

INCOME
SECURITY



FOOD
SECURITY



What is food insecurity?

Household food insecurity is the inadequate or insecure access to food due to financial constraints.¹

A CAMPAIGN FROM:

POVERTY
GUELPH & WELLINGTON TASK FORCE FOR
ELIMINATION

Food Insecurity

in Guelph & Wellington County

It's a bigger problem than you think



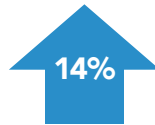
18% of households are food insecure in our community²



1 in 4 children live in food insecure households³



52% of people who are food insecure have wages, salaries, or self-employment⁴



The cost of the Nutritious Food Basket⁸ for a family of four in 2023 is **\$1,349.27** per month.⁵ This is **14% higher** than in 2022.



There are higher rates of **physical and mental health conditions**⁷ among people who are food insecure – resulting in higher healthcare costs and even premature death.



Due to barriers including transportation, dietary needs, stigma, and shame, only **25%** of food insecure households use food access services such as food banks.¹⁰



HARD FACT:

A single person on Ontario Works receives just **\$733/month** to cover all expenses.

This amount has been frozen since 2018.

Food insecurity can affect anyone, anytime.

An income security crisis is the root cause.

Policy change is the answer.⁴

Income security is the effective response to food insecurity

Inadequate social assistance is keeping people in poverty

To afford just rent and food – let alone any other expense...

- A family of four reliant on Ontario Works would require at least an **EXTRA \$300 per month**⁵
- A single person reliant on Ontario Works would require at least an **EXTRA \$600 per month**⁵
- A single person on the Ontario Disability Support Program would require at least an **EXTRA \$450 per month**⁵



A family of four with one full-time worker earning minimum wage needs to use **74%** of their income to afford rent and food, leaving little for all other essential expenses.⁵



The living wage in Guelph-Wellington is **\$20.90/hr.**⁶ Ontario minimum wage is **\$16.55/hr.** For 2 working adults, earning minimum wage equals a **\$15,225/year shortfall.**⁹

Together, we can **DEMAND ACTION** to solve food insecurity.

- 1** Demand change – sign the petition and advocate for increased social assistance rates.
- 2** Spread the word.
- 3** If you can, give time or money – food access programs do not solve food insecurity, but they do provide essential relief.



1. PROOF, Household Food Insecurity in Canada, 2022. <https://proof.utoronto.ca/2023/new-data-on-household-food-insecurity-in-2022>
2. Ontario Agency for Health Protection and Promotion (Public Health Ontario). Household food insecurity estimates from the Canadian Income Survey: Ontario 2019-2022. Toronto, ON: King's Printer for Ontario; 2023
3. Public Health Ontario Report: ENHANCED EPIDEMIOLOGICAL SUMMARY. Food Insecurity among Children using the Canadian Health Survey of Children and Youth 2nd Edition: June 2023
4. Tarasuk V, Li T, Fafard St-Germain AA. Household food insecurity in Canada, 2021. Toronto: Research to identify policy options to reduce food insecurity (PROOF) [Internet]. 2022. [cited 2023 Oct 18]. Available from: <https://proof.utoronto.ca/>
5. Wellington-Dufferin-Guelph Public Health. Nutritious food basket report. 2023. Available from: <https://wdgpublichealth.ca>
6. For details visit ontariolivingwage.ca
7. Anderson K, Clemens, K, Le, Zhang, L, Comeau, J, Tarasuk, V and Shariff S. Household food insecurity and health service use for mental and substance use disorders among children and adolescents in Ontario, Canada. CMAJ Jul 2023, 195 (28) E948-E955; DOI: 10.1503/cmaj.230332
8. The Nutritious Food Basket (NFB) calculates the average cost of a food basket reflective of healthy eating recommendations and was used to estimate the cost and affordability for an individual or household to eat healthy in Wellington, Dufferin and Guelph in 2023.
9. \$20.90/hour x 35 hours/week x 50 weeks x 2 adults = \$73,150 minus \$16.55/hour x 35 hours/week x 50 weeks x 2 adults = \$57,925 resulting in a difference of \$15,225.
10. Our Food Future Guelph Wellington. Guelph-Wellington food environment assessment [Internet]. 2022 [cited 2022 Sept 28]. Available from: <https://foodfuture.ca/wp-content/uploads/FEA-Report-Aug2423.pdf>

Learn more and take action: gwpoverty.ca/food-insecurity