

The Cost of Healthy Eating in Saskatchewan 2009: Impact on Food Security

Written by the Public Health Nutritionists of Saskatchewan Working Group with the support of Saskatchewan Regional Health Authorities—April 2010

PUBLICATION INFORMATION

Publication date: April 2010

Reference: Public Health Nutritionists of Saskatchewan Working Group (2010). *The Cost of Healthy Eating in Saskatchewan 2009: Impact on Food Security*. Saskatoon: Public Health Nutritionists of Saskatchewan Working Group.

Available at: www.foodsecuresaskatchewan.ca.

All inquiries regarding this publication should be directed to:

Terry Ann Keenan, R.D., Public Health Nutritionist, Saskatoon Health Region at
terryann.keenan@saskatoonhealthregion.ca or (306) 655-4663

ACKNOWLEDGEMENTS



The Public Health Nutritionists of Saskatchewan Working Group—Food Costing Committee wishes to acknowledge the support of many individuals and organizations.

Grocery stores across Saskatchewan, for participation

Health Region Dietitians, Public Health Nutritionists, and Dietitians with First Nations, for collecting data

Community volunteers, who took part in the Participatory Food Costing Pilot Project

Carla Tschigerl, R.D., Public Health Nutritionist, Keewatin Yatthé Regional Health Authority, and Tanis Kershaw, Research Assistant, Saskatoon Health Region, for editing

Tracy Creighton, GIS Analyst, Saskatoon Health Region, for map development

Lynn Kowblich, Support Staff, Saskatoon Health Region, for data entry and editing

Lisa Vance, R.D., Prenatal Nutritionist, Regina Qu'Appelle Health Region, Participatory Food Costing Pilot Project

Saskatchewan Regional Health Authorities, for their support

REPORT AUTHORS

Cathryn Abrametz, R.D., Public Health Nutritionist, Athabasca Health Authority, Keewatin Yatthé & Mamawetan Churchill River Regional Health Authorities

Linda Gilmour Kessler, R.D., Health Educator/Nutritionist, Prince Albert Parkland Health Region

Kyla Golightly, R.D., School Nutritionist, Food for Thought Project, Prince Albert

Terry Ann Keenan, R.D., Public Health Nutritionist, Saskatoon Health Region

Josh Marko, MPH, Epidemiologist, Saskatoon Health Region

Jennifer Miller, R.D., Public Health Nutritionist, Prairie North Health Region

Barb Wright, R.D., Public Health Nutritionist, Sun Country Health Region

ENDORSEMENTS



Dietitians of Canada
Les diététistes du Canada

TABLE OF CONTENTS

<u>Acknowledgements, Report Authors, Endorsements</u>	i
<u>Table of Contents</u>	ii
<u>Executive Summary</u>	1
<u>Why Care About the Cost of Healthy Eating?</u>	2
What is Food Security?	
Who is at Risk for Food Insecurity?	
<u>Food Costing in Saskatchewan</u>	4
Why Food Costing?	
How Do We Calculate a Nutritious Food Basket?	
<u>Food Costing Results</u>	6
How Much Does the National Nutritious Food Basket Cost?	
Does Pregnancy and Breastfeeding Affect Food Costs?	
Does Where You Live Affect Food Costs?	
Do Age and Gender Affect Food Costs?	
How Do Food Costs Compare?	
<u>Food Costing Limitations</u>	11
<u>Building A Brighter Future</u>	12
How Do We Create Food Security?	
How Can Individuals, Communities and Governments Create Food Security?	
<u>Resources to Make a Difference</u>	15
<u>References</u>	16
<u>Photo Credits</u>	17
<u>Appendix A: Food Cost Calculator</u>	A1

EXECUTIVE SUMMARY

Why Care About the Cost of Healthy Eating?

Eating a nutritious diet is important for health. However, the cost of healthy food may make eating healthy difficult. Food and nutrition decisions are not simply a matter of individual choice. Economic and social factors, coping skills, environment and working conditions all impact a person's capacity to make food and nutrition choices.¹

Many people in Saskatchewan, including those receiving social assistance, lone-parent households, off-reserve Aboriginal households and those who do not own their own dwelling are at risk for experiencing food insecurity.² Canadians in the lowest income category had the highest percent (48%) of food insecurity.²

Food Costing in Saskatchewan

Calculating food costs provides valuable information for monitoring food insecurity by determining the cost of nutritious foods. The 2008 National Nutritious Food Basket, which is based upon current recommendations in *Canada's Food Guide*, was used to calculate food costs in Saskatchewan.³ Costing the National Nutritious Food Basket assesses the affordability of a nutritious diet, assists health and social agencies to monitor the cost and affordability of food and assists policy and decision makers to develop health, nutrition and social policies.³

Highlights

- In Saskatchewan, the cost of the National Nutritious Food Basket for a reference family of four is \$205.02 per week. In northern Saskatchewan, that same reference family of four would have higher food costs (\$252.27 per week).
- Outside the north, the food costs for a reference family of four are lowest in large cities (\$184.91 per week), and most expensive in rural areas (\$206.94 per week).
- Food costs are highest for those 14 to 18 for males and 19 to 30 years of age for females.
- The male food costs are higher than female food costs in each age group.
- Pregnant and breastfeeding women need more healthy food in order to nourish their growing child, thus their food costs are higher than females who are not pregnant or breastfeeding.

