Food insecurity - not having enough money to buy food - is a serious public health problem in Ontario.

Who is food insecure?
- 13% of households in Ontario are food insecure.
- 63% of households who are food insecure have employment as their main income.
- 59% 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 disease
  - depression, anxiety & suicidal thoughts

What's the solution?
- Effective solutions increase incomes through:
  - a basic income guarantee
  - jobs with liveable 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?
1. Be aware
   Learn more about why food insecurity is a serious problem at: odph.ca/centsless
2. Spread the word
   Follow @RDsPubHealthON and retweet our #FoodInsecurityFriday tweets
3. Send our letter
   Use our letter to tell leaders you support income solutions to food insecurity: odph.ca/what-can-you-do

Reference:
Position Statement and Recommendations on Responses to Food Insecurity, Ontario Dietitians in Public Health, December 2020