

# FOOD AFFORDABILITY

IN RENFREW COUNTY AND DISTRICT (RCD), 2022



**1 IN 6 HOUSEHOLDS**  
are experiencing food  
insecurity in RCD\*

**1 IN 5 CHILDREN**

live in a food-insecure household in Ontario



Monthly Cost of Food  
for a **Single-Person  
Household:**

**\$408**



Monthly Cost of  
Food for a  
**Family of Four:**

**\$1,132**



Food prices in  
Ontario have  
**risen 16.5%**  
since October 2019

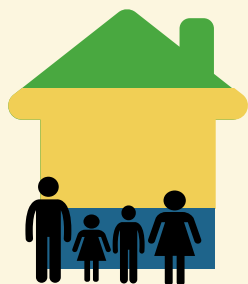


How Much is **Left** for Necessities  
After Paying for Monthly **Rent**  
and **Food**?



Single-Person  
Household,  
Ontario Works:

**-\$279**



Family of Four,  
Ontario Works:

**\$607**

## SIGNIFICANT HEALTH IMPACTS



- poor physical health
- poor mental health
- high blood pressure
- diabetes
- depression

## THE SOLUTION?

**Policies that target poverty**, guaranteeing adequate income to pay for the basic necessities of living.

**POVERTY**

View the full report at [www.rcdhu.com](http://www.rcdhu.com): [Food Affordability in Renfrew County and District, 2022](#)

\*Infographic Revised April 2023

