



# Information Package for Users of the New Zealand Estimated Food Costs 2020 and 2021

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

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Cover image- ["Supermarkets in Panama"](#) by [thinkpanama](#)

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## Background

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 four cities in New Zealand including Dunedin, Auckland, Wellington, Christchurch (Hamilton food costs prior to 2016 are included for completeness). In 2021 we additionally surveyed food costs in the West Coast.

Food insecurity is a serious issue facing many New Zealand households. Household food insecurity occurs when a household has inadequate access to nutritionally adequate and safe foods or a limited ability to source foods in a socially acceptable way(1). In 2020/21 the New Zealand Health Survey found that 1 in 7 children were living in a household where food runs out 'often' or 'sometimes' (2). There are many factors contributing to food insecurity, including; living and accommodation costs, income, access, resources and the affordability of food.

The purpose of this report is to show **the minimum** cost to feed New Zealanders of different age and gender groups across four cities. *This is the minimum amount amount of money needed to be spent on a week to week basis.* We have also included an estimate of the cost to feed a reference household of four. The results can provide information on shifts in food costs over time, and also changes in the affordability of food (if income and other household costs are taken into consideration).

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. To meet food guidelines and nutrient intake recommendations spending only the basic amount would take careful planning.

Many people will not lack energy or nutrients when spending less on food if they make careful management choices. However, the chance of consuming an inadequate diet increases as the amount spent to purchase food falls below the basic costs.

**Please note food costs (2014-2021) are not directly comparable to previous years.**

This is because the foods included in the survey were revised in 2014. In addition, the methods used to calculate food costs and the amounts of food allocated to gender and age groups were updated for the 2014 survey.

The estimates are based on many assumptions listed on page 9. If you are using the Food Cost Survey, please make sure you understand these assumptions and limitations. Please contact the Department of Human Nutrition, University of Otago if you want further information on how to interpret the data. Also take note of the assumptions and limitations (page 8).

# Methods

## What foods do we include?

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 survey(3). The main changes made included the removal of some cuts of meat and inclusion of a small number of convenience foods (tomato-based pasta sauce and packaged biscuits). A full list of the foods we surveyed in 2020 and 2021 is provided in Appendix A.

## How do we survey food prices?

Students training to be Dietitians or Registered Nutritionists in the Department of Human Nutrition record food prices for 150 foods in four cities– Auckland, Wellington, Christchurch and Dunedin. Within each city prices are recorded from four supermarkets. When possible the same supermarkets are used each year, to ensure that the results of the survey are comparable from year to year. In each city we include Countdown, Pak n Save and New World. Food prices for 2020 were collected between 29 February and 3 March and for 2021 between 26 February and 3 March. In 2021 as a one-off we also surveyed food prices in the West Coast.

The food prices are recorded by students using an online form which they can access via their mobile phone. 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 by weight. For these foods, five items are weighed, and the average is used.

## Amounts allocated to each food category

In order to estimate food costs we allocate gram amounts for each food category to different age and gender groups. These amounts are based on the New Zealand Food and Nutrition Guidelines, and will meet the nutritional needs of most healthy people (4). While the food categories are the same for men, women and children, the amounts are appropriate for each age and gender group.

Table 1 Weekly amount of food allocated to each gender 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 used to calculate 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 gender 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 gender 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 ...	"	"	" "	" "
<b>TOTAL</b>			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 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.

### What is not included?

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 to a large supermarket.

The food baskets are **not** 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)
9. Plant-based or vegetarian diets

It is possible that food costs for these groups will be higher.

The size of food packets we cost reflect 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 have been underestimated.

