



FOOD INSECURITY

Guelph & Wellington Task Force for Poverty Elimination | September 2021

Household food insecurity is the inadequate or insecure access to food due to financial constraints. It is a serious public health problem that negatively impacts physical, mental, and social health, and is costly on the healthcare system.¹



During the COVID-19 pandemic, almost **1 in 7 Canadians** reported living in a food insecure household.
(Food Insecurity During the COVID-19 Pandemic, Statistics Canada, 2020)



is the monthly cost of a nutritious food basket for a family in Guelph-Wellington.
(Nutritious Food Basket, Wellington-Dufferin-Guelph Public Health, 2018)



1 in 4 households that rent their accommodation in Canada are food insecure compared to 7.2% of home owners.
(Household Food Insecurity in Canada, 2017-2018, PROOF, 2020)



of food insecure households in Canada report their main source of income as employment.
(Household Food Insecurity in Canada, 2017-2018, PROOF, 2020)



1 in 6 children in Ontario live in a household that is food insecure.
(Canadian Community Health Survey, Statistics Canada, 2017-2018)



of households reliant on social assistance in Canada are food insecure.
(Household Food Insecurity in Canada, 2017-2018, PROOF, 2020)



Solutions

Policies that increase incomes:

- ✔ ensure jobs offer living wages, decent work conditions and benefits
- ✔ establish a basic income for all so that everyone can live with dignity

Ensuring people have an adequate income...

- addresses the root cause of food insecurity – not having enough money
- gives individuals and families the means to choose how, when and what food to buy
- preserves dignity
- supports social inclusion

Learn more: The Cent\$less Campaign - www.odph.ca/centsless

Learn More

Spend some time on the PROOF website:
The goal of this research program is to identify effective policy approaches to reduce household food insecurity.
www.proof.utoronto.ca/food-insecurity

Learn more about the Poverty Task Force's position on household food insecurity:
www.gwpoverty.ca/resources/position-statements

Take Action

Ask a candidate:
Household food insecurity occurs when there is inadequate or insecure access to food due to financial constraints. In Canada, 1 in 8 households experiences food insecurity. What steps will your party take to eliminate food insecurity?

Take action as part of the Cent\$less Campaign:
www.odph.ca/what-can-you-do

