

# FOOD INSECURITY

is a serious public health problem in Ontario.

## What is the problem?

Not enough money  
to buy food.



Food insecurity = higher rates of:



diabetes, high blood  
pressure & heart disease



depression, anxiety  
& suicidal thoughts

## Who is food insecure?



**19%**  
of people  
in Ontario

**67%** of  
households  
receiving social  
assistance

**48%** of  
households  
have employment  
as their main income

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

## What is the solution?

Higher incomes.

- Jobs with liveable wages and benefits
- Reduced income tax for lowest-income households
- Social assistance rates based on the costs of living
- A basic income for working-age adults

Higher incomes...



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?



### 1. Be aware

Learn more about food insecurity at:  
[odph.ca/centsless](https://odph.ca/centsless)



### 2. Spread the word

Follow @RDsPubHealthON



### 3. Send our letter

Use our letter to tell leaders you support  
income solutions to food insecurity:  
[odph.ca/what-can-you-do](https://odph.ca/what-can-you-do)

References:  
Food Insecurity Policy Research (PROOF). (2023, May 2). New data on household food insecurity in 2022. Retrieved July 6, 2023 from <https://proof.utoronto.ca/2023/new-data-on-household-food-insecurity-in-2022/>

Tarasuk, V., Li, T., & Fafard St-Germain, A.A. (2022). Household food insecurity in Canada 2021. Toronto, ON: Research to identify policy options to reduce food insecurity (PROOF). <https://proof.utoronto.ca/>

Ontario Dietitians in Public Health. (2020, December). Position Statement and Recommendations on Responses to Food Insecurity. <https://www.odph.ca/centsless>



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