

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.

2025 Nutritious Food Basket results.

Cost to feed a family of **4** in Algoma: **\$1207** /month

Social assistance rates are **NOT** enough.

After paying rent & food



A family of four living on **Ontario Works** has **\$364.00** left over to cover all other necessities.

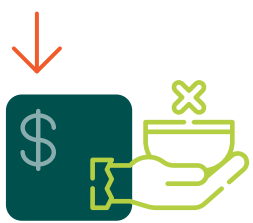


A single person receiving **Ontario Works** has **-\$449.00**. There is not enough money to cover rent and food, let alone any other necessities.

Other necessities:

- transportation
- childcare
- heat & hydro
- prescriptions
- school supplies
- activities
- home furnishings
- phone
- hygiene products
- clothing
- emergency expenses
- cleaning products

Minimum wage is **NOT** enough.



\$17.60

Minimum Wage in Ontario

\$21.10

Living Wage in Northern Ontario

POVERTY IS THE ROOT CAUSE OF FOOD INSECURITY.

What can YOU do?



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



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

What can WE do as a community?

- Ask for action:
 - Encourage political leaders to act on income-based solutions to food insecurity
 - Advocate for the federal and provincial government to establish and report on targets for food insecurity reduction
- Spread the word:
 - Share this infographic and the **APH report** with your peers, colleagues, and partner agencies

This resource was made with locally collected data and data from proof.utoronto.ca
To learn more visit: algomapublichealth.com/FoodInsecurity



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