

FOOD AFFORDABILITY IN HALDIMAND & NORFOLK COUNTIES

In 2021-2022, about **1 in 6** households in Haldimand and Norfolk Counties experienced food insecurity¹.



For children in Ontario, almost **1 in 4** lived in food insecure households².



FOOD INSECURITY = Not having enough money to buy food

Why is food insecurity such a serious public health problem? Food insecurity has been associated with³:



Chronic Diseases



Infectious Diseases



Injury



Poor Oral Health



Poor Mental Health



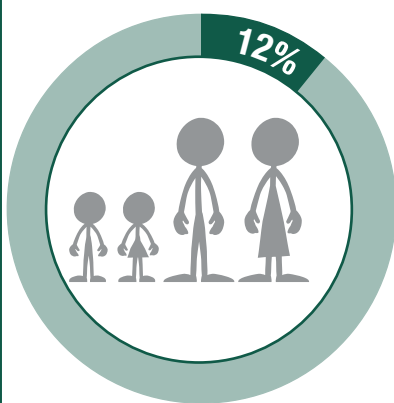
Premature Death



Higher Healthcare Costs

In 2023, the average monthly cost of a healthy diet for a family of four in Haldimand and Norfolk Counties was **\$1122.43**⁴.

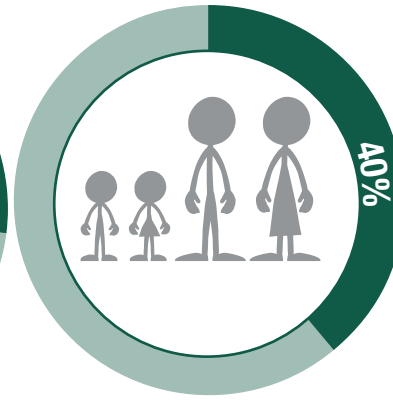
What percentage of income does it take for people in Haldimand and Norfolk Counties to follow a healthy eating pattern?



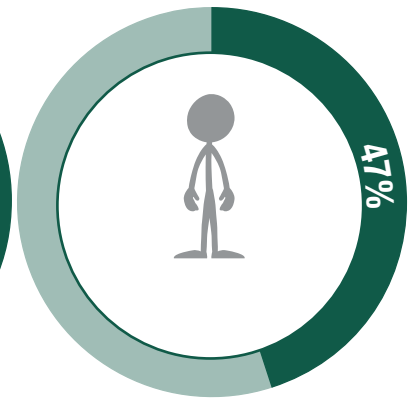
12% of income for a family of four earning a median income



27% of income for a family of four with a full-time minimum wage earner



40% of income for a family of four with an Ontario Works recipient



47% of income for a single male on Ontario Works

Solutions that focus on income can make a lasting impact. What can you do?

- 1. Be aware.** Visit hnhu.org/food-insecurity to learn more.
- 2. Advocate** for income solutions, such as adequate social assistance rates, affordable childcare and affordable housing. Talk to your MP or MPP about these important issues.
- 3. Donate** time, skills or money to local organizations that support people whose income does not meet the cost of living.
- 4. Support** local businesses that provide a living wage.
- 5. Share** these messages with others.

1. Statistics Canada, Canadian Income Survey, Custom table C1143221. Canadian Income Surveys (CIS) 2018, 2019, 2020, and 2021. Available from: Household Food Insecurity Snapshot | Public Health Ontario
2. Li T, Fafard St-Germain AA, Tarasuk V. (2023) Household food insecurity in Canada, 2022. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/>
3. Tarasuk, V., Cheng, J., de Oliveira, C., Dachner, N., Gundersen, C., & Kurdyak, P. (2015). Association between household food insecurity and annual health care costs. *Can Med Assoc J.* 187(14), E429-E436.
4. Haldimand Norfolk Health and Social Services (2023). Ontario Nutritious Food Basket Survey.