



# 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>.



Percentage of food insecure Canadians reporting employment as their main source of income<sup>4</sup>.

**62%**

**13.5%**

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

**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 municipal food related policies and programs would you support to ensure that people living on low-income have access to healthy and affordable food?
  - Do you support the use of municipal funds for local food-based initiatives that increase access to healthy food for lower income households?
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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/)

## 2 FOOD BOX PROGRAM



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.

## 3 VIRTUAL MARKET



In Baltimore City, access to food is a challenge for many seniors and low-income residents due to transportation barriers and lack of conveniently located grocery stores. Baltimore residents can order groceries from ShopRite from home from any computer. The Virtual Supermarket Program provides staff and trained volunteers (Neighborhood Food Advocates) on-site to help if you don't have a computer or are uncomfortable about placing orders online. Groceries are then delivered to designated sites to be picked up.

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> Wellington Dufferin Guelph Public Health (2014). 2014 Nutritious Food Basket Report

<sup>5</sup> *ibid*

<sup>6</sup> *ibid*