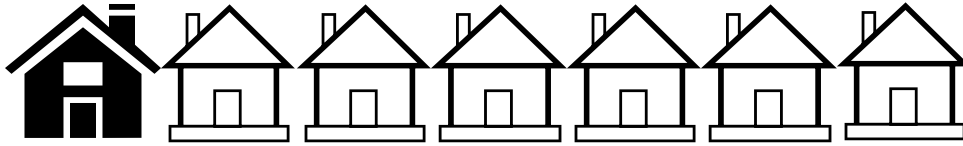


# Food Insecurity in Middlesex-London

2019

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



About 1 in 7 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.

$$\text{\$} - \text{house icon} - \text{shopping basket icon} = -\$152$$

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



## What can you do?



Try the [makethemonth.ca](https://makethemonth.ca) challenge.



Volunteer for the [Community Volunteer Income Tax Program](#).



Get involved with [London for All: A Roadmap to End Poverty](#).



Donate time, skills or money to support local organizations.



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