Building a Brighter Future

Food insecurity is a complex problem but there are solutions. The *Cost of Healthy Eating in Saskatchewan 2009: Impact on Food Security* provides information and tools to support food security in Saskatchewan. All individuals and organizations have a role to play in creating a food secure Saskatchewan. Collaboration between agencies, communities, families and individuals is required for long-term and sustainable solutions that address the complexity of not just food costs but of food security.

WHY CARE ABOUT THE COST OF HEALTHY EATING?

Eating a nutritious diet is important for health. However, the cost of healthy food can make it more difficult for some people to afford these foods. The cost of healthy food is one aspect of food security.

WHAT IS FOOD SECURITY?

"Food security exists when all people at all times have the physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."⁴

Everyone has a right to safe, sufficient and nutritious food.⁴ The decision about how much and which foods to consume is influenced by access and affordability and not simply a matter of personal preference. Food security is a determinant of health and can improve the health of Canadians by decreasing the incidence of chronic disease, hunger and food borne illness.⁵

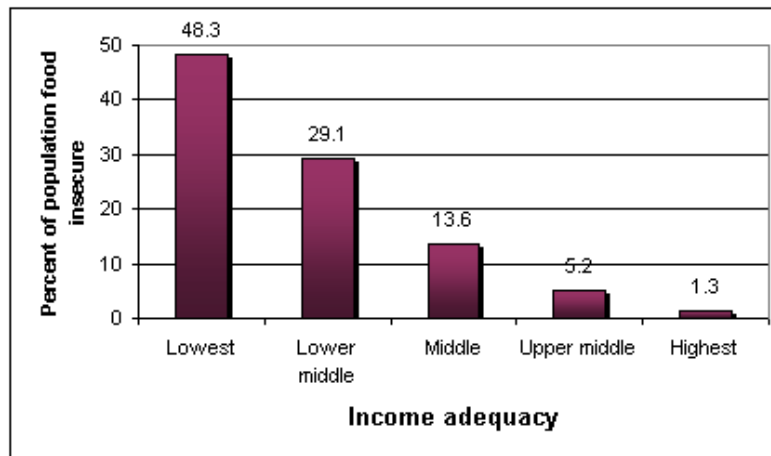


WHY CARE ABOUT THE COST OF HEALTHY EATING?

WHO IS AT RISK FOR FOOD INSECURITY?

Food insecurity affects us all. It affects our families, communities, economy and health care system. Some people are more vulnerable to experiencing food insecurity first hand, for example people with a low income. In 2007, Health Canada produced one of the most comprehensive reports on food insecurity in Canada.² They estimated that 48% of people in the lowest income category experienced food insecurity compared to 1% of those in the highest income category as shown in Figure 1.

Figure 1: Household food security status by income adequacy, Canada, 2004



Data Source:
Statistics Canada,
Canadian Community
Health Survey,
cycle 2.2, 2004.

According to the Canadian Community Health Survey Cycle 2.2², other groups identified as having high food insecurity included:

- Social assistance recipients 59.7%
- Lone parent households 22.5%
- Off-Reserve Aboriginal households 33.3%
- Did not own dwelling 20.5%

Other groups identified as being at risk for food insecurity include children under the age of two⁶ and women⁷. Children under the age of two are the most vulnerable group to food insecurity due to the consequences of food insecurity on growth, health and development⁶. For on-reserve First Nations communities food security is anecdotally reported to be an issue. Unfortunately, there is a lack of available data and more research is required on food intake, diet quality and its determinants (including food security).⁸

With the economic growth in Saskatchewan over the last few years, there has been an increase in housing costs which have made homeownership difficult for some people.⁹ The cost of rental units have also dramatically increased across the province.⁹ When costs increase for other basic needs, such as housing, transportation and child care, there is less money available to spend on food.¹⁰

FOOD COSTING IN SASKATCHEWAN

WHY FOOD COSTING?

Calculating food costs provides valuable information for monitoring food insecurity by examining the cost of a basket of 63 basic and nutritious foods. The 2008 National Nutritious Food Basket is the tool used to collect food cost data in Saskatchewan.¹¹ The purpose of the National Nutritious Food Basket tool is to provide a benchmark for healthy eating.

Calculating the National Nutritious Food Basket can:³

- Assess the affordability of a nutritious diet for individuals and families.
- Assist health and social agencies to monitor the cost and affordability of a nutritious basket of food for people of all ages including pregnant and breastfeeding women.
- Assist policy and decision makers to develop health, nutrition and social policies.

HOW PREVIOUS SASKATCHEWAN FOOD COST REPORTS HAVE BEEN USED

In 2008, Saskatchewan Breakfast For Learning started to use a *community resource* factor when allocating grants to schools from rural and northern communities. This resource factor was based on the 2006 Saskatchewan Food Costing report results.

The Ministry of Social Services used data from the 2006 report to serve as an indicator when examining northern food allowances.

