

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.



Nearly 1 in 3 children in Saskatchewan live in poverty.

Weekly Food Costs for Families

\$50 of Groceries over time



The time to act is now!

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.

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