

# 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](http://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](http://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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