

Food Affordability in Niagara

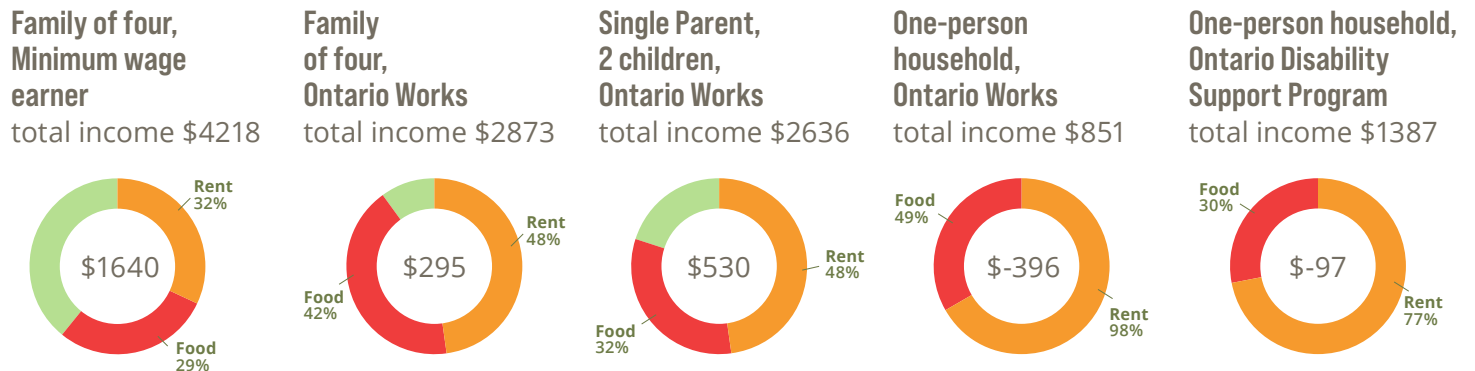
2023 Nutritious Food Basket

What is the monthly cost of nutritious eating in Niagara?¹

One-person household	One-person household (senior)	Single-parent household
\$414	\$299	\$848
Married couple	Family of four	
\$689	\$1212	



After paying for rent and food, how much money is left for necessities?¹



What is food insecurity?

Food insecurity is not having enough money to buy food. People who are food insecure may worry about running out of food, compromise food quality, miss meals, or go without.



Approximately **one in five** households in Niagara (20.7%) are food insecure.¹

How does food insecurity impact health?²

Food Insecurity is associated with:

- Chronic disease and conditions
- Poor mental health
- Infectious disease
- Poor oral health
- Injury

Leading to premature death and higher healthcare costs.

What can be done?

No person or family should have to choose between putting food on the table, paying for rent, or paying for any other needs such as electricity, child care, transportation, medicine, or clothing.

- 1. Be informed-** Learn more about the root causes of food insecurity
- 2. Show your support for solutions that put more money into people's pockets**
 - Increased social assistance rates
 - Increased minimum wage to a living wage
 - Attainable and affordable housing
 - Income tax filing support or reduced taxes for low-income households
 - Provision of a basic income guarantee
- 3. Join forces-** Charitable food programs are a valued but temporary solution to food insecurity. Seek opportunities to coordinate with others to address urgent food needs of individuals and families in Niagara.

Sources:
¹Niagara Region Public Health. Food Affordability in Niagara: Nutritious Food Basket Survey (2023).
²PROOF Food Insecurity Policy Research. (2023).