

# The Cost of Healthy Eating in Saskatchewan 2018

Food affordability and availability has the potential to influence food choices and impact health.

Food prices were collected in 105 stores across Saskatchewan.



What does it cost a family of four to buy groceries for a week?



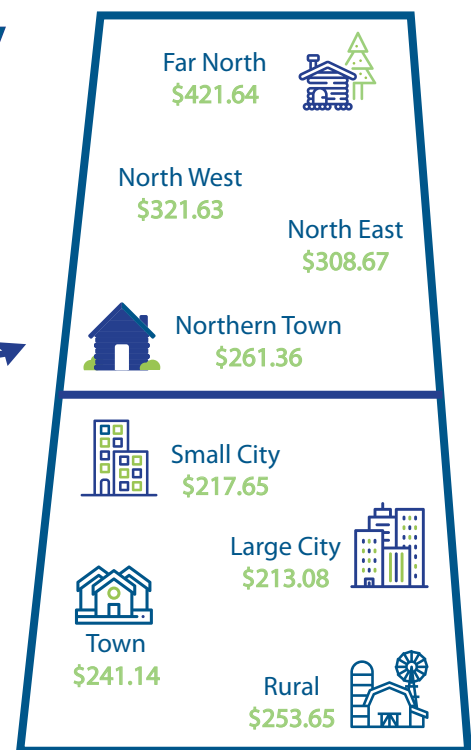
**North Average**  
\$316.81 per week



**Provincial Average**  
\$245.68 per week



**South Average**  
\$227.47 per week



**\$454.92**

The added food cost for a breastfeeding mother per year



**\$1440.00 to \$3431.00**

The cost of infant formula per year

## WAYS THIS INFORMATION CAN BE USED:

- Raising awareness
- Supporting grant and funding decisions
- Monitoring food programs and budgets
- Completing community food assessments
- Understanding the cost of basic needs



Read The Cost of Healthy Eating in Saskatchewan 2018 report for more information.