

MEDIA RELEASE

March 13, 2024

FOOD INSECURITY IN CHATHAM-KENT: AN ISSUE OF INCOME

The release of CK Public Health's 2023 Cost of Eating in CK Infographic shines an important light on the financial challenges faced by individuals in CK when it comes to purchasing food.

1 in 5 households in Chatham-Kent do not have enough money to buy food. That's 20% of the community who must decide between paying their bills or buying food.

"In Chatham-Kent, people living with food insecurity must choose between paying for housing or paying for food. The increasing cost of food is making this issue worse," says Carmen McGregor, Chair of the Chatham-Kent Food Policy Council. "It is important to realize though, that food prices are not the root cause of food insecurity for the CK community. It is a lack of adequate and secure income."

Community organizations in CK are essential in providing emergency food supports to members in need. However, this is only a temporary solution, and it does not address the true cause of food insecurity.

Not having enough money to pay for food has negative impacts on physical and mental health as it significantly increases the risk of issues such as diabetes, heart disease, anxiety, and depression.

"Food insecurity is a complex issue that affects many households in Chatham-Kent," says Dr. Shanker Nesathurai, Acting Medical Officer of Health. "We need to come together to raise awareness and advocate for healthy public policies."

For those wondering what they can do to help, CK Public Health recommends:

1. Learning more about food insecurity
2. Talking to friends, family, and colleagues about the true cause of food insecurity
3. Advocating for income solutions to food insecurity

For more information about food insecurity and what you can do to help in Chatham-Kent, please visit [CKPublicHealth.com/FoodInsecurity](https://ckpublichealth.com/FoodInsecurity)

-30-

Media Contact:

Jacquie Cartwright

Community Outreach & Public Relations Officer, CK Public Health

C: 519.784.4489

ckphucommunications@chatham-kent.ca