

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.



Social assistance rates are NOT ENOUGH

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

 -  -  = **-\$110**








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.
-  Read "London for All: A Roadmap to End Poverty".
-  Volunteer as an ally, child minder or meal provider at Bridges Out of Poverty / Circles.
- sclarke@goodwillindustries.ca (London)
-  Volunteer as a gardener or meal provider.
- info@wrrcsa.org (Strathroy)
-  Donate time, skills or money to support local organizations.