to monitor the cost and affordability of healthy eating. The NNFB describes the quantity (and purchase units) of approximately 60 foods that represent a nutritious diet for individuals in various age and gender groups. Stakeholders use this information to collect the price of the items and determine the cost of the basket for each age and gender group. The NNFB is meant to support stakeholders in developing their own food costing protocols and monitoring the cost of a nutritious diet in their jurisdiction. It is not intended to prescribe an ideal diet.

The NNFB was updated in 1998 and again in 2008 to reflect updates to the food guide and food purchase patterns.

The 2008 NNFB list of food items can be found in Appendix A.

Ontario's Nutritious Food Basket

In Ontario, boards of health have been required to monitor food affordability since 1998. To that effect in 1998, Ontario developed its Nutritious Food Basket (NFB), which was developed based on the NNFB, and was later updated in 2008. See Appendix B for the 2008 provincial NFB costing tool.

Key Principles for Monitoring Food Affordability

The following key principles should be considered to support standardization when monitoring food affordability as required in the Population Health Assessment and Surveillance Protocol, 2018:

Operational Considerations

Store Selection:

- Include a variety of grocery stores that offer a full line of grocery products (excluding convenience stores);
- Include representation from each of the major chains in the jurisdiction, premium and discount stores, and independent grocery stores;
- Sample at least 6 stores, and ensure geographic representation - boards of health with large and/or diverse populations may choose to sample more to represent the range of stores in the region;
- Review selected stores on an annual basis to consider whether different or new stores need to be included - a more rigorous selection process provides more valid year-to-year comparisons; and
- Establish a positive relationship with the stores to be surveyed.

Food Selection:

- At minimum, include food items from the 2008 NNFB (see Appendix A), or as current, as part of the costing assessment.
- Monitor the cost and affordability of food items for various age and sex groups within the health unit population, in alignment with demographics outlined in the NNFB;
- Ensure that there is clarity on items that are out of scope, such as infant formula, baby foods, foods purchased for religious, cultural reasons, or special diets, and non-food items.

Costing Methodology:

- If conducting training, train all food surveyors consistently in-store on the procedures for food costing;
- Have at least two surveyors with food knowledge and math skills conduct the costing at the same time on the same day in an effort to reduce errors in data collection;
- If possible, conduct costing during the month of May to reflect the annual average cost, as food prices are least affected by seasonal challenges in this month;
- Survey all stores during a two-week period to avoid price fluctuations due to changes in market;
- Ensure food costing is conducted based on the lowest-priced products available in a specified purchase size; and
- In cases where food items are not available in the specified purchase units, ensure there is consistency in the approach to choosing alternate units.
- Refer to the costing form (Appendix B) for additional information on the food costing process.

Use of Data:

- Ensure that the monitoring of food affordability takes into account the energy and nutrient needs of the selected age and sex groups;
- Ensure that any data comparisons made do not alter or skew the food costing results.
 - The following comparisons are considered reasonable:
 - Comparing communities or planning areas within a jurisdiction, only when samples are representative of each community and when this would not violate confidentiality (e.g., a rural community with only one store).
 - Assuming a health unit's food costing procedures are consistent over time, it is reasonable to compare a health unit's percent change in food costing from one year to the next.
 - It is appropriate to compare a health unit's percent change (year over year) to Statistic Canada's Consumer Price Index³ percent change. The Consumer Price Index measures price change by comparing, through time, the cost of a fixed basket of commodities, including food purchased from grocery stores, and food purchased from restaurants/take-out.

- The following comparisons are not considered reasonable:
 - Making between-store comparisons, as it would violate the principle of confidentiality.
 - Comparisons between health units, as the mix of stores and the approach to store selection may be different.
- Ensure that there is a mechanism in place for disseminating the results of the food costing assessment to relevant and interested stakeholders within and outside the health unit population.

Glossary

(Food) accessibility: Physical and economic access to sufficient, safe and nutritious food to meet dietary needs and food preferences for an active and healthy life.

