



How much are Canadians paying for milk?

CANADIAN FLUID MILK REPORT- MARCH 2026

Canadian Fluid Milk Report Executive Summary

One of Field Agent's most popular reports on the Canadian grocery industry is back! The 2026 edition of the Canadian Fluid Milk report is the most comprehensive look at the prices Canadians pay for one of the most common items in the Grocery basket - 2% Milk.

On February 1, 2026, farmgate milk prices increased by 2.3 per cent. This hike came after the CDC conducted its annual review of farmgate milk prices in October 2025. The Commission considers dairy farmers' costs of production as well as the Consumer Price Index (CPI).

"Although Canada's inflation rate stayed within the target range throughout 2024, producers faced ongoing financial challenges due to higher animal feed and labour costs," shared CDC Chair Jennifer Hayes in an announcement in October.

In March 2026, Field Agent Canada conducted price audits at 185 stores across Canada to see how this increase has cascaded out to the retail price of milk in 20 cities from coast-to-coast.

Our survey discovered record high milk prices, with average prices of 4L milk increasing 5.5% since our last study in June 2024 which is more than double the increase in the farm gate milk price. In fact, all 20 markets that we measured saw the price of 4L milk increase between June 2024 to present.

The city with the lowest change year over year was Kelowna, BC with an increase of 2.47%, going from \$1.62 per litre to \$1.66 per litre on 4L of 2% milk.

The regional disparity in the price for 2% milk continues to be an issue for Canadians struggling with high grocery prices. The large spread in milk prices from one region to the next is driven by the inefficiency of cost-plus pricing policies and the segregation of the milk industry by province, says Jeff Doucette, General Manager of Field Agent Canada. The problem is getting worse with shoppers in Charlottetown seeing a 10% increase on top of what was already the most expensive milk in the country in our June 2024 report. Consumers are getting fleeced on milk prices due to small and inefficient industries in Atlantic Canada and a very strong dairy industry lobby in Quebec. Creating one national milk market would allow farmers and producers who are most efficient to grow and further drive down costs, therefore allowing shoppers to have lower prices while actually strengthening our Canadian dairy industry."

As usual, we glanced across the border to Walmart US stores and saw that the average price per litre (adjusted to \$CAD) was still 27% cheaper than the average price in Canada.

In this report we also compared the price of 2% cow's milk in 2L cartons to the 1.89L carton of Silk-brand Unsweetened Almond beverage. We found that the price gap between cow's milk and almond milk had increased from 4.5% in 2024 to 11.4% in 2026.

Where was the absolute lowest price for 2% milk in Canada? We found a 2L carton of 2% milk at a No Frills in Regina, SK for just \$2.77! A heck of a deal!

Field Agent Canada conducted its cross-country price survey on fluid milk prices at 185 retailers in 20 markets from coast-to-coast between March 1-27, 2026. The survey compared prices recorded at the same outlets back in June 2024, highlighting any shifts that have taken place over the last year. Additionally, we looked at prices for milk at Walmart stores in five border communities in the US to provide a comparative benchmark of the cost of similar products in the larger US market.

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Canadian Fluid Milk Report

Price Survey - Cheapest Average 4L Milk Prices by City

The **LEAST EXPENSIVE** city to buy 4L of milk in Canada is a tie between London and Regina with an average cost of \$1.60/L on 2% milk.

The **MOST EXPENSIVE** city to buy 4L of milk in Canada is Charlottetown with an average cost of \$2.31/L on packages of 2% milk.

Canadian Fluid Milk Report

Price Survey - Cheapest Milk Across Canada

The **LEAST EXPENSIVE** milk in Canada is at No Frills in Regina with a 2L of 2% Milk retailing for \$2.77 (\$1.39/L).

The **MOST EXPENSIVE** milk in Canada was found at Shoppers Drug Mart in London with 2L of 2% Milk retailing for \$6.99 (\$3.50/L).

Canadian Fluid Milk Report - Average Price by Market

	Average Current Price 2% Milk - 4L	Average Price Per Litre	Change vs. June 2024	Index v. National	Rank	Average Current Price 2% Milk - 2L	Average Price Per Litre	Index v. National	Rank
National Average	\$7.07	\$1.77	5.52%	100	NA	\$5.29	\$2.65	100	NA
St. John's, NL	NA	NA	NA	NA	NA	\$5.42	\$2.87	108	18
Halifax, NS	\$7.60	\$1.90	4.11%	107	16	\$4.92	\$2.46	93	4
Moncton, NB	\$8.67	\$2.17	3.95%	123	19	\$4.94	\$2.47	93	6
Charlottetown, PE	\$9.24	\$2.31	10.79%	131	20	\$4.78	\$2.39	90	3
Laval, QC	\$8.13	\$2.03	3.30%	115	17	\$4.92	\$2.46	93	4
Quebec City, QC	\$8.29	\$2.07	5.07%	117	18	\$4.73	\$2.37	89	1
Ottawa / Nepean, ON	\$6.54	\$1.64	7.21%	93	4	\$5.62	\$2.81	106	13
Mississauga, ON	\$6.52	\$1.63	3.33%	92	3	\$5.65	\$2.83	107	14
Scarborough, ON	\$6.62	\$1.66	8.53%	94	7	\$5.65	\$2.83	107	14
Toronto, ON	\$6.77	\$1.69	5.12%	95	14	\$5.67	\$2.84	107	17
London, ON	\$6.41	\$1.60	5.78%	90	1	\$5.74	\$2.87	108	19
Windsor, ON	\$6.62	\$1.66	3.44%	94	7	\$5.65	\$2.83	107	14
Sudbury, ON	\$6.65	\$1.66	10.28%	94	10	\$5.79	\$2.89	109	20
Winnipeg, MB	\$6.59	\$1.65	4.94%	93	5	\$4.75	\$2.37	89	2
Regina, SK	\$6.41	\$1.60	2.89%	90	1	\$4.97	\$2.48	94	7
Edmonton, AB	\$6.59	\$1.65	8.57%	93	5	\$5.22	\$2.61	98	8
Calgary, AB	\$6.69	\$1.67	6.02%	94	12	\$5.26	\$2.63	99	9
Kelowna, BC	\$6.64	\$1.66	2.47%	94	9	\$5.36	\$2.68	101	11
Burnaby / Coquitlam, BC	\$6.68	\$1.67	5.03%	94	13	\$5.46	\$2.73	103	12
Langford/Victoria, BC	\$6.65	\$1.66	3.58%	94	10	\$5.32	\$2.66	100	10

Canadian Fluid Milk Report

Milk vs. Silk



Milk
2% Milk
2L

National Average Cost Per Litre = \$2.65



Silk
Unsweetened Almond
1.89L

National Average Cost Per Litre = \$2.99

Canadian Fluid Milk Report - Milk vs. Silk

	Average Current Price 2% Milk - 2L	Average Price Per Litre	Average Current Price Unsweetened Silk Almond - 1.89L	Average Price Per Litre	Index Milk vs. Silk
National Average	\$5.29	\$2.65	\$5.68	\$2.99	107
St. John's, NL	\$5.42	\$2.87	\$5.42	\$2.87	100
Halifax, NS	\$4.92	\$2.46	\$5.81	\$3.08	118
Moncton, NB	\$4.94	\$2.47	\$5.61	\$2.97	114
Charlottetown, PE	\$4.78	\$2.39	\$5.49	\$2.90	115
Laval, QC	\$4.92	\$2.46	\$5.84	\$3.09	119
Quebec City, QC	\$4.73	\$2.37	\$5.79	\$2.62	122
Ottawa / Nepean, ON	\$5.62	\$2.81	\$5.69	\$3.01	101
Mississauga, ON	\$5.65	\$2.83	\$5.59	\$2.96	99
Scarborough, ON	\$5.65	\$2.83	\$5.51	\$2.91	97
Toronto, ON	\$5.67	\$2.84	\$5.50	\$2.91	97
London, ON	\$5.74	\$2.87	\$5.19	\$2.74	90
Windsor, ON	\$5.65	\$2.83	\$5.46	\$2.89	97
Sudbury, ON	\$5.79	\$2.89	\$5.46	\$2.89	94
Winnipeg, MB	\$4.75	\$2.37	\$6.15	\$3.25	129
Regina, SK	\$4.97	\$2.48	\$6.00	\$3.18	121
Edmonton, AB	\$5.22	\$2.61	\$6.05	\$3.20	116
Calgary, AB	\$5.26	\$2.63	\$5.56	\$2.94	106
Kelowna, BC	\$5.36	\$2.68	\$5.86	\$3.10	109
Burnaby / Coquitlam, BC	\$5.46	\$2.73	\$5.86	\$3.10	107
Langford/Victoria, BC	\$5.32	\$2.66	\$5.84	\$3.09	110

Canadian Fluid Milk Report

Cross Border Comparison - US Walmart

	2024 USD Price - 3.78L	2026 USD Price - 3.78L	% Change YOY	USD Price Per Litre	CAD Price Per Litre	CAD 4L Equiva lent Price
Bellingham, WA	\$3.59	\$3.32	-7.5%	\$1.00	\$1.39	\$5.56
Grand Forks, ND	\$3.33	\$3.52	5.7%	\$0.93	\$1.29	\$5.16
Amherst, NY	\$2.60	\$2.72	4.6%	\$0.72	\$1.00	\$4.00
Saint Albans, VT	\$3.09	\$3.06	-0.97%	\$0.81	\$1.12	\$4.48
Houlton, ME	\$3.92	\$4.50	14.8%	\$1.19	\$1.65	\$6.60



Great Value, 2% Reduced Fat Milk, Gallon, 128 fl oz

★★★★☆ (4.6) | 130.6K ratings

\$2.72 34.0 ¢/pt

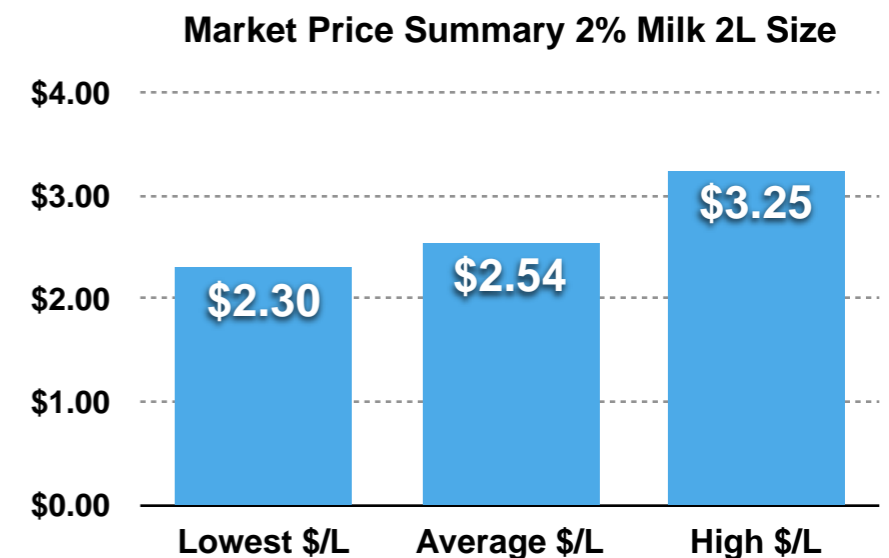
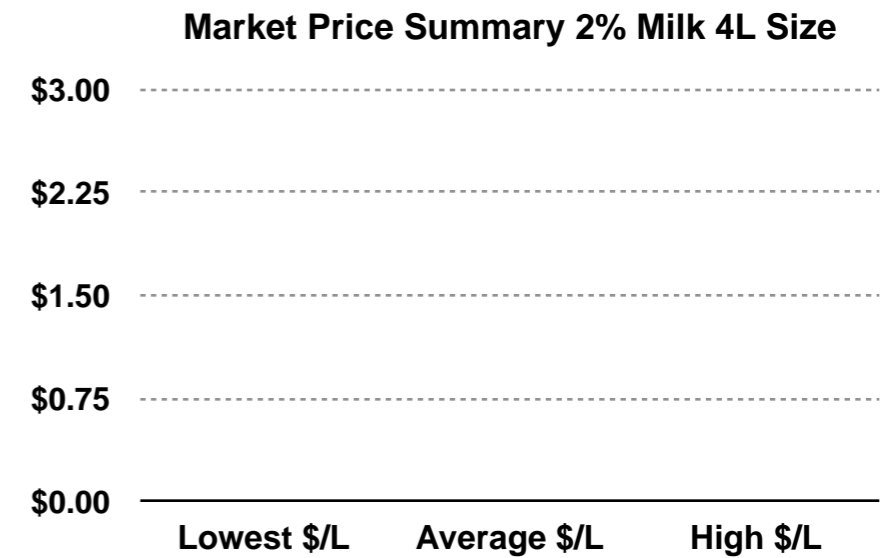
Price when purchased online ⓘ

