



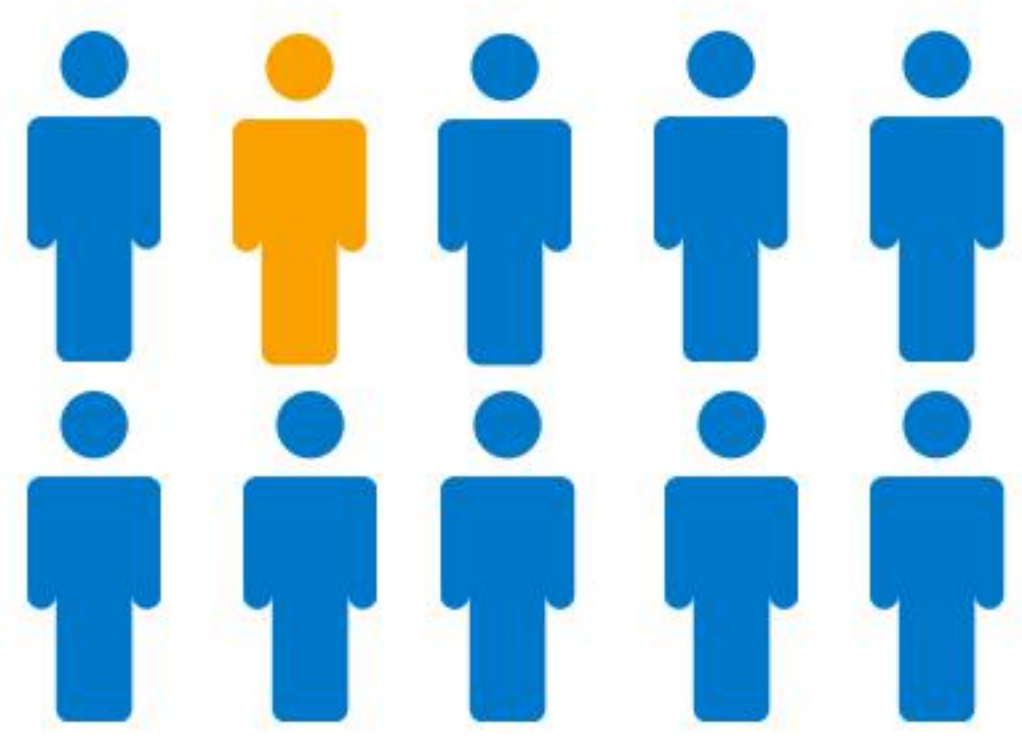
# The Cost of Eating in Northwestern Ontario 2017

Food Insecurity: Not being able to access healthy foods

Food insecurity and low income are closely related.



3,900 people in NWO are food insecure.

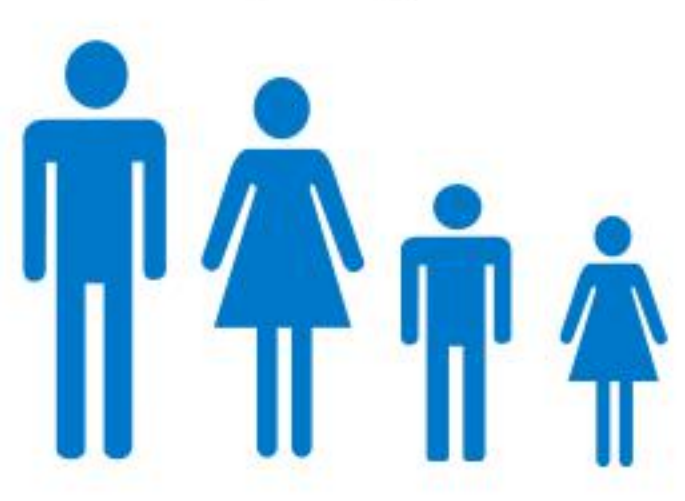


Over 1 in 10 people in NWO live in low-income households.

How much does it cost per month to feed a family of four?

**\$976.20**

(2017)



This is an increase of **6.5%** since 2010.

**59%**



of food insecure households receive their income through their employment (wages & salaries).

## A family of four living on...

Ontario Works



Average Income



Find out more about the impact of income on health and how you can 'do one thing' to better your community. Visit [www.nwhu.on.ca](http://www.nwhu.on.ca).

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