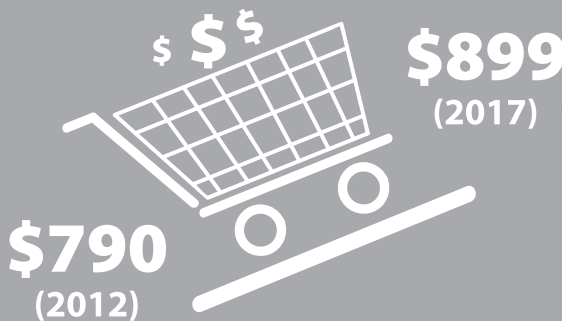


Food Insecurity in PETERBOROUGH

16.5%
of Peterborough
households are
food insecure

Food Insecurity = not being able to access healthy foods

Poverty + Limited Incomes = **Food Insecurity**



Amount it costs to feed a
family of four per month



Does Food Cost
Too Much?

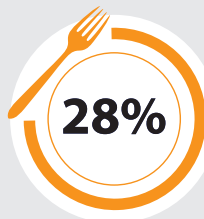
Food costs locally have
increased by 14% over
the past five years.

Cost of feeding a family of 4 = **\$899 each/month**

INCOME MATTERS



Ontario Works
35% of monthly
income required
for healthy food



Minimum Wage
28% of monthly
income required
for healthy food



Average Income
11% of monthly
income required
for healthy food

\$794

Monthly income of
a single man on
Ontario Works,
2017

-

\$691

Market rent
for a
bachelor
apartment

-

\$301

Cost of a
nutritious diet

=

-\$198

Amount left over for
transportation,
clothing, medical and
dental costs, personal
care items, etc.

Income Affects Health



When money is
tight, people
use their food
budget to pay
other expenses.



Families resort
to cheap, low-
nutrient food,
emergency food
services and/or
skipping meals.



Poor diets
increase the risk
of infections
and diseases
like diabetes,
heart disease
and cancer.



Children in
low-income
families are
more likely to
get sick and
struggle in
school.



**Peterborough
Public Health**

Serving the residents of **Curve Lake** and **Hiawatha First Nations**, and the **County** and **City of Peterborough**

What Can We Do About Food Insecurity?

Educate yourself. Food insecurity is more than a food problem.



Learn more about the root causes of poverty and food insecurity.



Understand that food banks are not a long-term solution to food insecurity.



Find out how food insecurity affects health care and social costs impact everyone.

Advocate for change. Speak up. Your voice can make a difference.



Call for improved social assistance rates, increased minimum wage, a living wage and the Basic Income Guarantee.



Support affordable housing, affordable childcare and a national drug plan.



Support food systems planning that makes healthy, local food a priority.

Support local food programs while working to end poverty.



Volunteer



Donate money/fundraise



Learn about local programs at www.foodinpeterborough.ca

How can we reduce poverty and food insecurity?

Join the Peterborough Food Action Network

www.foodinpeterborough.ca