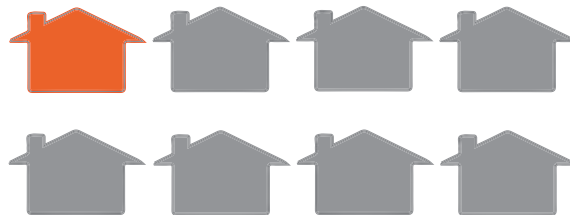




# FOOD INSECURITY IN TORONTO 2017

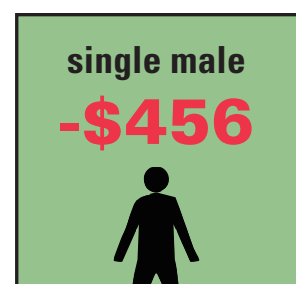
**Food insecurity means the inadequate or insecure access to food due to financial constraints. It is caused by POVERTY. The lower the household income, the higher the risk of food insecurity.**

**Impacts 1 in 8 Toronto households**



**Households that rely on social assistance programs such as Ontario Works do not have enough money to afford basic living expenses including food.**

**How much money is left after paying for rent and food?\***



**Which would you choose?**



\*NOTE: The figures are based on average income from Ontario Works, rent and food costs. Food costs are based on the Nutritious Food Basket, which estimates the minimum cost of basic healthy eating. Non-food items are not included (toilet paper, soap, diapers, etc.). Households have many other basic expenses that were not included in the calculations (transportation, childcare, utilities, etc.).



# FOOD INSECURITY IN TORONTO 2017

## Food insecure households

- may be forced to use their food budget to pay for other expenses
- may resort to nutrient-poor foods, emergency food services and may even skip meals
- are at an increased risk of poor mental and physical health
- can have health care costs up to 121% higher compared to those who are food secure



---

**All individuals and families deserve to have access to affordable, sufficient, safe, nutritious and culturally appropriate food.**

### How to help:

- Advocate for solutions that ensure access to nutritious food for all
- Write a letter to your local, Provincial and Federal government in support of:
  - ◊ Income security (e.g. increases to social assistance, minimum wage)
  - ◊ Affordable housing, childcare and transit
- Learn more about food security and sustainable food systems

