

2019

The Cost of Eating Healthy in Timiskaming



About **1 in 10** families in Timiskaming live with **food insecurity**.

This means they **do not have enough money** to access the variety or amount of food they need.

17.5% of our population live in **low-income**.



COST OF FOOD
in Timiskaming?

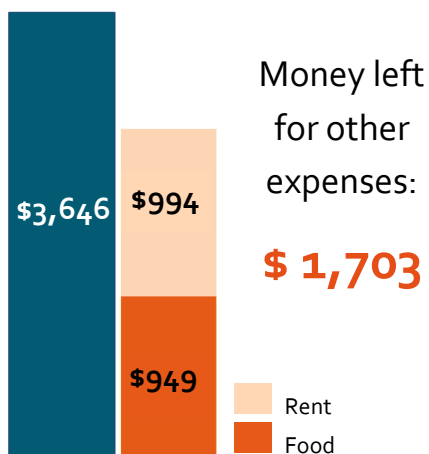
\$219/week

for a family of four.

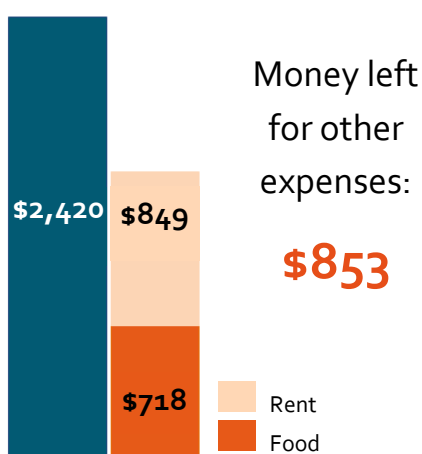


Putting things into perspective: **income VS expenses**

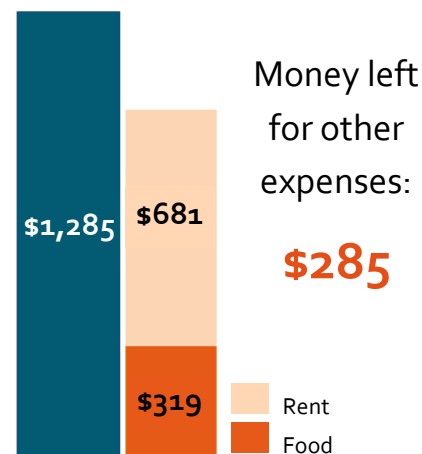
Family of 4 (2 children)
Minimum Wage Income



Single parent (2 children)
Income from Ontario Works



Male (31-50 years), On Ontario
Disability Support Program



OTHER EXPENSES MISSING:

- **Utilities** (hydro, heat)
- **Transportation**
- **Health** (medications, vision, dental)
- **Communications** (phone and internet)
- **Clothing**

WHAT DOES THIS MEAN?

Many people are forced to decide between food and other expenses! They can't afford to pay the bills **AND** eat healthy.

WHY IS THIS IMPORTANT?

Healthy eating: reduces the risk of diseases such as heart disease and diabetes; is needed for healthy growth and development and can improve mental health.



Be informed!

Learn more about food insecurity and its impact on health.

WHAT CAN YOU DO?

Use your voice!

Advocate for income-based solutions for food insecurity.



Tell others!

Talk about food insecurity with your colleagues, family and friends.

For more **information** or to **help us take action** contact Laura Dias at 1-86-747-4305, Ext. 2265 or diasl@timiskaminghu.com.

References:
PROOF – Food Insecurity Policy Research. (n.d.). The impact of food insecurity on health.
Statistics Canada. (2018, April 16). 2017 custom data order of indigenous population, Timiskaming health unit, northeast local integration network and Ontario.
Ontario Dietitians in Public Health. (2015, November). Position statement on responses to food insecurity.