

Food Insecurity

in Leeds, Grenville & Lanark 2023

1 in 7 households in LGL are living with food insecurity



Food Insecurity = inadequate/insecure access to food due to lack of money

It is caused by poverty.

When money is tight.....



What does a monthly budget look like when living with food insecurity?



We need income solutions to address food insecurity. What can YOU do?

- **Educate Yourself:** visit www.healthunit.org/wp-content/uploads/Addressing_Food_Insecurity_in_LGL.pdf and <https://www.odph.ca/centsless> to learn more
- **Advocate:** Write to your MP or MPP to advocate for basic income guarantee, and increases to minimum wage and social assistance
- **Support** companies that pay their employees a living wage
- **Share** these messages

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