EGG PRODUCERS FEDERATION
OF NEW ZEALAND

Protein Cost Per Gram Report

For the Quarter Ended 30 September 2026

Food Item	Product Price	Product Weight (g)	Protein (g) per 100g	Cost per gram of protein ($)
Beef - Mince, 18% Fat	$ 21.99	1,000	17.20	$ 0.13
Beef - Rump Steak	$ 35.99	1,000	21.60	$ 0.17
Beef - Scotch Fillet Steak	$ 41.99	1,000	18.00	$ 0.23
Cheese - Cottage, Traditional	$ 7.35	500	12.60	$ 0.06
Cheese - Mild, Block	$ 13.29	1,000	24.70	$ 0.05
Chicken - Breast, Skinless, Boneless	$ 15.40	1,000	21.30	$ 0.07
Chicken - Thighs, Skinless, Boneless	$ 26.50	1,000	17.00	$ 0.16
Eggs - Barn, Size 6 (Dozen)	$ 9.29	636	12.80	$ 0.07
Eggs - Free Range, Mixed Grade (Dozen)	$ 8.50	582	12.80	$ 0.07
Eggs - Free Range, Size 7 (Dozen)	$ 9.40	744	12.80	$ 0.07
Lamb - Shoulder Chops, Whole Cut	$ 23.95	1,000	17.00	$ 0.14
Milk - Standard Blue, Homogenised	$ 6.03	2,000	3.10	$ 0.19
Pork - Leg Roast, Bone In	$ 10.99	1,000	17.00	$ 0.06
Pork - Mince, 13% Fat	$ 10.99	1,000	20.00	$ 0.05
Seafood - Hoki Fillets, Frozen, Crumbed	$ 10.49	425	11.80	$ 0.09
Seafood - NZ Salmon Fillets, Fresh	$ 58.90	1,000	19.00	$ 0.31
Seafood - Scallops, Raw	$ 15.20	300	11.60	$ 0.13
Tofu - Firm	$ 6.09	300	12.50	$ 0.05

Price Collection Date 29-Sept-26

Retailer Woolworths Greville Road, Auckland

Methodology Prices stated reflect the lowest available full-priced product in each food category, excluding promotional specials, reduced-to-clear items, and membership discounts.
Protein content is based on nutritional information from the retailer's website or product packaging, with adjustments made for estimated edible portions where applicable.