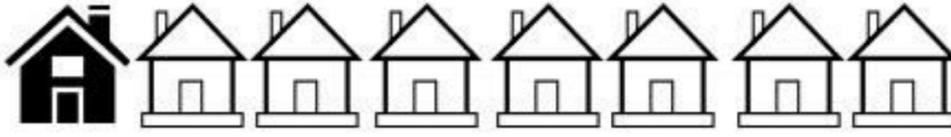


Food Security in Middlesex-London

2016

All residents should have access to a nutritious, adequate & culturally acceptable diet.



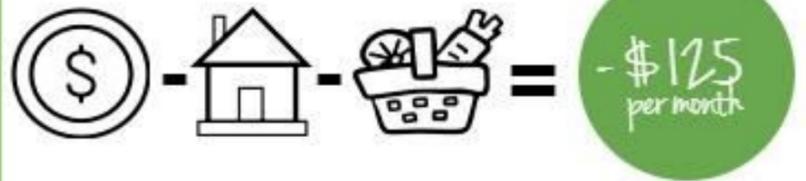
About 1 in 8 Middlesex-London households are food insecure



Social assistance rates are NOT ENOUGH



Single people receiving social assistance do not have enough money for adequate housing and healthy food



Many incomes are NOT ENOUGH



3 out of 5 food insecure households have paid employment



What can you do?



Advocate for basic income, living wage, increased social assistance



Find out what type of community organizer you are www.ifyouknew.ca



Read "London for All: A Roadmap to End Poverty"



Support social enterprises and businesses that give back to the community



Volunteer time, skills, food or money



Volunteer as an ally, child minder or meal provider

- Thrive crystal@wrrcsa.org

- Bridges Out of Poverty / Circles sclarke@goodwillindustries.ca

www.healthunit.com/cost-of-healthy-eating

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