

Food insecurity is a serious public health problem

1.6 million Ontarians or 1 in 8 households do not have enough \$ to buy food



Food Insecurity



Higher rates of

- Diabetes, high blood pressure & poor oral health in adults
- Mental health problems
- Health care use

What is the solution?

Food charity
(food banks, soup kitchens)

OR

Adequate income
(basic income guarantee)

- Offers temporary hunger relief – but food insecurity does not go away
- Has limited reach – 3 out of 4 food insecure households do not go to food banks
- Has limited operating hours and restricts the number of visits and the amount of food provided
- Does not meet people's daily needs for nutritious food
- Undermines people's dignity
- Excuses decision makers from ensuring the basic right to food
- Addresses the root cause of food insecurity – not enough money
- Gives all households the means to choose how, when and what food to buy
- Preserves dignity when people have enough money to buy food
- Ensures the basic right to food by governments addressing the root cause of food insecurity

When income is too low, people do not have enough \$ for **rent, bills AND food**



OSNPPH urges governments to prioritize and investigate a basic income guarantee. The only solution to food insecurity is an INCOME response.



Ontario Society of Nutrition Professionals in Public Health

La société ontarienne des professionnel(le)s de la nutrition en santé publique

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Content of this infographic is based on:
Ontario Society of Nutrition Professionals in Public Health
Position Statement on Responses to Food Insecurity, November 2015.