

Ten Toronto staples.

A \$5.81 gap across five stores.

Ten selected food specifications totalled \$36.35-\$42.16 at five Toronto stores on October 1. The listings use matching stated pack sizes; brands can differ.

TOTAL FOR TEN RECORDED PACKAGES

CAD - one package of each selected food specification

FreshCo FreshCo Dundas & Runnymede Toronto		\$36.35
No Frills Anthony's No Frills Toronto		\$36.76
Superstore Superstore Weston Rd Toronto		\$37.13
Fortinos Fortinos Etobicoke Queens Plate		\$41.60
Loblaws Loblaws Carlton St Toronto		\$42.16

Difference between highest and lowest selected totals: \$5.81

LARGEST ITEM PRICE RANGES IN THIS EXTRACT	LOW	HIGH	RANGE
Canola oil, 946 mL	\$4.29	\$6.50	\$2.21
Long-grain white rice, 2 kg	\$4.49	\$6.49	\$2.00
White bread, 675 g	\$2.48	\$3.99	\$1.51

HOW TO READ THIS EXAMPLE

The extract contains 50 advertised-price observations for ten selected foods at five Toronto stores. It is not a representative household or nutritious-food basket. Brands can differ. Metro, Food Basics and Walmart are absent from this extract. Advertised prices may differ from checkout prices.

DATA AND ATTRIBUTION

Prices observed Oct 1, 2026; evidence reviewed Oct 7; brief prepared Oct 8.

Full finding and methodology

Download the 50-row source CSV

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