

FOOD SECURITY IN LONDON

WHAT IS FOOD SECURITY?

When all people, at all times, have physical, social, and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

26,000



Londoners are food insecure as they are not able to afford to eat a sufficient, safe and nutritious diet on a regular basis.

3,600



Households access the Food Bank each month. An increase of 53.1% from 2004.

2/3



Londoners not eating 5 or more servings of fruits and vegetables on a daily basis. Up from 2/5 in 2008.



80,000

People in the London CMA live with income below what it costs to adequately live in London. Up 31% from 2007.



Reliance on food programs in London is growing...

65%

Community meal programs are serving 124 people each meal. Up 65% since 2008.

In the last four years school meal programs have grown by

24%

20

In addition to the Food Bank, there are 20 other food banks/food depots across London.

INCOME IS NOT KEEPING UP WITH THE RISING COST OF FOOD

The price of food in Ontario has increased by 3.1% per year. Social assistance rates have been increasing by 1% per year. Employment income has increased an average of 0.5% per year

30%

Percentage a family earning minimum wage needs of their income to purchase adequate food.

12%

Percentage the cost to feed a family of four has increased since 2009 (from \$702 to \$787 per month).



HEALTHY FOOD IS NOT ALWAYS ACCESSIBLE

There are food deserts in the Central and Old East areas of London.



60 schools are more than 1 km away from a source of nutritious food.