

FOOD AFFORDABILITY

in Renfrew County and District, 2025



Food insecurity means not having enough money to buy food regularly.

Some families in Renfrew County and District (RCD) face this every day. It can mean worrying about food running out, having few choices, buying cheaper food that isn't as healthy, eating smaller portions, or skipping meals altogether.

1 in 3



Households (31%)
are experiencing food
insecurity in RCD



Children (33.3%)
live in a food-insecure
household in Ontario

What is the monthly cost of healthy eating?

\$435



Single Person



\$1250



Family of Four

People living with food insecurity have a higher risk of developing:



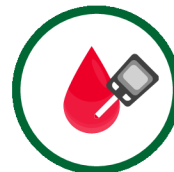
Mental
Illness



Heart
Disease



Asthma



Diabetes



Poor Oral
Health

The root cause of food
insecurity is **poverty**



Income-based solutions
are needed to lift people
out of poverty

For more information visit:

www.rcdhu.com

