

The cost of eating well in Waterloo Region 2023



Over 15% of households in Waterloo Region struggle to put food on the table. They may not be able to buy nutritious foods and may skip meals.

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

Family of four



Ontario Works income and other qualifying tax credits and benefits: **\$2,794**

60% of income is required for rent



We have **\$1,105** left after paying rent



We need **\$1,125** for healthy food, but don't have enough



We have to limit our car use to save on gas



We still need to buy our kids bigger coats and boots this winter



One adult



Ontario Disability Support and other qualifying tax credits and benefits: **\$1,369**

91% of income is required for rent



I have **\$124** left after paying rent



I need **\$404** for healthy food, but don't have enough



I need **\$48** to buy a bus pass to get to my appointments



I need **\$39** for my phone bill



The root cause of food insecurity is poverty. Income solutions are needed.

Examples include:

Social assistance and minimum wage align with cost of living

Stable jobs with benefits

Reduced tax rates for low-income households

Basic income guarantee

What can you do?



Vote - put food insecurity on the agenda



Support local advocacy efforts



Talk to others about the issue