

The Cost of Food in Saskatchewan 2025



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Note on Title of the Report

The title has changed from previous reports. The term 'Healthy Eating' was removed to support food neutrality. Using neutral language without labeling food as healthy or unhealthy cultivates a balanced, flexible, and positive relationship with food that supports overall physical, mental, and emotional well-being.

Introduction



Everyone deserves the right to adequate, nutritious, safe, affordable and culturally appropriate food. The affordability and availability of food influences the health of populations. Food cost is one indicator of food security. Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.⁽¹⁾ This report presents the most recent data on the cost of the National Nutritious Food Basket in Saskatchewan.

This report can be used to:

- Allocate funds for nutrition programs, food grants and food allowances
- Inform decisions regarding health, nutrition and social policy development and implementation
- Support further assessment and monitoring of regional barriers and cost differences affecting nutritious food access
- Promote access to nutritious, safe, and personally acceptable foods

The Cost of Food in Saskatchewan 2025

The Cost of Food in Saskatchewan report is completed every three years. The previous costing was completed in 2022.

Food cost data for this report was collected in June 2025 from 101 randomly selected grocery stores throughout Saskatchewan. Data was collected online and in-store in urban, rural and northern locations, as well as Indigenous communities. Food items were costed using a survey tool called the National Nutritious Food Basket which includes foods as well as quantities for various age and sex groups. Items in the National Nutritious Food Basket are minimally processed and typically widely available, such as fresh and frozen fruit and vegetables, cheese, milk, rice, meat, beans, and lentils.⁽²⁾ Food costing provides a snapshot of the cost of food at a specific time.

There are many factors that impact food costs that are not accounted for in this report. Some include:

- Regular access to full-service grocery stores
- Access to and cost of transportation to a grocery store
- Specific foods used to manage health conditions
- Cultural, religious or personal food practices
- Time, energy, skills, space and equipment to store and prepare food

