



2019

# Nutritious Food Basket

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



Poor Mental Health and Mental Illness



Heart Disease



Diabetes

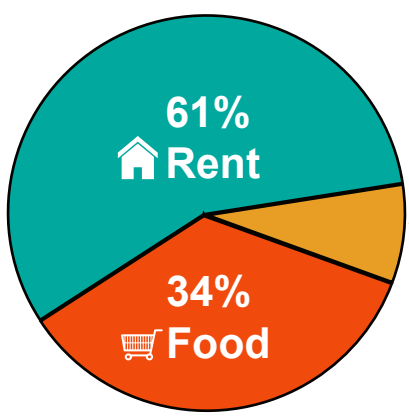


Monthly cost to feed a family of four in Ottawa

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

## 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.



## 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](http://goodfoodottawa.ca/foodlink)
- Mental Health Resources**  
[ottawapublichealth.ca/mentalhealthresources](http://ottawapublichealth.ca/mentalhealthresources)

For more information visit: [ottawapublichealth.ca/foodinsecurity](http://ottawapublichealth.ca/foodinsecurity)