

# Food insecurity is a serious public health problem

**1.6 million Ontarians or 1 in 8 households** do not have enough \$ to buy food



**Food Insecurity**



**Higher rates of**

- Diabetes, high blood pressure & poor oral health in adults
- Mental health problems
- Health care use

## What is the solution?

**Food charity**  
(food banks, soup kitchens)

**OR**

**Adequate income**  
(basic income guarantee)

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|--|---|
| • Offers temporary hunger relief – but food insecurity does not go away                          | • Addresses the root cause of food insecurity – not enough money                              |
| • Has limited reach – 3 out of 4 food insecure households do not go to food banks                |   |
| • Has limited operating hours and restricts the number of visits and the amount of food provided | • Gives all households the means to choose how, when and what food to buy                     |
| • Does not meet people's daily needs for nutritious food   |   |
| • Undermines people's dignity  | • Preserves dignity when people have enough money to buy food                                 |
| • Excuses decision makers from ensuring the basic right to food                                  | • Ensures the basic right to food by governments addressing the root cause of food insecurity |

When income is too low, people do not have enough \$ for **rent, bills AND food**



**OSNPPH urges governments to prioritize and investigate a basic income guarantee. The only solution to food insecurity is an **INCOME** response.**