

# Food Insecurity in Leeds, Grenville & Lanark

2024 - 2025



Leeds, Grenville & Lanark District

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# Outline

- Food insecurity defined
- Impacts of food insecurity
- Nutritious Food Basket costing
- Cost of healthy eating
- Addressing food insecurity
- Food access



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# Food Insecurity

- Inadequate or insecure access to food due to **financial constraints**
- **15.5%** of households in LGL are food insecure
- Food insecurity can affect anyone:

46% of single mother households	32.3% of single father households
28.4% of children	25.6% of those living alone
36.8% of Indigenous people living off-reserve	27.5% of renters
52.8% of food insecure households relied on employment income	58.6% of households relying on social assistance were food insecure



# Impacts of Food Insecurity

- Not being able to afford nutritious food affects the health of individuals, families and our communities
  - Adults are more likely to experience: poor physical and mental health, worse oral health, infectious diseases and injuries, chronic diseases and shorter life expectancy
  - Children are more likely to experience: poor mental health, asthma, and poor growth and development



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# Impacts of Food Insecurity

- Health care costs among food insecure adults are **more than double** that of food secure adults. **Why?**
  - ↑ hospitalization, ↑ length of stay, ↑ risk of being readmitted
  - Delay/skip medication due to financial constraints
  - Difficulty managing chronic health constraints (e.g., medication, therapeutic diet) due to financial constraints



# Cost of Healthy Eating in LGL

## Nutritious Food Basket

- Standardized food costing tool used by PHUs in Ontario to monitor the affordability of food
- Survey of 61 food items that together form a nutritious diet based on Canada's Food Guide
- Results are compared to individual and family incomes and expenses to assess food affordability for various scenarios



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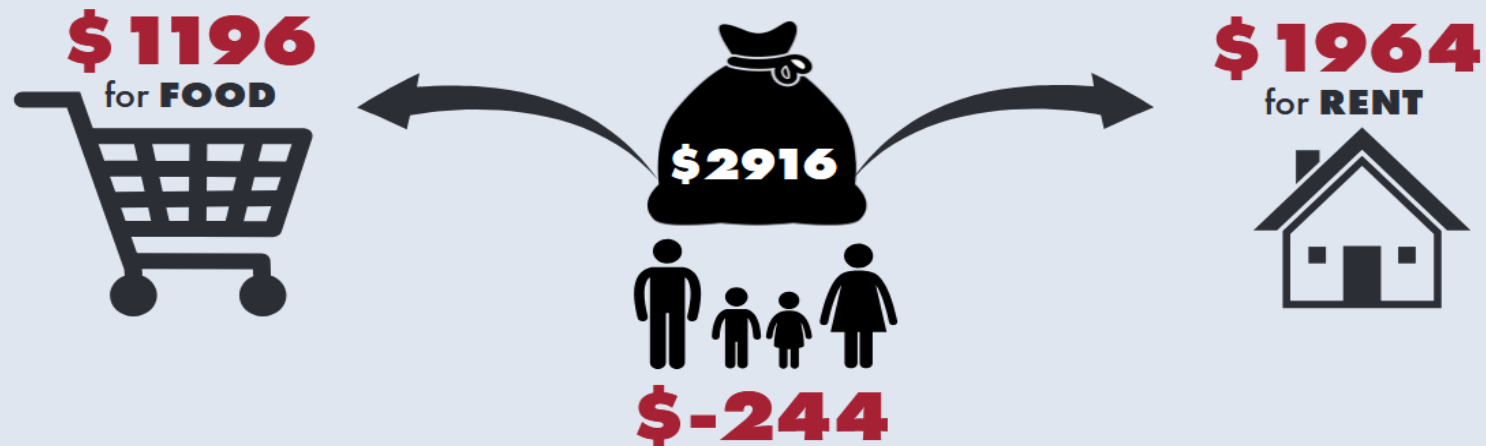
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# Cost of Healthy Eating in LGL

The cost of feeding a family of 4 in LGL is **\$1196** per month

## The reality of living with food insecurity:

Family of 4 on Ontario Works



In this scenario, the monthly income is not enough to pay for both rent **AND** food. There is **NO** money left over for anything else:



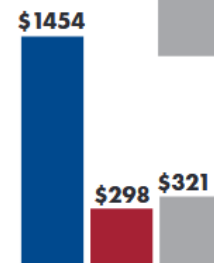
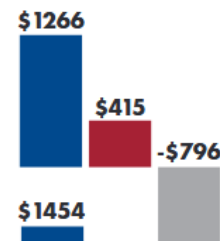
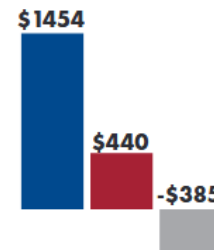
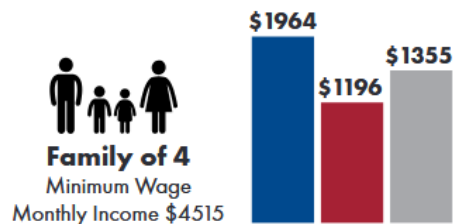
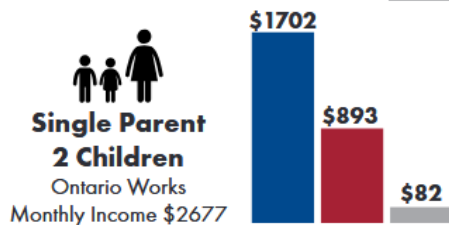
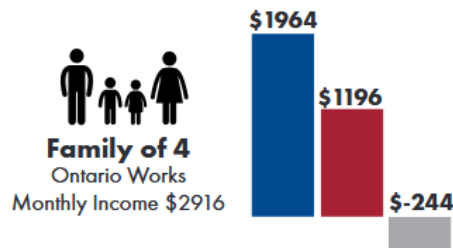
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# Household Income Scenarios in LGL



## Household Income Scenarios in LGL



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# Addressing the Root of Food Insecurity: Poverty

- Systemic, income-based solutions are needed to address the root cause of food insecurity – **poverty**
- Solutions that together can help eliminate poverty include:
  - Ensuring social assistance and minimum wage rates provide for the cost of living
  - Expanding income tax filing initiatives for low-income households to ensure access to eligible government subsidies
  - Implementing basic employment standards to reduce precarious employment
  - Encouraging local businesses to becoming living wage employers and supporting those that do



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# What can municipalities do?

- Advocate for federal and provincial governments to implement income-based policies and programs
- Facilitate local level initiatives that increase economic resilience for individuals and families living with low income, such as:
  - Free income tax filing assistance
  - Targeted support for access to and training for jobs with livable wages, benefits
- Collaborate with community partners from various sectors



# What are municipalities doing?

- Councils for the **City of Kingston**, the **City of Mississauga** and the **City of Toronto** have all passed motions to declare food insecurity an emergency
- Common recommendations in these motions included:
  - Request provincial government increase base funding for school nutrition programs and invest in expansion
  - Request provincial/federal governments:
    - Commit to addressing food insecurity
    - Increase/index social assistance rates
    - Invest in affordable housing
    - Build a stronger workforce by improving working conditions (labour laws, worker support programs)



# Food Access



Free/Low Cost Meals  
**Almonte, Carleton Place, Lanark**  
September to December 2024

## Community Meals

Program	Details	Address/Contact
<b>Hungry Lunch</b> Zion Memorial United Church	Hot, nutritious meals served every Tuesday at 12:00pm. Dine-in or take-out, all welcome.	37 Franklin St., Carleton Place (613) 257-2133
<b>Mississippi Mills Youth Centre</b> Community Meals Program	Serving free meals and snacks 2:30pm - 7:30pm Monday - Friday 11:00am - 5:00pm - Saturdays	134 Main St., Almonte (613) 256-5959
<b>St. James Breakfast Table</b> St. James Anglican Church	Breakfast every Wednesday 8:30am - 10:30am	225 Edmund St., Carleton Place (613)-257-3178



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# Questions?



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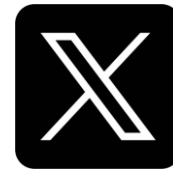
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