“The Saskatchewan Food Cost report is a valuable tool for food banks in Saskatchewan when looking at the cost of food and reasons why food bank clients find a need to use a food bank to help them deal with food insecurity. Each year food bank clients find it more and more difficult to find the means to purchase nutritious food for their families because of increased costs and limited resources.”

Hall B, Saskatchewan Food Banks. E-mail to Jennifer Miller 2009 Oct 30.

FOOD COSTING IN SASKATCHEWAN

HOW DID WE CALCULATE A NUTRITIOUS FOOD BASKET?

The 2008 National Nutritious Food Basket tool is based upon current nutrition recommendations such as *Canada's Food Guide* and average food purchasing patterns.¹¹ The Food Basket does not include foods that are not part of the four food groups of *Canada's Food Guide*.

In June 2009, food costing was performed in 96 randomly selected grocery stores throughout Saskatchewan. Locations included large and small cities, towns and villages as well as northern Saskatchewan communities. With the exception of the city of Regina, food costing was conducted by Registered Dietitians and/or Public Health Nutritionists. Regina conducted a pilot project using participatory food costing methods. See below for more information about participatory food costing.

Note: While the resulting food costs in 2009 are higher than those reported in 2006, a revised National Nutritious Food Basket was used in 2009, therefore direct comparisons between the two reports should not be made.

PARTICIPATORY FOOD COSTING PILOT PROJECT

In the Regina Qu'Appelle Health Region (RQHR), participatory food costing was identified as a way to increase community awareness and support future action around food security.

Twenty one residents in RQHR, who face financial barriers to purchasing healthy foods were recruited and trained to conduct food costing in Regina. The methodology for this process was taken from the Nova Scotia Nutrition Council.¹² Participants were compensated for their involvement in the project.

While conducting food costing, participants were accompanied by a Public Health Nutritionist. Participants were engaged in the work and felt they were making a valuable contribution to a meaningful project.

Future community meetings to share the report and an evaluation are planned.

FOOD COSTING RESULTS

HOW MUCH DID THE NATIONAL NUTRITIOUS FOOD BASKET COST?

In Saskatchewan, for a reference family of four, the National Nutritious Food Basket costs \$887.75 per month, or \$205.02 per week (see Table 1). Males 14 to 18 years old have the highest food cost out of any age/gender group at \$64.61 per week. Girls 2 to 3 years old have the lowest food costs at \$26.98 per week.

To calculate your own food costs, refer to the Food Cost Calculator (Appendix A)

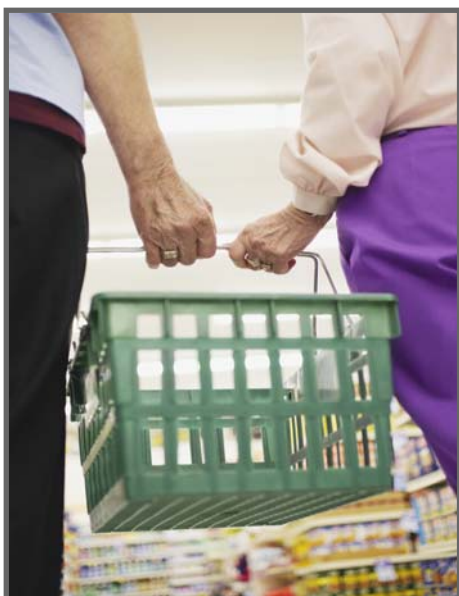


Table 1: Average weekly and monthly costs of the National Nutritious Food Basket by age and gender, Saskatchewan, 2009

Males - Age (years)	Cost per Week	Cost per Month
2-3	\$ 27.56	\$ 119.34
4-8	\$ 35.50	\$ 153.71
9-13	\$ 46.36	\$ 200.76
14-18	\$ 64.61	\$ 279.76
19-30	\$ 63.13	\$ 273.36
31-50	\$ 57.38	\$ 248.46
51-70	\$ 55.07	\$ 238.47
Over 70	\$ 54.46	\$ 235.80
Females * - Age (years)	Cost per Week	Cost per Month
2-3	\$ 26.98	\$ 116.83
4-8	\$ 34.34	\$ 148.68
9-13	\$ 40.22	\$ 174.14
14-18	\$ 47.79	\$ 206.94
19-30	\$ 49.41	\$ 213.93
31-50	\$ 48.69	\$ 210.84
51-70	\$ 43.06	\$ 186.46
Over 70	\$ 42.26	\$ 182.98
Family	Cost per Week	Cost per Month
Reference Family of Four**	\$ 205.02	\$ 887.75

*Not pregnant and not breastfeeding

**Reference family of four includes two adults age 31-50 and two children (female 4-8 years of age and male 14-18 years of age).

FOOD COSTING RESULTS

DOES PREGNANCY AND BREASTFEEDING AFFECT FOOD COSTS?

According to *Canada's Food Guide*, pregnant and breastfeeding women should eat a little more food every day than non-pregnant women to support the baby's growth and development. In Saskatchewan, a nutritious food basket for a:

- Pregnant woman costs from \$52.41 to \$53.81 per week, and
- Breastfeeding mother costs from \$55.16 to \$56.62 per week (see Table 2 below).

