

## Cost of Healthy Eating In Saskatchewan Report Released



In Saskatchewan, a family of four can expect to spend an average of \$205.02 on food each week. This does not include eating out, convenience foods, toiletries or transportation to the grocery store.

In addition to the average cost of healthy eating, The Cost of Healthy Eating in Saskatchewan 2009: Impact on Food Security report, by the Public Health Nutritionists of Saskatchewan and supported by Saskatchewan Health Regions, also found geographical differences around the province. People living in rural areas pay more for food than those living in large cities such as Regina and Saskatoon. Food costs are highest in the northern part of the province. Pregnant and breastfeeding women have a higher food cost due to their need for increased

energy. It is important to note that even though a breastfeeding woman requires more food, it is still more economical to breastfeed.

The report provides a calculator that can help individuals, families, communities and governments to make decisions around food costs and policies affecting healthy eating.

“This study provides an important piece of evidence on the variability of food cost across the province,” said Public Health Nutritionist, Jennifer Miller. “This is one factor to consider when addressing access to affordable healthy food.”

All individuals and organizations have a role to play in creating a food-secure Saskatchewan. Collaboration is essential for long-term and sustainable solutions that address the complexity of food costs as well as food security and poverty.

For a copy of the full report, visit

[http://www.foodsecuresaskatchewan.ca/images/stories/cost\\_of\\_healthy\\_eating\\_in\\_saskatchewan\\_2010.pdf](http://www.foodsecuresaskatchewan.ca/images/stories/cost_of_healthy_eating_in_saskatchewan_2010.pdf)

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