The Cost of Healthy Eating in Saskatchewan 2015

Some Saskatchewan families are struggling to put healthy food on the table. This is impacting their health and wellbeing.

Weekly Food Costs for Families

- **Provincial Average**: $243.64 per week
- **North Average**: $314.73 per week
- **South Average**: $228.76 per week

Nearly 1 in 3 children in Saskatchewan live in poverty.

$50 of Groceries over time

- 2009
- 2012
- 2015

The time to act is now!

Read the full Cost of Healthy Eating in Saskatchewan 2015 report for more information.

Help make healthy food accessible, available and affordable for all families by:
- working towards reducing poverty;
- making healthy foods available where we live, work and play;
- supporting community gardens or kitchens, good food boxes, bulk buying programs or the use of traditional foods; and
- donating to food banks or meal programs.