FOOD INSECURITY **MIDDLESEX-LONDON 2024**

Food insecurity negatively impacts physical, mental, and social health

Food insecurity is the inadequate or insecure access to food due to a lack of money ¹

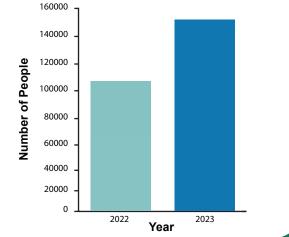
2023

1 in 4 Middlesex-London households were food insecure²

2022

1 in 6 Middlesex-London households were food insecure²





How much money is left each month after paying for food and rent?⁴

	Single Person 🛔		Family of 4 🛛 💑		
Income Source	OW ª	ODSP ^b	OW ^a	Minimun Wage °	Median Income ^d
Food (% of Monthly Income Needed)	112%	83%	60%	38%	18%
Rent (% of Monthly Income Needed)	47%	28%	41%	26%	12%
What's Left?	-\$522	-\$172	-\$20	\$1,579	\$6,757

a Ontario Works b Ontario Disability Support Program 6 As of May 2024 ^d Statistics Canada, 2024

Households still need to pay for all other expenses, including childcare, utilities, Internet, phone, tenant insurance, transportation, personal care, clothing, school supplies, gifts, recreation, out of pocket medical and dental costs, education, and savings.

Solutions are needed that help people afford the costs of living



- Adequate social assistance benefits
- Jobs that pay a living wage
- A basic income guarantee
- Affordable housing, public transit, and childcare
- Reduced income tax for low-income households
- Free tax filing support
- Learn more at www.healthunit.com/food-insecurity

1. Tarasuk V, Li T, Fafard St-Germain AA. (2022). Household food insecurity in Canada, 2021. Toronto: Research to identify policy Industry P. T., Hand Orcenthalm P. (2022). Household food https://proof.ukronto.ca/
Ontario Agency for Health Protection and Promotion (Public Health Ontario). (2024). Snapshots Data File for Household Food Insecurity (2019 to 2023 (annual, 2-year combined, 3-year combined)).

3. Statistics Canada. Table 17-10-0148-01 Population estimates, July 1, by census metropolitan area and census agglomeration, 2021

boundaries

4. Middlesex-London Health Unit (December 2024). Report No. 82-24 Monitoring food affordability and implications for public policy and action (2024). Retrieved from https://www.healthunit.com/uploads/82-24_-_appendix_d_-_food_insecurity_infographic.pdf.

