The Cost of Healthy Eating in Northern Saskatchewan 2015

Weekly food costs are highest in Northern Saskatchewan. This makes it difficult for some families to put healthy food on the table and impacts 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

- **Far North**: $440.74
- **North West**: $307.93
- **North East**: $329.79
- **Northern Town**: $255.72
- **La Ronge**

Challenges for Families in the North

- Food costs in the Far North are 80% higher than the provincial average.
- Many families have low incomes.
- Many healthy foods are not available or are of poor quality.
- Access to communities can be limited to seasonal roads and/or air travel.

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.