

**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:

**! GUELPH & WELLINGTON
POVERTY
ELIMINATION
■ COLLABORATIVE**

Food Insecurity

in Guelph & Wellington County

It's a bigger problem than you think



1 in 4
households are
food insecure in
our community²



Nearly **1 in 3**
children live in
food insecure
households³



60% 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 2025 is **\$1,187.49** per month.⁵



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 \$110 per month**⁵
- A single person reliant on Ontario Works would require at least an **EXTRA \$782 per month**⁵
- A single person on the Ontario Disability Support Program would require at least an **EXTRA \$140 per month**⁵



A family of four with one full-time worker earning minimum wage needs to use **61%** of their income to afford rent and food, leaving little for all other essential expenses.⁵



The living wage in Guelph-Wellington is **\$23/hr.**⁶ Ontario minimum wage is **\$17.60/hr.** For 2 working adults, earning minimum wage equals a **\$18,900/year shortfall.**⁹

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

- 1 Advocate for income solutions like decent work, increased social assistance rates & basic income.
- 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. Public Health Ontario. Household food insecurity snapshot PHU (2019-2024). 2025. [cited August 18, 2025]. Available from: <https://www.publichealthontario.ca/en/Data-and-Analysis/Health-Equity/Household-Food-Insecurity>.
3. PROOF. New data on household food insecurity in 2024. 2024. [cited August 26, 2025]. Available from: <https://proof.utoronto.ca/2025/new-data-on-household-food-insecurity-in-2024/>.
4. <https://proof.utoronto.ca/wp-content/uploads/2023/11/Household-Food-Insecurity-in-Canada-2022-PROOF.pdf>
5. Wellington-Dufferin-Guelph Monitoring Food Affordability Report 2025. <https://wdgpublichealth.ca/sites/default/bh.01.dec0325.r32-nfb.pdf>
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. \$23/hour x 35 hours/week x 50 weeks x 2 adults = \$80,500 minus \$17.60/hour x 35 hours/week x 50 weeks x 2 adults = \$61,600 resulting in a difference of \$18,900.
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: gwpoverity.ca/food-insecurity