Food Insecurity is a serious public health issue. It contributes to higher rates of:

- Poor Mental Health and Mental Illness
- Heart Disease
- Diabetes

1 in 15 households in Ottawa report being moderately to severely food insecure.

Families are often left to choose between nutritious food and other basic necessities. If a family of 4 on Ontario Works pays for rent and nutritious food, they don’t have enough money left to cover everything else.

<table>
<thead>
<tr>
<th>Monthly cost to feed a family of four in Ottawa</th>
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<tr>
<td>$868</td>
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| 57% Housing | 34% Nutritious food | 9% Other necessities |

Poverty is the root cause of food insecurity.

What YOU can do:
- Learn about the issues.
- Support income-based strategies that address food insecurity.
- Share this message.

“Strengthen employment standards”
“Increase social assistance rates”
“Implement a guaranteed minimum income”

For more information visit: www.ottawapublichealth.ca