



QUICK STATS & FACTS SHEET

Food Insecurity

1. In 2022, **over 1 in 6 Canadians lived in food-insecure households**, representing approximately **6.9 million individuals** and the highest recorded rate.
2. Certain communities are disproportionately impacted by food insecurity, including Indigenous peoples and racialized communities, due to systemic barriers and discrimination. In 2022, **39.2% of Black people and 33.4% of Indigenous Peoples lived in a food-insecure household**, compared to **15.3% of people who were not a visible minority nor Indigenous**.
3. The First Nations Food, Nutrition and Environment Study (FNFNES), a collaborative community-based survey on on-reserve First Nations communities from 2008–2018, **found that 48% of households on First Nations reserves were food-insecure**
4. Between April 2021 and 2022, **the price of food increased by 9.7% in Canada**.
5. While it may seem intuitive to believe that many of these low-income households are not part of the workforce, **it was found that in 2021, 52% of food-insecure households were reliant on employment incomes**. Simply having a job is not enough to ensure that households have enough money to afford the food they need.
6. Whereas 13.7% of households reliant on employment income were food insecure in 2021, **63.1% of households relying on provincial social assistance and 38.5% of households relying on Employment Insurance were food insecure**.
7. In 2021, 25.9% of renter households were food-insecure, compared to 13.9% of homeowners with a mortgage and 7.2% of mortgage-free homeowners. **Renters also make up half of the households that experience food insecurity**.
8. People who experienced food insecurity were **more likely to report poorer mental health** and increased symptoms of anxiety during the pandemic. A study conducted by PROOF showed that **adults living in food insecure households accounted for 1 in 3 hospitalizations due to mental health in Ontario**.

9. Poor nutrition often contributes to many costly chronic health conditions such as obesity and heart diseases. In fact, **15% of Canadians with heart disease are also severely food insecure.**
10. According to a 2017 report by PROOF, an interdisciplinary research team investigating household food insecurity in Canada, **10.2% of households in Canada that included a pregnant woman experienced food insecurity.** This is higher than the national household food insecurity rate of 8.3%.
11. The **healthcare costs incurred by a severely food-insecure adult in Ontario was around \$3930, whereas the cost was around \$1608 for a food-secure adult.**
12. Nearly **half of adults living in severely food-insecure households reported delaying, reducing, or skipping medications** because they could not afford them.
13. A study done by the University of Toronto showed that a higher minimum wage was associated with lower odds of food insecurity in the overall sample. **A hypothetical one-dollar increase in minimum wage was associated with 0.8 to 1.0 percentage point decrease in probability of food insecurity.**
14. The Canada Child Benefit is a major federal policy that supports the incomes of families with children, **yet 1 in 4 Canadian children now live in a food-insecure household.**
15. A 2021 report by the Standing Committee on Indigenous and Northern Affairs called on the government **to recognize that food insecurity cannot be solved by the Nutrition North Canada program in its current form**, and to work with Inuit peoples towards Inuit-led reformation of the program and new poverty reduction initiatives.