(Food) affordability: Sufficient, safe and nutritious food for all people at all times at a cost they can afford.

Consumer Price Index (CPI): “A measure of the rate of price change for goods and services bought by Canadian consumers ... It is obtained by comparing, through time, the cost of a fixed basket of commodities purchased by Canadian consumers in a particular year ... the index reflects only pure price movements.”

Grocery store: A retail store where a variety of canned, dry and frozen foods, fresh produce, bakery products, dairy products and household items are offered for sale.

References

1. Ontario. Ministry of Health and Long-Term Care. Ontario public health standards: requirements for programs, services, and accountability, 2018. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/default.aspx
2. Ontario. Ministry of Health and Long-Term Care. Population Health Assessment and Surveillance Protocol, 2018. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/default.aspx
3. Statistics Canada. Consumer Price Index. Available from StatsCan website.

Appendix A: 2008 National Nutritious Food Basket Food Items

- Apple juice
- Apples
- Bananas
- Baked beans (canned)
- Beef (ground, inside round and steak)
- Bread (white, whole wheat, and buns)
- Broccoli (fresh)
- Cabbage
- Canola oil
- Cantaloupe
- Carrots (fresh)
- Celery
- Cereals
- Cheddar cheese
- Cheese slices
- Chicken legs
- Corn (canned)
- Crackers
- Cucumber
- Eggs
- Fish (frozen)
- Grapes
- Green pepper
- Ham
- Iceberg lettuce
- Lentils (dry)
- Margarine
- Mayonnaise
- Milk
- Mixed vegetables (frozen)
- Mozzarella cheese
- Mushrooms
- Oatmeal
- Onions
- Orange juice
- Oranges
- Pasta
- Peaches (canned)
- Peanuts
- Peanut butter
- Pears (fresh) Peas (frozen)
- Pita bread
- Plain cookies and crackers
- Pork chops
- Potatoes
- Raisins
- Rice
- Romaine lettuce
- Rutabaga/turnip
- Salad dressing
- Salmon (canned)
- Strawberries (frozen)
- String beans (frozen)
- Sweet potatoes
- Tomatoes (canned and fresh)
- Tuna (canned)
- Vegetable juice
- Yogurt

Appendix B – Nutritious Food Basket (2008) In-Store Costing Form

City/Town:	Store Code:
Surveyor's Name:	Date:

Note: Unless indicated otherwise, for all items listed below, choose the **lowest price** for the food product **in the preferred purchase unit** (marked in **bold and larger type**). If an item is not available in the preferred purchase unit:

1. Choose the lowest price for the first **alternative size** listed (listed below the preferred purchase unit and not in bold). Use the regular price if a special price requires redemption of coupons, mail-in rebates, purchasing a club pack, or the purchase of a minimum grocery order.
2. If that size is not available, price the item in the next alternative size listed. **Only record the price for alternative sizes when the preferred purchase unit is not available.** Where the specified purchase unit is not available and prices for alternative-size products have been recorded, the price needs to be calculated for the preferred purchase unit.
3. If an item is available in a size not specified, surveyors can choose to price an alternative size closest to the preferred purchase unit.
4. If the food product is not available in any of the given sizes, choose the **alternative food product** listed (in brackets) and record the lowest price in the **preferred** size, or alternative sizes if not available.
5. If an item or appropriate substitute is not available, indicate this with "N/A" (not available) or a "—" so that it is clear that the item was simply not forgotten.
6. To determine the price for the specified size:
 - Divide the recorded price by the recorded size
 - Multiply the cost per gram by the size you want.
7. Use the comments and calculations column of the in-store food costing form to make notes about what was priced, if necessary, or as an extra space to record prices.

