

# The cost of eating well in Waterloo Region

10% of households in Waterloo Region struggle to put food on the table.

When money is limited, people reduce their food budget to pay for other expenses, like rent.



This may result in skipping meals or using charitable food programs.



Food insecurity increases the risk of chronic diseases (e.g. heart disease, diabetes) and poor mental health.



The following are monthly costs for individuals living in different scenarios:

## Family of four

Median income (after tax): **\$7983**



**11%** of income is required to purchase healthy food



**16%** is required for rent



Funds remaining  
**\$5853**

## Family of four

Ontario Works income and other qualifying tax credits and benefits: **\$2623**



**33%** of income is required to purchase healthy food



**48%** is required for rent



Funds remaining  
**\$493**

## One adult

Ontario Disability Support Program (ODSP) and other qualifying tax credits and benefits: **\$1272**



**23%** of income is required to purchase healthy food



**80%** is required for rent



Funds remaining  
**-\$42**

Emergency food services may help those experiencing immediate hunger, but they do not permanently address the root cause of food insecurity, which is poverty.

## What can you do?



Vote - put food insecurity on the agenda



Support local advocacy efforts



Talk to others about the issue