

# The Real Cost of Eating Well in Hastings and Prince Edward Counties 2018

Household food insecurity means not being able to buy food because of a lack of money.



When money is tight, people may not be able to spend as much on nutritious food.



Families may be forced to skip meals, visit food banks, or eat cheap food low in nutrients.



Poor diets increase the risk of sickness and disease.



Hungry children struggle in school and are more likely to get sick.

## 10%

of households in Hastings and Prince Edward Counties struggle to afford food.\*



When people have limited incomes, they are forced to make tough decisions on what they should spend their money on.



Hydro and Heat



Telephone



Child Care



Dental Care



Savings



Household Cleaners



School Supplies and Fees



Eye Care



Home Furnishings



Transportation



Personal Hygiene Products



Clothing

## How much does healthy eating cost in a month?

	Income** \$	Rent*** House	Nutritious Food Fork and Knife	What's Left? Coins
Family of Four Ontario Works 	\$2,582	\$1,900 (3 bedroom)	\$855.30	-\$173.30
Family of Four Minimum Wage (One minimum wage earner) 	\$3,603	\$1,900 (3 bedroom)	\$819.11	\$883.89
One Person, Ontario Disability Support Program 	\$1,251	\$900 (1 bedroom)	\$287.86	\$63.14

\* Interpret number with caution, based on a small sample size.

\*\* Monthly income includes additional benefits and credits such as the Canadian Child Benefit, where appropriate.

\*\*\*May or may not include utilities.

People receiving social assistance have  
little to no money left over after  
paying for rent and food.

## WHAT CAN YOU DO?

### ADVOCATE FOR:



Improved social assistance and  
minimum wage



Affordable housing policies



Accessible child care

### WORK TOGETHER:



Organize an event to raise awareness with a  
non-profit food organization



Speak with your neighbours and share your  
personal experiences

### LEARN MORE:



Go to [www.proof.utoronto.ca](http://www.proof.utoronto.ca) to find out more about food insecurity

We are committed to providing accessible publications,  
programs and services to all. For assistance, please call  
613-966-5500; TTY: 711 or email [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca).  
For more information, please visit [www.hpePublicHealth.ca](http://www.hpePublicHealth.ca).