

Household Food Insecurity

North Bay Parry Sound District: 2024

When there isn't enough money for food.

In Canada, household food insecurity is measured in relation to income. It ranges from worrying about running out of food, to limiting food choices, to reducing food intake or going without food.

Stronger income-related policies can reduce household food insecurity.



One in four households
live with household food
insecurity in our district.

**Household food insecurity is a serious public health problem.
It leads to increased risk of:**

Poor Physical Health



- Diabetes
- Heart disease
- Oral health issues
- Chronic pain

Poor Mental Health



- Depression
- Anxiety
- Mood disorders
- Suicidal thoughts

Higher Healthcare Costs



North Bay Parry Sound District
Health Unit

Bureau de santé
du district de North Bay-Parry Sound

Food Affordability

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The Nutritious Food Basket (NFB) is a survey used by public health in Ontario to estimate food costs. It includes a list of food items that follow Canada's Food Guide. The results are used to assess how affordable it is to eat well in relation to household income and local rent rates.

How much does it cost monthly to eat well ?

Family of four

\$1, 243

Two parents 31-50 yrs
Youth 14-18 yrs
Child 4-8 yrs



Couple

\$719

Two people 31-50 yrs



Pregnant single person



19-30 yrs

\$459

Single person



31-50 yrs

\$432

Single parent with older kids

\$927

Parent 31-50 yrs
Youth 14-18 yrs
Child 4-8 yrs



Single parent with young kids

\$729

Parent 31-50 yrs
Two children 2-4 yrs



Single older person



70+ yrs

\$309

Is Food Affordable?

It depends on household income.

People relying on social assistance programs are at very high risk of living with household food insecurity. The following income scenarios show that social assistance rates in Ontario do not reflect the costs of living.

	Single Parent with Two Kids Under 17	Single Person 31- 50 yrs	Family of Four with Two Kids Under 17
	Ontario Works Monthly Income \$2692	Ontario Works Monthly Income \$895	Ontario Works Monthly Income \$2930
	Rent (2 bedroom) \$1240	Rent (bachelor) \$737	Rent (3 bedroom) \$1448
	Groceries \$927	Groceries \$432	Groceries \$1243
	Remaining \$525	Remaining -\$274	Remaining \$239

Social assistance rates in Ontario are too low.

Households who struggle to pay for food also struggle to pay for other basic costs of living, such as transportation, utilities, phone bill, clothing and personal care products. Increasing social assistance rates in Ontario can reduce household food insecurity.