

Food Insecurity in Leeds, Grenville & Lanark

**Leeds, Grenville and Lanark District Board of Health
November 15, 2018**



Food insecurity & its impact on health

- **Household food insecurity is inadequate or insecure access to food because of financial constraints.**
- **It affects adults, children and the health system.**



Leeds, Grenville & Lanark District

HEALTH UNIT

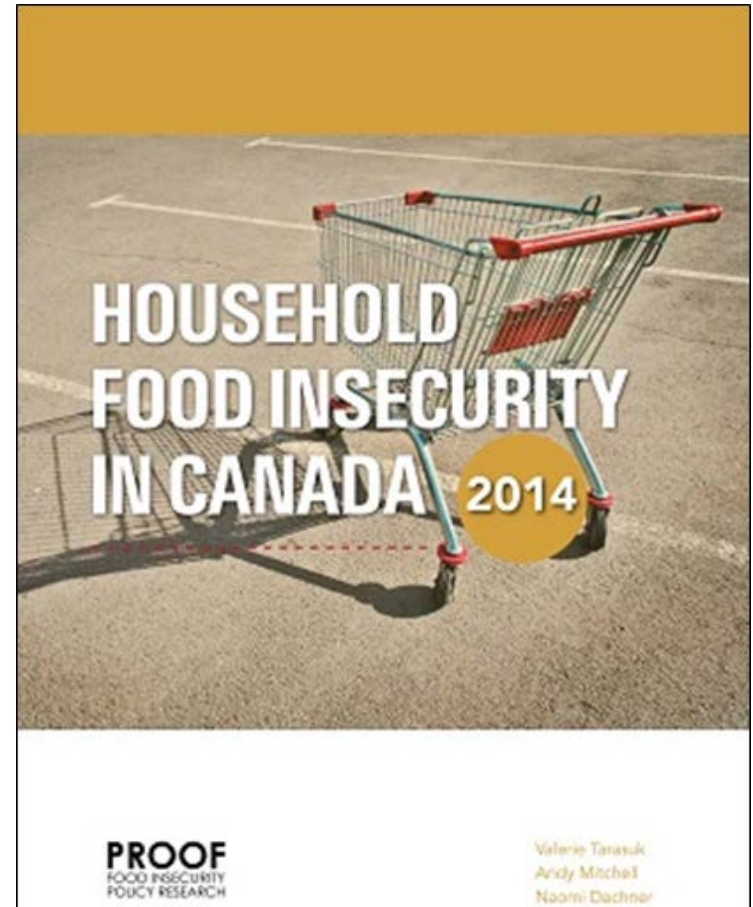
Your Partner in Public Health

Measuring food insecurity

Household Food Security Survey Module (HFSSM)

- 18 questions
- Part of Canadian Community Health Survey
- Reports produced by Food Insecurity Policy Research (PROOF)

<http://proof.utoronto.ca/>



Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Public Health

Food insecurity in Leeds, Grenville & Lanark

**Food insecurity affects
9.7% of households
(15,926 individuals)
in LGL**

(CCHS 2014)



Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Public Health

Local Measures

Nutritious Food Basket (NFB)

- A provincially mandated annual food costing using a standardized tool that costs 67 food items in local grocery stores.
- Represents nutrition recommendations and average food purchasing patterns.
- Results allow for a view of food costs in the context of income and other basic needs to income for individuals and families.



Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Public Health

Infographic

Food Insecurity

in Leeds, Grenville & Lanark 2018

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

When money is tight....

less money
for food



meals are
skipped



poor mental,
physical and
oral health



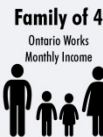
higher risk
of disease



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

$$\$2582^* - \$921 = \$1661$$

Income **Rent** **Left for:**
Food
Hydro/Heat
Childcare
Transportation
Clothing
School Supplies
And everything else



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



*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.

9.7%¹ or
6925 households²
in Leeds, Grenville and
Lanark reported some
level of **food insecurity**.



**Food insecurity is
an income-based
problem.**

¹ 2014 Canadian Community Health Survey
² estimated using the 2016 Census of Canada

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 share the importance of all people having an adequate income;
- to raise awareness of the challenge of accessing healthy food while living on a low income;
- to consider what you can do so all community members have access to healthy food.

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)
Family of Four Ontario Works 2 adults ages 31-50 and 2 children age 8 and 14	\$2582.00 ^a	3-bedroom \$921.00 (36% of income)	\$858.77 (33% of income)	\$802.23
Family of Four Full-Time Minimum Wage Earner 2 adults ages 31-50 and 2 children age 8 and 14	\$3603.00 ^b	3-bedroom \$921.00 (26% of income)	\$822.22 (23% of income)	\$1859.78
Family of Four Median Income 2 adults ages 31-50 and 2 children age 8 and 14	\$ 7871.00 ^c	3-bedroom \$921.00 (12% of income)	\$858.77 (11% of income)	\$6091.23
Single Parent Ontario Works 1 adult age 31-50 and 2 children age 8 and 14	\$2363.00 ^d	2-bedroom \$854.00 (36% of income)	\$649.10 (27% of income)	\$859.90
One Person Ontario Works 1 adult age 31-50	\$810.00 ^e	bachelor \$608.00 (75% of income)	\$288.69 (36% of income)	\$-86.69
One Person Ontario Disability Support Program 1 adult age 31-50	\$1251.00 ^f	1-bedroom for accessibility \$744.00 (59% of income)	\$288.69 (24% of income)	\$218.31
One Person Old Age Security/ Guaranteed Income Supplement 1 adult age 70+	\$1694.00 ^g	1-bedroom \$744.00 (44% of income)	\$209.76 (12% of income)	\$740.24

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

** Food costs are based on sex and age

*Includes total basic allowance for recipient and spouse, maximum shelter allowance, Canada child benefit, GST/HST credit, Ontario Trillium benefit

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

^c Income from employment based on median after-tax income - couples with children; EI & CPP contributions (deducted) calculated using median total income - couples with children; assumes dual income family with a split of 65% / 35% between partners

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

^e Includes basic allowance, maximum shelter allowance, GST/HST credit, Ontario Trillium benefit

^f Includes basic allowance, maximum shelter allowance, GST/HST credit, Ontario Trillium benefit

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

For more information, call 1-800-660-5853 or visit www.healthunit.org

What's next?

- *Opportunity for All – Canada's First Poverty Reduction Strategy*
- System wide policy development that addresses sufficient and consistent income; safe and affordable housing



Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Public Health

Questions



Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Public Health

LIVING WAGE



Tanis Brown



Leeds, Grenville & Lanark District **HEALTH UNIT**

Your Partner in Public Health

What is the Living Wage?

- The living wage is the hourly rate of pay at which a household can meet its basic needs and participate in community life. A living wage is voluntary rate of pay from an employer. \$17.07 is the local living wage hourly rate.



Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Public Health

How is the Living Wage calculated?

- The Living Wage rate is based on a calculation that draws on community-specific data to determine actual expenses for a family of four (two working adults and two children). Family expenses* include:
 - Shelter
 - Childcare
 - Food
 - Clothing and footwear
 - Communications
 - Transportation
 - Education
 - Non-OHIP medical
 - Personal care
 - Recreation



Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Public Health

How does an employer become Living Wage certified?

- Expression of interest to the Ontario Living Wage Network
- Determine level of recognition – supporter, leader or champion
- Develop implementation and sustainability plan
- Share recognition with the public



Leeds, Grenville & Lanark District

HEALTH UNIT

Your Partner in Public Health