

# FOOD INSECURITY

## MIDDLESEX-LONDON 2024



Food insecurity negatively impacts physical, mental, and social health <sup>1</sup>

Food insecurity is the inadequate or insecure access to food due to a lack of money <sup>1</sup>



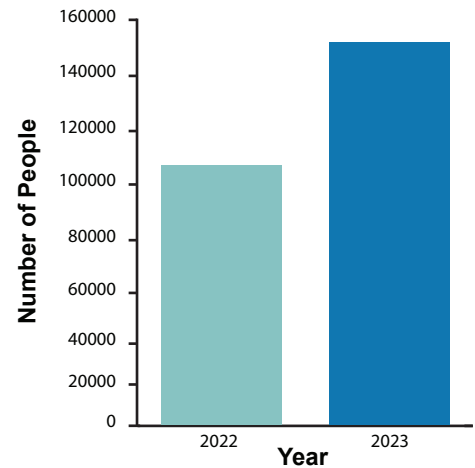
**2023**

1 in 4 Middlesex-London households were food insecure <sup>2</sup>

**2022**

1 in 6 Middlesex-London households were food insecure <sup>2</sup>

Middlesex-London Residents Living in a Food Insecure Household <sup>2, 3</sup>



How much money is left each month after paying for food and rent? <sup>4</sup>



Income Source	Single Person		Family of 4		
	OW <sup>a</sup>	ODSP <sup>b</sup>	OW <sup>a</sup>	Minimum Wage <sup>c</sup>	Median Income <sup>d</sup>
Food (% of Monthly Income Needed)	112%	83%	60%	38%	18%
Rent (% of Monthly Income Needed)	47%	28%	41%	26%	12%
What's Left?	<b>-\$522</b>	<b>-\$172</b>	<b>-\$20</b>	<b>\$1,579</b>	<b>\$6,757</b>

<sup>a</sup> Ontario Works <sup>b</sup> Ontario Disability Support Program <sup>c</sup> As of May 2024 <sup>d</sup> Statistics Canada, 2024.

Households still need to pay for all other expenses, including childcare, utilities, Internet, phone, tenant insurance, transportation, personal care, clothing, school supplies, gifts, recreation, out of pocket medical and dental costs, education, and savings.

Solutions are needed that help people afford the costs of living



- Adequate social assistance benefits
- Jobs that pay a living wage
- A basic income guarantee
- Affordable housing, public transit, and childcare
- Reduced income tax for low-income households
- Free tax filing support
- Learn more at [www.healthunit.com/food-insecurity](http://www.healthunit.com/food-insecurity)

References

1. Tarasuk V, Li T, Fafard St-Germain AA. (2022). Household food insecurity in Canada, 2021. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/>  
 2. Ontario Agency for Health Protection and Promotion (Public Health Ontario). (2024). Snapshots Data File for Household Food Insecurity (2019 to 2023 (annual, 2-year combined, 3-year combined)).  
 3. Statistics Canada. Table 17-10-0148-01 Population estimates, July 1, by census metropolitan area and census agglomeration, 2021 boundaries  
 4. Middlesex-London Health Unit (December 2024). Report No. 82-24 Monitoring food affordability and implications for public policy and action (2024). Retrieved from [https://www.healthunit.com/uploads/82-24\\_-\\_appendix\\_d\\_-\\_food\\_insecurity\\_infographic.pdf](https://www.healthunit.com/uploads/82-24_-_appendix_d_-_food_insecurity_infographic.pdf).