Source: Walmart.com

Canadian Fluid Milk Report

St. John's, NL

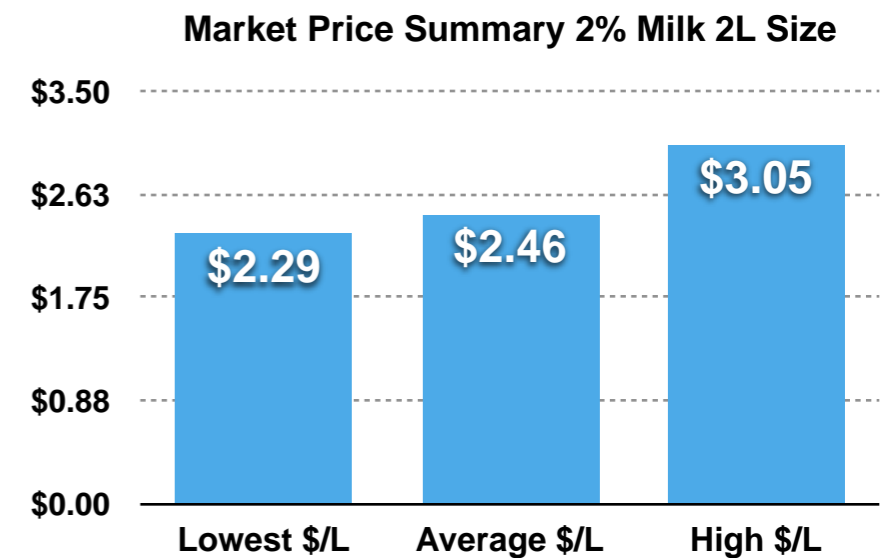
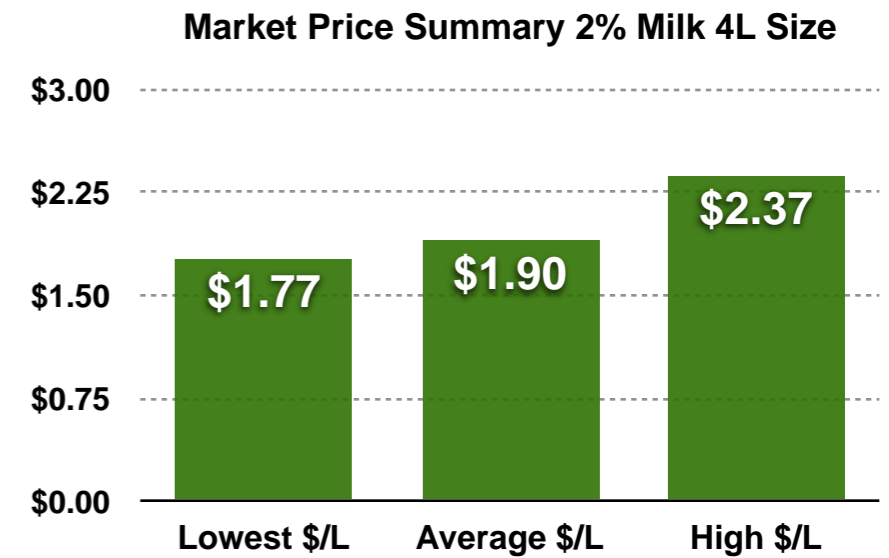
	June 2024			March 2026		
	Price 2% Milk - 4L Size	Price 2% Milk - 4L Size	Price Per Litre	Price 2% Milk - 2L Size	Price 2% Milk - 2L Size	Price Per Litre
Circle K	NA	NA	NA	\$5.59	\$6.49	\$3.25
Costco	NA	NA	NA	\$4.29	\$4.59	\$2.30
Dominion	NA	NA	NA	\$4.95	\$4.76	\$2.38
Shoppers Drug Mart	NA	NA	NA	\$4.66	\$4.76	\$2.38
Sobeys	NA	NA	NA	\$4.95	\$5.25	\$2.63
Walmart	NA	NA	NA	\$4.64	\$4.64	\$2.32



Canadian Fluid Milk Report

Halifax, NS

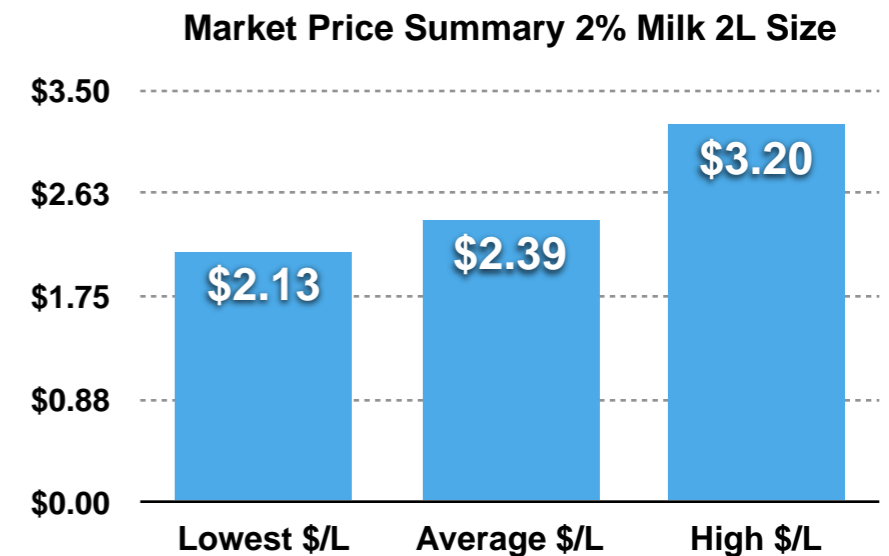
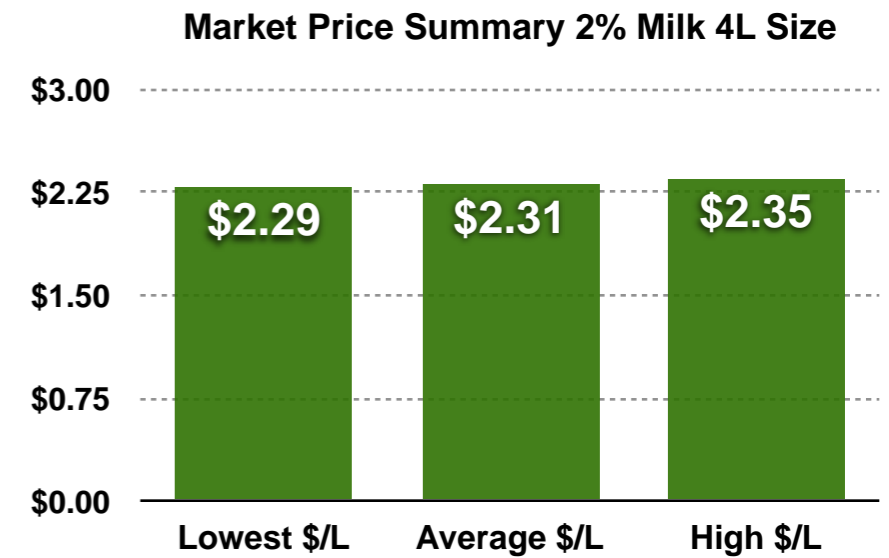
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Circle K	\$7.29	\$7.49	\$1.87	\$5.89	\$6.09	\$3.05
Costco	\$6.69	\$7.09	\$1.77	NA	NA	NA
Petro Canada	\$8.50	\$9.49	\$2.37	\$4.99	\$4.89	\$2.45
Shoppers Drug Mart	\$7.23	\$7.23	\$1.81	\$4.36	\$4.71	\$2.36
Sobeys	\$7.27	\$7.33	\$1.83	\$4.45	\$4.69	\$2.35
Superstore	\$7.27	\$7.33	\$1.83	\$4.45	\$4.57	\$2.29
Walmart	\$6.86	\$7.23	\$1.81	\$4.35	\$4.57	\$2.29



Canadian Fluid Milk Report

Charlottetown, PE

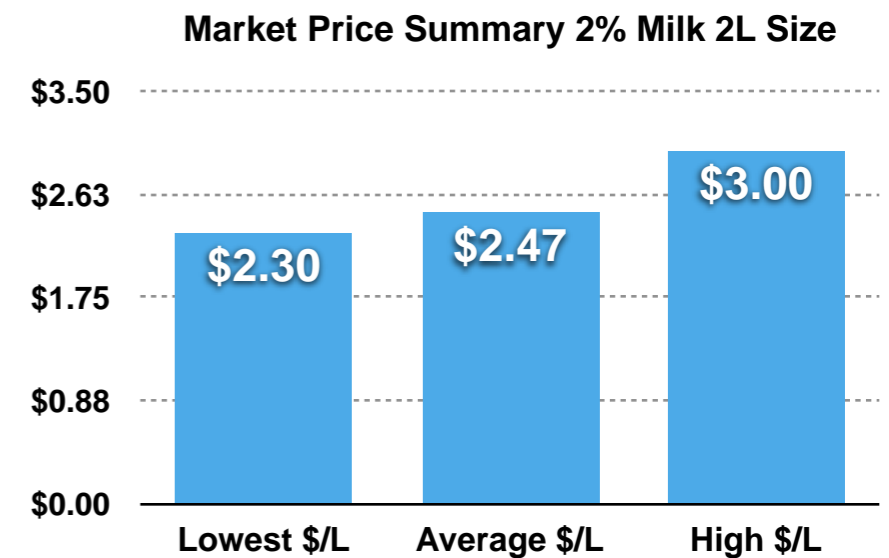
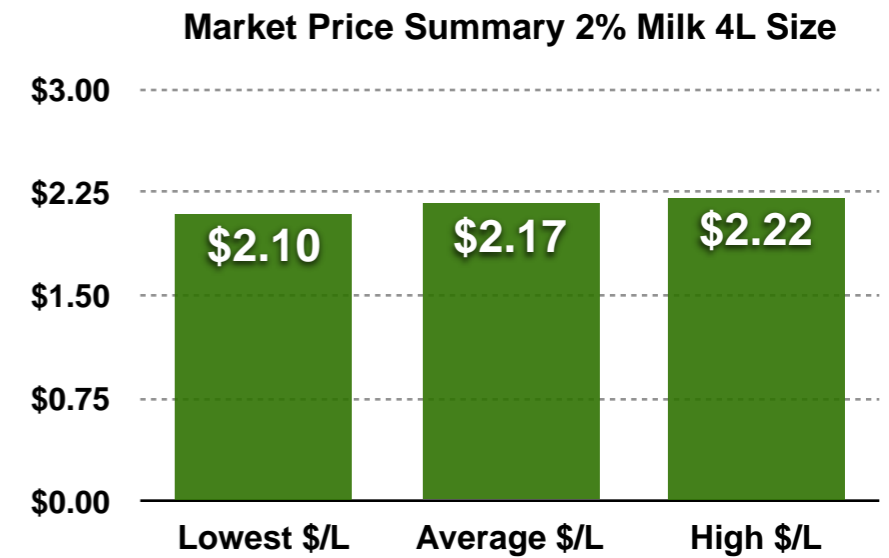
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Circle K	\$8.89	NA	NA	\$5.69	\$6.39	\$3.20
Shoppers Drug Mart	\$8.29	NA	NA	\$4.58	\$4.42	\$2.21
Sobeys	\$9.09	\$9.39	\$2.35	\$4.25	\$4.49	\$2.25
Superstore	\$6.66	\$9.17	\$2.29	\$4.25	\$4.25	\$2.13
Walmart	\$8.78	\$9.15	\$2.29	\$4.25	\$4.34	\$2.17



