

THE COST OF EATING WELL IN TIMISKAMING

2024

1 in 5 households in Timiskaming are food insecure



The risk of food insecurity is highest among low income families/individuals, female lone-parent households with children under 18 yrs. old, households with employment insurance or social assistance as the main source of income, home renters, and specific cultural/racial groups, most notably Indigenous, Black, and Arab /West Asians.

This means they have inadequate or insecure access to food due to financial constraints.

15%

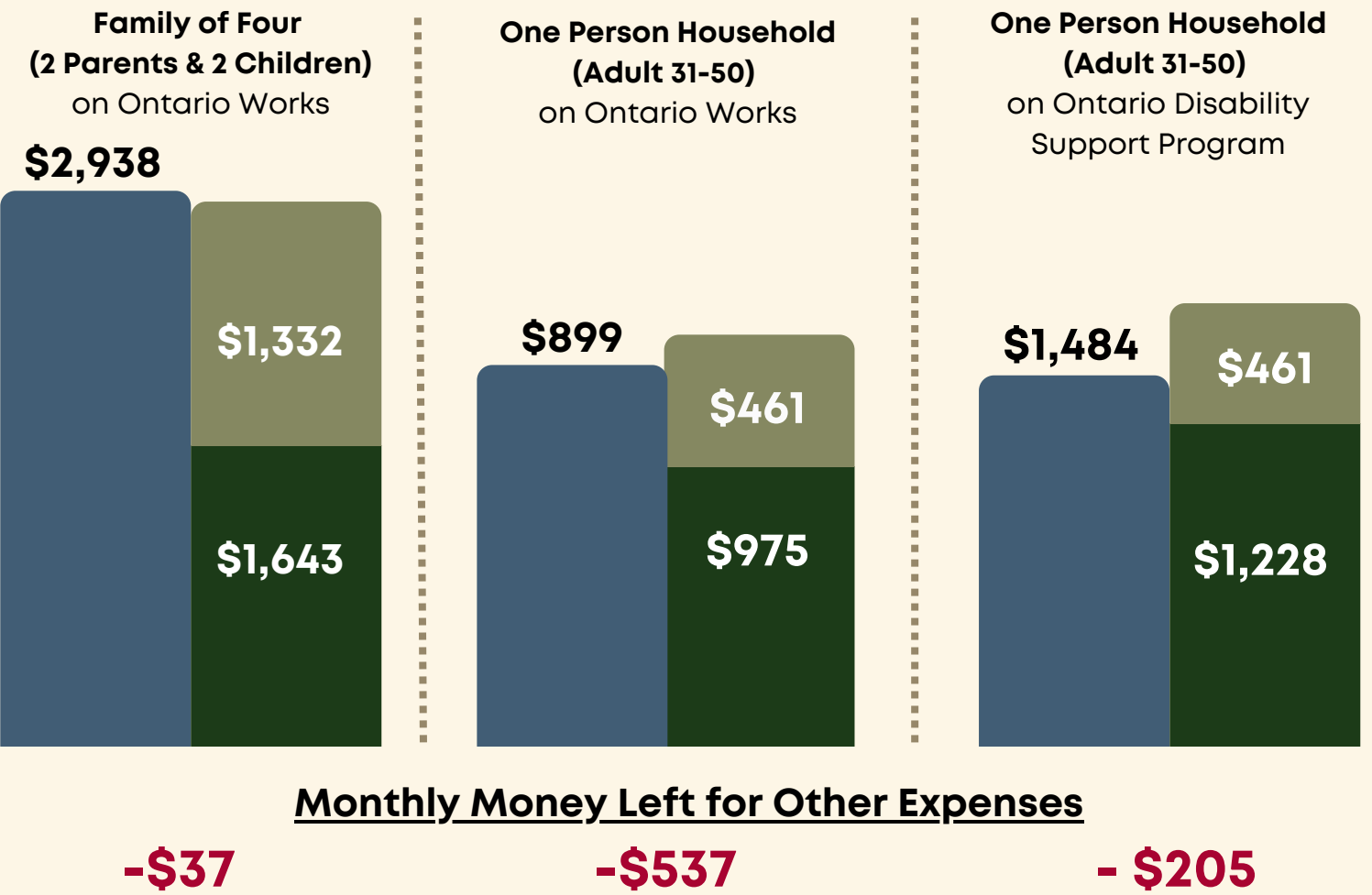
of the Timiskaming population lives with low income

The cost of food in Timiskaming for a family of four per week is



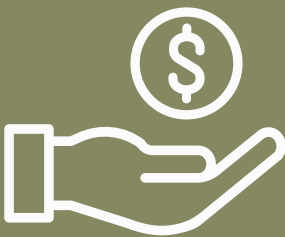
Monthly Income Versus Expenses

- Income
- Rent
- Food



THIS DOES NOT ACCOUNT FOR OTHER EXPENSES:

- Transportation (vehicle expenses, taxi, gas)
- Healthcare (dental, medications, vision)
- Communications (phone, internet)
- Household and Personal Items (clothing, pets, gifts)
- Children (school supplies, childcare, sports)



WHY IS THIS IMPORTANT?

People who are food insecure must choose between having enough food and eating well or paying for rent and other necessities.



They are at an increased risk of chronic diseases such as diabetes, heart disease, high blood pressure and poor mental health.

They are forced to choose cheaper, more processed foods or skip meals.



WHAT CAN YOU DO?

BE INFORMED
LEARN MORE ABOUT FOOD INSECURITY, WHY IT IS A PROBLEM AND WHY INCOME-BASED SOLUTIONS ARE EFFECTIVE.



ADVOCATE FOR CHANGE
USE YOUR VOICE! CONTACT YOUR LOCAL MEMBER OF PROVINCIAL PARLIAMENT AND ADVOCATE FOR INCOME-BASED SOLUTIONS.



SPREAD THE WORD IN YOUR COMMUNITY
RAISE AWARENESS ABOUT FOOD INSECURITY. SHARE WITH FAMILY, FRIENDS, AND COLLEAGUES.



References: Tarasuk, V., Li, T., Fafard St-Germain, A.A. (2022). Household Food Insecurity in Canada, 2021. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Government of Canada. (2020). Canadian Income Survey.