

# Guideline for Calculating Food Costs

for your nutrition program.

Every nutrition program's costs are based primarily on attendance, geographic location, and total school population. You can use the numbers below as a guide but you may have different ways of calculating your food costs.

**When planning meals,** aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food and one protein food.

**When planning snacks,** aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food or one protein food.

About \$1.30 per meal/snack for students grades K-6  
About \$2.08 per meal/snack for students grades 7-12

**Sample calculation** for a breakfast program serving about 25 students in grades K-6, 3 days per week for the whole school year:

$\$1.30 \times 25 \text{ students} \times 3 \text{ days} \times 37 \text{ weeks} = \$3607.50$

### Sample calculation

for a lunch program serving about 100 students in grades 10-12, 5 days per week for the whole school year:

$\$2.08 \times 100 \text{ students} \times 3 \text{ days} \times 37 \text{ weeks} = \$23,088.00$



### Don't be afraid of big numbers!

You can find funding from many sources including parents, businesses, churches, fundraisers, community organizations, and funders like the Child Nutrition Council of Manitoba. You can also offset costs with in-kind support like donations of food, supplies, equipment, and volunteer time.

For funding ideas visit [childnutritioncouncil.com](http://childnutritioncouncil.com).