Canadian Fluid Milk Report

Moncton, NB

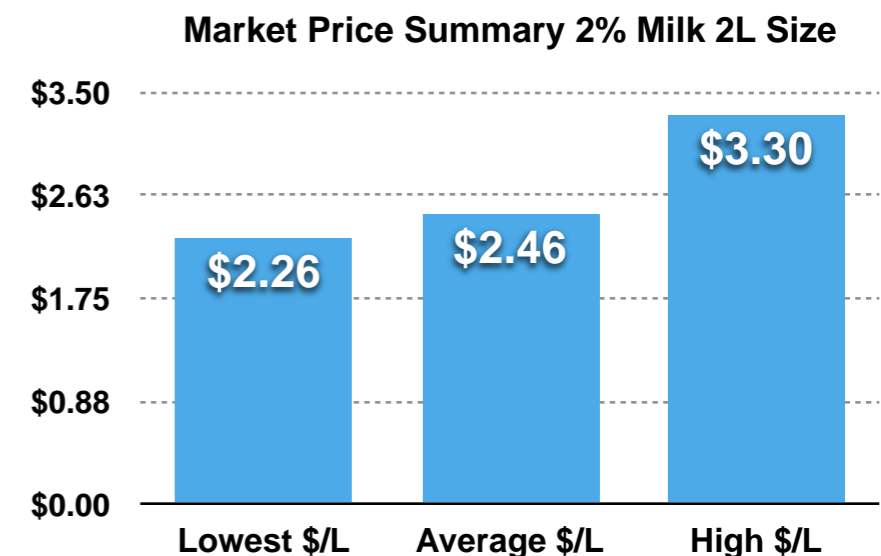
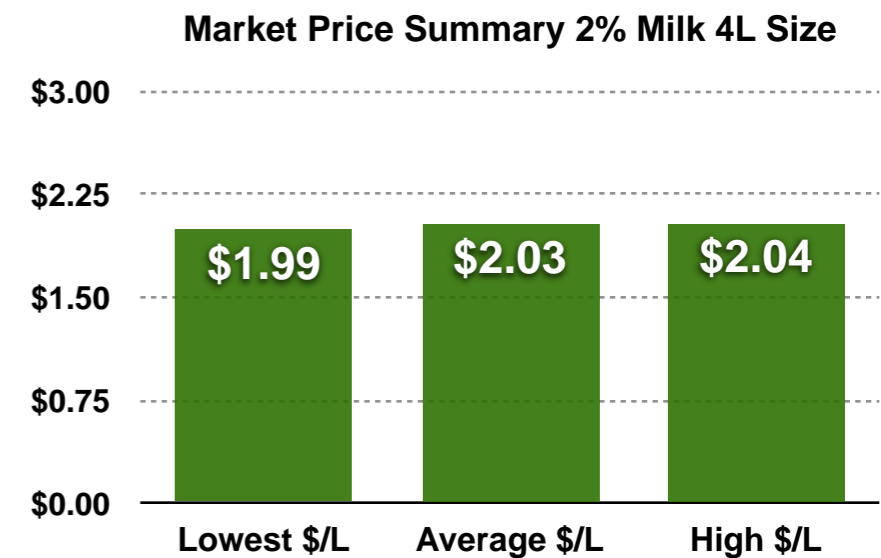
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Circle K	\$8.79	\$8.89	\$2.22	\$5.84	\$5.99	\$3.00
Costco	\$8.19	\$8.39	\$2.10	\$4.39	\$4.59	\$2.30
Needs	NA	\$8.79	\$2.20	\$4.99	\$4.99	\$2.50
Shoppers Drug Mart	\$7.91	\$8.61	\$2.15	\$4.59	\$4.76	\$2.38
Sobeys	\$8.45	\$8.69	\$2.17	\$4.69	\$4.76	\$2.38
Superstore	\$8.35	\$8.61	\$2.15	\$4.59	\$4.76	\$2.38
Walmart	\$8.35	\$8.68	\$2.17	\$4.59	\$4.76	\$2.38



Canadian Fluid Milk Report

Laval, QC

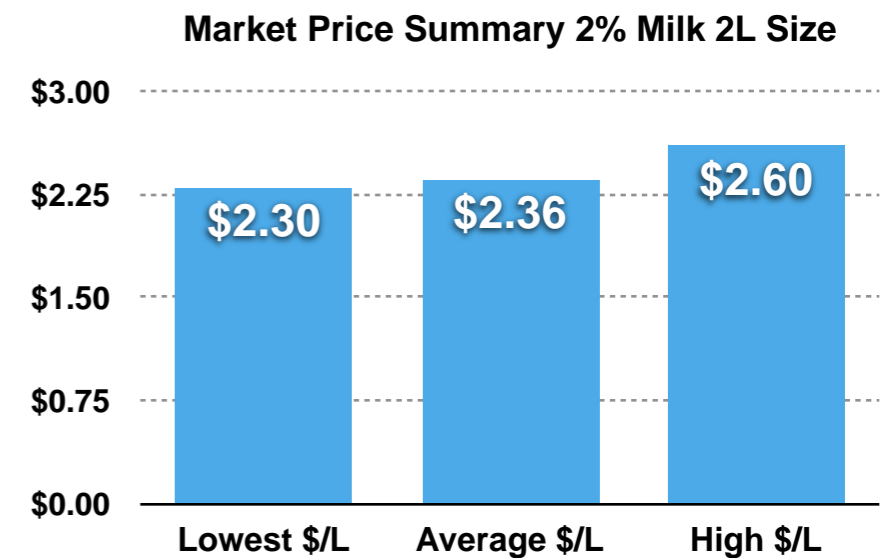
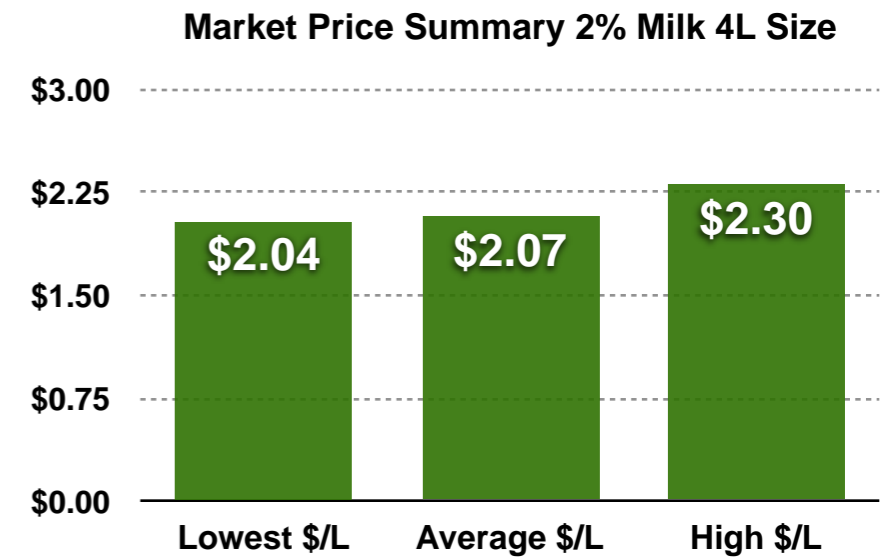
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Costco	\$7.87	\$8.16	\$2.04	\$4.19	NA	NA
IGA Extra	\$7.87	\$8.16	\$2.04	\$4.45	\$4.60	\$2.30
Maxi	\$7.87	\$7.97	\$1.99	\$4.45	\$4.60	\$2.30
Metro	\$7.87	\$8.16	\$2.04	\$4.45	\$4.60	\$2.30
Pharmaprix	\$7.87	\$8.16	\$2.04	\$4.45	\$6.59	\$3.30
Super C	\$7.87	\$8.16	\$2.04	NA	\$4.51	\$2.26
Walmart	\$7.87	\$8.16	\$2.04	\$4.28	\$4.60	\$2.30



Canadian Fluid Milk Report

Quebec City, QC

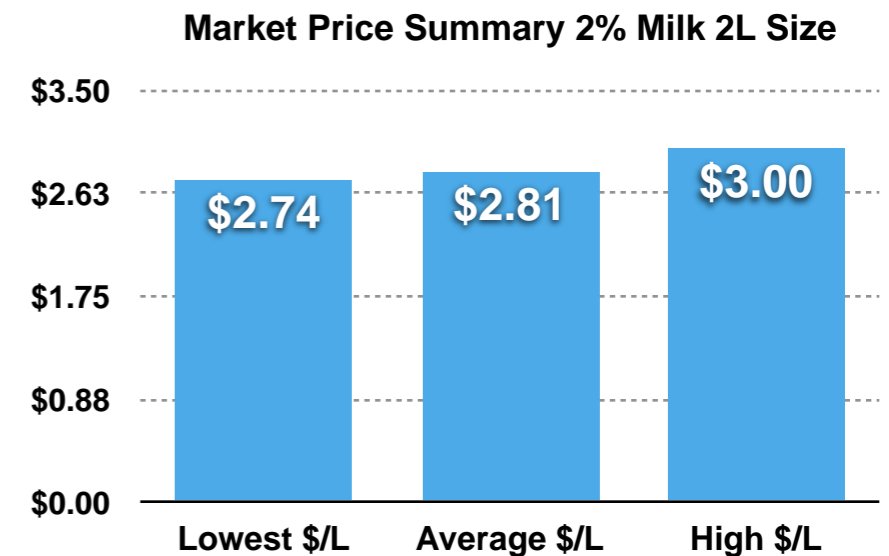
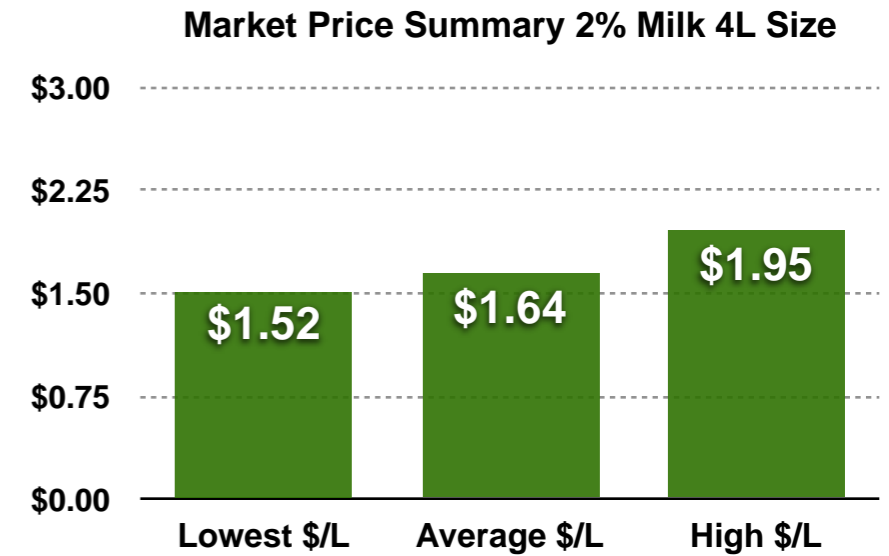
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Costco	\$7.87	\$8.16	\$2.04	NA	NA	NA
Esso	\$7.87	NA	NA	\$4.29	\$4.60	\$2.30
IGA Extra	\$7.87	\$8.16	\$2.04	\$4.45	\$5.19	\$2.60
Maxi	\$7.87	\$8.16	\$2.04	\$4.45	\$4.60	\$2.30
Metro Plus	\$7.87	\$8.16	\$2.04	\$4.45	\$4.60	\$2.30
PharmaPrix	\$7.87	\$8.16	\$2.04	\$4.45	\$4.82	\$2.41
Shell/Boni Soir	\$7.87	\$9.20	\$2.30	\$4.79	\$4.79	\$2.40
Super C	\$7.87	\$8.16	\$2.04	\$4.45	\$4.60	\$2.30
Walmart	\$7.87	\$8.16	\$2.04	\$4.28	\$4.60	\$2.30



