# FOOD INSECURITY IN MIDDLESEX-LONDON 2023

#### Everyone should have access to a nutritious, adequate, and culturally acceptable diet

# What is food insecurity?

The inadequate or insecure access to food due to financial constraints Skipping meals or buying less nutritious foods to pay for other expenses Negatively impacts physical, mental, and social health



# What is affected by food insecurity?<sup>1,2,3</sup>

84,000 people

1 in 6 households in Middlesex-London are food insecure

Almost 84,000 people in Middlesex-London live in food insecure households

Half of households who struggle to put food on the table have paid employment.

### Income-based solutions are needed

Social assistance rates based on living costs



Jobs with livable wages and benefits

Single person receiving Ontario Works<sup>4</sup>

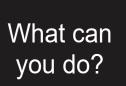


Rent\*\* **\$860** Monthly

Food \$405



\* Income includes all eligible benefits and credits \*\* Cost for a bachelor apartment from CMHC 5



Be aware Spread the word about food insecurity Try the makethemonth.ca challenge Volunteer for the Community Volunteer Income Tax Program Donate time, skills, or money to support local organizations

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). (2023). Household food insecurity estimates from the Canadian Income Survey: Ontario 2019-2022. Toronto, ON: King's Printer for Ontario. (3) Middlesex-London Health Unit (2019). Total population and density. Retrieved from https://communityhealthstats.healthunit.com/indicator/geography-and-demographics/total-population-and-density (4) Middlesex-London Health Unit (November 2023). Report No. xx-23 Monitoring food affordability and implications for public policy and action. Retrieved from www.healthunit.com/2023-11-16-boh-agenda (5) Canadian Mortgage and Housing Corporation (January 2023). Rental Market Survey: London, 2022, Table 1.1.2 Private Apartment Average Rents (§), by Zone and Bedroom Type - London CMA. Accessed October 12, 2023 from https://www.cmhc-schi.gc.ca/professionals/housing-markets-data-and-research/housing-data/data-tables/rental-market/ rental-market-report-data-tables. (6) All images from Piktochart