Furthermore, people who have completely run out of food and have not maintained an average spending over previous weeks will 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 2020

Table 3 Estimated weekly food costs for Auckland, Wellington, Christchurch, Dunedin and New Zealand in 2020

<b>AUCKLAND</b>	Basic \$		Moderate \$		Liberal \$	
	Mean	SD*	Mean	SD	Mean	SD
Man	75	9	98	11	118	14
Woman	64	7	83	9	99	11
Adolescent boy	79	9	102	11	123	14
Adolescent girl	64	7	84	9	100	11
Child 10 yr	53	5	69	7	83	8
Child 5 yr	45	4	59	6	70	7
Child 4 yr	35	3	45	5	54	5
Child 1 yr	31	3	40	4	48	5
Family (two adults, child 10 and 4 years)†	227	25	296	32	355	39

<b>WELLINGTON</b>	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	72	3	94	4	113	4
Woman	61	2	80	3	96	4
Adolescent boy	76	3	99	4	118	4
Adolescent girl	62	2	81	3	97	4
Child 10 yr	52	2	68	3	82	3
Child 5 yr	45	2	58	2	70	3
Child 4 yr	35	2	45	2	54	2
Child 1 yr	30	1	39	2	47	2
Family (two adults, child 10 and 4 years)	221	9	287	11	344	14

<b>CHRISTCHURCH</b>	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	71	5	92	6	111	7
Woman	60	4	78	5	94	6
Adolescent boy	74	5	97	6	116	8
Adolescent girl	61	4	79	5	95	6
Child 10 yr	51	3	67	4	80	5
Child 5 yr	44	3	57	3	68	4
Child 4 yr	34	2	44	3	53	3
Child 1 yr	30	2	38	2	46	2
Family (two adults, child 10 and 4 years)	217	14	281	18	338	22

<b>DUNEDIN</b>	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	73	1	95	2	114	2
Woman	62	1	81	1	97	2
Adolescent boy	77	1	100	2	120	2
Adolescent girl	63	1	82	1	98	2
Child 10 yr	53	1	69	1	82	2
Child 5 yr	45	1	59	1	70	1
Child 4 yr	35	0	46	1	55	1
Child 1 yr	31	1	40	1	48	1
Family (two adults, child 10 and 4 years)	223	4	290	5	348	6

<b>New Zealand<sup>‡</sup></b>	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	73	5	95	7	123	9
Woman	62	4	81	5	105	7
Adolescent boy	76	5	99	7	129	9
Adolescent girl	63	4	81	5	106	7
Child 10 yr	52	3	68	4	89	5
Child 5 yr	45	3	58	3	75	4
Child 4 yr	35	2	45	3	58	3
Child 1 yr	30	2	39	2	51	3
Family (two adults, child 10 and 4 years)	222	14	289	19	375	24

\* SD Standard Deviation

<sup>†</sup> Calculated from the average cost across four supermarkets for each city

<sup>‡</sup> Calculated from average costs from 16 supermarkets across New Zealand including Auckland, Wellington, Dunedin and Christchurch

## Estimated Food Costs for 2021

Table 4 Estimated weekly food costs for Wellington, Christchurch, Dunedin and New Zealand in 2021\*

<b>WELLINGTON</b>	Basic \$		Moderate \$		Liberal \$	
	Mean	SD <sup>†</sup>	Mean	SD	Mean	SD
Man	71	4	92	5	110	6
Woman	60	3	78	4	93	4
Adolescent boy	74	4	96	5	115	6
Adolescent girl	60	3	78	3	94	4
Child 10 yr	51	3	66	3	79	4
Child 5 yr	43	2	56	3	67	3
Child 4 yr	33	2	43	2	51	3
Child 1 yr	28	1	37	2	44	2
Family (two adults, child 10 and 4 years) <sup>‡</sup>	214	11	278	14	334	16

<b>CHRISTCHURCH</b>	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	69	6	89	8	107	9
Woman	58	5	75	7	90	8
Adolescent boy	72	6	93	8	112	9
Adolescent girl	59	5	76	7	91	8
Child 10 yr	50	4	65	6	78	7
Child 5 yr	42	4	55	5	66	6
Child 4 yr	32	3	42	4	51	5
Child 1 yr	28	2	36	3	44	4
Family (two adults, child 10 and 4 years) <sup>†</sup>	209	18	272	24	326	29

