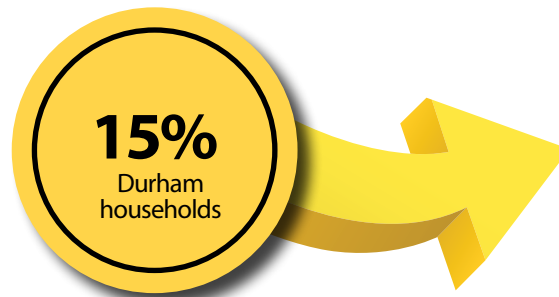


Food Poverty in Durham

2022

Food insecurity = not being able to afford safe, nutritious food due to lack of money



- Worried about running out of food
- Settled for lower quality foods
- Reduced food intake

Who is Most Affected?



Low wage worker



Single parents with
Children under 25



Individuals on
Ontario Works



Individuals on Ontario Disability
Support Program



College/University
Students

Top Risk Factors for Food Insecurity



Low income



High shelter costs

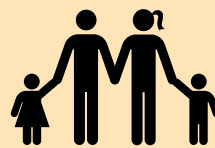


Low education

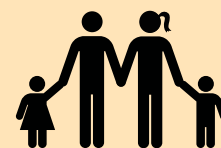


Lack of transportation

How Much Money is Left After Monthly Rent and Food Costs?



Median Ontario Income



Ontario Works

Income
Rent
Food
What's left?

\$9323

-\$1554

\$1067

\$6702



\$2760

-\$1554

-\$1067

\$139



What is the Impact of Food Insecurity on Health?



Higher rates of
Type 2 Diabetes
High blood pressure
Depression
Health care use



Healthcare costs for
food insecure adults
are **121%** higher
than those of food
secure adults.

Learn more
about the
impact of food
insecurity on
health
bit.ly/3mrtmex

Share this
information
with your
peers

What Can You Do?

Get help
searching for
affordable
housing
bit.ly/3yjGMMw

File your
taxes
bit.ly/3YtVLxM



Durham Health Connection Line
1-800-841-2729 or 905-668-2020

durham.ca/foodpoverty

If you require this information in an accessible format, contact 1-800-841-2729.



Reference: The Price of Eating Well in Durham Region, 2022

May 2023