

Food Poverty in Durham

2023

Food insecurity = not being able to afford safe, nutritious food due to lack of money



- Worried about running out of food
- Settled for lower quality foods
- Reduced food intake

Who is Most Affected?



Low wage worker



Single parents with Children under 25



Individuals on Ontario Works



Individuals on Ontario Disability Support Program



College/University Students

Top Risk Factors for Food Insecurity



Low income



High shelter costs



Low education

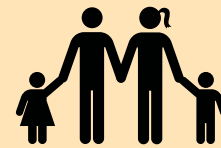


Lack of transportation

How Much Money is Left After Monthly Rent and Food Costs?



Median Ontario Income



Ontario Minimum Wage

Income	\$9284	\$4160
Rent	-\$1888	-\$1888
Food	-\$1173	-\$1173
What's left?	\$6223	\$1099

What is the Impact of Food Insecurity on Health?



Higher rates of
Type 2 Diabetes
High blood pressure
Depression
Health care use



Healthcare costs for food insecure adults are **121%** higher than those of food secure adults.

Learn more about the impact of food insecurity on health
bit.ly/3mrtmex

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What Can You Do?

Get help searching for affordable housing
bit.ly/3yjGMMw

File your taxes
bit.ly/3YtVLxM



Durham Health Connection Line
1-800-841-2729 or 905-668-2020

durham.ca/foodpoverty



Reference: The Price of Eating Well in Durham Region, 2023

If you require this information in an accessible format, contact 1-800-841-2729.

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