Refrigerated Food Section

Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Milk, partly skimmed, 2% M.F.	4L			
Cheese, processed food, cheddar, slices	500 g			Enter price/500 g
	250 g		price / 250 x 500 = price/500 g	
	1 kg		price / 1000 x 500 = price/500 g	
Cheese, mozzarella, partially skim, block, not slices	200 g			Enter price/200 g
	300 g		price / 300 x 200 = price/200 g	
	520 g		price / 520 x 200 = price/200 g	
Cheese, cheddar, block, not slices, medium (If <i>medium</i> cheddar cheese is unavailable, price the cheapest alternative cheddar cheese)	200 g			Enter price/200 g
	300 g		price / 300 x 200 = price/200 g	
	520 g		price / 520 x 200 = price/200 g	
Yogurt, Fruit flavoured, 1-2% M.F.	750 g			Enter price/750 g
	650 g		price / 650 x 750 = price/750 g	
	175 g		price / 175 x 750 = price/750 g	
Eggs, chicken, Grade A large	1 dozen			
Margarine, tub (non-hydrogenated)	907 g			Enter price/907 ml
	454 g		price / 454 x 907 = price/907 g	

Meat Department

Note: For the next section, unless specified otherwise, write down the **price per kilogram**. The package sizes will vary and do not have to be any particular size. Surveyors are, however, encouraged to limit pricing to meat packages that are less than 3 kg. Meat is assumed to be fresh, not frozen.

Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Chicken legs, no back (thigh + leg)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
(If chicken legs, <i>no back</i> are unavailable, price chicken legs, <i>with back</i>)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for chicken legs, no back
(If chicken legs, <i>with back</i> are unavailable, price <i>whole chicken</i>)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for chicken legs, with back
Inside round roast	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
(If <i>inside</i> round roast is unavailable, price <i>outside</i> round)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for inside round roast
(If <i>outside</i> round roast is unavailable, price <i>full round</i> roast)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for outside round roast
Inside round steak	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
(If <i>inside</i> round steak is unavailable, price <i>outside</i> round steak)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for inside round steak
(If <i>outside</i> round steak is unavailable, price <i>full round</i> steak)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for outside round steak

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Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Ground beef, lean (If <i>lean</i> ground beef is unavailable, price <i>medium</i> ground beef) (If <i>medium</i> ground beef is unavailable, price <i>regular</i> ground beef)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for lean ground beef
	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for medium ground beef
Pork loin centre-cut chops, bone in (If <i>centre-cut</i> chops are unavailable, price pork loin <i>rib-end</i> chops) (If pork loin <i>rib-end</i> chops are unavailable, price pork <i>shoulder butt</i> chops, bone-in)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for centre-cut chops
	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for rib-end chops
Pre-packaged sliced cooked ham, not lower fat	175 g			Enter price/175 g
	500 g		price / 500 x 175 = price/175 g	
	375 g		price / 375 x 175 = price/175 g	

Produce Department

Note: For carrots, apples, oranges, potatoes and onions, note the price of each version displayed, i.e., price per kilo or per pound if loose, price per 3 lb bag, 4 lb bag and 5 lb bag. For other items, choose the lowest price for the food product in the preferred purchase unit (marked in bold and larger print). If any of the following vegetables are priced by the unit, for instance \$1.99 for a bunch of broccoli, note the price and weigh up to three average sized bunches of broccoli.

Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Cantaloupe, whole, raw	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Sweet potato, whole, raw	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Carrot, whole, raw	loose	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
	2 lb bag		price / 2 x 2.2026 = price/kg	
	3 lb bag		price / 3 x 2.2026 = price/kg	
	5 lb bag		price / 5 x 2.2026 = price/kg	
	1 kg		Choose lowest price/kg from above for data entry	Enter lowest price/kg
Romaine lettuce, head	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Broccoli, raw	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Green pepper, sweet, raw	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	

