



# Nipissing District Poverty Report 3: Food Insecurity



IN THE NORTH BAY PARRY SOUND DISTRICT HEALTH UNIT AREA

## 1 in 4

LIVE IN FOOD INSECURE HOUSEHOLDS



IN NIPISSING, ONTARIO WORKS RECIPIENTS WITH NO FIXED ADDRESS IS A STAGGERING **12.3%**.

WHICH IS **5.6%**  HIGHER THAN THE PROVINCE.

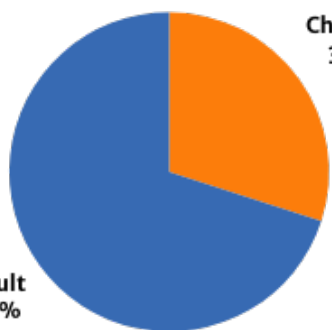
 NIPISSING  
FOOD BANK UNIQUE VISITS

# 2,094

IN 2022

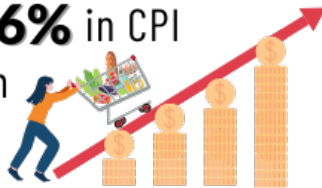
Children  
30%

Adult  
70%



## Food Costs

There has been an average annual increase of **4.6%** in CPI food rates from 2020 to 2022.



Nutritious Food Basket & Rent



### \$1095



Single Person on OW in a bachelor apartment

Ontario Works Maximum Entitlement



### \$733

68% of the OW Caseload in Nipissing are Single Households.

Ontario Works income does **NOT** cover the cost of **food** and **shelter** let alone other **other necessities**.



Nutritious Food Basket estimates assume that people have the means to store, prepare and cook the foods that are on the list.

**Solutions are rooted in Policy Change!**



What would you choose?

## FOOD INSECURITY

Is inadequate or insecure access to food due to financial constraints or worry about not having food to eat.



## HARD FACT:

Ontario works rates have **NOT** changed since 2018.



There are higher rates of **mental health & physical conditions** among those who are food insecure - resulting in premature deaths (dying an average of **9 years** earlier) and costing health care more than 2x a food secure adult.

## Volunteers

The value of the work of volunteers within community food programs is critical to the overall survival of the food security network.