Pregnancy and breastfeeding increase food costs for women. For example, food costs are:

- \$4.40 more per week during pregnancy for 19-30 year olds than for non-pregnant women of the same age, and
- \$7.21 more per week during breastfeeding for 19-30 year olds than for non-breastfeeding women of the same age (see Table 1 on page 6 and Table 2 below).

Although the cost of food for breastfeeding mothers is slightly higher than for women who are not breastfeeding, breastfeeding is economical. A 2004 report by INFACT Canada estimated that in Saskatchewan costs for infant formula ranged from \$20.00 to \$106.00 per week.¹³ This does not include the cost of bottles, nipples and other supplies.¹⁴ This is one of many reasons that breastfeeding is critical to food security for infants and their family.

Table 2: Average weekly and monthly costs of the National Nutritious Food Basket for pregnant or breastfeeding women, Saskatchewan, 2009

Pregnancy (woman's age in years)	Cost per week	Cost per month
Younger than 19	\$ 53.04	\$ 229.66
19-30	\$ 53.81	\$ 233.02
31-50	\$ 52.41	\$ 226.93
Breastfeeding (woman's age in years)	Cost per week	Cost per month
Younger than 19	\$ 55.16	\$ 238.82
19-30	\$ 56.62	\$ 245.16
31-50	\$ 55.21	\$ 239.07



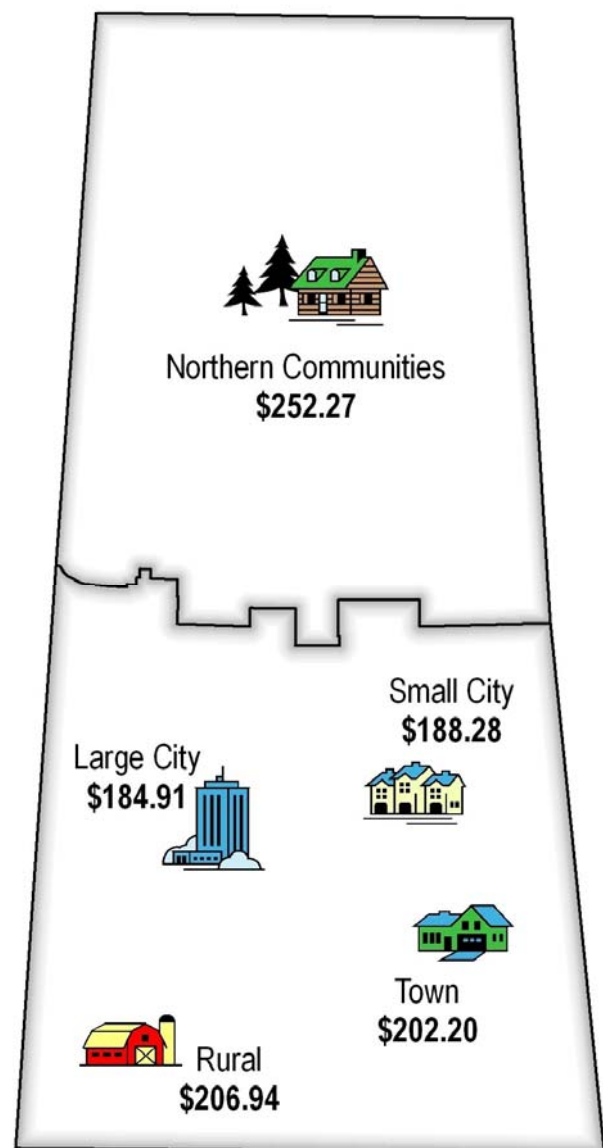
FOOD COSTING RESULTS

DOES WHERE YOU LIVE AFFECT FOOD COSTS?

Residents of northern Saskatchewan have the highest food costs (\$252.27 per week for a reference family of four) compared to any other region in Saskatchewan. Food costs are less expensive in the southern half of Saskatchewan. A weekly nutritious food basket in a large city costs less than the same food basket in a small city, town or rural community (see Figure 2).

Despite the higher costs seen in smaller rural centres in the southern part of the province, having a rural grocer is vital to the quality of life of these communities. For people living in rural communities, the travel costs to urban centres to purchase food are not included in the basket.

Figure 2: Weekly National Nutritious Food Basket costs for a reference family of four by geography, Saskatchewan, 2009



Definitions for Figure 2

Northern Community = The health regions of Athabasca, Keewatin Yatthé and Mamawetan Churchill River

