

Food Insecurity Key Messages

- Food insecurity means a household does not have enough money to buy food. It can range from worrying about running out of food, to eating less nutritious foods, to skipping meals, due to low income. Food insecurity has a big impact on health and well-being. Learn more at www.myhealthunit.ca/foodinsecurity.
- Food insecurity is an ongoing, serious public health problem in Ontario, and I'm calling for income solutions. Visit the North Bay Parry Sound District Health Unit website to learn what you can do. www.myhealthunit.ca/foodinsecurity
- Food insecurity is only part of the story. Households who struggle to pay for food also struggle to pay for the other costs of living, such as transportation, utilities, and phone bills. Food insecurity is not a result of inadequate budgeting or cooking skills. It's a result of low income. Learn more about food insecurity at www.myhealthunit.ca/foodinsecurity.
- Food insecurity puts people at risk for a wide range of health problems like heart disease, diabetes, high blood pressure, depression and anxiety. It's also hard to manage chronic conditions when living with food insecurity. Learn more about the health consequences of food insecurity: <https://bit.ly/3y3gwFM>
- Low-income households need more money to meet their basic needs, including food. Food programs don't solve food insecurity – income solutions are needed. Learn more about food insecurity at www.myhealthunit.ca/foodinsecurity.
- 70% of households in Ontario with social assistance as their main income are food insecure. Ontario Works and the Ontario Disability Support Program (ODSP) are both social assistance programs, and current rates are too low. Check out the 2022 Cost of Eating Well report to learn more at www.myhealthunit.ca/foodinsecurity.