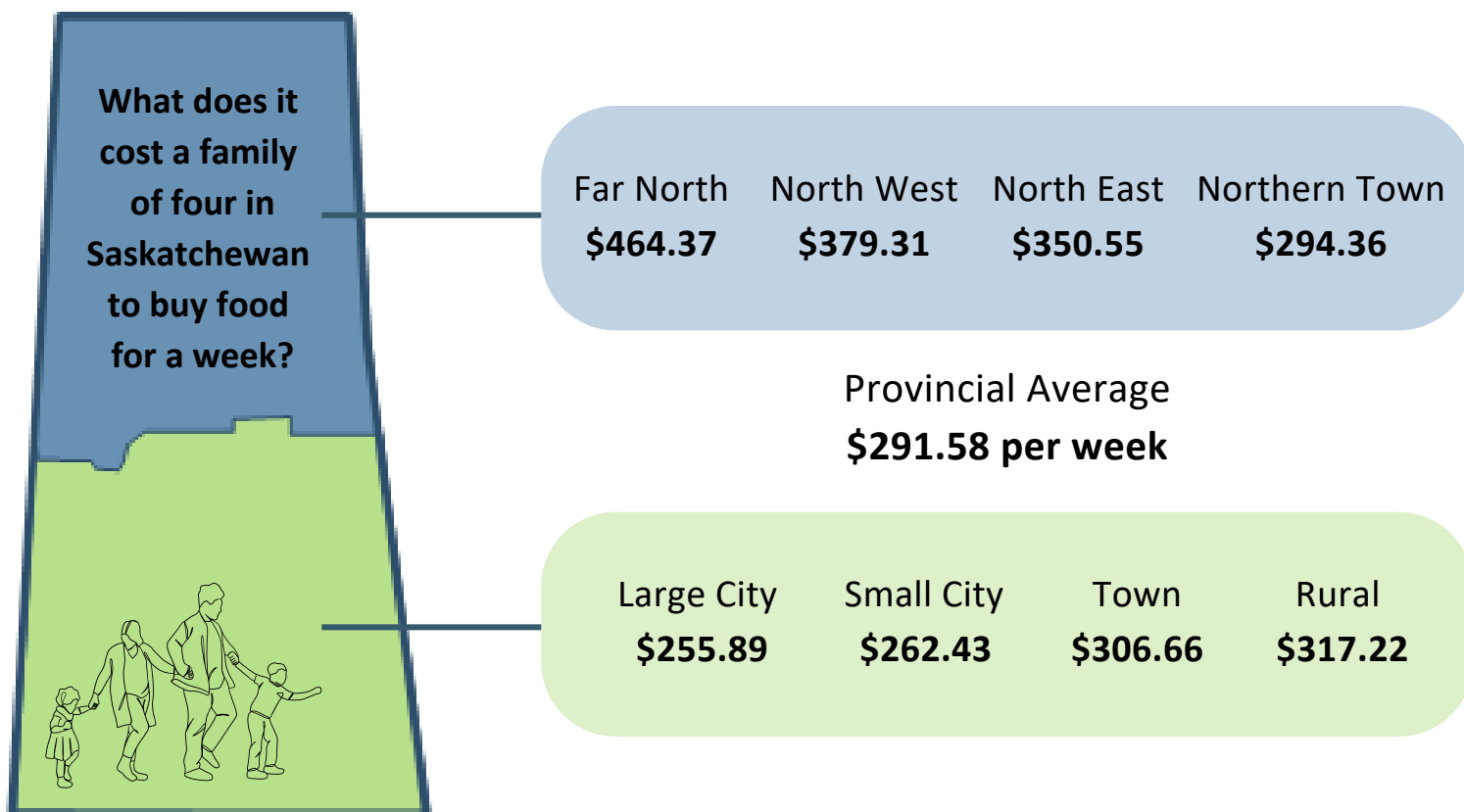


The Cost of Healthy Eating in Saskatchewan 2022



The affordability and availability of food can influence the health of populations.

\$540.00
The added food cost to
breastfeed for a year



\$1,642.00 to \$3,567.00
The cost of infant
formula per year

Decision makers can use this information to:

- Allocate funds for nutrition programs
- Inform decisions regarding health, nutrition and social policy
- Support further assessment and monitoring of barriers affecting healthy food access
- Promote access to nutritious, safe, and personally acceptable foods

Read The Cost of Healthy Eating in Saskatchewan 2022 report for more information.