Canadian Fluid Milk Report

Ottawa / Nepean, ON

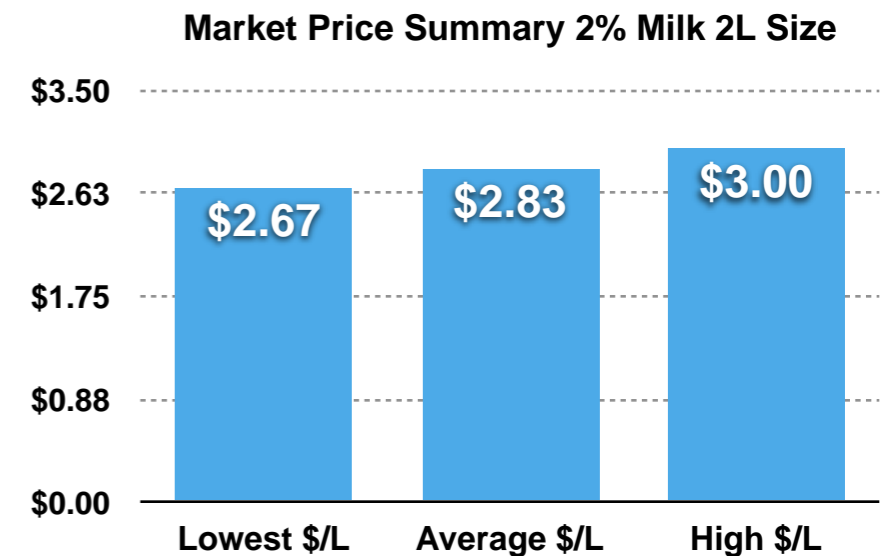
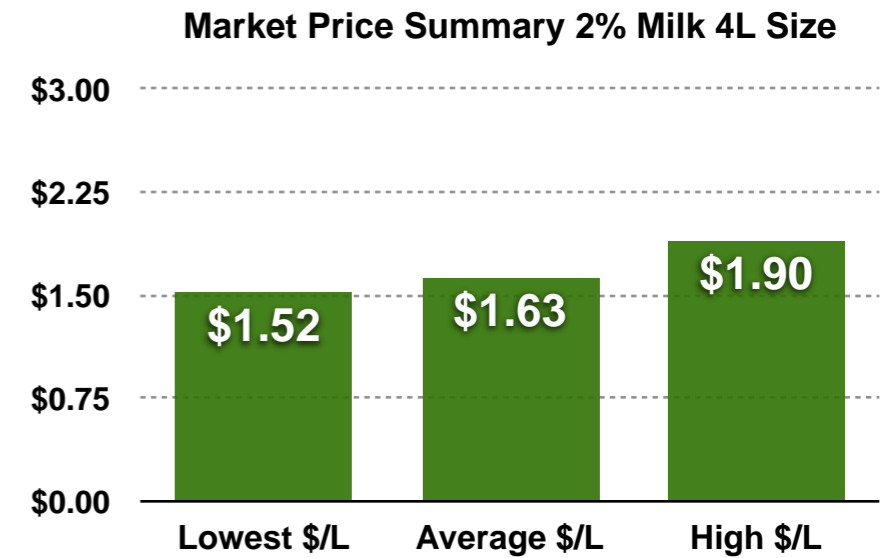
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Costco	\$5.79	\$6.09	\$1.52	NA	NA	NA
Circle K	\$6.49	\$7.79	\$1.95	\$5.69	\$5.99	\$3.00
Food Basics	\$6.09	\$6.44	\$1.61	\$5.34	NA	NA
FreshCo	\$6.08	\$6.49	\$1.62	\$5.34	\$5.69	\$2.85
Loblaws	\$6.09	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74
Metro	\$6.09	\$6.44	\$1.61	\$5.39	\$5.59	\$2.80
Shoppers Drug Mart	\$6.09	\$6.44	\$1.61	\$5.59	\$5.79	\$2.90
Sobeys	\$6.09	\$6.49	\$1.62	\$5.39	\$5.59	\$2.80
Superstore	\$6.09	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74
Walmart	\$6.08	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74
YIG	\$6.09	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74



Canadian Fluid Milk Report

Mississauga, ON

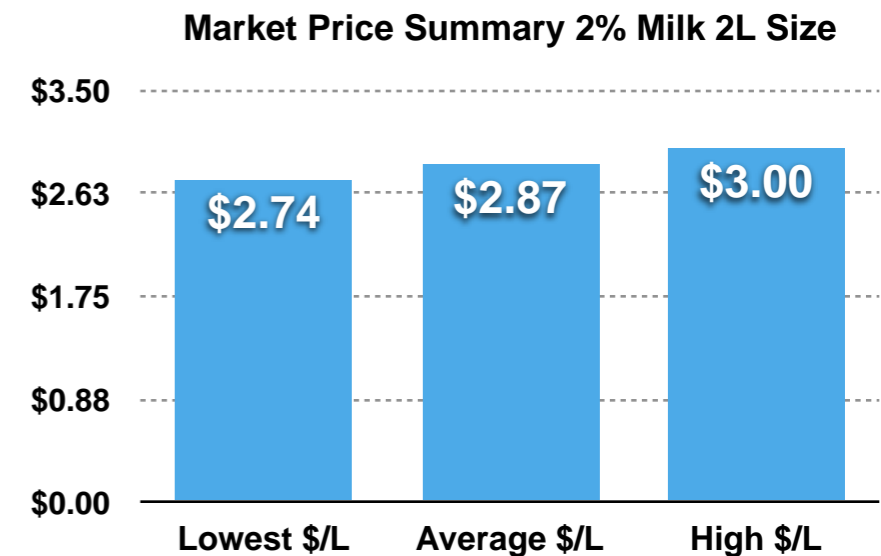
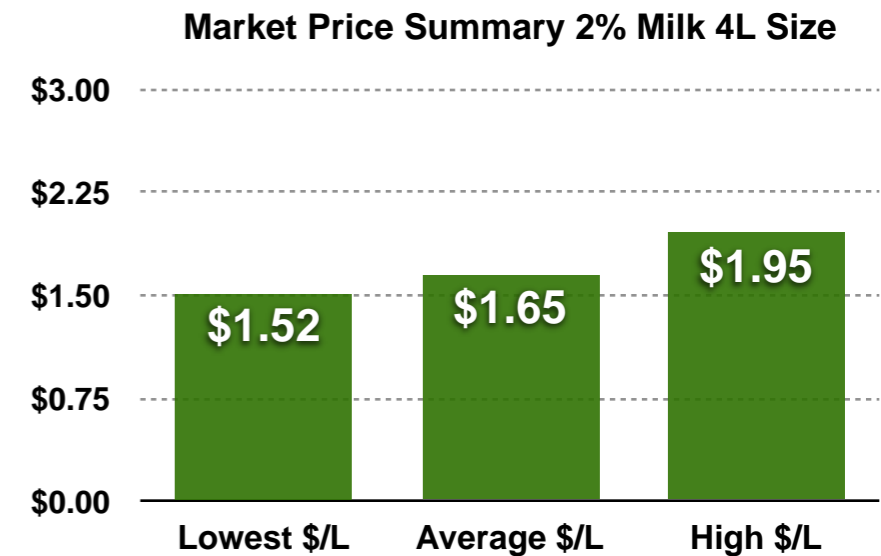
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.89	\$7.59	\$1.90	\$5.99	\$5.99	\$3.00
Costco	\$5.79	\$6.09	\$1.52	NA	NA	NA
Food Basics	\$6.08	\$6.44	\$1.61	\$5.34	\$5.59	\$2.80
FreshCo	\$6.08	\$6.49	\$1.62	\$5.19	\$5.69	\$2.85
Loblaws	\$6.09	\$6.44	\$1.61	NA	\$5.48	\$2.74
Metro	\$6.09	\$6.44	\$1.61	NA	\$5.79	\$2.90
No Frills	\$6.08	\$6.44	\$1.61	NA	\$5.34	\$2.67
Shoppers Drug Mart	\$6.08	\$6.44	\$1.61	\$5.59	\$5.79	\$2.90
Sobeys	\$6.09	\$6.49	\$1.62	\$5.39	\$5.59	\$2.80
Superstore	\$6.09	\$6.44	\$1.61	\$5.19	\$5.78	\$2.89
Walmart	\$6.08	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74



