

# Hunger in Niagara

**Food insecurity** = not being able to access healthy foods



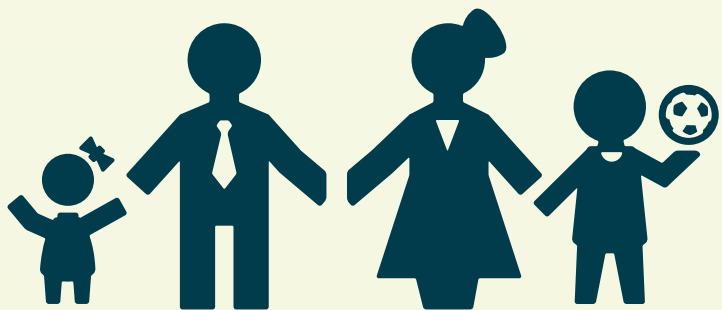
**9.9%**

of Niagara households are **food insecure**

**Food insecurity and income are closely linked**



**25%** of these households have no place to go for food



**Amount it costs to feed a family of four per month in Niagara**

**\$2,152 - \$1,031 - \$849 = \$272**



Monthly income of a family of four on Ontario Works in 2014



Market rent for a three bedroom apartment in Niagara



Monthly cost of healthy food for a family of four



Amount left over for:  
**transportation**  
**child care**  
**school supplies**

## What YOU can do:



**Volunteer or donate to local organizations that help those in need**



**Talk to others about the many issues affecting the health of Niagara**



**Talk to your local MPP or politician**



**Donate to a local foodbank**

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Canned vegetables, fruit and fish  
Cereal  
Peanut butter

Pasta and pasta sauce  
Fresh or frozen foods and hygiene products