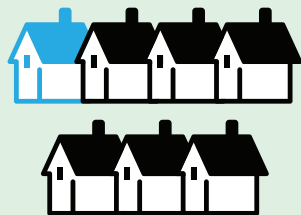


Food Affordability in Ottawa: The 2025 Nutritious Food Basket

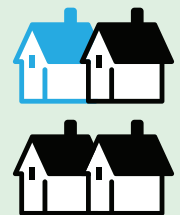
Food insecurity has increased over time

Food insecurity is not having enough money to buy food you need.



In **2019**, **1 in 7** households experienced food insecurity.¹

In **2024**, over **1 in 4** households experienced food insecurity.¹



What is the monthly cost of eating healthy?

 **\$411**
A single person

 **\$1,180**
A family of four

After rent and food, what's left this month?²



Single Parent Household with 2 Pre-School Children, Ontario Works

\$399



Family of 4 Refugee Claimants, Full-Time Minimum Wage Earner

\$153



One Person Household, Ontario Disability Support Program

-\$130



Family of Four, Ontario Works

-\$188

Note: Rental rates are from the Canada Mortgage Housing Corporation (CMHC), reflecting average spending on purpose-built rentals. The amount of money left after paying for rent and food could be lower, as rental rates can be influenced by a wider range of properties and current market trends of vacant units.

Impact of food insecurity

Access to nutritious food = Better health
Food insecure households have higher rates of:
Poor mental health | **Chronic conditions** | **Infections** | **Poor oral health** | **Injury**



Access to food is a basic human right. What can you do to help?

- **Learn** more about food insecurity at ottawapublichealth.ca/foodinsecurity
- **Speak** to your municipal, provincial, and federal government officials to support income solutions. This includes social assistance rates based on cost of living, secure employment opportunities that pay a living wage, affordable housing options, and a Basic Income Guarantee for working-age adults.
- **Share** these messages about food insecurity.

Sources:

¹ Public Health Ontario, 2025

² Ottawa Public Health, 2025

12.2025