Canadian Fluid Milk Report

Scarborough, ON

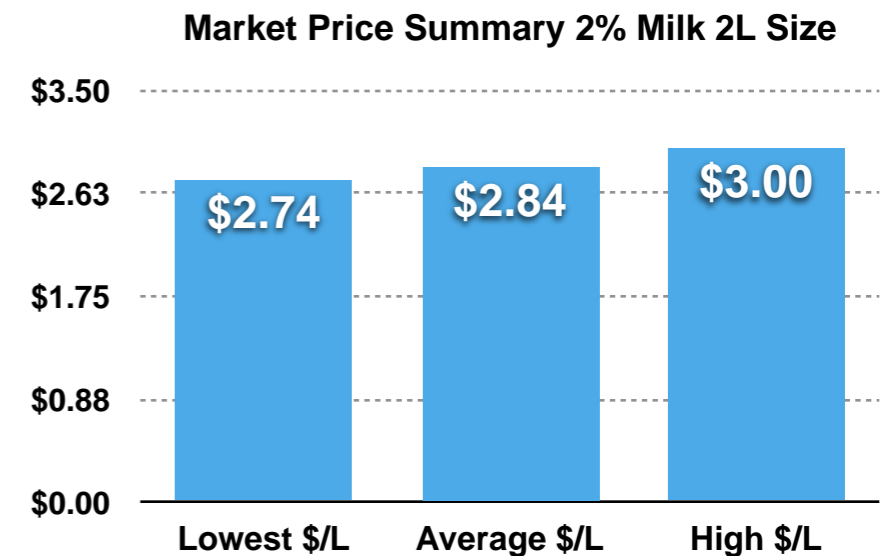
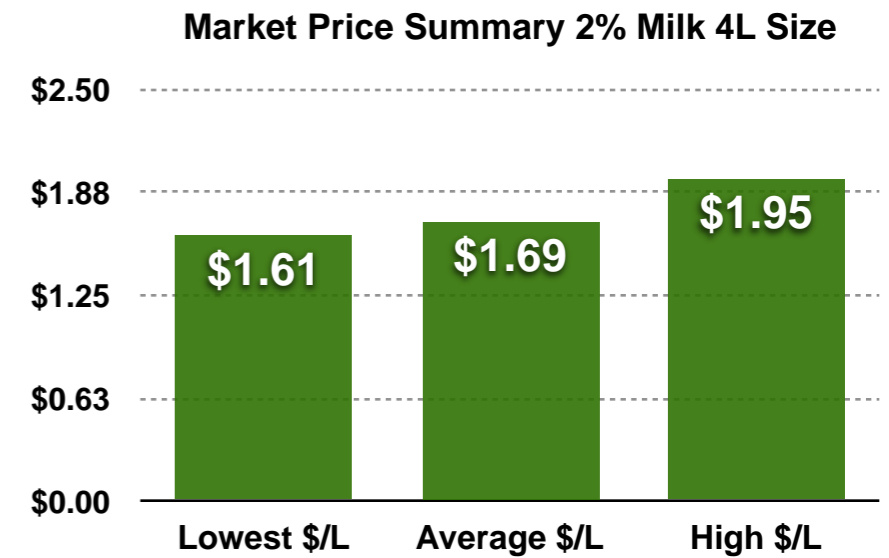
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Costco	\$5.79	\$6.09	\$1.52	NA	NA	NA
Circle K	\$6.49	\$7.79	\$1.95	\$5.69	\$5.99	\$3.00
Food Basics	\$6.09	\$7.19	\$1.80	\$5.34	NA	NA
FreshCo	\$6.08	\$6.44	\$1.61	\$5.39	\$5.49	\$2.75
Metro	\$6.09	\$6.44	\$1.61	\$5.39	\$5.79	\$2.90
No Frills	\$6.08	\$6.44	\$1.61	NA	NA	NA
Shoppers Drug Mart	NA	\$6.44	\$1.61	NA	NA	NA
Superstore	\$6.09	\$6.29	\$1.57	NA	\$5.48	\$2.74
Walmart	\$6.08	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74



Canadian Fluid Milk Report

Toronto, ON

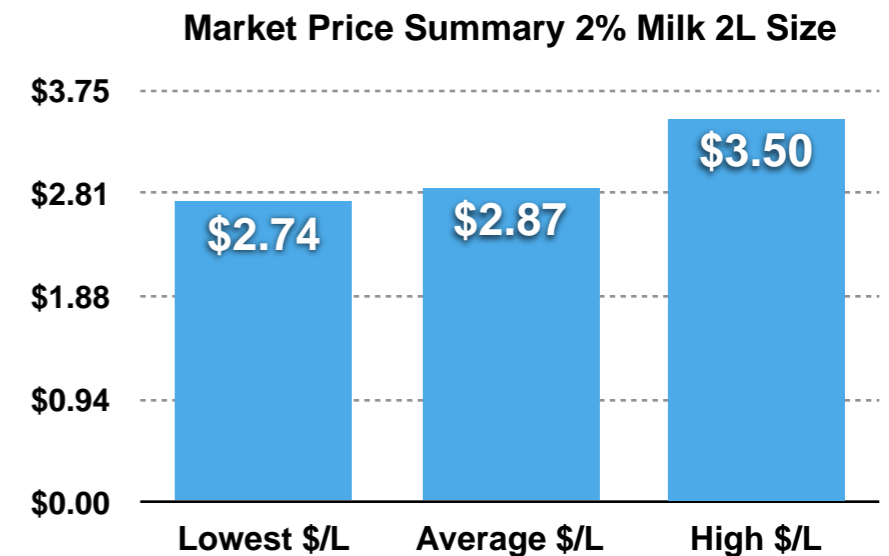
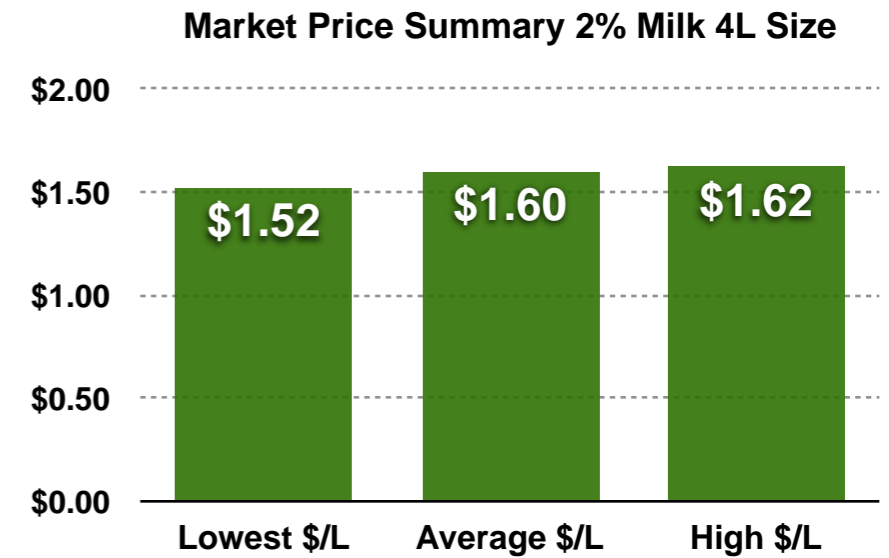
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.89	\$7.79	\$1.95	\$5.99	\$5.99	\$3.00
Circle K	\$6.99	\$7.79	\$1.95	\$5.59	\$5.99	\$3.00
Food Basics	\$6.09	\$6.44	\$1.61	\$5.34	\$5.59	\$2.80
FreshCo	\$6.08	\$6.44	\$1.61	NA	\$5.49	\$2.75
Hasty Market	\$6.19	\$7.59	\$1.90	\$4.99	\$5.89	\$2.95
Loblaws	NA	\$6.44	\$1.61	NA	\$5.48	\$2.74
Longos	\$6.19	\$6.49	\$1.62	\$5.49	\$5.49	\$2.75
Metro	\$6.09	\$6.44	\$1.61	\$5.39	\$5.79	\$2.90
No Frills	\$6.08	\$6.44	\$1.61	\$5.34	\$5.49	\$2.75
Shoppers Drug Mart	\$6.08	\$6.44	\$1.61	\$5.39	\$5.79	\$2.90
Sobeys	\$6.09	\$6.50	\$1.63	\$5.39	\$5.59	\$2.80
Walmart	\$6.08	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74



Canadian Fluid Milk Report

London, ON

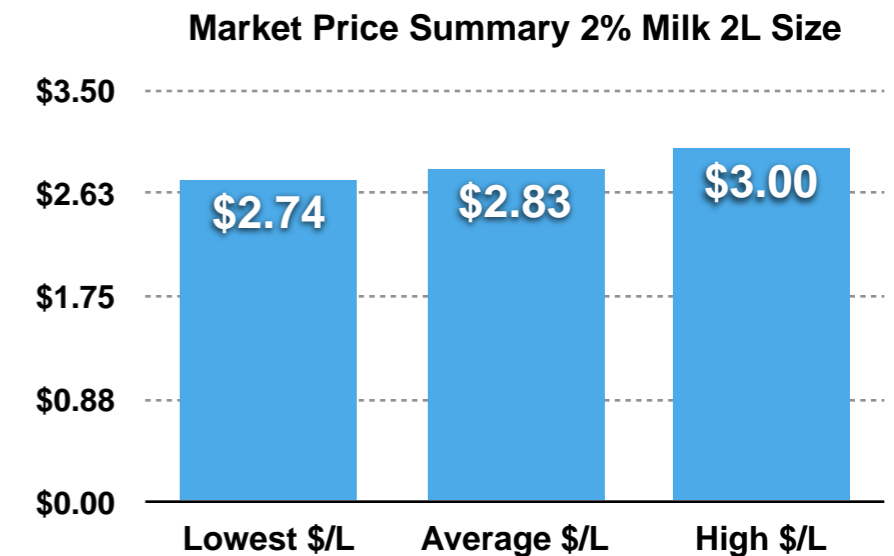
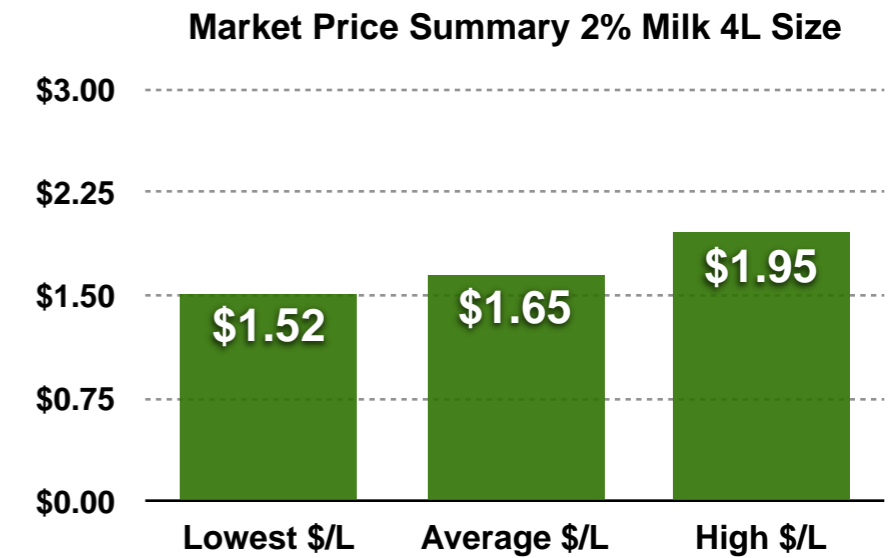
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Costco	\$5.79	\$6.09	\$1.52	NA	NA	NA
Food Basics	\$6.08	\$6.44	\$1.61	\$5.34	NA	NA
FreshCo	\$6.08	\$6.44	\$1.61	\$5.34	\$5.59	\$2.80
Loblaws	\$6.09	\$6.44	\$1.61	\$5.34	\$5.49	\$2.75
Metro	\$6.09	\$6.44	\$1.61	\$5.39	\$5.48	\$2.74
No Frills	\$6.08	\$6.44	\$1.61	\$5.34	\$5.79	\$2.90
Shoppers Drug Mart	\$6.08	\$6.44	\$1.61	NA	\$5.49	\$2.75
Sobeys	\$6.09	\$6.49	\$1.62	\$5.39	\$6.99	\$3.50
Superstore	\$6.09	\$6.44	\$1.61	\$5.34	\$5.59	\$2.80
Walmart	\$6.08	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74



