

Food Affordability in Algoma

Food is a basic human right. Everyone should be able to decide what foods to buy with dignity.

Food Insecurity means not having enough money to buy food.

Food insecure households are likely to:

worry



have less food



have lower quality food



skip meals



This leads to poorer overall physical & mental health.



2023 Nutritious Food Basket results.

Cost to feed a family of **4** in Algoma:

\$1181 /month

Social assistance rates are **NOT** adequate.



After paying rent & food



A family of four living on **Ontario Works** has **\$420.00** left over to cover all other necessities.



A single male receiving **Ontario Works** has **-\$260.00**. There is not enough money to cover rent and food, let alone any other necessities.

Other necessities:



hygiene products



daycare



transportation



dentist



eyeglasses



internet



phone



prescriptions



clothing



electricity



heat

Minimum wage is **NOT** adequate.

58.6% of food insecure households in Ontario have income from employment.

Poverty is the root cause of food insecurity.

What can **YOU** do?



LEARN

Learn more about food insecurity by visiting odph.ca/centsless or proof.utoronto.ca



SHARE

Be kind and compassionate. Avoid making judgements about people living in poverty.

What can **WE** do as a community?

- Encourage these actions from political leaders:
 - Support universal basic income
 - Increase social assistance rates
 - Decrease tax for the lowest income households
- Create free tax **filing clinics**
- Pay employees a **living wage**

This resource was made with data from proof.utoronto.ca

To learn more visit: algomapublichealth.com/FoodInsecurity



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