ECONOMIC DEVELOPMENT REGINA

March 2026

REGINA'S ECONOMIC BRIEF

GRA stays ahead of the nation, avoids turbulence

Inflation in the Greater Regina Area (GRA) eased to 1.7% in February 2026 (January 2026: 1.9%), while employment grew 5.7% year-over-year (YoY) to 152,700 in February (February 2025: 144,400 employed), adding 8,300 jobs in health care, construction, and public administration. However, YoY unemployment crept up slightly to 7% (January 2026: 6.9%) due to population growth and a continued skills mismatch. In March, the Bank of Canada held its key interest rate at 2.25%.

Source: Statistics Canada (Unadjusted)

GRA job market still outperforming nationally

The GRA's job market expanded, adding 8,300 jobs in February 2026, up 5.7%, with significant gains in key sectors like health care and public administration. Regina performed well both provincially and nationally, with employment growth in Saskatchewan slowing to 1.2% (+7,200 jobs), and Canada's slowing to 0.1% (+15,000 jobs) over the same period.

Source: Statistics Canada

Inflation down, for now

Inflation in the GRA was 1.7% in February 2026, maintaining the momentum from January 2026 (1.9%), partially due to the end of the GST relief period in February 2025. Inflation in Regina tracked closely with Saskatchewan (1.6%) and Canada (1.8%) over the same period. However, expect inflation to spike in the coming months due to ongoing global market volatility.

Source: Statistics Canada

Housing prices climb, GRA still affordable

In February, the GRA's Housing Price Index Benchmark Value (HPI) rose over $21,600 YoY to $336,400 (February 2025: $314,800), a jump of 6.9%. Housing prices in Regina remain noticeably lower than Saskatoon ($421,600), Halifax ($558,600), Toronto ($938,800), and Vancouver ($1,101,300) despite the climb observed over the past year, maintaining Regina's place as one of the most affordable major markets in Canada.

Source: Canadian Real Estate Association

Unemployment continues to edge up

In February 2026, the GRA's average YoY unemployment rate had a modest rise to 7% (January 2026: 6.9%). Provincially, Saskatchewan posted a 5.6% unemployment rate, the lowest among all provinces, remaining below the national average of 6.7%.

Source: Statistics Canada

Bank of Canada holds key interest rates

The Bank of Canada held its lending rate in March 2026 to 2.25%. In the face of significant market volatility and uncertainty due to ongoing global events, economic activity in Canada has weakened. As inflation risks continue to grow due to factors like rising energy prices, the Bank of Canada has elected to hold rates to see how the Canadian economy develops until its next announcement at the end of April.

Source: Bank of Canada

Rent climbs as demand stays strong

In February 2026, average monthly apartment rents in Regina increased 4.3% YoY year-over-year to $1,379 (February 2025: $1,322). Despite this upward pressure, the city continues to rank among the most affordable major rental markets nationally. At the provincial level, Saskatchewan maintains the lowest average rents in the country, underscoring its relative cost-of-living advantage even amid recent increases.

Source: Rentals.ca

POSITIVE NEED TO WATCH NEGATIVE

KEY NUMBERS

8,300

THE GRA'S JOB GROWTH IN FEBRUARY 2026, UP 5.7%, OUTPERFORMING BOTH CANADA AND SASKATCHEWAN.

Source: Statistics Canada

$336,400

THE GRA'S AVERAGE HOUSING PRICE INDICATOR BENCHMARK VALUE FOR FEBRUARY 2026, UP 6.9% OVER JANUARY 2025.

Source: Canadian Real Estate Association

1.7%

INFLATION IN THE GRA DROPPED TO 1.7% IN FEBRUARY 2026 FROM 1.9% IN JANUARY 2026.

Source: Rentals.ca

$1,379

RENTAL PRICES CLIMBED 4.3% TO $1,379 IN REGINA, WITH PRICES FINALLY CLIMBING FOLLOWING A PERIOD OF STABLE RENTAL PRICES.

Source: Economic Development Regina

2.25%

THE BANK OF CANADA'S LENDING RATE, HELD IN MARCH 2026 AMID GLOBAL ECONOMIC UNCERTAINTY.

Source: Bank of Canada

A DEEPER LOOK...

When the world shakes, Regina feels it

Saskatchewan's globally tied economy leaves it both exposed and rewarded when distant wars reshape the price of everything.

Geopolitical tremors have a habit of travelling far. The renewed confrontation among the United States, Israel, and Iran may seem remote from Saskatchewan's prairie skyline, yet the economic shockwaves reach all the way to Regina. Global energy disruptions, as history shows, have a short route to Canada's heartland.