Large city = census metropolitan areas with population 100,000 or more

Small city = Between 5,000 and 99,999 population

Town = Between 500 and 4,999 population

Rural = Less than 500 population

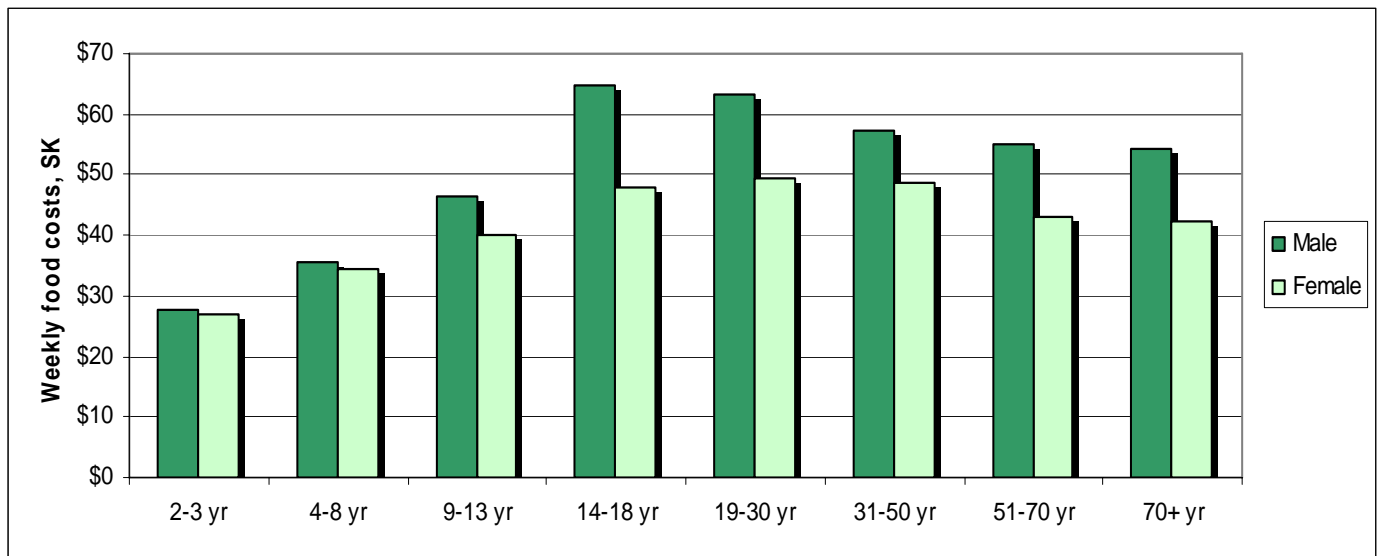
FOOD COSTING RESULTS

DOES AGE AND GENDER AFFECT FOOD COSTS?

A further illustration of food costs is shown in Figure 3 below, which displays weekly food costs by age group and gender for Saskatchewan. The costs were calculated based on the nutrient intake recommended for each of these age and gender groups.

The results show that food costs are highest for males in the 14 to 18 and females in the 19 to 30 year age groups. Male costs were higher than females in each age group.

Figure 3: Weekly food costs by age group and gender, Saskatchewan, 2009



FOOD COSTING RESULTS

HOW DO FOOD COSTS COMPARE?

As stated earlier, it is not possible to compare the food costs in 2009 with previous years Saskatchewan Food Costing Reports as the Nutritious Food Basket items changed with the introduction of the 2008 National Nutritious Food Basket. However, we can get a sense from other surveys how much food costs are rising. Using the Consumer Price Index (CPI), the price of food purchased from stores in Saskatchewan rose 0.7% between November 2008 to November 2009.¹⁵

Higher food prices make it more difficult for people with low income to afford healthy foods. Over the last seven years, from 2002-2009, food costs have risen 22.6% in Saskatchewan. During that same time all other items in the CPI (food, shelter, transportation, etc.) increased by 17.6%. Some of the highest food price increases in Saskatchewan occurred in bakery products (41.8%), fats and oils (39.6%) and eggs (35.1%).¹⁵



FOOD COSTING LIMITATIONS

The 2008 National Nutritious Food Basket does not account for individual differences in activity levels, cultural food choices or special dietary needs. It measures low cost healthy foods and not pre-packaged convenience foods or restaurant foods.¹¹ If these foods were included, the food costs would have been significantly higher.

The National Nutritious Food Basket does not include any personal care items such as shampoo or laundry soap.¹¹ These are often included in a family's grocery bill. Transportation costs, such as costs of public transit, or the costs of driving from rural communities to larger urban centres to buy groceries are not included in the calculation. Also, other barriers such as a lack of cooking knowledge and food storage are not accounted for in the food costs.¹¹

While data from food costing can be used to estimate affordability of food in different communities and regions, it is not a menu planning tool for individuals, groups or institutions. There are many different combinations of foods that can constitute a healthy food basket.³

The National Nutritious Food Basket is not designed to determine food costs for infants under two years of age because *Canada's Food Guide* does not contain specific nutrition recommendations for that age group.



