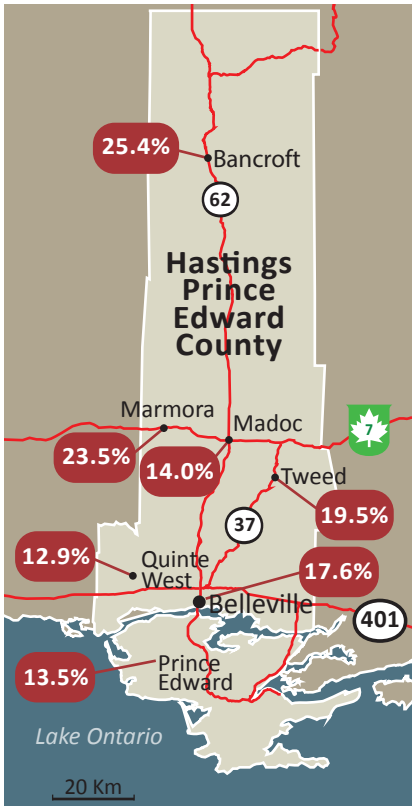


FOOD INSECURITY

In Hastings and Prince Edward County, Ontario

What is food security?

According to the United Nations World Food Program people are considered food secure "when they have availability and adequate access at all times to sufficient, safe, nutritious food to maintain a healthy and active life". In the Canadian Community Health Survey of 2014, Ontario had a rate of food insecurity of 11.9%



Source: Statistics Canada, Focus on Geography Series, 2016 Census

Low Income Prevalence

Low income is one of the main reasons behind food insecurity. Hastings and Prince Edward Counties have a low income level of 16.3% and 13.5% respectively. Ontario has a low income level of 14.4%. It is alarming to see that rural communities in Hastings have a much higher rate vs. the provincial level.



Cost of living continues to rise

Many people living in Hastings and Prince Edward County face a day to day struggle as social assistance and minimum wage rates are insufficient to cover the cost of a basic nutritious diet after paying for other living expenses leading to food insecurity.

After paying for food and rent, the remaining income is not sufficient for other essential items such as:



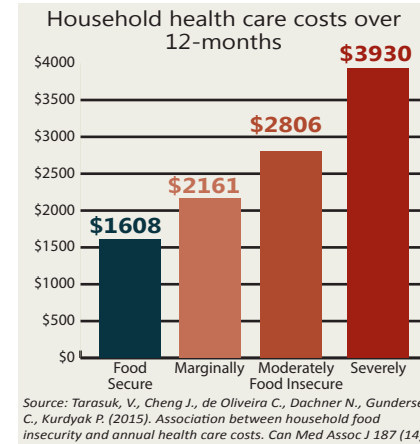
Child Care



Prescriptions



Transportation



Food insecurity and health

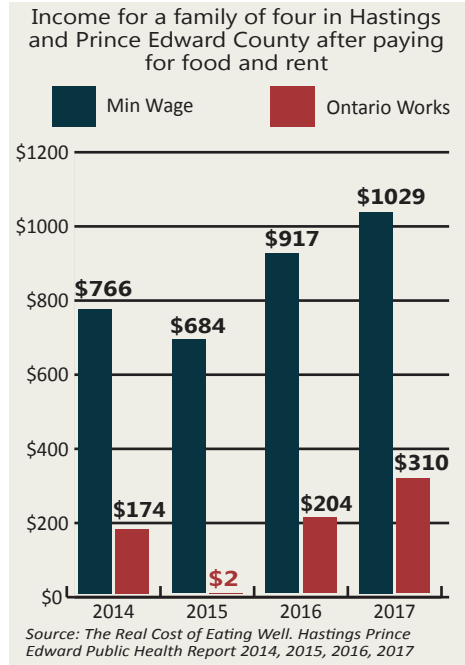
Food insecurity is directly correlated to the health of an individual. Being unable to have regular access to healthy food options, leads to eating less nutritious food and over time results in increased risk of chronic illnesses. All these factors combined, result in food insecure households in Ontario having a higher health care costs vs. food secure households.

HOW TO HELP

- Donate food items or money.
- Volunteer and give your time.
- Advocate for change for fair wages and affordable housing.

LOCAL ORGANIZATIONS TO SUPPORT

- Gleaners FoodBank (Quinte) Inc. www.gleanersfoodbank.ca
- Community Development Council of Quinte cdcquinte.com
- Poverty Roundtable Hastings Prince Edward povertyroundtablehpe.ca



U.S. Air Force photo by Staff Sgt. Benjamin W. Stratton / Released