

FOOD INSECURITY IN TORONTO 2022

FOOD INSECURITY IS THE INADEQUATE OR INSECURE ACCESS TO FOOD DUE TO A LACK OF MONEY.

How much money is left each month after paying for rent, food, childcare and transportation?



Family of four receiving Ontario Works (OW):

-\$3,200



Couple receiving assistance from the Ontario Disability Support Program (ODSP):

-\$1,300



Family of four earning a minimum wage

-\$2,400



Single adult earning minimum wage:

-\$66

Reference: City of Toronto Open Data Portal
Cost of living in Toronto for low-income households, 2022

ACCESS TO FOOD IS A HUMAN RIGHT.



Almost **1 in 5** households in Toronto are food insecure



(Statistics Canada, Income Statistics Division, Canadian Income Survey)

Which would you choose, if you didn't have enough money?



Food insecurity cannot be solved by charitable food programs. Long-term strategies that reduce poverty are needed, such as:

Affordable housing, transportation and childcare

Secure, quality jobs that pay livable wages with full benefits

Social assistance programs that provide adequate benefits to cover real costs of living and are indexed to inflation

Barrier-free access to health and social services

Dignified access to affordable, sufficient, safe, nutritious and culturally-appropriate food



MAKE YOUR VOICE HEARD – SPEAK TO YOUR MUNICIPAL, PROVINCIAL AND FEDERAL GOVERNMENT OFFICIALS ABOUT WHAT THEY ARE DOING TO REDUCE POVERTY.

Risk of food insecurity is higher for individuals and families that:

- Live on a low-income.
- Receive social assistance, such as Ontario Works (OW) or Ontario Disability Support Program (ODSP), as their main source of income.
- Are living with a disability
- Are racialized, especially those who identify as Black or Indigenous.
- Rent, as opposed to own, their homes.
- Are led by lone-parents, especially female lone-parents.

LEARN MORE: [TORONTO.CA/FOODINSECURITY](https://toronto.ca/foodinsecurity)