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 7 (13.9%) households in Ottawa report being marginally to severely food insecure.

Monthly cost to feed a family of four in Ottawa: $901

Social assistance rates are inadequate.

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.

61% Rent

34% Food

5% Other necessities

Poverty is the root cause of food insecurity.

Income-Based Strategies

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

What can YOU DO

- Learn about the issues.
- Support income-based strategies that address food insecurity.
- Share this message.

Resources that can help

- Food Link directory: goodfoodottawa.ca/foodlink
- Mental Health Resources: ottawapublichealth.ca/mentalhealthresources

For more information visit: ottawapublichealth.ca/foodinsecurity