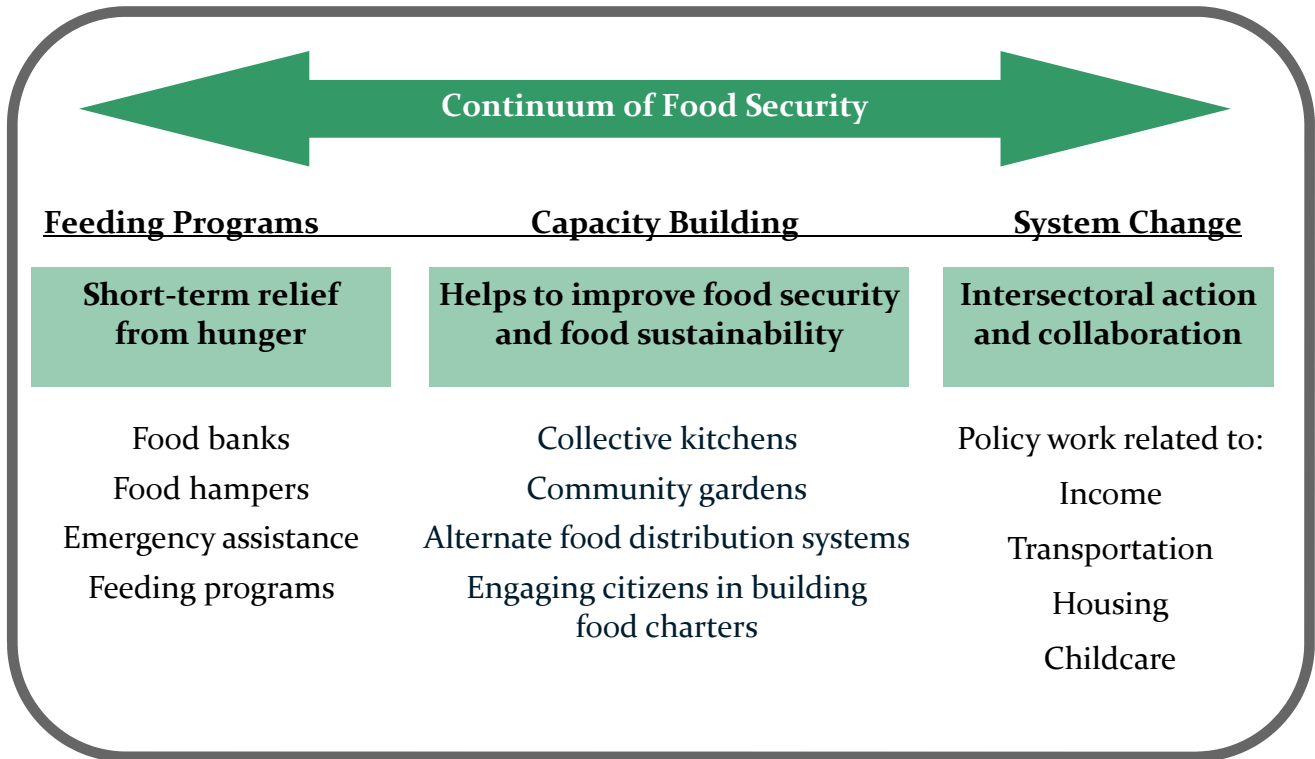
BUILDING A BRIGHTER FUTURE

HOW DO WE CREATE FOOD SECURITY?

Strategies to create food security include short-term relief, capacity/skill building and systems change. All three strategies noted in Figure 4 are important in order to create food security. Although short-term relief strategies are important, they do little to address the underlying problems that cause food insecurity. Capacity and skill building is most effective when done as part of a system change.

All individuals and organizations have a role to play in creating a food secure Saskatchewan. Collaboration between agencies, communities, families and individuals is required for long-term and sustainable solutions that address the complexity of not just food costs but of food security.

Figure 4: Responses to Food Security



Source: Adapted from Dietitians of Canada, 2007.⁵

BUILDING A BRIGHTER FUTURE

This report can be used as a resource when addressing food security issues in your community. Individuals, as well as community and provincial groups, are taking action to build food security in Saskatchewan. All individuals and organizations have a role to play in creating a food secure Saskatchewan.

HOW CAN INDIVIDUALS CREATE FOOD SECURITY?

- Share this report with other community-based organizations such as local food banks, community medical clinics, faith groups, and community schools.
- Support the work of existing groups. Many communities have food coalitions that work together to develop initiatives addressing food security.
- Attend conferences. Food Secure Saskatchewan has held various Food Security Conferences throughout the province. These conferences help to build community partnerships and awareness of food security in local communities.
- Purchase local foods whenever possible.
- Ask for healthy choices in grocery and convenience stores.
- Support breastfeeding mothers in your community. Breastfeeding is the first and best strategy for infant food security. Breastfeeding is economical and benefits the health of the mother and child. It is estimated that breastfed babies incur less healthcare costs than non-breastfed babies.¹⁶ Advocate for local policies that support breastfeeding.
- Learn more about local food charters. These documents put into words and action what is needed for communities to achieve food security, democracy and food sovereignty.
- Get informed by using Dietitians of Canada's position papers on food security as background information and to support your work. Visit www.dietitians.ca.
- Write letters and make phone calls to your local city or town councillors, Members of Legislative Assembly and Members of Parliament. Discuss issues such as affordable housing, fair income and food security.

BUILDING A BRIGHTER FUTURE

HOW CAN COMMUNITIES CREATE FOOD SECURITY?^{17,18}

- Encourage all businesses and employers to value fair wages, equitable benefits and decent working conditions for all employees.
- Address housing issues in your community. There is a strong link between affordable housing and food insecurity. These issues should be addressed together whenever housing is discussed.⁹
- Provide programs, services and support with a focus on reducing food security inequities, such as community kitchens, Good Food Boxes and community gardens.
- Advocate for increased access to healthy food choices in restaurants, grocery and convenience stores.
- Develop nutrition policies and ensure that healthy foods are available in schools, workplaces and recreational facilities.

