

# Food Insecurity

in Leeds, Grenville & Lanark 2017

Food insecurity means **not having enough money** to buy nutritious food.



**9.7%**  
of Leeds, Grenville and  
Lanark households  
reported being **food  
insecure**.

2014 Canadian Community Health Survey



When income is too low, people do not have enough money for rent, bills **AND** food.

## When money is tight....

less money  
for food



meals are  
skipped



poor mental,  
physical and  
oral health



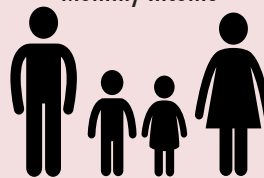
higher risk  
of disease



**\$2549\*** - **\$920** = **\$1629**  
Income Rent Left for:

### Family of 4

Ontario Works  
Monthly Income



Food  
Hydro/Heat  
Childcare  
Transportation  
Clothing  
School Supplies  
And everything else

How much does it cost  
to feed a family of 4?



**Food insecurity is an income-based problem, not a food-based problem.**








\* Includes basic allowance, maximum shelter allowance, Canada child benefit, GST/HST credit, Ontario Trillium benefit  
\* Food costs do not include non-food items such as laundry detergent, toilet paper or soap. The basket does not include foods that are purchased for religious or cultural reasons or for special diets that address specific disease conditions.

# How much does healthy eating cost?

Each year, the Leeds, Grenville & Lanark District Health Unit conducts the Nutritious Food Basket to calculate the average cost of healthy eating based on age and gender.

## Use the following information:

- to raise awareness of the financial constraints or poverty which are the root causes of food insecurity and;
- as a call to action for economic policy changes.

	Scenarios	Total monthly income	Average monthly rent** (% of income needed for rent)	Monthly cost of Nutritious Food Basket (% of income needed for a Nutritious Food Basket)	Funds remaining each month (for hydro/heat, childcare, transportation, clothing, school supplies and everything else)
	<b>Family of Four</b> Ontario Works 2 adults (male and female ages 31-50) 2 children (girl age 8, boy age 14)	\$2,549.00 <sup>a</sup>	3-bedroom \$920.00 (36% of income)	\$873.32 (34% of income)	\$755.68
	<b>Family of Four</b> Full-Time Minimum Wage Earner 2 adults (male and female ages 31-50) 2 children (girl age 8, boy age 14)	\$3,268.00 <sup>b</sup>	3-bedroom \$920.00 (28% of income)	\$873.32 (27% of income)	\$1,474.68
	<b>Family of Four</b> Median Income 2 adults (male and female ages 31-50) 2 children (girl age 8, boy age 14)	\$ 7,896.00 <sup>c</sup>	3-bedroom \$920.00 (12% of income)	\$873.32 (11% of income)	\$6,102.68
	<b>Single Parent</b> Ontario Works 1 adult (female age 31-50) 2 children (girl age 8, boy age 14)	\$2,334.00 <sup>d</sup>	2-bedroom \$874.00 (37% of income)	\$659.81 (28% of income)	\$800.19
	<b>One Person</b> Ontario Works 1 adult (male age 31-50)	\$794.00 <sup>e</sup>	bachelor \$608.00 (77% of income)	\$293.88 (37% of income)	\$-107.88
	<b>One Person</b> Ontario Disability Support Program 1 adult (male age 31-50)	\$1,226.00 <sup>f</sup>	1-bedroom for accessibility \$761.00 (62% of income)	\$293.88 (24% of income)	\$171.12
	<b>One Person</b> Old Age Security/ Guaranteed Income Supplement 1 adult (female age 70+)	\$1,663.00 <sup>g</sup>	1-bedroom \$761.00 (46% of income)	\$213.04 (13% of income)	\$688.96

<sup>a</sup> Includes basic allowance, maximum shelter allowance, Canada child benefit, GST/HST credit, Ontario Trillium benefit

<sup>b</sup> Income from employment, Canada child benefit, GST/HST credit, Ontario Trillium benefit, working Income Tax Benefit (EI & CPP deducted)

<sup>c</sup> Income from employment, Canada child benefit (EI & CPP deducted)

<sup>d</sup> Includes basic allowance, maximum shelter allowance, Canada child benefit, GST/HST credit, Ontario Trillium benefit

<sup>e</sup> Includes basic allowance, maximum shelter allowance, GST/HST credit, Ontario Trillium benefit

<sup>f</sup> Includes basic allowance, maximum shelter allowance, GST/HST credit, Ontario Trillium benefit

<sup>g</sup> Includes Old Age Security/Guaranteed Income Supplement, Ontario Guaranteed Annual Income System, GST/HST credit, Ontario Trillium benefit

\*\* Based on Brockville rates which may or may not include heat, hydro, parking, and hot water.

For more information, contact the Health ACTION Line at 1-800-660-5853 or visit [www.healthunit.org](http://www.healthunit.org)