



# FOOD INSECURITY

## OUR VISION

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

## WHAT WE KNOW



40% accessing emergency food services in Guelph & Wellington are single adults; 31% are single-parent families<sup>1</sup>.



3 in 10 people accessing emergency food services ages 15-65 years are employed full- or part-time<sup>2</sup>.

48% accessing emergency food services in Guelph & Wellington are paying rent at regular market rent<sup>3</sup>.



Experience household food insecurity in Guelph 2011-2012<sup>4</sup>.

**16.4%**

The increase in individuals accessing emergency food services from 2005 to 2012 in Guelph<sup>5</sup>.

**112.5%**

**25%**

The percentage increase in the cost of the Nutritious Food Basket for a family of four in Wellington Dufferin Guelph from 2009 – 2013<sup>6</sup>.

## WHAT MUNICIPALITIES CAN DO

- Provide financial and resource support to local innovative food programs and initiatives.
  - Support improved coordination of emergency food system.
  - Promote and invest in local affordable housing.
  - Invest in local transportation solutions and offer fee subsidies for transportation, recreation and access to cultural events.
  - Advocate for change on federal and provincial policies related to income, housing and homelessness, health and food insecurity.
  - Adopt a vision of shared prosperity.
  - Take a leadership position by naming poverty as an issue, keeping it on the public agenda, and developing public/private partnerships.
  - Convene stakeholders – develop ongoing relationships that build capacity.
  - Engage people with lived experience of poverty in decision-making.
  - Provide information and data to help stimulate new thinking and ideas for eliminating poverty.
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## QUESTION TO ASK CANDIDATES

- What measures would you support and promote to ensure that individuals and families living in poverty have a safe and affordable place to live?
  - Do you agree to make or increase annual contributions to support an affordable housing reserve fund and strategically partner with key stakeholders to utilize the fund as needed?
  - Would you support waiving development charges and other municipal fees for affordable housing geared towards low-income renters?
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## INNOVATIVE IDEAS

### 1 COMMUNITY FOOD CENTRES



**The Stop** is a community food centre in Toronto. Like other Community Food Centres, the Stop strives to increase access to healthy food in a manner that maintains dignity, builds health and community, and challenges inequality. The Stop provides frontline services such as a drop-in, perinatal program, bake ovens and markets, community cooking and sustainable food system education. The Stop's Green Barn is home to the sustainable food production an education centre, a state-of-the-art greenhouse, a sheltered garden, community bake ovens and a compost demonstration centre. **The Stop** receives municipal funding for the drop-in and for programs at the Green Barn and community gardens. More information: [www.thestop.org/](http://www.thestop.org/)



## FOOD BOX PROGRAM



Hamilton

In 2012, City of Hamilton Council passed a motion to support a one-year pilot project to distribute fresh fruit and vegetables to 500 single Ontario Works recipients, as they are the most at risk for insufficient access to health food. The municipality invested \$65,000 in this project: \$55,000 coming from the Social Services Initiatives Reserve and \$10,000 from the Hamilton Poverty Roundtable.

This fact sheet was prepared by:



### References

<sup>1</sup> Dodd, W., Nelson, E., Cairney, K., Clark, J. & Cartaginese, A. (2013) "Using emergency food services in Guelph-Wellington." The Research Shop, University of Guelph. Retrieved from <http://www.theresearchshop.ca/sites/default/files/Using%20Emergency%20Food%20Services%20in%20Guelph-Wellington%20-%20FINAL.pdf> **Note:** This statistic is based on a study representing 210 people in Guelph & Wellington who live in households that access emergency food services.

<sup>2</sup> *ibid.*

<sup>3</sup> *ibid.*

<sup>4</sup> Tarasuk, V., Mitchell, A., & Dachner, N. (2013). "Household food insecurity in Canada, 2012." Toronto. Retrieved from <http://nutritionalsciences.lamp.utoronto.ca/resources/proof-annual-reports/annual-report-2012/>

<sup>5</sup> "Food insecurity in Guelph" (2014). Guelph Wellbeing. <http://guelphwellbeing.ca/document/guelph-wellbeing-report-food-security>

<sup>6</sup> "2014 Nutritious Food Basket" (2014). Wellington Dufferin Guelph Food Bank.