



# Food Security Key Messages

## A key opportunity for health

Food security is the ability to secure safe, healthy, personally/culturally-acceptable food, and contributes to good health, lower risk of disease, and reduced healthcare costs.

## Prosperity side-tracked

Decreasing food security is evidenced by a 28% increase in food bank use since 2008 and reflects the limitations faced by people living in poverty. The paths to food security and prosperity need opportunities, not food charity.

## Low incomes don't measure-up

Nutritious Food Basket annual surveys have repeatedly shown that people with low-incomes don't have an adequate baseline to afford healthy eating after meeting other essentials such as housing.

## A short-term solution

Food security could be jumpstarted by implementing a monthly \$100 Healthy Food Supplement for social assistance recipients.

## Real incentives

The most progress on food security will come from improving policies for:

- social programs and working incomes,
- community planning and the agri-food system, and
- environments for healthy food and eating.

Achieving this can be coordinated through developing a comprehensive Ontario Food and Nutrition Strategy.