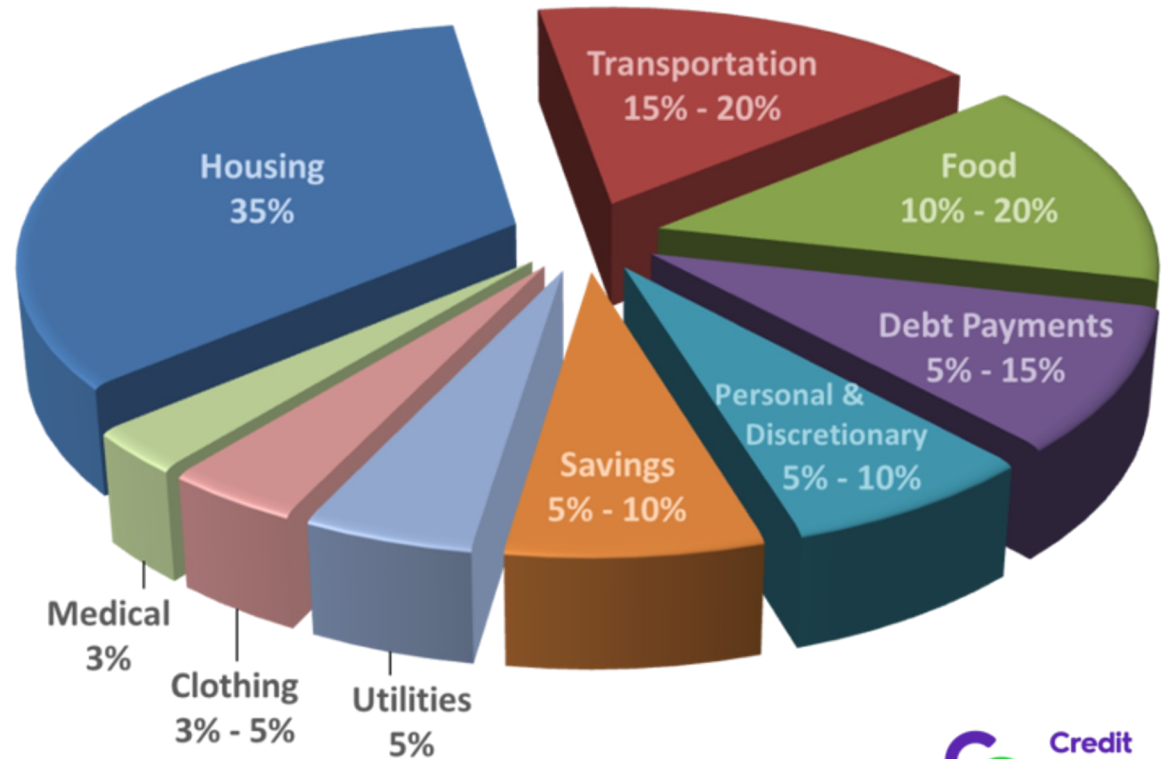


Budgeting Guidelines

for the cost of living by category

Our food spending should be between 10%-20% of our total budget. Ideally no more than 15%.



<http://camroselearning.com/money-smart-challenge/week-9/>



Food expenditures, summary-level categories	Canada (\$) ⁶ 2017	Manitoba (\$) ⁶ 2017
Food expenditures ⁶	8,527	8,380
Food purchased from stores	5,934	5,845
Bakery products	563	486
Cereal grains and cereal products	321	379
Fruit, fruit preparations and nuts	731	731
Vegetables and vegetable preparations	702	596
Dairy products and eggs	839	903
Meat	1,109	1,194
Fish and seafood	219	159
Non-alcoholic beverages and other food products	1,451	1,398
Food purchased from restaurants	2,593	2,534
Restaurant meals	2,272	2,215
Restaurant snacks and beverages	321	320

Budget Breakdown



Big picture on how much our country and our province spends on food.

MB as a whole spends less on bakery products, vegetables, and fish and seafood, but spends more on dairy products and eggs and meat

Source: Statistics Canada 2021

<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1110012501>
<https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1110012501&pickMembers%5B0%5D=1.10>

