Food insecurity is a serious public health problem

1.6 million Ontarians or 1 in 8 households do not have enough $ to buy food

When income is too low, people do not have enough $ for rent, bills AND food

Food Insecurity

Higher rates of
- Diabetes, high blood pressure & poor oral health in adults
- Mental health problems
- Health care use

What is the solution?

Food charity (food banks, soup kitchens)

• Offers temporary hunger relief – but food insecurity does not go away
• Has limited reach – 3 out of 4 food insecure households do not go to food banks
• Has limited operating hours and restricts the number of visits and the amount of food provided
• Does not meet people’s daily needs for nutritious food
• Undermines people’s dignity

OR

Adequate income (basic income guarantee)

• Addresses the root cause of food insecurity – not enough money
• Gives all households the means to choose how, when and what food to buy
• Preserves dignity when people have enough money to buy food
• Ensures the basic right to food by governments addressing the root cause of food insecurity

OSNPPH urges governments to prioritize and investigate a basic income guarantee. The only solution to food insecurity is an INCOME response.

Content of this infographic is based on: Ontario Society of Nutrition Professionals in Public Health Position Statement on Responses to Food Insecurity, November 2015.