


Food Insecurity in Hamilton 2015


Food Insecurity = Families or individuals struggling to put food on the table

Higher rates of

- diabetes, high blood pressure, & anxiety in adults
- depression & suicide in teens
- health care use




When income is too low, people do not have enough money for **rent, bills, AND food**



More than one in 9 households in Hamilton is food insecure




\$827 Monthly food cost for a family of four*
(Based on results of 2015 Hamilton Nutritious Food Basket Survey)

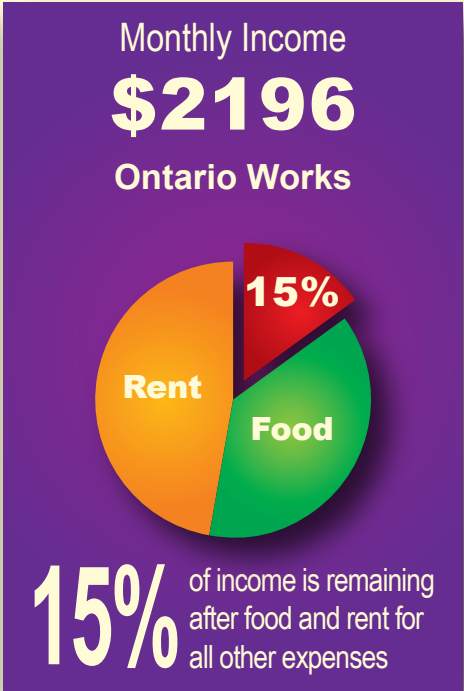
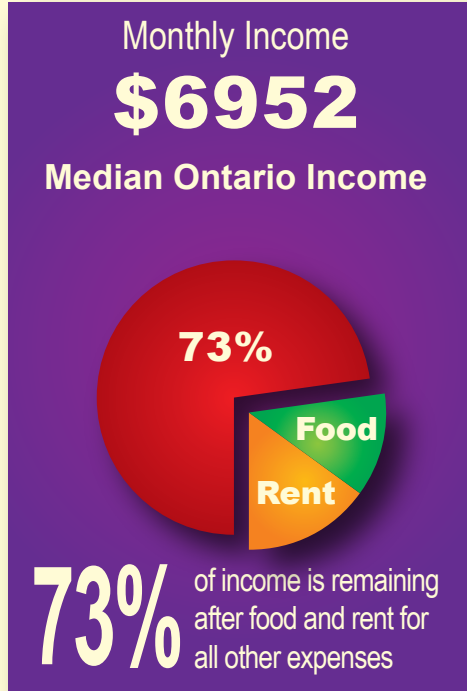


*Family of four = male + female (31-50yrs) + boy (14yrs) + girl (7yrs)

\$1030 Monthly housing cost for a family of four*
(Based on average rental cost for a 3-bedroom apartment in Hamilton in 2014; may or may not include utilities)



Family of four



All other monthly expenses = utilities, telephone, childcare, transportation, clothing, dental and medical costs, etc.

Not enough \$\$\$ is the root cause of food insecurity

What can be done?

- Base social assistance rates on the actual cost of living
 - Increase number of affordable housing units
 - More employers paying a Living Wage
 - Investigate a basic income guarantee program
- 

What can YOU do?



Share this message

Talk to your local MPP and MP

Learn about the issues