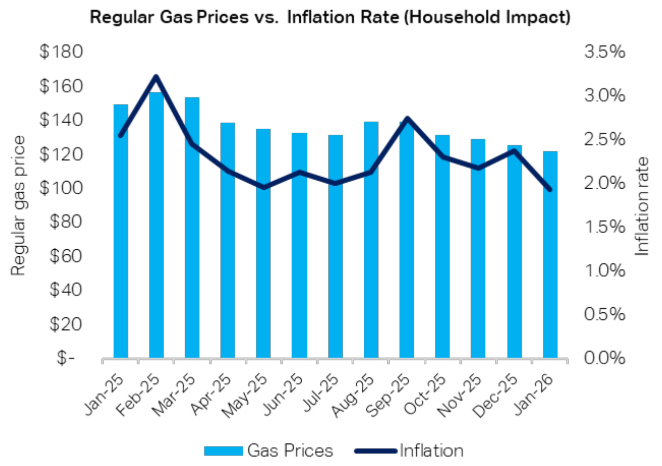
Oil remains the first and fastest transmission channel. With the Strait of Hormuz again unstable – chokepoint for roughly a fifth of the world's crude – prices have climbed past US$110 a barrel. Such spikes reverberate through the input costs of prairie agriculture. Diesel fuels combines, fertilizers depend on natural gas, and grain must still move by truck and rail. Every extra dollar for oil slices margins by over 90 cents before a single seed is sown. Fertilizer markets, already tight after years of global volatility, are again edging upward.

Saskatchewan's farmers also trade in commodities that ride the same energy tide. Canola, both a staple crop and a biofuel input, often benefits when crude rises. That offers some relief – though rarely enough to offset higher costs entirely. What looks like a boom can quickly become a balance-sheet squeeze.

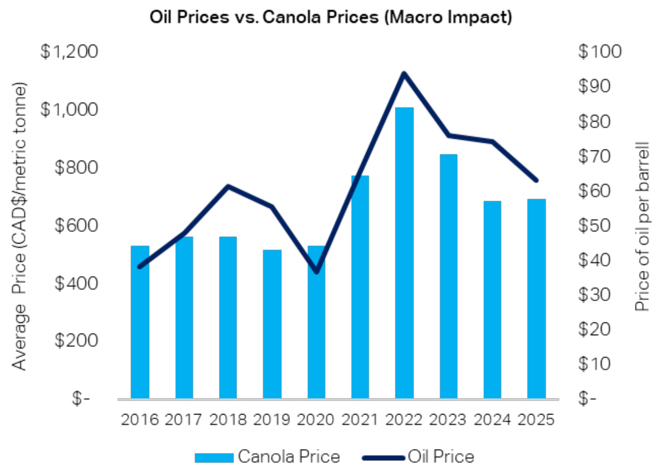
For households, the next act plays out in inflation. Energy costs drive cost increases through the supply chains, raising costs for groceries, transport and everything in between. Wage growth seldom keeps pace. But provincial revenues tell a different story. Oil, potash, and grain royalties swell when prices rise, cushioning public finances even as consumers tighten belts.

This duality is familiar to resource economies: pain at the pump, prosperity in the treasury. For Regina, the latest Middle Eastern flare-up will not bring tanks to the streets - but it will highlight economic ties to global events. If the war drags on, so too will the pressure on the global economy continue to grow.

Figure: Economic Impacts of Escalating Middle East Tensions



Source: Economic Development Regina, Statistics Canada



Source: Economic Development Regina, Statistics Canada, Canola Council of Canada

News Worth Watching

Canada's Labour Market on the back foot

Canada's labour market stumbled in February, wiping out late-2025 gains as job losses hit almost every industry. Employment is up just 0.2% year-over-year, with unemployment rising to 6.7%, highlighting ongoing economic pressures for 2026.

Source: Signal49

PM Carney announces $35B investment in Arctic defence, Northern infrastructure

PM Mark Carney unveiled a $35B plan to strengthen Canada's North, funding military bases and two northern airports.

Source: Global News

Mayor Bachynski says 2026 a 'turning point' for Regina in annual State of the City address

In his second State of the City address since taking the office, Mayor Chad Bachynksi says Regina is on the track to stability.

Source: CTV News

Business groups split on Saskatchewan budget impact

The business community has weighed in with reaction to the 2026 Saskatchewan budget, and it includes a range of opinions on how the budget will impact them.

Source: SaskToday

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