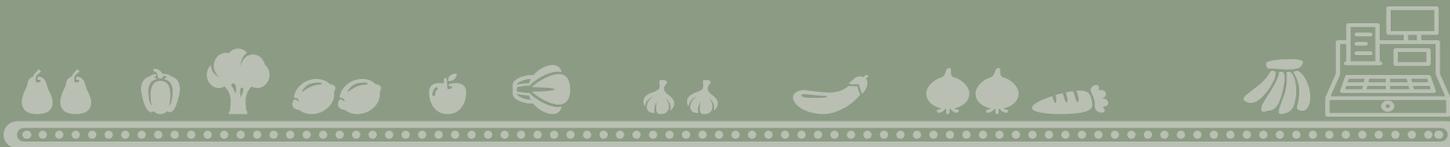


THE COST OF HEALTHY EATING 2019

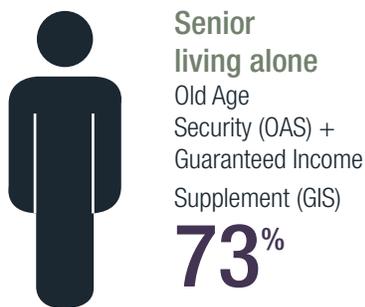
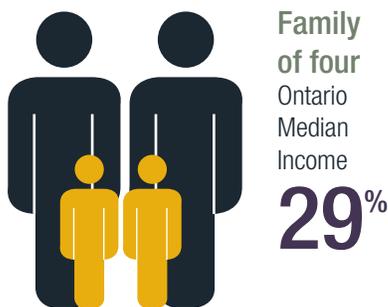


In Simcoe Muskoka 70,000 people or 1 in 8 households are struggling to put food on the table every year

This means people have to delay paying bills and rent and consider selling personal items in order to feed themselves or their family.



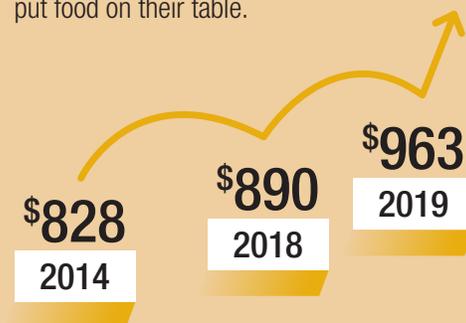
Percentage of monthly income spent on food and rent in Simcoe Muskoka



Little or no money is left over for all other expenses (utilities, internet/phone, transportation, clothes, school supplies and expenses, medical, vision and dental care, child care, personal care and toiletries, etc.)

Monthly cost to feed a family of four continues to rise

Household food insecurity means individuals and families do not have enough money to put food on their table.



From 2018 to 2019 the monthly cost to feed a family of four increased by about 8%. Over a five year period, the increase was about 14%.

The time to act is now

Spread the word:

- Talk about poverty and food insecurity with family, friends and others. Learn more and get involved.
- Share messages about poverty and food insecurity on social media.

Speak out for policies that:

- Increase social assistance rates to match real living costs, indexed to inflation.
- Support fair workplaces and good jobs with regular hours and benefits.
- Increase minimum wage.
- Provide a basic income for all Ontarians.

NO MONEY FOR FOOD IS...

CENT\$LESS



Household food insecurity is a problem of not having enough money for food. Income solutions at all levels of government are needed.

FACT:



Adults living in food insecure households are more likely to have poor mental, physical and oral health and multiple chronic health issues.

Food insecurity also makes it more difficult for some to manage chronic health issues due to lack of money for healthy food and medications.

FACT:



Food insecurity may add to stress and social isolation

People who are food insecure may eat a very limited diet day after day and may experience social isolation that comes with not having enough food.

FACT:



1,500 children in Simcoe Muskoka go to school or bed hungry often or every day.

This may impact learning and success in school. Children who are food insecure experience more asthma and depression.

FACT:



Being food insecure can increase the risk of negative pregnancy and birth outcomes.

Risks such as neural tube and heart defects, as well as increasing the risk of preterm birth, low birth weight and developing diabetes in pregnancy.

Why should I care?

Because ensuring people have enough money for food:

- Improves health
- Decreases demands on health care services
- Decreases health care costs
- Creates more equitable communities
- Reduces social isolation
- Reduces stigma
- Supports economic development
- Improves community connectedness
- Enhances student learning and success