<b>DUNEDIN</b>	Basic \$		Moderate \$		Liberal \$	
	Mean	SD	Mean	SD	Mean	SD
Man	71	4	92	5	110	6
Woman	60	3	78	4	93	4
Adolescent boy	74	4	96	5	115	6
Adolescent girl	60	3	78	3	94	4
Child 10 yr	51	3	66	3	79	4
Child 5 yr	43	2	56	3	67	3
Child 4 yr	33	2	43	2	51	3
Child 1 yr	28	1	37	2	44	2
Family (two adults, child 10 and 4 years)	214	11	278	14	334	16

<b>New Zealand<sup>§</sup></b>	<b>Basic \$</b>		<b>Moderate \$</b>		<b>Liberal \$</b>	
	Mean	SD	Mean	SD	Mean	SD
Man	73	6	95	8	114	9
Woman	62	5	80	7	96	8
Adolescent boy	76	6	99	8	119	10
Adolescent girl	62	5	81	7	97	8
Child 10 yr	52	4	68	5	82	7
Child 5 yr	44	3	57	5	69	5
Child 4 yr	34	3	44	3	53	4
Child 1 yr	30	2	38	3	46	4
Family (two adults, child 10 and 4 years)	221	18	287	23	344	28

<b>West Coast</b>	<b>Basic \$</b>		<b>Moderate \$</b>		<b>Liberal \$</b>	
	Mean	SD	Mean	SD	Mean	SD
Man	75	5	97	7	116	8
Woman	63	4	82	6	98	7
Adolescent boy	78	6	102	7	122	9
Adolescent girl	64	4	83	6	99	7
Child 10 yr	54	3	70	4	84	5
Child 5 yr	46	3	59	4	71	4
Child 4 yr	36	2	46	3	56	3
Child 1 yr	30	1	39	2	47	2
Family (two adults, child 10 and 4 years)	227	15	295	19	354	23

\* Auckland results not reported as only one supermarket was surveyed in 2021

† SD Standard Deviation

‡ Calculated from the average cost across four supermarkets for each city

§ Calculated from average costs from 13 supermarkets across New Zealand including Auckland (1 supermarket), Wellington, Dunedin and Christchurch

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

	2021*	2020	2019	2018	2017	2016	2015	2014	2013	2012
<b>Auckland</b>										
Man	—	75	71	71	65	64	69	68	64	66
Woman	—	64	60	60	55	55	59	58	61	63
Adolescent Boy	—	79	74	74	68	67	72	71	82	84
Adolescent Girl	—	64	61	61	56	55	59	59	68	70
10 yrs	—	53	52	52	48	47	51	50	53	54
5 yrs	—	45	44	44	41	40	44	42	36	37
4 yrs	—	35	34	34	32	31	34	33	34	34
1 yr	—	31	30	29	28	27	29	31	29	29
<b>Wellington</b>										
Man	71	72	68	72	69	64	68	69	70	68
Woman	60	61	57	61	58	55	58	59	66	64
Adolescent Boy	74	76	70	75	72	68	71	72	89	85
Adolescent Girl	60	62	58	61	59	55	59	60	74	71
10 yrs	51	52	49	52	51	47	50	51	58	57
5 yrs	43	45	42	44	43	40	43	44	39	37
4 yrs	33	35	32	34	33	31	34	34	36	35
1 yr	28	30	28	30	28	27	29	27	31	31
<b>Christchurch</b>										
Man	69	71	70	67	68	63	68	71	68	66
Woman	58	60	61	57	58	54	58	61	64	62
Adolescent Boy	72	74	74	70	71	66	71	75	86	83
Adolescent Girl	59	61	61	58	59	54	59	62	71	69
10 yrs	50	51	52	50	50	46	51	53	56	55
5 yrs	42	44	44	42	43	40	44	46	38	36
4 yrs	32	34	34	33	33	31	34	36	36	34
1 yr	28	30	30	29	29	27	30	28	31	30
<b>Dunedin</b>										
Man	71	73	68	68	67	65	66	67	68	67
Woman	60	62	58	58	57	55	56	57	64	63
Adolescent Boy	74	77	71	71	70	69	69	70	86	84
Adolescent Girl	60	63	59	59	57	56	57	58	71	70
10 yrs	51	53	50	50	49	48	49	50	56	55
5 yrs	43	45	42	42	42	41	42	43	37	37
4 yrs	33	35	33	33	32	32	33	34	35	35
1 yr	28	31	29	29	28	28	28	27	30	30

