

# 2024

# THE COST OF EATING

## in Chatham-Kent

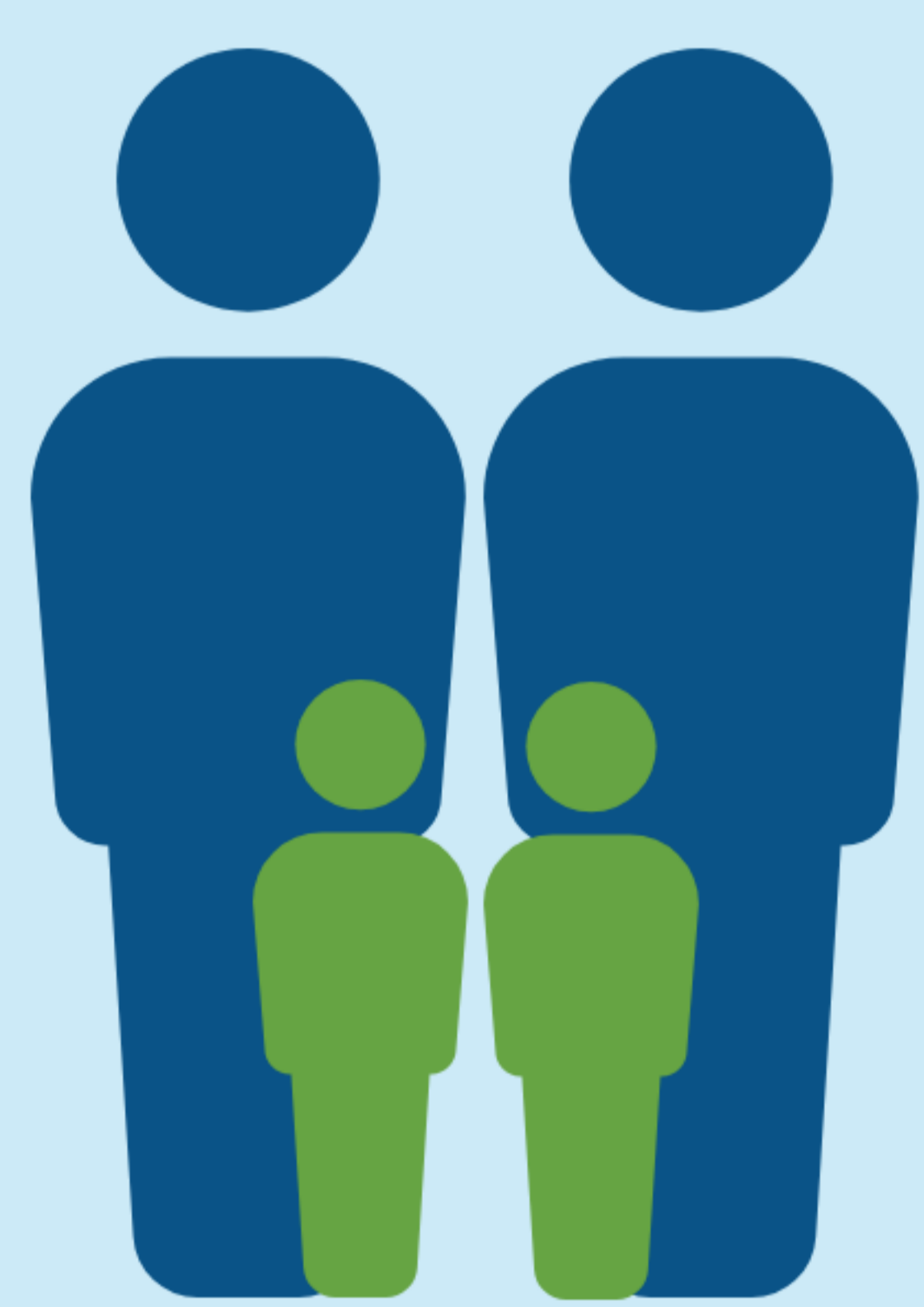
### 1 IN 5



## HOUSEHOLDS IN CK ARE FOOD INSECURE\*

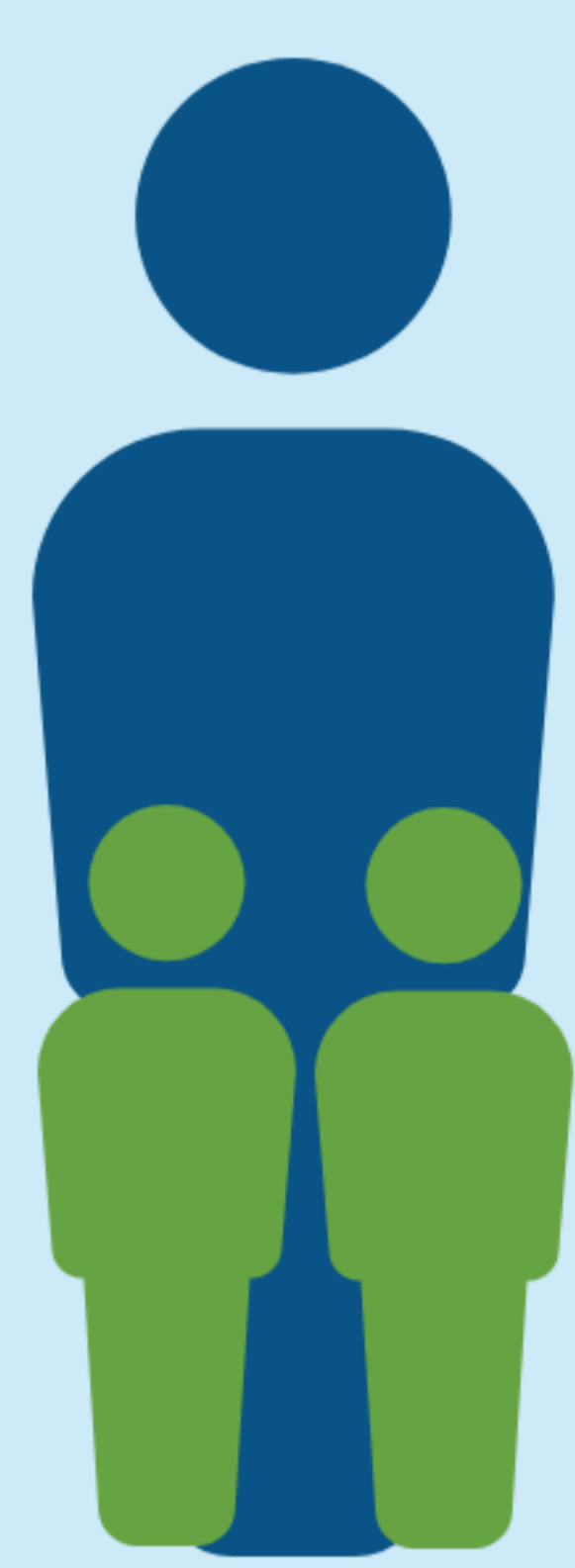
\* Food insecurity is inadequate or insecure access to food due to **LACK OF MONEY**.

