



FOOD INSECURITY FACT SHEET

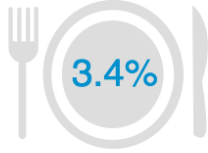
GUELPH & WELLINGTON TASK FORCE FOR POVERTY ELIMINATION / 2015

THE GOAL

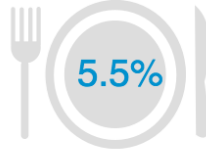
Everyone in Guelph & Wellington has access to affordable and healthy food in a dignified manner.



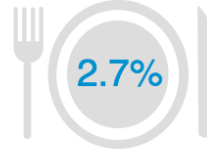
HOUSEHOLD FOOD INSECURITY IN ONTARIO: **11.7%**



MARGINAL FOOD INSECURITY
Worry about running out of food and/or limit food selection because of lack of money for food.



MODERATE FOOD INSECURITY
Compromise in quality and/or quantity of food due to a lack of money for food.



SEVERE FOOD INSECURITY
Miss meals, reduce food intake and at the most extreme go day(s) without food.



16.4%

The prevalence of food insecurity in **GUELPH**

FOOD BANK USE IN GUELPH & WELLINGTON

During the month of March 2014 **4861** individuals used a food bank in Wellington County (including the City of Guelph)



ADULTS

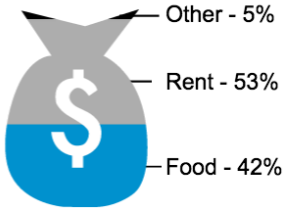
66%

CHILDREN

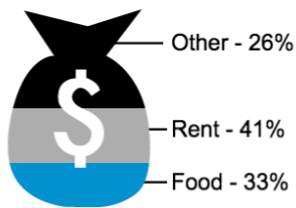
34%

The Nutritious Food Basket is a tool that estimates the basic cost for an individual or household to eat healthy. The following scenarios show the household size and income source to demonstrate the percentage of income required for rent, the percentage of income required to purchase healthy food, and the percentage of income remaining for other basic needs.

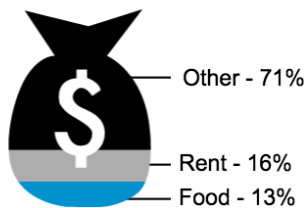
Family of Four, Ontario Works



Family of Four, Full-Time Minimum Wage Earner



Family of Four, Median Ontario Income (after tax)

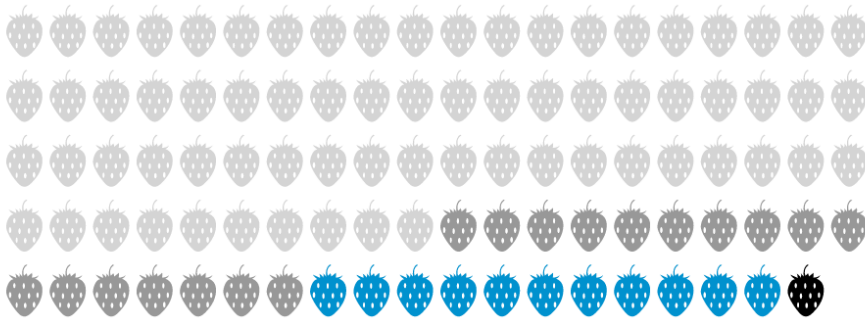


NUTRITIOUS FOOD BASKET



In 2014, the monthly cost of a NFB in our community for a family of four was

\$907.36



■ Never (71%) ■ Rarely (17%) ■ Sometimes (11%) ■ Most of the time (1%)

PERCENT OF RESPONDENTS IN GUELPH & WELLINGTON WHO HAVE DIFFICULTY BUYING FOOD TO FEED THEIR 3-5 YEAR OLD CHILD



From 2013 to 2014, the cost of food increased

↑ 7.4%

During that same period, the rate of inflation went up

2.7%



CANADA NEEDS A NATIONAL ANTI-POVERTY PLAN THAT INCLUDES ELIMINATING FOOD INSECURITY

FOOD INSECURITY SOLUTIONS



Develop and implement a National Food Strategy, as part of a broader anti-poverty plan



Introduce a Basic Income Guarantee to ensure all Canadians can afford sufficient, safe, healthy and culturally appropriate food



Increase investments in affordable housing, so that people don't need to decide between paying rent and feeding themselves and their families

Canada-wide resources on food insecurity:

- Register for the webinar hosted by Community Food Centres Canada on September 29th, 12pm - 1pm: "Basic Income: Giving Canadians a Solid Floor to Stand On." <http://foodsecurecanada.org/resources-news/webinars-podcasts/basic-income-giving-canadians-solid-floor-stand>
- Read and share a backgrounder report on basic income by Community Food Centres Canada <http://cfccanada.ca/sites/default/files/documents/CFCC%20-%20Basic%20Income%20Backgrounder.pdf>
- Read PROOF's most recent report on household food insecurity in Canada: <http://nutritionalsciences.lamp.utoronto.ca/resources/proof-annual-reports/annual-report-2012/>
- Watch this Tedx Talk from Lynn McIntyre about how inadequate food access due to financial constraints comes from a lack of appropriate policy and action: <https://www.youtube.com/watch?v=EWVHIBgRnDk>

LEARN MORE



Local resources for Guelph-Wellington

- Review local research reports on food insecurity on the Poverty Task Force website: <http://www.gwpoverty.ca/resources/research-reports/>
- Visit the Poverty Task Force website with information on issues that matter, and on how and where to vote: www.gwpoverty.ca/vote2015
- Find the candidates in your riding by simply entering your postal code: <http://www.makingvotescount.ca/prime-minister-and-mps>

TAKE ACTION



Sign the Eat Think Vote petition and ensure all Canadians have access to healthy and affordable food:

<http://campaign.foodsecurecanada.org/sign-the-petition>

Petition federal party leaders to debate on issues that affect municipalities, including affordable housing

Share these resources on Twitter, Facebook, email, etc.



Prepared by:

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