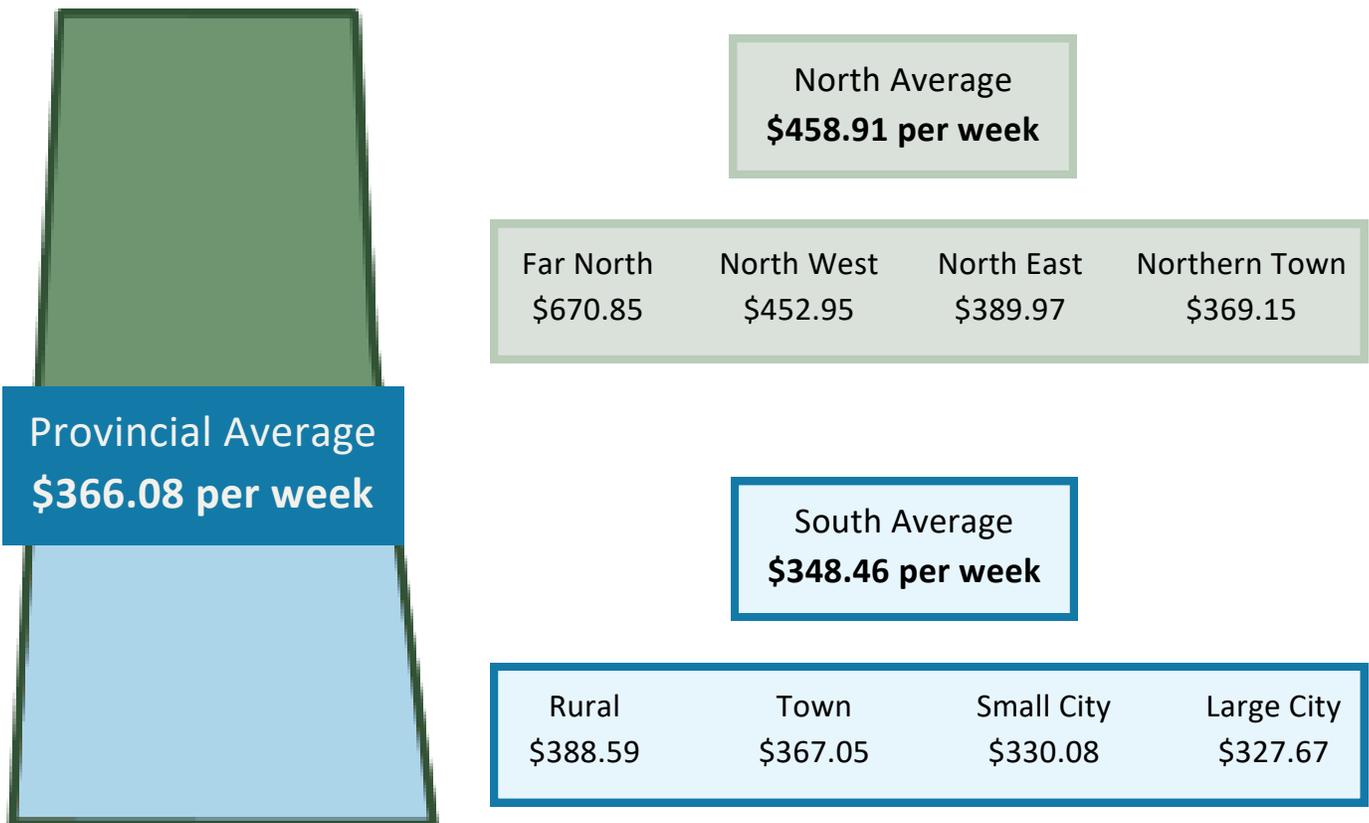


While only grocery stores were surveyed, it is important to note that grocery stores may not be the only source of food, especially where other methods such as gardening, harvesting wild game, fishing, gathering, ranching, and farming are practiced.

Food Costs and Where You Live

The cost of the National Nutritious Food Basket varies throughout Saskatchewan. The provincial average for a family of four is \$366.08 per week. Residents of northern Saskatchewan have the highest cost in the province. The average cost in the north is \$458.91 per week compared to \$348.46 per week in the south.

Figure 1. Average weekly costs of the National Nutritious Food Basket for a reference family of four which includes a 31-50 year old man, a 31-50 year old woman, a 4-8 year old girl and a 14-18 year old boy, Saskatchewan, 2025.



Northern communities are classified by geographic location and ease of access

Far North: Low access with air travel as the main form of transportation. Some communities have limited seasonal roads.

North West: Moderately accessible; majority gravel roads and air access.

North East: Moderate and low access; gravel or seasonal roads or air travel as the main forms of transportation.

Northern Town: Highly accessible; paved roads, access to nearby towns and cities and air access.

Southern communities are classified by population size

Large City: >100,000 people

Small City: 5,000 - 99,999 people

Town: 500 - 4,999 people

Rural: <500 people



Table 1. Average monthly costs of the National Nutritious Food Basket for the reference family of four, Saskatchewan, 2022 and 2025.⁽³⁾

| Northern Saskatchewan | Cost per Month 2022 | Cost per Month 2025 | % Increase |
|---------------------------|---------------------|---------------------|-------------|
| Far North | \$2,167.23 | \$2,904.77 | 34.0 |
| North West | \$1,750.15 | \$1,961.29 | 12.1 |
| North East | \$1,594.65 | \$1,688.55 | 5.9 |
| Northern Town | \$1,399.45 | \$1,598.43 | 14.2 |
| Provincial Average | \$1,359.49 | \$1,585.13 | 16.6 |
| Southern Saskatchewan | Cost per Month 2022 | Cost per Month 2025 | % Increase |
| Rural | \$1,503.89 | \$1,682.61 | 11.9 |
| Town | \$1,431.74 | \$1,589.34 | 11.0 |
| Small City | \$1,231.76 | \$1,429.26 | 16.0 |
| Large City | \$1,194.82 | \$1,418.82 | 18.7 |

The Cost of Food During Pregnancy and Breastfeeding

Nutritional needs increase during pregnancy and breastfeeding. The increase in nutrient requirements during this time results in higher food costs.