Canadian Fluid Milk Report

Windsor, ON

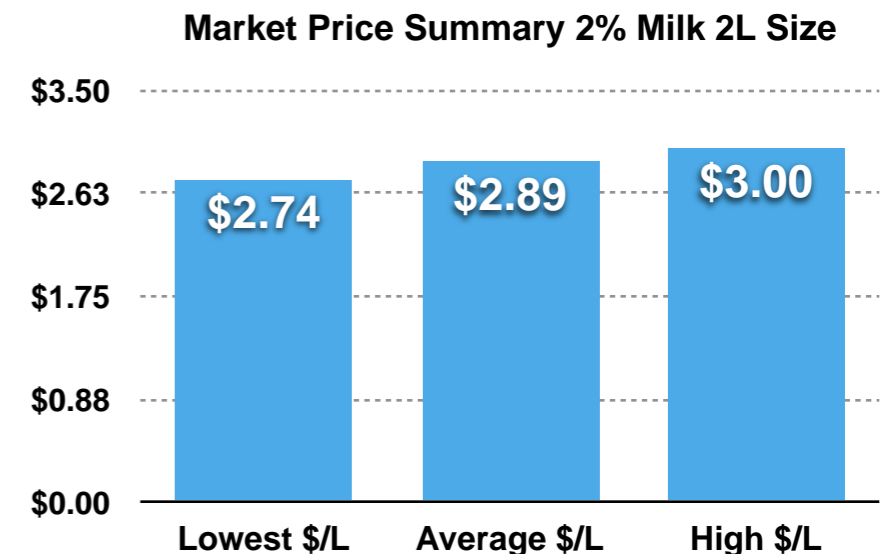
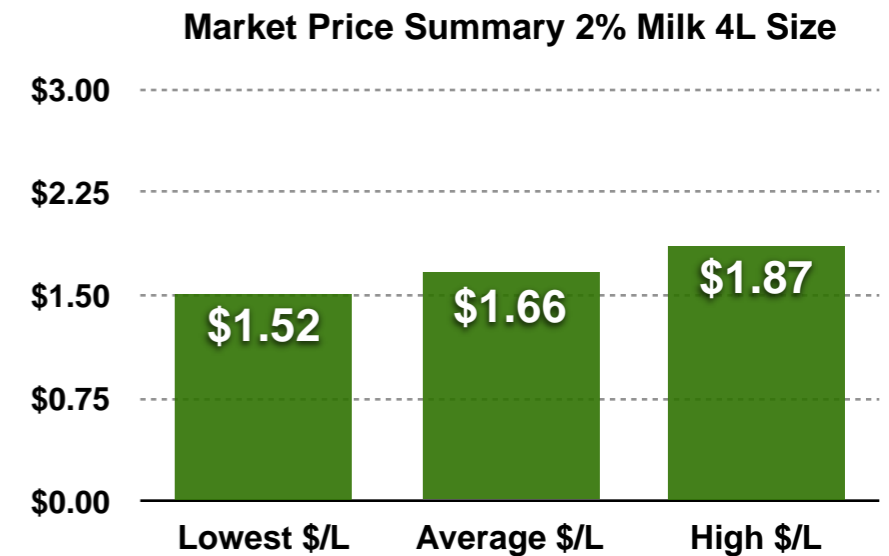
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.59	\$7.79	\$1.95	\$5.79	\$5.99	\$3.00
Circle K	\$7.38	\$7.49	\$1.87	\$6.48	\$5.99	\$3.00
Costco	\$5.79	\$6.09	\$1.52	NA	NA	NA
Food Basics	\$6.09	\$6.44	\$1.61	\$5.34	\$5.59	\$2.80
FreshCo	\$6.08	\$6.44	\$1.61	\$5.39	\$5.49	\$2.75
Metro	NA	\$6.44	\$1.61	NA	\$5.79	\$2.90
No Frills	\$6.08	\$6.44	\$1.61	\$5.34	\$5.49	\$2.75
Shoppers Drug Mart	\$6.08	\$6.44	\$1.61	\$5.59	\$5.79	\$2.90
Sobeys	\$6.09	\$6.49	\$1.62	\$5.39	\$5.59	\$2.80
Superstore	\$6.09	\$6.44	\$1.61	\$5.64	\$5.48	\$2.74
Walmart	\$6.08	\$6.44	\$1.61	\$5.18	\$5.48	\$2.74
Zehrs	\$6.09	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74



Canadian Fluid Milk Report

Sudbury, ON

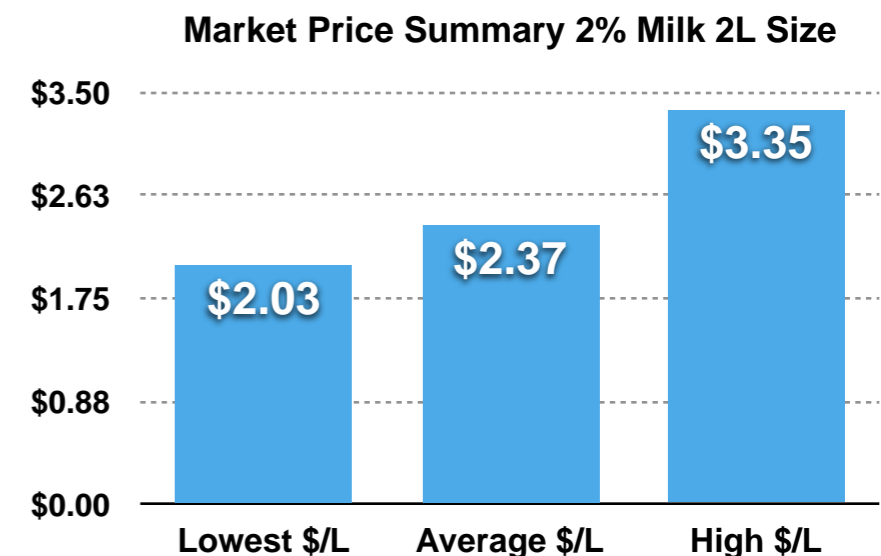
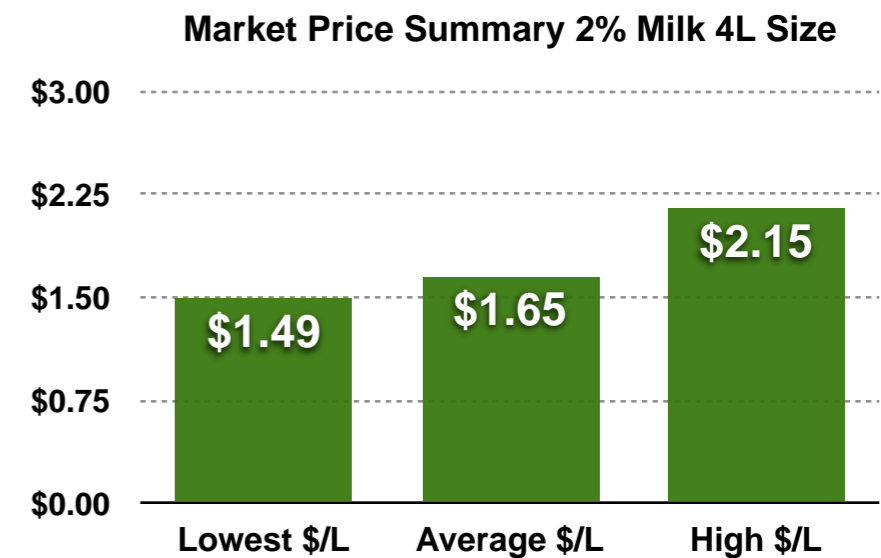
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Circle K	NA	\$6.99	\$1.75	NA	\$5.99	\$3.00
Costco	\$5.79	\$6.09	\$1.52	NA	NA	NA
Food Basics	NA	\$6.44	\$1.61	NA	\$5.89	\$2.95
Metro	\$6.09	\$7.49	\$1.87	\$5.39	NA	NA
Shoppers Drug Mart	\$6.08	\$6.44	\$1.61	\$5.59	\$5.79	\$2.90
Walmart	\$6.08	\$6.44	\$1.61	\$5.34	\$5.48	\$2.74



Canadian Fluid Milk Report

Winnipeg, MB

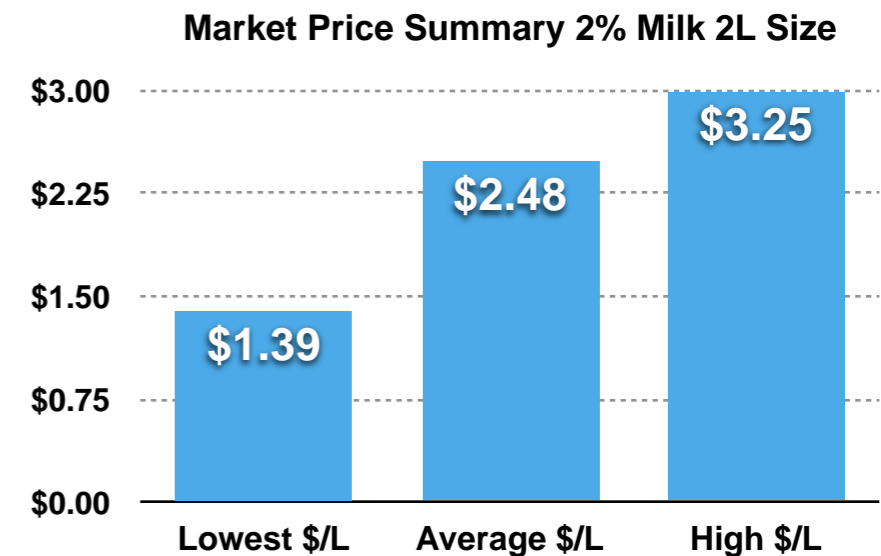
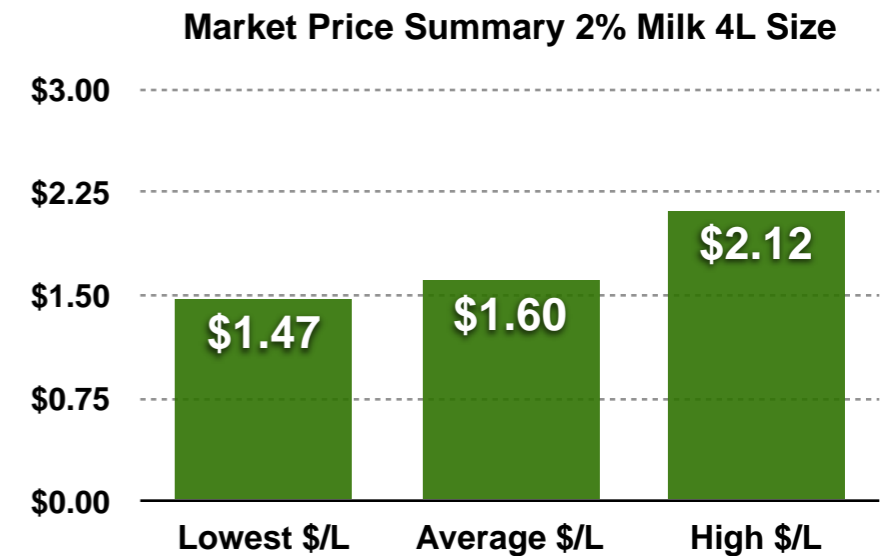
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.59	\$8.59	\$2.15	\$5.19	\$6.19	\$3.10
Circle K	\$8.29	\$8.39	\$2.10	\$6.39	\$6.69	\$3.35
Co-op	\$6.39	\$6.69	\$1.67	\$4.02	\$4.05	\$2.03
Costco	\$5.58	\$5.94	\$1.49	NA	NA	NA
No Frills	\$5.74	\$5.95	\$1.49	\$4.10	\$4.22	\$2.11
Safeway	\$5.75	\$6.35	\$1.59	\$4.10	\$4.22	\$2.11
Save on Foods	\$5.75	\$6.35	\$1.59	\$4.10	\$4.25	\$2.13
Shoppers Drug Mart	\$5.89	\$5.98	\$1.50	\$4.69	\$5.19	\$2.60
Sobeys	\$5.75	\$6.35	\$1.59	\$4.10	\$4.22	\$2.11
Superstore	\$5.74	\$5.94	\$1.49	\$4.10	\$4.22	\$2.11
Walmart	\$5.58	\$5.94	\$1.49	\$4.10	\$4.22	\$2.11