HOW CAN GOVERNMENTS CREATE FOOD SECURITY?

Federal, provincial and municipal governments are key in creating change for food security through the following examples:^{17, 18}

- Provide basic income for all people.
- Remove lower limit tax exemption.
- Increase employment insurance rates for parents off of work.
- Increase minimum wage.
- Remove work earning clawbacks.
- Require a percentage of new developments to be affordable housing.
- Expand existing affordable housing projects.
- Increase monthly shelter allowances.
- Create universal child care.

RESOURCES TO MAKE A DIFFERENCE

There are many resources that you can use to help improve our food environments. For example:



Baby-Friendly Initiative - Visit www.breastfeedingcanada.ca for information, resources and tools to promote breastfeeding.



Eat Smart, Meet Smart – A publication of the Western and Northern Canadian Collaborative for Healthy Living, this document provides guidelines on how to organize and host a healthy meeting. It provides ideas on how you can make healthy food choices and add physical activities that will help keep participants alert, productive and engaged. Visit www.health.gov.sk.ca/eat-smart-meet-smart for more information.



Food Secure Canada - As a Canadian organization, Food Secure Canada works to unite people and organizations working for food security. To learn more, visit www.foodsecurecanada.org.



Food Secure Saskatchewan (FSS) - The goal of FSS is to improve food security through coordinated, community led action. FSS encourages broad participation and works to stimulate policy change and the development of a comprehensive, integrated food security strategy. Visit www.foodsecuresaskatchewan.ca for more information.



Healthy Foods for My School - The focus of this tool is to use the food label to determine which packaged foods are healthier choices. The resource can be used in schools and with other groups and agencies who use packaged foods. Visit www.health.gov.sk.ca/healthy-foods-for-my-school for more information.



Thought About Food - This workbook discusses food security and influencing policy. Visit www.foodthoughtful.ca for more information.



Support Healthy Eating at Work and Play – The Public Health Nutritionists of Saskatchewan Working Group developed a resource guide for creating a food policy at your worksite or recreational facility. Contact your local Public Health Nutritionist for more information.

REFERENCES

1. Joint Steering Committee, Health Canada. Nutrition for Health an Agenda for Action. Ottawa: Government of Canada; 1996.
2. Office of Nutrition Policy and Promotion. Canadian Community Health Survey Cycle 2.2, Nutrition (2004): Income-Related Household Food Insecurity in Canada . Ottawa: Health Canada; 2007.
3. Health Canada. Questions and Answers on the 2008 National Nutritious Food Basket. [Online]. 2009 Feb 2 [cited 2010 Mar 18]; Available from: URL: <http://www.hc-sc.gc.ca/fn-an/surveill/basket-panier/ga-gr-eng.php>
4. Food and Agriculture Organization of the United Nations. Rome declaration on world food security and world food summit plan of action. World Food Summit November 13-17. Rome: FAO; 1996
5. Dietitians of Canada. Community Food Security: Position of Dietitians of Canada. [Online]. 2007 [cited 2010 Mar 22]; Available from: URL: http://www.dietitians.ca/news/highlights_positions.asp?fn=view&id=8737
6. The LINKAGES Project. Recommended feeding and dietary practices to improve infant and maternal nutrition. Washington, DC: Academy for Educational Development; 1999.
7. Public Health Agency of Canada. Breaking the Links Between Poverty and Violence Against Women: A Resource Guide. [Online]. 2008 [cited 2010 Mar 11]; Available from: URL: <http://www.awid.org/eng/Tools/Latest-Tools2/Breaking-the-Links-between-poverty-and-violence-against-women>
8. Regional Health Survey National Team. First Nations Regional Longitudinal Health Survey 2002/03. Ottawa: Assembly of First Nations/First Nations Information Governance Committee; 2007. Available from: URL: <http://www.rhs-ers.ca/english/pdf/rhs2002-03reports/rhs2002-03-technicalreport-afn.pdf>
9. Canadian Mortgage and Housing Corporation. Canadian Housing Observer 2009. Ottawa: Canadian Mortgage and Housing Corporation; 2009.
10. Alberta Public/Community Food Security Subcommittee and Dietitians of Canada, Alberta and the Territories Region. Cost of Eating in Alberta 2008. [Online]. 2008 [cited 2009 Oct 6]; Available from: URL: <http://www.foodsecurityalberta.ca/Home/Resources/CommunityResouces/tabid/98/Default.aspx>
11. Ministry of Health Promotion. The Nutritious Food Basket Guidance Document. Ontario: Government of Ontario; April, 2009.
12. Nova Scotia Participatory Food Security Projects. What Does it Cost to Eat Healthy in Your Community? A Training Guide to Participatory Food Costing. Halifax: The Atlantic Health Promotion Research Centre, Nova Scotia Nutrition Council and Collaborating Family Resource Centres/Projects; 2007.