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

Food costs were not collected for Auckland in 2021

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

	2021	2020	2019*	2018	2017	2016	2015	2014	2013	2012
<b>Auckland</b>										
Man		90	92	93	85	83	89	88	84	86
Woman		77	78	78	72	71	76	75	79	81
Adolescent Boy		94	96	97	89	88	94	92	107	109
Adolescent Girl		77	79	79	73	72	77	77	89	91
10 yrs		64	67	67	62	61	66	65	69	70
5 yrs		54	57	57	53	52	57	55	47	47
4 yrs		42	44	44	41	40	44	43	44	44
1 yr		37	39	38	36	35	38	40	38	38
<b>Wellington</b>										
Man	85	87	88	93	89	84	88	90	91	88
Woman	72	74	74	79	76	71	75	77	86	83
Adolescent Boy	89	91	91	97	94	88	93	94	115	111
Adolescent Girl	72	75	75	80	77	72	76	78	96	93
10 yrs	61	63	64	67	66	61	65	66	75	74
5 yrs	51	54	54	58	56	52	56	57	50	49
4 yrs	40	42	42	45	43	41	44	44	47	46
1 yr	34	36	37	39	37	35	37	35	41	40
<b>Christchurch</b>										
Man	82	85	91	88	88	82	89	92	88	86
Woman	70	72	79	75	75	70	76	79	83	81
Adolescent Boy	86	89	96	92	93	86	93	98	112	108
Adolescent Girl	70	73	79	75	76	71	77	81	93	90
10 yrs	60	61	67	64	65	60	66	69	73	71
5 yrs	51	52	58	55	55	52	57	60	49	47
4 yrs	39	41	45	43	43	40	44	47	46	45
1 yr	34	35	39	38	37	35	38	36	40	38
<b>Dunedin</b>										
Man	85	88	89	89	87	85	85	87	89	87
Woman	72	75	75	75	74	72	73	74	84	81
Adolescent Boy	89	92	93	93	91	89	90	91	111	110
Adolescent Girl	72	75	76	76	74	73	74	75	93	91
10 yrs	61	63	65	65	64	62	64	65	73	72
5 yrs	51	54	55	55	54	53	55	56	48	48
4 yrs	40	42	43	43	42	41	43	44	46	45
1 yr	34	37	37	38	37	36	37	35	39	39

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

Table 7 Estimated weekly costs (\$) for a **Liberal** diet compared to previous years

	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012
<b>Auckland</b>										
Man	—	118	110	111	102	100	107	106	100	103
Woman	—	99	93	94	86	85	92	90	95	98
Adolescent Boy	—	123	115	116	107	105	113	111	128	131
Adolescent Girl	—	100	94	95	87	86	93	92	106	109
10 yrs	—	83	81	81	75	74	79	78	83	84
5 yrs	—	70	69	69	64	63	68	66	56	57
4 yrs	—	54	53	53	49	48	53	51	53	53
1 yr	—	48	46	46	43	42	46	48	45	45
<b>Wellington</b>										
Man	110	113	105	112	107	100	106	108	109	105
Woman	93	96	89	95	91	85	90	92	103	100
Adolescent Boy	115	118	110	117	113	105	111	112	138	133
Adolescent Girl	94	97	90	96	92	86	92	94	115	111
10 yrs	79	82	76	81	79	74	79	80	90	88
5 yrs	67	70	65	69	67	63	68	69	60	58
4 yrs	51	54	50	53	52	49	53	53	57	55
1 yr	44	47	44	47	44	42	45	42	49	48
<b>Christchurch</b>										
Man	107	111	110	105	106	98	107	111	106	103
Woman	90	94	94	89	90	84	91	95	100	97
Adolescent Boy	112	116	115	110	111	103	111	117	135	129
Adolescent Girl	91	95	95	91	91	85	92	97	111	108
10 yrs	78	80	81	77	78	73	79	83	88	85
5 yrs	66	68	69	66	66	62	68	72	59	57
4 yrs	51	53	54	51	52	48	53	56	56	53
1 yr	44	46	46	45	45	42	46	44	48	46
<b>Dunedin</b>										
Man	110	114	107	107	105	102	102	105	106	104
Woman	93	97	90	90	88	86	88	89	100	98
Adolescent Boy	115	120	111	111	110	107	108	109	134	132
Adolescent Girl	94	98	91	91	89	87	89	90	111	109
10 yrs	79	82	78	78	77	75	76	78	88	86
5 yrs	67	70	66	66	65	63	66	67	58	57
4 yrs	51	55	51	51	51	49	51	53	55	54
1 yr	44	48	45	45	44	43	44	42	46	47