Canadian Fluid Milk Report

Regina, SK

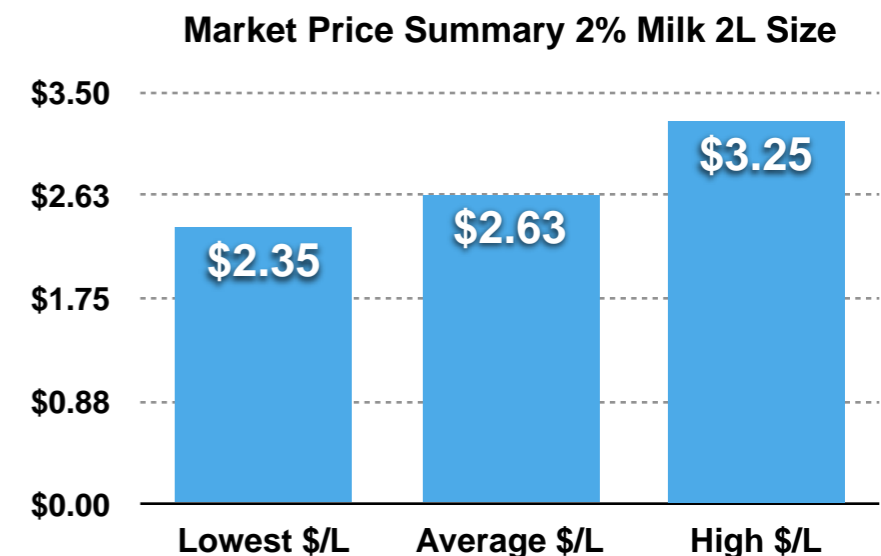
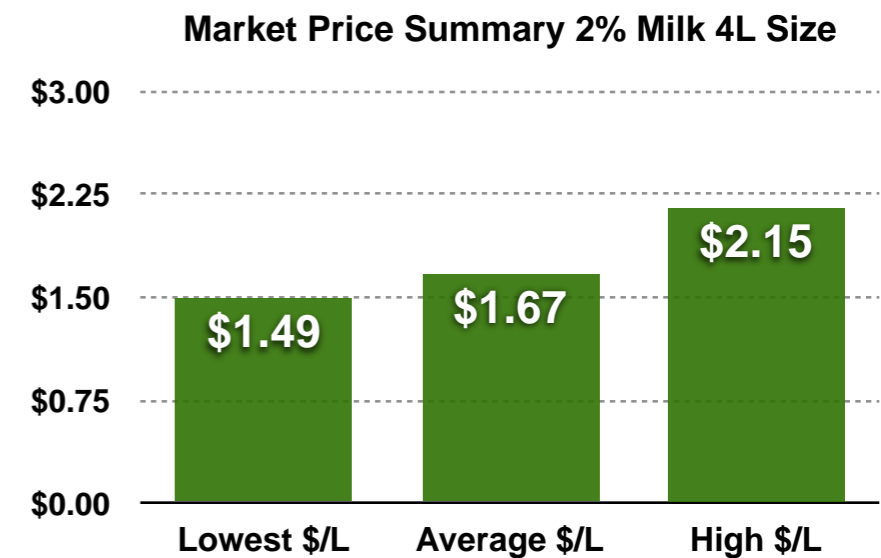
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.59	NA	NA	NA	\$6.19	\$3.10
Circle K	\$8.19	\$8.49	\$2.12	\$5.99	\$6.49	\$3.25
Co-op	\$6.39	\$6.69	\$1.67	NA	\$4.69	\$2.35
Costco	\$5.65	\$5.86	\$1.47	NA	NA	NA
No Frills	\$5.65	\$5.86	\$1.47	\$4.37	\$2.77	\$1.39
Safeway	\$5.65	\$6.69	\$1.67	\$4.57	\$5.09	\$2.55
Save on Foods	\$5.65	\$6.25	\$1.56	\$4.57	\$4.85	\$2.43
Shoppers Drug Mart	\$5.80	\$5.89	\$1.47	\$4.89	\$5.39	\$2.70
Sobeys	\$5.65	\$6.25	\$1.56	\$4.57	\$4.85	\$2.43
Superstore	\$5.65	\$5.86	\$1.47	\$4.37	\$4.49	\$2.25
Walmart	\$5.65	\$6.24	\$1.56	\$4.37	\$4.84	\$2.42



Canadian Fluid Milk Report

Calgary, AB

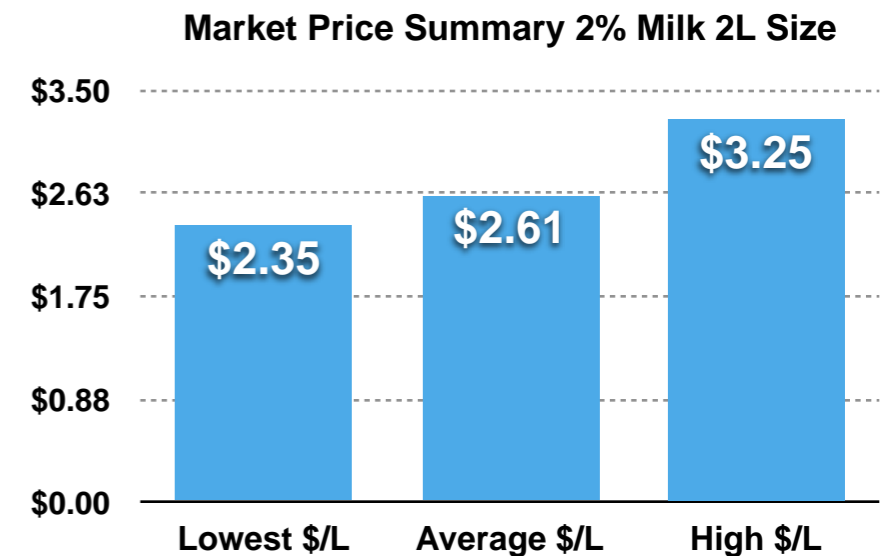
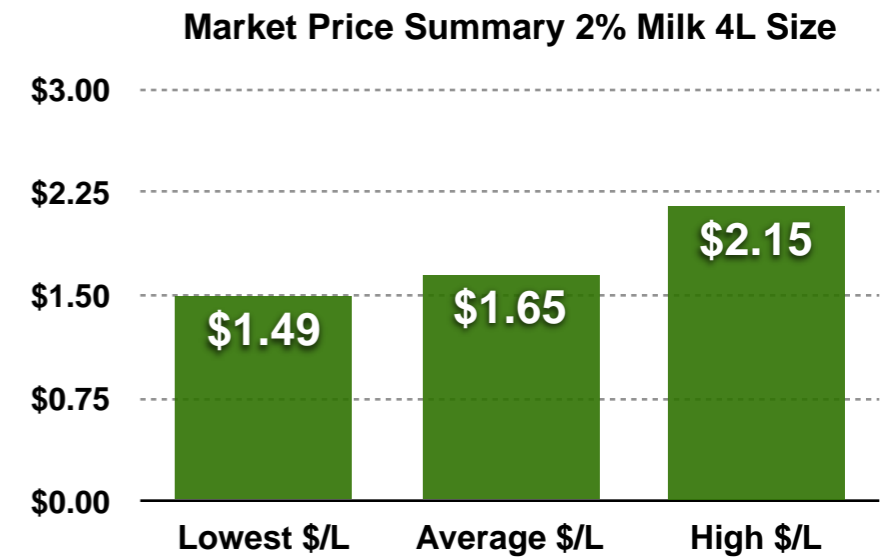
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.59	\$8.59	\$2.15	NA	\$6.19	\$3.10
Circle K	\$7.69	\$8.49	\$2.12	\$5.99	\$6.49	\$3.25
Co-op	\$5.95	\$6.39	\$1.60	\$4.69	\$4.99	\$2.50
Costco	\$5.75	\$5.96	\$1.49	NA	NA	NA
No Frills	\$5.75	\$5.96	\$1.49	\$4.57	\$4.69	\$2.35
Safeway	\$5.95	\$6.45	\$1.61	\$4.69	\$4.89	\$2.45
Save on Foods	\$5.95	\$6.45	\$1.61	\$4.69	\$4.89	\$2.45
Shoppers Drug Mart	\$6.10	\$6.34	\$1.59	\$4.89	\$5.39	\$2.70
Superstore	\$5.75	\$5.96	\$1.49	\$4.57	\$4.69	\$2.35
Walmart	\$5.59	\$6.35	\$1.59	\$4.48	\$5.08	\$2.54



Canadian Fluid Milk Report

Edmonton, AB

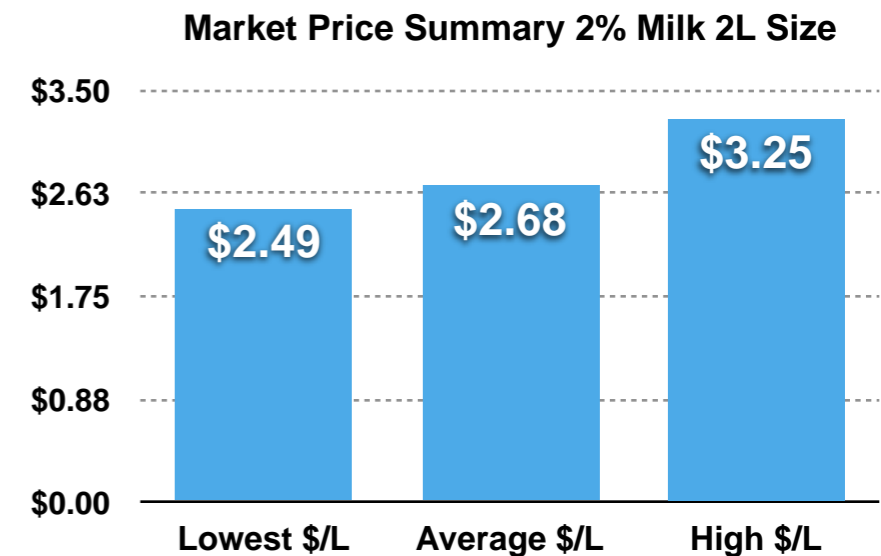
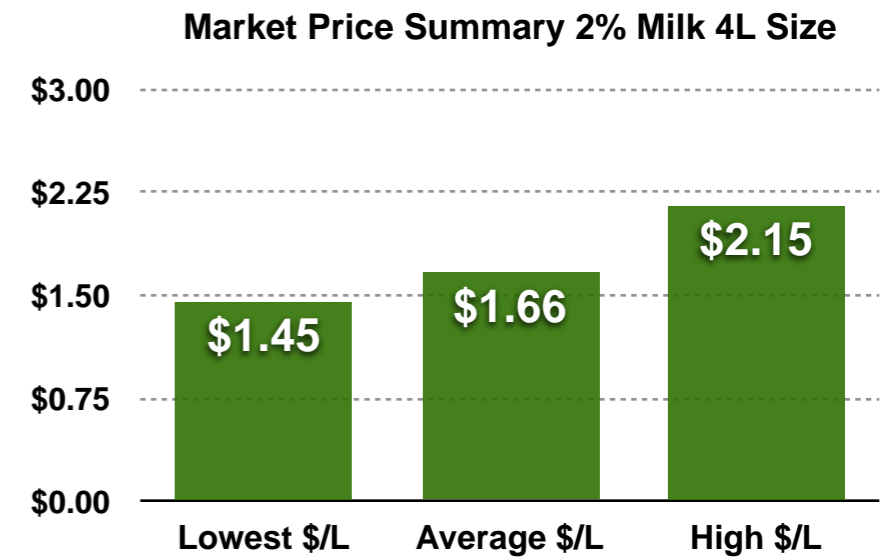
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
Circle K	\$7.69	\$8.59	\$2.15	NA	\$6.49	\$3.25
Costco	\$5.75	\$5.96	\$1.49	NA	NA	NA
No Frills	\$5.75	\$6.35	\$1.59	\$4.57	\$5.08	\$2.54
Safeway	\$5.95	\$6.45	\$1.61	\$4.89	\$5.25	\$2.63
Save On Foods	\$5.95	\$6.45	\$1.61	\$4.69	\$4.89	\$2.45
Shoppers Drug Mart	\$6.10	\$6.34	\$1.59	\$4.89	\$5.39	\$2.70
Sobeys	\$5.95	\$6.45	\$1.61	\$4.69	\$4.89	\$2.45
Superstore	\$5.75	\$6.35	\$1.59	NA	\$4.69	\$2.35
Walmart	\$5.75	\$6.35	\$1.59	\$4.57	\$5.08	\$2.54



