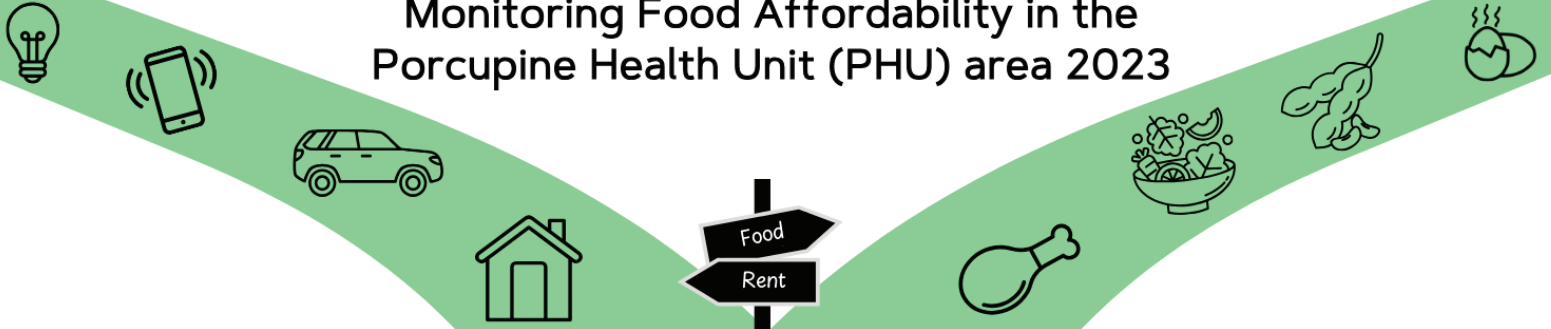


Hungry for Change

Monitoring Food Affordability in the Porcupine Health Unit (PHU) area 2023



What does it mean to live with food insecurity?

When there isn't enough money, people are forced to use their food budget to pay other expenses. They resort to low-nutrient food, emergency food services and/or skipping meals.

Food insecure individuals have a greater risk for:

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



1 in 5 families in PHU area are food insecure.



Learn more about solutions that reduce household food insecurity:

- Social assistance rates that match living costs
- Jobs with livable wages
- Basic income
- Accessible and affordable housing
- Child benefits and other supports

Speak up – your voice can make a difference!

Talk to your political leaders about why taking action on food insecurity is important to you.

<p>Single Parent with 2 Children Ontario Works Monthly Income \$2,587</p>	<p>Food/Rent in the PHU Area \$2,477</p>	<p>Everything Else \$111</p>
<p>Family of 4 Full-time minimum wage \$4,187</p>	<p>Food/Rent in the PHU Area \$3,074</p>	<p>Everything Else \$1,113</p>
<p>1 Person Ontario Disability Support Program \$1,386</p>	<p>Food/Rent in the PHU Area \$1,647</p>	<p>Everything Else -\$261</p>
<p>1 Person Old Age Security Guaranteed Income Supplement \$2,010</p>	<p>Food/Rent in the PHU Area \$1,518</p>	<p>Everything Else \$492</p>

For more information go to, phu.fyi/food-affordability

* Estimates do not include people living on First Nations reserves, who are known to experience high rates of food insecurity.