

The cost of eating in northwestern Ontario 2022

Household food insecurity: Unstable or insufficient access to food due to finances

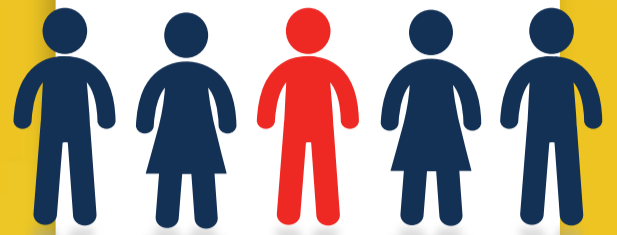
\$1295

The monthly cost to feed a family of four in northwestern Ontario is \$1295.18



(2022 NWHU NFB data)

21%



More than 1 in 5 people in northwestern Ontario live in low-income households.

(Compared to 14% provincially)

(2016 Census)

51.9%

Minimum wage does not support the cost of living.

51.9% of all food-insecure households in Canada are employed.

(PROOF, 2021)

63%

Social assistance rates do not support health.

Currently, 63.1% of households that rely on social assistance are food insecure.



(PROOF, 2021)

When money is tight, food is often compromised to afford other basic living costs.



Poverty is the root cause of food insecurity.

Find out more about the impact of income on health and what you can do for your community.

Visit the [Food Insecurity and The Nutritious Food Basket](#) page on the NWHU website.



Northwestern Health Unit

www.nwhu.on.ca