Food Insecurity in Middlesex-London

2017

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



About 1 in 8 Middlesex-London households struggle to put food on the table.





They buy cheaper, less nutritious foods or skip meals.



Poor diets increase risk of infections & chronic diseases (e.g. diabetes, heart disease, cancer).



Social assistance rates are NOT ENOUGH





Many incomes are NOT ENOUGH

3 out of 5 households who struggle to put food on the table have paid employment.





What can you do?



Advocate for basic income, living wage, increased social assistance.



Get involved during elections, your vote matters!

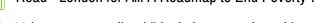


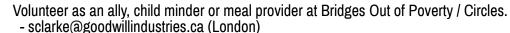
Find out what type of community organizer you are at www.ifyouknew.ca.













Volunteer as a gardener or meal provider. - info@wrrcsa.org (Strathroy)



Donate time, skills or money to support local organizations.

