

2018



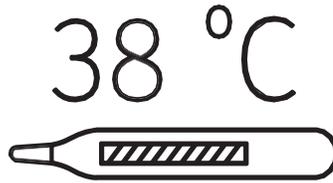
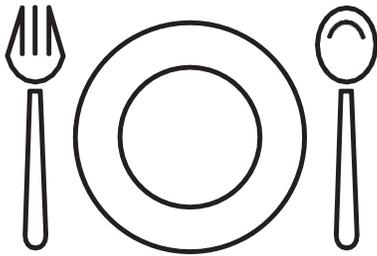
The Cost of Eating Well in Elgin St. Thomas

When people don't have enough money, they may have to cut their food budget to make ends meet.

They may skip meals or eat cheaper, less healthy food.



Without healthy food:

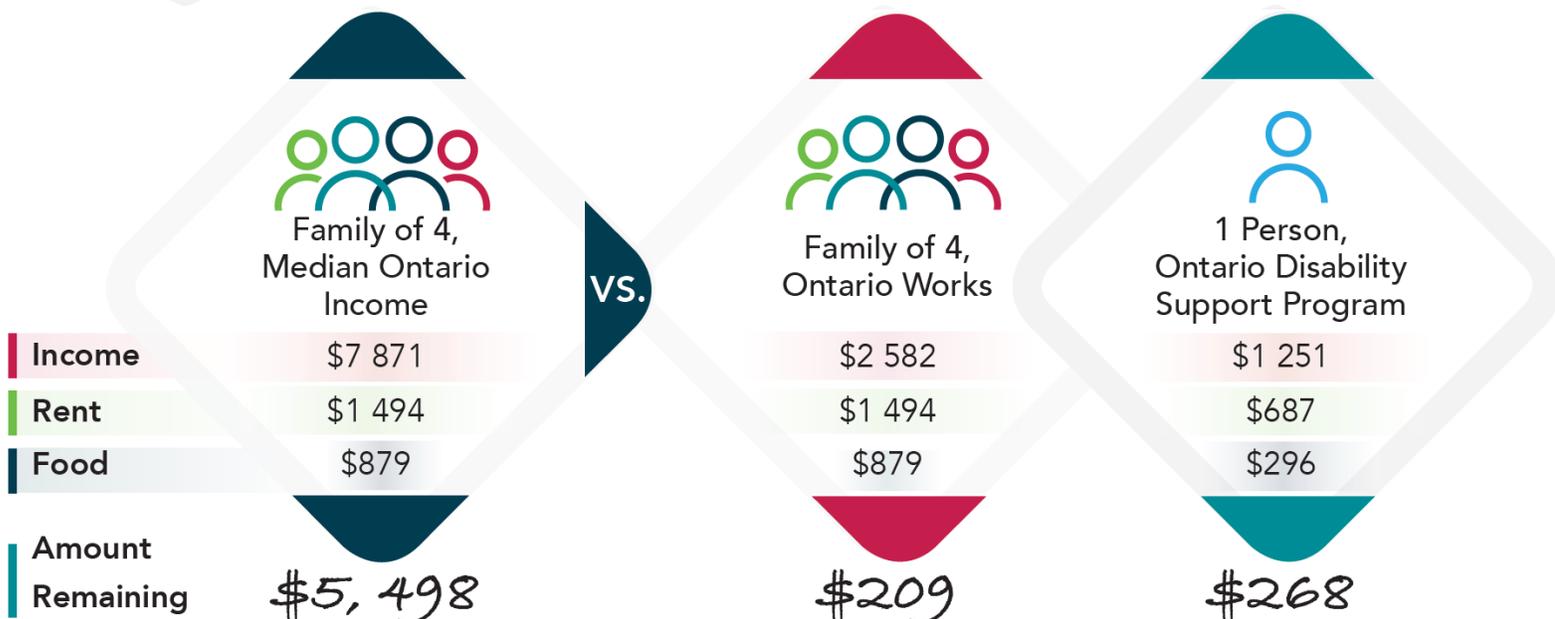


- ◆ Children are more likely to get sick and struggle in school.

- ◆ Adults are more likely to develop heart disease, diabetes, and cancer.

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households in Elgin St. Thomas don't have enough money to buy healthy food.



* This example only shows rent and food expenses and does not include other major expenses such as Childcare, Health benefits (drugs, dentist, eye care, etc.), and Transportation. View the [Breakdown of Family Expenses](#) pie chart for Elgin County and St. Thomas to see all basic expenses and their % of income. After all these expenses are paid for, the "Amount Remaining" will be significantly lower or below zero. Source: Calculating a Living Wage for St. Thomas-Elgin 2017.

Some people don't have enough money to buy healthy food.

After paying for rent and groceries, people still have to pay for other basic needs:



Heat, hydro,
phone/internet



Clothing



Transportation



Child Care



Personal
Care Items



Medical
Costs

The problem isn't the cost of healthy food. The problem is that people don't have enough money to afford healthy food.

Learn More

Learn more about the factors that impact health.
Ask your candidates about their views on:



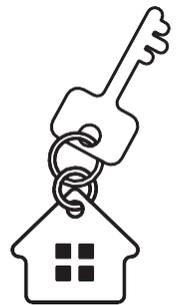
A Basic Income
Guarantee



Improved Social
Assistance and Increasing
Minimum Wage



Affordable
Child Care



Affordable and
Safe Housing

Take Action



Speak up!
Write a letter to your
local government.



Get involved during
elections – your vote
matters!

For more information, visit:

www.swpublichealth.ca/costofeatingwell

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