REFERENCES

13. Infact Canada, Breastfeeding and food security: The high cost of formula feeding. [Online]. 2004 [cited 2010 Mar 19]; Available from: URL: http://www.infactcanada.ca/breastfeeding_and_food_security.pdf
14. Ball TM, Wright PL. Health Care Costs of Formula Feeding in the First Years of Life. Pediatrics 1999; 103: 870-876.
15. Statistics Canada. Consumer Price Index, food, by province (monthly): Saskatchewan. [Online]. 2010 [cited 2010 Jan 18]; Available from: URL: <http://www40.statcan.gc.ca/l01/cstoi/econ156i-eng.htm>
16. Bartick M., Reinhold A. The burden of suboptimal breastfeeding in the United States: a pediatric cost analysis. Pediatrics 2010; 125 (5): e1048-e1056.
17. Canada without poverty. Eliminating poverty. [Online]. 2009 Sept 19 [cited 2010 Mar 19]; Available from: URL: <http://www.cwp-csp.ca/Blog/eliminating-poverty>
18. Saskatoon Regional Intersectoral Committee. Follow up to policy or initiative options in the health disparity in Saskatoon report: Recommendations for action in our community working document. Saskatoon: SRIC; 2009

PHOTO CREDITS

- Cover page: Mamawetan Churchill River Health Region
Battlefords Family Health Centre Community Garden Project
- Page 2: Keewatin Yatthé Health Region
Saskatoon Collective Kitchen Partnership
- Page 7: Battlefords Family Health Centre Community Garden Project
- Page 11: Food Secure Saskatchewan

Table A1: Weekly food costs for the National Nutritious Food Basket 2009.

Males age (years)	Northern Saskatchewan *	Southern Saskatchewan +
2-3	\$ 34.36	\$ 26.16
4-8	\$ 44.21	\$ 33.68
9-13	\$ 57.20	\$ 44.10
14-18	\$ 78.85	\$ 61.63
19-30	\$ 77.45	\$ 60.12
31-50	\$ 70.47	\$ 54.64
51-70	\$ 67.42	\$ 52.49
over 70	\$ 66.59	\$ 51.92
Females age (years)	Northern Saskatchewan *	Southern Saskatchewan +
2-3	\$ 33.71	\$ 25.60
4-8	\$ 42.90	\$ 32.56
9-13	\$ 49.88	\$ 38.20
14-18	\$ 59.18	\$ 45.40
19-30	\$ 61.04	\$ 46.97
31-50	\$ 60.05	\$ 46.32
51-70	\$ 53.11	\$ 40.97
over 70	\$ 51.93	\$ 40.25

Table A2: Weekly food costs for the National Nutritious Food Basket 2009: Pregnant or breastfeeding women.

Pregnancy age (years)	Northern Saskatchewan *	Southern Saskatchewan +
under 18	\$ 65.39	\$ 50.45
19-30	\$ 66.44	\$ 51.16
31-50	\$ 64.52	\$ 49.87
Breastfeeding age (years)	Northern Saskatchewan *	Southern Saskatchewan +
under 18	\$ 68.06	\$ 52.44
19-30	\$ 69.50	\$ 53.92
31-50	\$ 67.58	\$ 52.63

* Northern Saskatchewan refers to the three Northern Health Authorities, including Athabasca Health Authority, Keewatin Yatthé & Mamawetan Churchill River Regional Health Authorities. +Southern Saskatchewan refers to the 10 other Health Regions in Saskatchewan.

Visit www.foodsecuresaskatchewan.ca for a copy of *The Cost of Healthy Eating in Saskatchewan 2009: Impact on Food Security* report. If you have any questions about food costs in Saskatchewan, contact your local Public Health Nutritionist.

Questions and Answers:

- 1. Does my monthly food basket cost include everything that I would buy from a grocery store in one month?** No, the basket does not include convenience foods or non-food items such as cleaning supplies, toilet paper and personal hygiene items.
- 2. If I follow a special diet, do these food costs apply to me?** It depends on the restrictions of the special diet. Your Registered Dietitian can help you figure out if you have extra costs.
- 3. What if I eat out a lot?** The National Nutritious Food Basket does not include restaurant foods. Eating out would add extra cost to your monthly food bill.
- 4. Why are the costs less for women than for men?** Women are generally smaller than men and need less food to meet their energy and nutrient needs. Breastfeeding and pregnant women will have greater needs to help their baby grow or to produce milk.
- 5. What if the foods in the National Nutritious Food Basket aren't what my family normally eats?** The foods in the basket were chosen based on recommendations in *Canada's Food Guide*. Though it may not be exactly how your family would eat, it does provide a minimum amount that it would cost to eat well in Saskatchewan.
- 6. Why aren't children under the age of two listed in Table A1?** *Canada's Food Guide* makes recommendations for those two and older. The amount of food children under two require can vary widely depending on age, activity level, growth rate and appetite. The cost of food they require cannot be suggested.

**The Cost of Healthy Eating in
Saskatchewan 2009:
Impact on Food Security
Available at
www.foodsecuresaskatchewan.ca or
www.dietitians.ca**