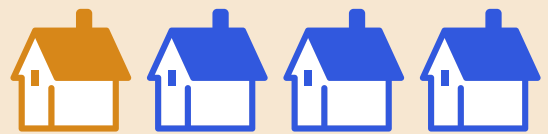


Food Affordability in Ottawa: The 2024 Nutritious Food Basket

Food insecurity

Food insecurity is not having enough money to buy food you need.
Approximately 1 in 4 households experienced food insecurity.¹



What is the monthly cost of eating healthy?

 **\$435**
A single person

 **\$1,244**
A family of four

How much money is left in a month after paying for rent and food?²



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

\$445



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

\$100



Family of Four,
Ontario Works

-\$230



Single Pregnant Person,
Ontario Disability
Support Program

-\$360

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, and a Basic Income Guarantee for working-age adults.
- **Share** these messages about food insecurity.

Sources:

¹ Public Health Ontario, 2024

² Ottawa Public Health, 2024

10.2024