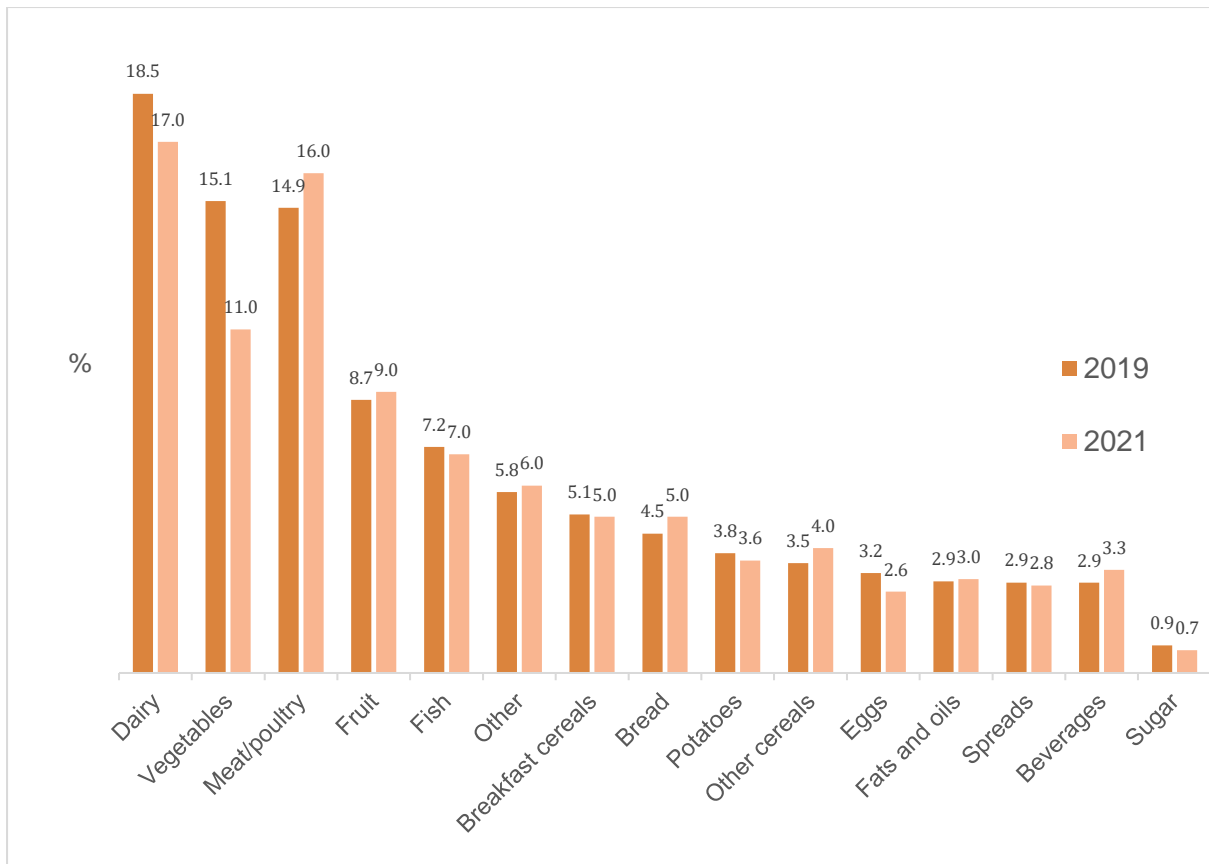


Figure 1 Percent contribution of different food groups to estimated food costs for a family of four for 2019 and 2021

