



## **NEWS RELEASE**

FOR IMMEDIATE RELEASE

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### **Food Regina links the rising cost of food in SK to food insecurity**

REGINA, SASKATCHEWAN

The recently released Cost of Healthy Eating in Saskatchewan report indicates that the weekly cost of a National Nutritious Food Basket is steadily increasing over time. It also highlights the cost of a healthy diet has the greatest impact among households with the lowest incomes. Dana Folkersen, Executive Director of Regina Education & Action on Child Hunger (REACH) and a member of the task group that compiled the report stated, “We have progressively had to put less in the good food boxes and family baskets over the years due to our participant’s budgets remaining the same and food prices rising.”

“People who need the healthy foods are not able to afford them,” says Tracy Sanden, Public Health Nutritionist with the Regina Qu’Appelle Health Region (RQHR), who also worked on the report.

Both Sanden and Folkersen are members of Food Regina, a network of local food organizations that exists to improve the security, sustainability and resiliency of Regina’s local food system. The Food Regina board, which in addition to REACH and RQHR includes eight other local food organizations and businesses, works together to improve community food security by supporting research, public awareness, education, infrastructure, and policies related to the local food system.

“Food Regina is very concerned about the rising cost of food,” says Nikko Snyder, President of Food Regina and Operations Manager of the Regina Farmers’ Market. “Whether or not people in our city can afford sufficient nutritious food is directly related to our community’s food security.”

The 2015 Cost of Healthy Eating in Saskatchewan report will be presented in the afternoon at the Saskatchewan Food Forum, which will take place on November 3 at the Italian Club in Regina.

For more information, please contact:

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