

# Food Insecurity in Middlesex-London

2018

Appendix C to Report No. 053-18

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.



Many Middlesex-London residents can't afford to make healthy choices.



Single people receiving social assistance cannot afford to pay for adequate housing and healthy food.

$$\text{\$} - \text{house} - \text{shopping basket} = \text{\$-131}$$

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



## What can you do?



Get involved during elections, your vote matters!



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



Find out what type of community organizer you are at [www.ifyouknew.ca](http://www.ifyouknew.ca).



Get involved with "London for All: A Roadmap to End Poverty".



Volunteer for the Community Volunteer Income Tax Program.



Volunteer as an ally, child minder or meal provider at Bridges Out of Poverty / Circles.  
- [sclarke@goodwillindustries.ca](mailto:sclarke@goodwillindustries.ca) (London)



Donate time, skills or money to support local organizations.

[www.healthunit.com/cost-of-healthy-eating](http://www.healthunit.com/cost-of-healthy-eating)