

Food Insecurity in Durham

2025

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



Ontario Social Assistance

Income	\$9,865	\$5,093	\$2,994
Rent	-\$1,998	-\$1,998	-\$1,998
Food	-\$1,206	-\$1,206	-\$1,206
What's left?	\$6,661	\$1,889	-\$210



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/foodinsecurity

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