Table 2. Average weekly and monthly costs of the National Nutritious Food Basket during pregnancy and breastfeeding, Saskatchewan, 2025.

| Pregnancy | Cost per Week | Cost per Month |
|---------------------|---------------|----------------|
| 18 years or younger | \$112.97 | \$489.18 |
| 19 to 30 years | \$112.48 | \$487.02 |
| 31 to 50 years | \$111.94 | \$484.68 |
| Breastfeeding | Cost per Week | Cost per Month |
| 18 years or younger | \$109.76 | \$475.28 |
| 19 to 30 years | \$107.76 | \$466.58 |
| 31 to 50 years | \$98.71 | \$427.39 |



Breastfeeding individuals, aged 19-30 years require an extra \$1,034.40 per year for food costs, which is less than the price of infant formula. Infant formula costs range from \$2,279.70 to \$4,936.26 per year. Liquid concentrated formula costs \$2,279.70 per year, while powder formula costs \$2,327.11 per year. Ready-to-feed formula is considerably more expensive at \$4,936.26 per year. Infant formula was available in 74 of the 101 stores surveyed. The annual cost of powder infant formula increased by 41.7% since 2022.

These prices do not include additional costs such as bottles, nipples and water or any specialized formulas.

Table 3. Average annual cost of infant formula Saskatchewan, 2022 and 2025.⁽³⁾

| Formula Type | Annual Cost 2022 | Annual Cost 2025 | % Increase |
|----------------|------------------|------------------|-------------|
| Powder | \$1,642.29 | \$2,327.11 | 41.7 |
| Liquid | \$1,688.83 | \$2,279.70 | 35.0 |
| Ready to serve | \$3,566.60 | \$4,936.26 | 38.4 |

Availability



A variety of nutritious foods may not be consistently available in grocery stores in some communities in Saskatchewan. In general, the food basket items are less available in rural and northern Saskatchewan, particularly plant-based proteins, fruits and vegetables. When these foods are not available, individuals may go without or choose less nutritious foods, which can have negative impacts on health and quality of life.

Conclusion

Many individuals and families in Saskatchewan are impacted by the affordability and accessibility of nutritious food. Costing of the National Nutritious Food Basket in Saskatchewan is an important population health activity that produces the most comprehensive data to establish a conservative estimate of food costs throughout the province. The results provide individuals or groups from a variety of sectors the ability to assess the impact of food costs on health and social programming, as well as policy decisions.

Everyone deserves the right to adequate, nutritious, safe, affordable and culturally appropriate food.

References

1. The Food and Agriculture Organization (1996) World Food Summit
2. Health Canada (2019) National Nutritious Food Basket
3. Saskatchewan Retail Food Costing Task Group (2024) The Cost of Food in Saskatchewan 2022



Appendix

Calculating Food Costs

Use the Food Costing Worksheet to calculate the cost of the National Nutritious Food Basket for different family sizes or groups.

| Food Costing Worksheet | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------------------|
| STEP 1 Write down the age and sex of all the people you are feeding. Then write down the cost per week based on where you live. | Age (years) | Sex | Cost per week (\$) based on where you live Refer to Table 1 on the following page. |
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| STEP 2 Add the costs. | Subtotal = | | _____ |
| STEP 3 Multiply your subtotal by an adjustment factor. | It costs slightly more per person to feed a small group of people and less to feed a large group. 1 person – multiply by 1.20 2 people – multiply by 1.10 3 people – multiply by 1.05 4 people – multiply by 1 (no change) 5 people – multiply by 0.95 6+ people – multiply by 0.90 | | _____ X _____ Subtotal Adjustment Factor = _____ Total Weekly Food Cost |
| STEP 4 Multiply your total weekly food cost by 4.33 to show cost per month. | _____ X 4.33 = | | _____ |
| | Total Weekly Food Cost | | Total Monthly Food Cost |

