

Food Insecurity - not having enough money to buy food - is a serious problem in Ontario

Who is food insecure?



1 in 8¹

households in Ontario
is food insecure

~1,600,000 people



60¹ %

of households who
are food insecure
have employment
as their main income



64¹ %

of households
receiving
social assistance
are food insecure

What's the problem?

Food insecurity is linked to higher rates of:



diabetes, high blood pressure & heart disease²



depression, anxiety & suicidal thoughts³

What's the solution?

The effective solution **increases** people's incomes through:

- a basic income guarantee
- jobs with livable wages and benefits
- adequate social assistance rates

Food charity does **NOT** solve the problem!



Income solutions...



preserve dignity



address the root of the problem



give choice of which foods to buy



ensure the basic right to food

What can YOU do?



Find the Youth Action on Food Insecurity Toolkit at: odph.ca/what-can-you-do



1. Be aware

- Learn more about why food insecurity is a serious problem: odph.ca/centsless



2. Spread the word

- Follow @RDsPubHealthON and retweet our #FoodInsecurityFriday tweets
- Use the Youth Action on Food Insecurity Toolkit in your high school or youth club



3. Sign our letter

- Sign and submit our letter to federal leaders to let them know you support income solutions to food insecurity: odph.ca/what-can-you-do

References

1. Tarasuk, V, Mitchell, A, Dachner, N. (2016). Household food insecurity in Canada, 2014. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/>
2. Vozoris NT, Tarasuk V. Household food insufficiency is associated with poorer health. J Nutr. 2003;133(1), 120-126.
3. Jessiman-Perreault G, McIntyre L. The household food insecurity gradient and potential reductions in adverse population mental health outcomes in Canadian adults. SSM-Population Health. 2017;3:464-72.