Canadian Fluid Milk Report

Kelowna, BC

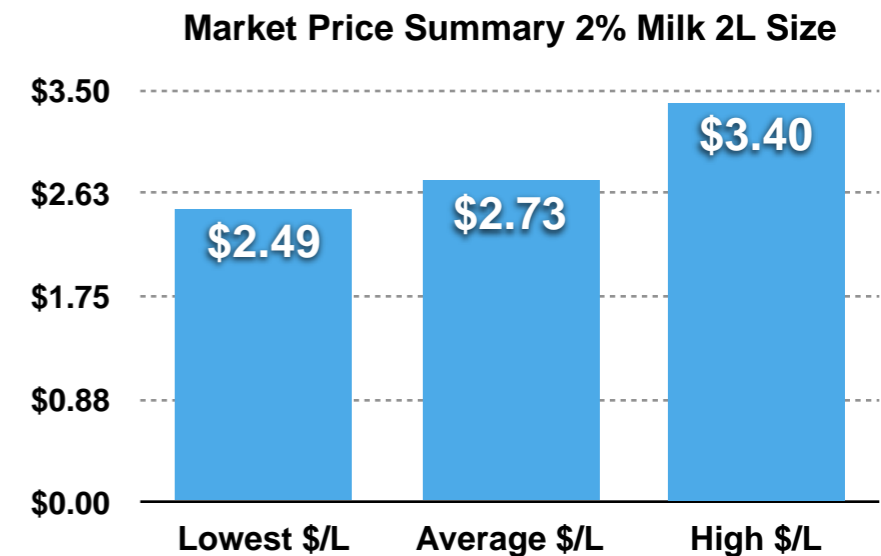
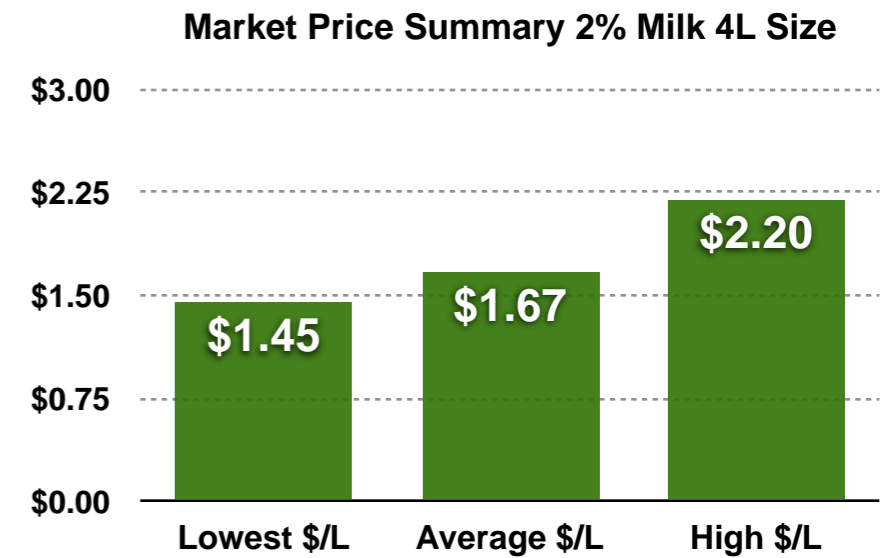
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.89	\$8.59	\$2.15	NA	\$6.19	\$3.10
Circle K	\$8.19	\$8.59	\$2.15	\$6.29	\$6.49	\$3.25
Costco	\$5.55	\$5.81	\$1.45	NA	NA	NA
Fresh Co	\$5.95	\$5.81	\$1.45	\$4.89	\$4.97	\$2.49
IGA Marketplace	\$6.99	\$6.99	\$1.75	\$5.39	\$5.49	\$2.75
Safeway	\$5.95	\$6.35	\$1.59	\$4.77	\$5.09	\$2.55
Save On Foods	\$5.95	\$6.35	\$1.59	\$4.89	\$5.09	\$2.55
Shoppers Drug Mart	\$5.69	\$5.88	\$1.47	\$4.89	\$4.99	\$2.50
Superstore	\$5.55	\$5.81	\$1.45	\$4.77	\$4.97	\$2.49
Your Independent Grocer	\$6.05	\$6.25	\$1.56	\$4.77	\$4.97	\$2.49



Canadian Fluid Milk Report

Burnaby / Coquitlam, BC

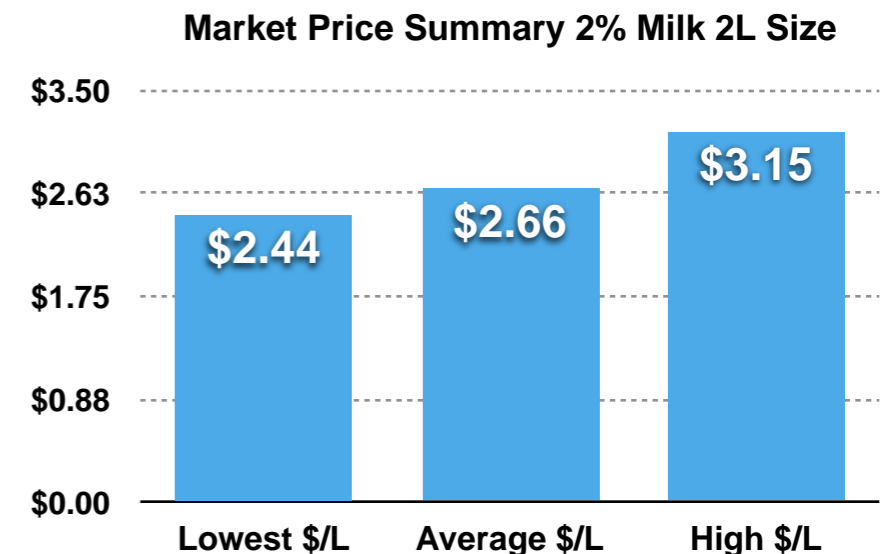
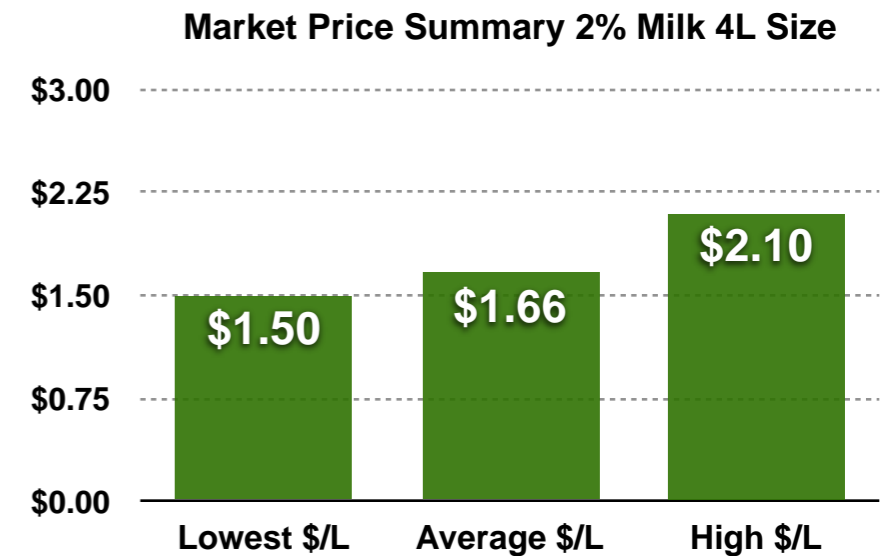
	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.59	\$8.29	\$2.07	\$5.99	\$6.79	\$3.40
Circle K	\$8.19	\$8.79	\$2.20	\$5.99	\$6.69	\$3.35
Costco	\$5.55	\$5.81	\$1.45	NA	NA	NA
IGA Marketplace	\$6.99	\$6.99	\$1.75	\$5.39	\$5.49	\$2.75
No Frills	\$5.55	\$5.81	\$1.45	\$4.77	\$4.97	\$2.49
Save On Foods	\$5.55	\$6.35	\$1.59	\$4.77	\$5.09	\$2.55
Shoppers Drug Mart	\$5.95	\$5.88	\$1.47	\$4.89	\$4.99	\$2.50
Superstore	\$5.69	\$5.81	\$1.45	\$4.89	\$4.97	\$2.49
Thrifty Foods	\$5.95	\$7.25	\$1.81	\$4.75	\$5.19	\$2.60
Walmart	\$5.55	\$5.81	\$1.45	\$4.77	\$4.97	\$2.49



Canadian Fluid Milk Report

Langford/Victoria, BC

	June 2024 Price 2% Milk - 4L Size	March 2026 Price 2% Milk - 4L Size	Price Per Litre	June 2024 Price 2% Milk - 2L Size	March 2026 Price 2% Milk - 2L Size	Price Per Litre
7-Eleven	\$8.59	\$8.39	\$2.10	\$6.19	\$5.99	\$3.00
Costco	\$5.65	\$5.99	\$1.50	NA	NA	NA
Circle K	\$8.19	\$8.39	\$2.10	\$6.19	\$6.29	\$3.15
Save On Foods	\$5.69	\$6.35	\$1.59	\$4.85	\$5.09	\$2.55
Shoppers Drug Mart	\$5.49	\$5.88	\$1.47	\$4.89	\$4.99	\$2.50
Superstore	\$5.65	\$6.10	\$1.53	\$4.67	\$4.87	\$2.44
Thrifty Foods	\$6.85	\$6.29	\$1.57	\$4.85	\$5.19	\$2.60
Walmart	\$5.65	\$6.17	\$1.54	\$4.77	\$5.18	\$2.59
Your Independent Grocer	\$6.05	\$6.25	\$1.56	\$4.77	\$4.97	\$2.49



Canadian Fluid Milk Report - Methodology

Price audits were conducted using Field Agent Canada's panel of 335,000 smartphone users who have downloaded our free app and conduct audits, mystery shops and shopper surveys from Coast-to-Coast.

Data was collected in 185 stores from March 1-27, 2026 in 20 markets across Canada with at least one market in each of the ten provinces.

We measured retail prices on 2% milk products which represent the largest segment of Canadian Fluid Milk sales.

Agents collected the regular price point and any promotional price points available for 2% Milk including both 2L and 4L sizes, and carton, jug and bagged formats.

The CURRENT PRICE reflected in this report is the retail shelf price excluding any current promotions.

Prices recorded were the prices shown on shelf tags, on-pack price stickers or store signage. Where prices were not available the current price was sourced through the store clerk and recorded.

When multiple offerings of 2% milk were present, the lowest priced 2% Milk in both the 2L and 4L segments was recorded.

Prices are for base milk products. Value added products such as "fine-filtered", "organic" or "lactose free" varieties were excluded.