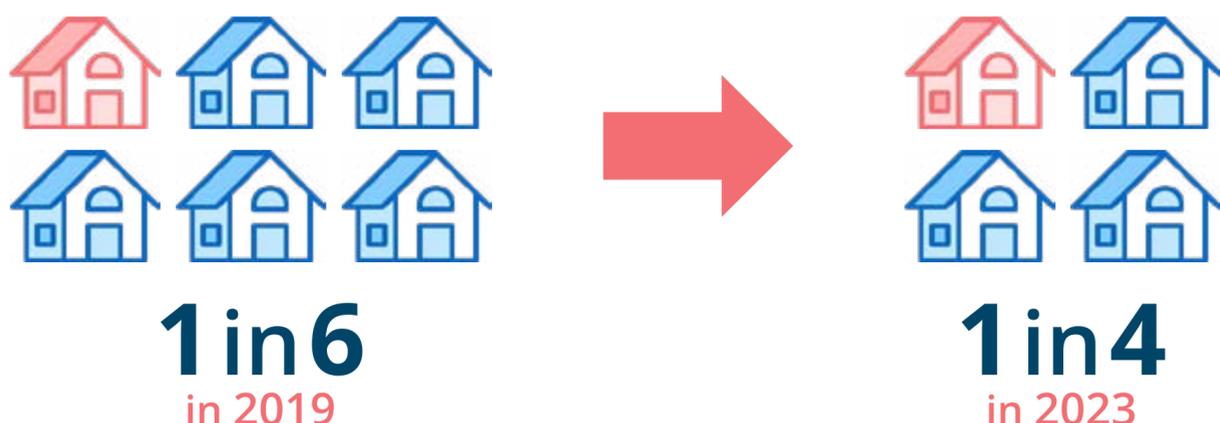


FOOD INSECURITY AND FOOD AFFORDABILITY IN ONTARIO



Household food insecurity = not having enough money for food.

Household food insecurity rates in Ontario are high and rising.



Households reliant on social assistance are at very high risk of food insecurity.



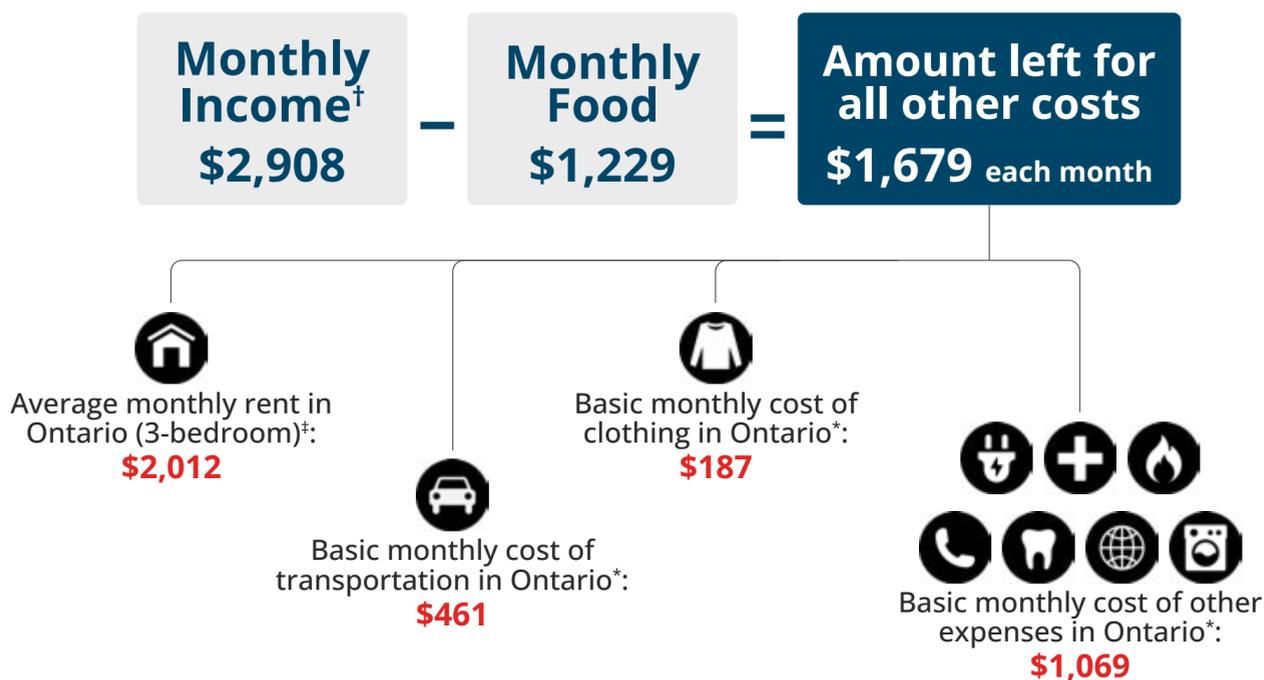
\$1,229 each month

Cost of a basic nutritious diet for a family of four in Ontario.

(Average cost of the Ontario Nutritious Food Basket (ONFB) in May 2024 for two adults and two children, 8 and 14 years old)

Households reliant on social assistance cannot afford nutritious food and other basic costs of living.

A family of four reliant on Ontario Works would need to spend 42% of their monthly income to purchase a basic nutritious diet.



[†] Income includes Ontario Works and all benefits

[‡] Estimates from the Canadian Mortgage and Housing Corporation (CMHC)

^{*} Based on the Market Basket Measure (MBM), which is used to set the poverty threshold in Canada

Research shows Policies that improve the financial situation of low-income households can reduce their risk of food insecurity.

Such as:

- Higher social assistance rates
- More targeted child benefits
- Progressive taxation
- Public pensions
- Higher minimum wage
- Basic income guarantee