FOOD INSECURITY IN TORONTO 2018

Food insecurity means the inadequate or insecure access to food due to financial constraints. It is caused by poverty.

1 in 7 households in Toronto are food insecure.

The lower the household income, the higher the risk of food insecurity.

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?*
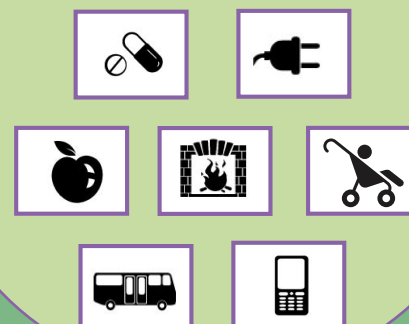
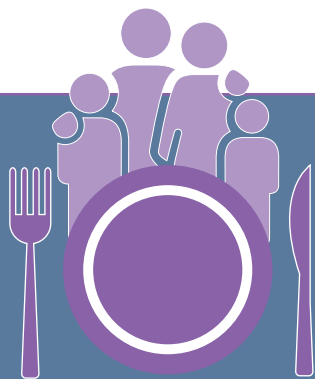single male
$-494

single mom with 2 children
$295

a family of 4
$137

Which would YOU choose?

*NOTE: The figures are based on average income from Ontario Works, average Toronto 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 are not included in the calculations (transportation, childcare, utilities, etc.).

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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

FOOD INSECURITY

POOR HEALTH

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

How to help:

- Learn more about food insecurity http://toronto.ca/nutrition-food-basket

- Get involved with local groups and coalitions that work towards community food security

- Write letters to political representatives to express your support for:

  - Income security solutions to reduce poverty (e.g., increases to social assistance, minimum wage, etc.)

  - Affordable housing, childcare and transit

  - Solutions that improve access to nutritious food, such as student nutrition programs

  - Local food systems planning to make nutritious and local food a priority