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Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Apples, any variety	loose	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
	3 lb bag		price / 3 x 2.2026 lb = price/kg	
	4 lb bag		price / 4 x 2.2026 lb = price/kg	
	5 lb bag		price / 5 x 2.2026 lb = price/kg	
	1 kg		Choose lowest price/kg from above for data entry	Enter lowest price/kg
Bananas	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Red or green grapes, seedless (If <i>seedless</i> grapes are unavailable, price <i>red or green seeded</i> grapes)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter if no data for seedless grapes
Oranges (not mandarin, clementine, tangerine etc.)	loose	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
	3 lb bag		price / 3 x 2.2026 lb = price/kg	
	4 lb bag		price / 4 x 2.2026 lb = price/kg	
	1 kg		Choose lowest price/kg from above for data entry	Enter lowest price/kg
Pears, any variety	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb/ = price/kg	

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Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Potatoes, whole, raw	loose	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
	4.54 kg			Enter price/4.54 kg
	5 lb bag		Price/5 x 2.2026 x 4.54 = price /4.54 kg	
Rutabagas, yellow turnip, whole, raw	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Cabbage, whole, raw	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Cucumber, anyvariety	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Celery	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Lettuce, iceberg (head)	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
Mushroom, anyvariety	1 kg	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	Enter price/kg
	227 g		price/227 x 1000 = price/1 kg	
Onions, cooking	Loose	_____/kg _____/lb	price/lb x 2.2026 lb = price/kg	
	2 lb bag		price/ 2 x 2.2026 = price/kg	
	3 lb bag		price/ 3 x 2.2026 = price/kg	
	5 lb bag		price/ 5 x 2.2026 = price/kg	
	1 kg		Choose lowest price/kg from above for data entry	Enter lowest price/kg

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Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Tomatoes, raw	1 kg	_____/kg _____/lb	Choose lowest price/kg from above for data entry	Enter lowest price/kg

Bakery or Bread Aisle

Note: Unless indicated otherwise, for all items listed below, choose the **lowest price** for the food product **in the preferred purchase unit** (marked in **bold and larger print**). For **bread**, price the brand that is cheapest, **excluding** in-store bakery bread.

Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Bread, pita, whole wheat	284 g			
	400 g		Price/400 x 284 = price/284 g	
	450 g		Price/450 x 284 = price/284 g	
Bread, whole wheat, sliced, (100% whole wheat) (If 100% whole wheat bread is unavailable, price 60% whole wheat bread, sliced)	675 g			Enter price/675 g
	570 g		price / 570 x 675 = price/675 g	
	450 g		price / 450 x 675 = price/675 g	
	675 g			Enter price if 100% whole wheat bread unavailable
	570 g		price / 570 x 675 = price/675 g	
	450 g		price / 450 x 675 = price/675 g	

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Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Bread, white, sliced	675 g			
Rolls, hamburger	350g (8 pack)		<p>Read the Nutrition Facts Table to find out how many grams 1 bun weighs. Multiply the weight of the bun by the number of buns in the package. This gives you the total number of grams in the entire package.</p> <p>Cost of package x 350 weight of entire package = price/350 g</p>	Enter price/350 g

Frozen Food Department

Note: Unless indicated otherwise, for all items listed below, choose the **lowest price** for the food product **in the preferred purchase unit** (marked in **bold and larger print**).

Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Frozen fish fillets, (the cheapest of haddock, sole, pollock, or halibut)	400 g			Enter price/400 g
	680 g		price / 680 x 400 = price/400 g	
Cut beans, frozen, green or yellow	1 kg			
Frozen mixed vegetables, standard mix (carrots and peas) (If <i>standard</i> mix is unavailable, choose a mix with <i>carrots, peas, plus other vegetables</i>) (If standard mix <i>plus</i> other vegetables is unavailable, choose mix with broccoli, cauliflower, etc.)	1 kg			Enter price/kg
	1 kg			Enter if no data for standard mix
	1 kg			Enter if no data for standard mix plus other vegetables
Peas, green, frozen	1 kg			
Frozen orange juice concentrate	355 mL			Enter price/355 mL
	341 ml		price / 341 x 355 = price/355 mL	
Strawberries, frozen, unsweetened	600 g			

Canned, Packaged and Dry Foods

Note: Unless indicated otherwise, for all items listed below, choose the **lowest price** for the food product **in the preferred purchase unit** (marked in **bold and larger print**).

Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Beans, baked, canned in tomato sauce	398 ml			
Canned flaked light tuna, water packed (If <i>water packed</i> tuna is unavailable in either size specified, price canned flaked light tuna <i>packed in vegetable broth</i>)	170 g			Enter price/170 g
	184 g		price / 184 x 170 = price/170 g	
	170 g			Enter if no data for water packed tuna
	184 g		price / 184 x 170 = price/170 g	
Salmon, pink, canned	213 g			
Peaches, canned halves or slices, water, juice, or light syrup packed	398 ml			Enter price/398 mL
	796 ml		price / 796 x 398 = price/398 ml	
Corn, canned, whole kernel	341 mL			
Tomatoes, canned whole, (not stewed)	796 mL			Enter price /796 ml
	540 ml		price / 540 x 796 = price/796 ml	
Apple juice, unsweetened, pure or from concentrate	1.36 L			Enter price /1.36 L
	1 L tetra pack		price/L x 1.36 = price/1.36 L	
	1.2 L		price/1.2 L X 1.36 = price/1.36 L	
Tomato juice cocktail, regular or vegetable cocktail, regular	1.89 L			

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Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Cereal, bran flakes with raisins	775 g			
Cereal, toasted oat, Os	525 g			
Regular quick cooking oatmeal, <i>not</i> instant	1 kg			Enter price/kg
	1.35 kg		price / 1.35 x 1 = price/1 k g	
Flour, whole wheat	2.5 kg			
Flour, white, enriched, all	2.5 kg			
Raisins, any variety	750 g			
	375 g		price / 375 x 750 = price/750 g	
Lentils, dry	454 g			Enter price/454 g
	450 g		price / 450 x 454 = price/454 g	
	907g		price / 907 x 454= price/454g	
Cookie, plain (arrowroot or social tea)	350 g			Enter price/350 g
	400 g		price / 400 x 350 = price/350 g	
	500 g		price / 500 x 350 = price/350 g	
	570 g		price / 570 x 350 = price/350 g	
Cracker, saltine, unsalted	450 g			Enter price/450 g
	454 g		price / 454 x 450 g = price/450 g	

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Food item	Purchase Unit	Price	Comments and Calculations	Data Entered To Spreadsheet
Peanut butter, smooth type, sugar and salt added	500 g			
Vegetable oil, canola or canola blend (not olive oil)	1.89 L			Enter price /1.89 L
	946 mL		$\text{price} / 0.946 \times 1.89 = \text{price}/1.89 \text{ L}$	
	2 L		$\text{price} / 2 \times 1.89 = \text{price}/1.89 \text{ L}$	
	3 L		$\text{price} / 3 \times 1.89 = \text{price}/1.89 \text{ L}$	
Salad dressing, mayonnaise- type, for instance, Miracle Whip[®]. Do not price mayonnaise! (If mayonnaise-type salad dressing is unavailable, price 50% less fat mayonnaise-type salad dressing)	475 mL			Enter price/475 mL
	1 L		$\text{price} / 1000 \times 475 = \text{price}/475 \text{ mL}$	
	475 mL			Enter if no data for mayonnaise-type salad dressing
	1 L		$\text{price} / 1000 \times 475 = \text{price}/475 \text{ mL}$	
Salad dressing, Italian, regular	950 mL			Enter price/950 mL
	475 mL		$\text{price} / 475 \times 950 = \text{price}/950 \text{ mL}$	
Pasta, spaghetti, enriched	900 g			Enter price/900 g
	800 g		$\text{price} / 800 \times 900 = \text{price}/900 \text{ g}$	
Rice, white, long grain, parboiled or converted	900 g			Enter price/900 g
	750 g		$\text{price} / 750 \times 900 = \text{price}/900 \text{ g}$	
Peanuts, dryroasted	700 g			
	600 g		$\text{price} / 600 \times 700 = \text{price}/700 \text{ g}$	

