

FOOD INSECURITY

Food insecurity - not having enough money to buy food
- is a serious public health problem in Ontario

Who is food insecure?



13%
of households in Ontario
are food insecure

63%

of households who
are food insecure
have employment
as their main income

59%

of households
receiving
social assistance
are food insecure

What's the problem?

Food insecurity is linked to higher rates of:



diabetes, high blood pressure & heart disease



depression, anxiety & suicidal thoughts

What's the solution?

Effective solutions **increase incomes** through:

- a basic income guarantee
- jobs with liveable wages and benefits
- adequate social assistance rates

Food charity does **NOT** solve the problem!



Income solutions...



preserve dignity



address the root of the problem



give choice of which foods to buy



ensure the basic right to food

What can YOU do?



1. Be aware

Learn more about why food insecurity is a serious problem at: odph.ca/centsless



2. Spread the word

Follow @RDsPubHealthON and retweet our #FoodInsecurityFriday tweets



3. Send our letter

Use our letter to tell leaders you support income solutions to food insecurity: odph.ca/what-can-you-do

Reference:
Position Statement and Recommendations on Responses to Food Insecurity, Ontario Dietitians in Public Health, December 2020



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Ontario Dietitians in Public Health
Diététistes en santé publique de l'Ontario
December 2020