Table 1. Average Weekly Costs of the National Nutritious Food Basket for Individuals by Age, Sex, and Geography, Saskatchewan, 2025.

| Males Age (years) | Saskatchewan | North | South |
|----------------------------------|---------------------|--------------|--------------|
| 2-3 | \$55.21 | \$69.31 | \$52.55 |
| 4-8 | \$62.13 | \$78.31 | \$59.12 |
| 9-13 | \$81.45 | \$102.80 | \$77.49 |
| 14-18 | \$111.98 | \$139.77 | \$106.64 |
| 19-30 | \$112.61 | \$140.27 | \$107.34 |
| 31-50 | \$106.07 | \$132.56 | \$101.01 |
| 51-70 | \$94.19 | \$117.41 | \$89.70 |
| over 70 | \$87.44 | \$110.59 | \$83.04 |
| Females Age (years) | Saskatchewan | North | South |
| 2-3 | \$55.21 | \$69.31 | \$52.55 |
| 4-8 | \$61.44 | \$77.55 | \$58.43 |
| 9-13 | \$80.18 | \$101.48 | \$76.24 |
| 14-18 | \$96.04 | \$121.59 | \$91.32 |
| 19-30 | \$87.85 | \$110.58 | \$83.59 |
| 31-50 | \$86.59 | \$109.03 | \$82.37 |
| 51-70 | \$78.89 | \$99.69 | \$75.01 |
| over 70 | \$75.75 | \$95.69 | \$72.02 |
| Pregnancy Age (years) | Saskatchewan | North | South |
| 18 and younger | \$112.97 | \$141.60 | \$107.53 |
| 19-30 | \$112.48 | \$141.11 | \$107.02 |
| 31-50 | \$111.94 | \$140.67 | \$106.45 |
| Breastfeeding Age (years) | Saskatchewan | North | South |
| 18 and younger | \$109.76 | \$137.63 | \$104.46 |
| 19-30 | \$107.76 | \$135.25 | \$102.49 |
| 31-50 | \$98.71 | \$124.02 | \$93.88 |

Table 2. Average Monthly Costs of the National Nutritious Food Basket for Individuals by Age, Sex, and Geography, Saskatchewan, 2025.

| | Saskatchewan | North | South |
|----------------------------------|--------------|----------|----------|
| Males Age (years) | | | |
| 2-3 | \$239.05 | \$300.11 | \$227.56 |
| 4-8 | \$269.04 | \$339.09 | \$255.98 |
| 9-13 | \$352.67 | \$445.15 | \$335.51 |
| 14-18 | \$484.89 | \$605.22 | \$461.77 |
| 19-30 | \$487.62 | \$607.35 | \$464.76 |
| 31-50 | \$459.27 | \$573.97 | \$437.37 |
| 51-70 | \$407.84 | \$508.39 | \$388.40 |
| over 70 | \$378.60 | \$478.85 | \$359.58 |
| Females Age (years) | | | |
| 2-3 | \$239.05 | \$300.11 | \$227.56 |
| 4-8 | \$266.03 | \$335.80 | \$253.02 |
| 9-13 | \$347.17 | \$439.40 | \$330.13 |
| 14-18 | \$415.84 | \$526.50 | \$395.40 |
| 19-30 | \$380.38 | \$478.82 | \$361.93 |
| 31-50 | \$374.93 | \$472.10 | \$356.66 |
| 51-70 | \$341.58 | \$431.64 | \$324.81 |
| over 70 | \$328.00 | \$414.33 | \$311.86 |
| Pregnancy Age (years) | | | |
| 18 and younger | \$489.18 | \$613.11 | \$465.62 |
| 19-30 | \$487.02 | \$611.02 | \$463.38 |
| 31-50 | \$484.68 | \$609.11 | \$460.94 |
| Breastfeeding Age (years) | | | |
| 18 and younger | \$475.28 | \$595.96 | \$452.31 |
| 19-30 | \$466.58 | \$585.62 | \$443.80 |
| 31-50 | \$427.39 | \$537.02 | \$406.49 |