

# Food Poverty in Durham

2024

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



Racialized peoples



College/University Students

## Top Risk Factors for Food Insecurity



Low income



High shelter costs



Low education

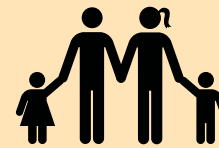


Lack of transportation

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



Median Ontario Income



Ontario Minimum Wage

Income	\$9,685
Rent	-\$1,835
Food	-\$1,231
What's left?	\$6,619



Income	\$4,507
Rent	-\$1,835
Food	-\$1,231
What's left?	\$1,441



## 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](http://bit.ly/3mrtmex)

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## What Can You Do?

Get help searching for affordable housing  
[bit.ly/3yjGMMw](http://bit.ly/3yjGMMw)

File your taxes  
[bit.ly/3YtVLxM](http://bit.ly/3YtVLxM)



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

[durham.ca/foodinsecurity](http://durham.ca/foodinsecurity)



Reference: The Price of Eating Well in Durham Region, 2024

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

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