

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



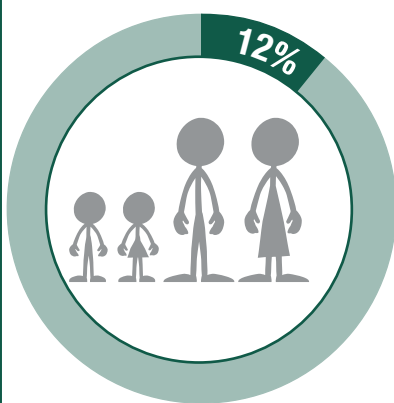
Premature Death



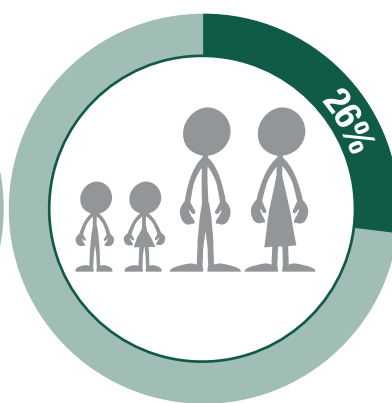
Higher Healthcare Costs

In 2024, the average monthly cost of a healthy diet for a family of four in Haldimand and Norfolk Counties was **\$1182.31**⁴.

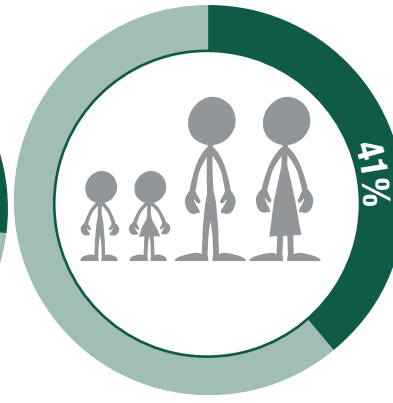
What percentage of income does it take for people in Haldimand and Norfolk Counties to follow a healthy eating pattern?



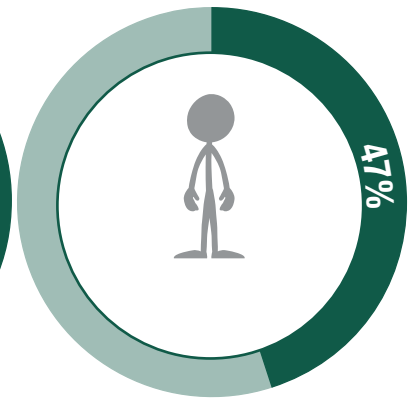
12% of income for a family of four earning a median income



26% of income for a family of four with a full-time minimum wage earner



41% 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. Vote for issues that matter to you.
- 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) 2021, 2022. 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 (2024). Ontario Nutritious Food Basket Survey.