

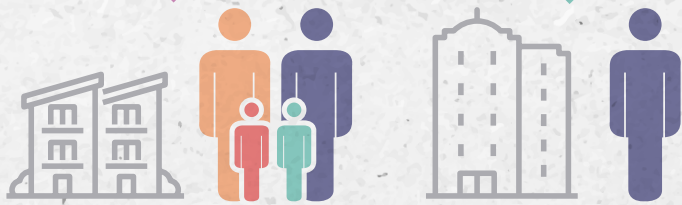
2023 Nutritious Food Basket Survey Results

Monitoring food affordability in Simcoe Muskoka

The monthly cost of eating well

A family of 4
\$1,225.74¹

Single person
\$445.95¹



Percentage of monthly income spent on food and rent¹

A family of 4 with an Ontario Median Income
29%

Single individual on Ontario Works
162%

A family of 4 on Ontario Works
96%

Senior living alone with OAS, CPP, GIS supplements
76%

Year after year, the results show that it is very difficult for some individuals and families to afford rent and put nutritious food on the table. For many it is impossible.



When money is tight and bills are due, money for food often gets spent on other basic needs.

Household food insecurity = not enough money to buy food.

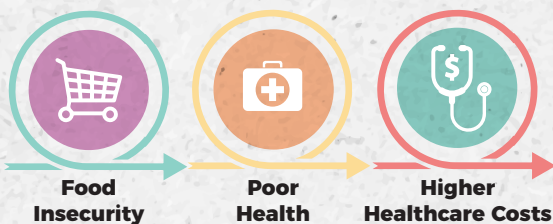
Food insecurity is worsening locally^{2,3}.

1 in 5 Households (18%) are food insecure³.



Food insecure individuals have a greater risk for:

- Mental health conditions such as depression and anxiety
- Chronic diseases, conditions and infections
- Poor oral health
- Injury



Learn about, speak out and take action on solutions that reduce household food insecurity:

- ✓ Social assistance rates that match real living costs
- ✓ Jobs with livable wages, regular hours and benefits
- ✓ A basic income
- ✓ Attainable/affordable housing
- ✓ Child benefits and other supports

