

Household Food Security IN CANADA

In 2022, Statistics Canada found that just over 18 percent or **6.9 million people** in the ten provinces, including 1.8 million children **lived in a food-insecure household.**

Food security:

Having consistent and reliable access to safe and nutritious food.

Food insecurity:

When the availability, accessibility, nutritional quality and long-term stability of food sources become strained or non-existent.



What affects access to food?

Food prices and other economic barriers are just one obstacle to food security. According to the United Nations, food security requires economic, physical and social access to food.

- **Economic** access involves factors such as income, poverty and food affordability.
- **Physical** access is related to infrastructure and facilities like roads and transportation.
- **Social** access focuses on ensuring people have access to all the necessary resources within society for nutritious and culturally appropriate foods.

Research has shown that food insecurity **can be reduced** through **improved financial circumstances** such as an increase in minimum wage, increased funds for low-income support programs, and increased welfare income.

Here are some ways you can help and support members in your community struggling with food insecurity:

1. **Volunteer** at local food drives and food banks.
2. **Donate** non-perishable food items to local food drives and food banks.
3. **Educate** yourself and others about the importance of food security.
4. **Destigmatize** food programs that prevent people from seeking them out.