Notes- Dairy includes milk and yoghurt, other includes tomato and pasta sauce, other cereals includes flour

## Notes for 2020 and 2021 food costs

Table 3 shows the average food costs for each city calculated for different age and gender groups and also for a family of four (two adults, child 10 years and child 4 years). In 2020 we estimated weekly food costs for a family of four to meet basic nutritional needs to be \$223 per week and \$221 in 2021.

Food costs in 2020 were higher than in 2019, but in 2021 food costs were similar to 2020. In 2020 data collection occurred before a nationwide lockdown. On 28 February New Zealand had its first Covid-19 case. In 2021 we were only able to survey food prices for one supermarket for Auckland, due to Auckland moving to Level 3 on 28 February (5).

Food costs for different household sizes can be calculated by summing the food costs for different age and gender groups. However, 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 Dunedin, Wellington, Auckland and Christchurch were similar. In 2021 we also included the West Coast, and the results showed slightly higher food costs for the West Coast compared to main cities.

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. In 2021 fresh foods makes up most of the food costs including dairy and milk (17%), vegetables (11%), meat and poultry (16%), fruit (7%) and fish (6%).

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.

Table 8 Examples of foods included in basic, moderate and liberal diets

Basic	Moderate	Liberal
<i>Fruit</i>		
Apples, bananas, pears	Oranges, canned fruit, nectarines, peaches	Strawberries, feijoas, apricots, Fresh and frozen berries
<i>Vegetables</i>		
Carrots, pumpkin, cabbage, onions	Mushrooms, tomatoes, cauliflower, broccoli	Spinach, avocado, courgettes
<i>Meat and Poultry</i>		
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
<i>Fish</i>		
Canned fish, whole fish, frozen crumbed fillets, Red Cod, Hoki, Monk, Trevally	Sole, Terakihi, Gurnard	Blue cod, Salmon, Snapper
<i>Breakfast cereals</i>		
Rolled oats, cornflakes, rice bubbles, wheat biscuits	Muesli, Extruded cereals (e.g Nutrigrain, cheerios)	Bircher Muesli, Toasted muesli with fruit and nuts
<i>Cheese</i>		
Cheddar- tasty, edam, Colby, mild	Processed cheese slices, cottage cheese, cream cheese	Parmesan, mozzarella, speciality cheeses (e.g. brie, feta)
<i>Bread</i>		
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

## 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 2019 Household Economic Survey (previously reported as the Consumer Expenditure Statistics) produced by Statistics New Zealand. The average weekly household expenditure on 'Appliances, articles and products for 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. In 2019 this was estimated to be \$35 (6). Further information for expenditure on non-food items is available from Statistics New Zealand.

## References

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## Appendix 1 List of foods and package sizes surveyed

Item	Unit Size Priced
<b>Fruit, fresh</b>	
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
<b>Vegetables, fresh</b>	
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
<b>Vegetables, frozen</b>	
Vegetables, peas, carrots and corn mix	1000g
Green beans, frozen	1000g
Peas, frozen	1000g
Vegetables, chunky mix, frozen*	1000g

Corn, frozen	1000g
<b>Potatoes</b>	
Potatoes	1kg and 5kg bag
Kumara	per/kg
French fries, frozen	1kg bag
Taro*	Per/kg
<b>Meat and poultry</b>	
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
<b>Fish</b>	
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
<b>Legumes</b>	
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	± 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	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
<b>Bread</b>	
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
<b>Other foods</b>	
	± 20g
Pasta sauce*	575g
Tomato sauce*	420g
Biscuits, plain*	250g
Crackers, plain*	125g
Infant formula (>12 months)	900g