## The Monthly Cost of Eating in CK



A family of 4  
(Ontario Works)

\$1,147



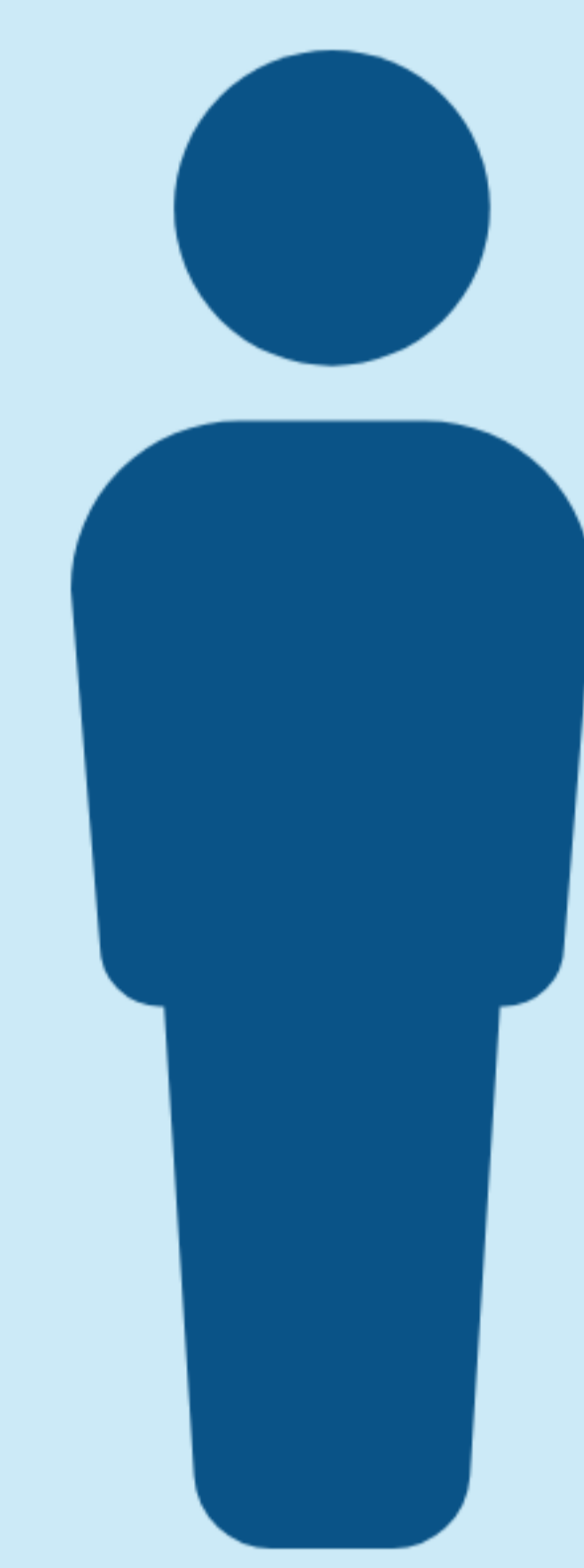
Single Parent with 2 Children  
(Ontario Works)

\$853



Single Pregnant Person  
(Ontario Disability Support Program)

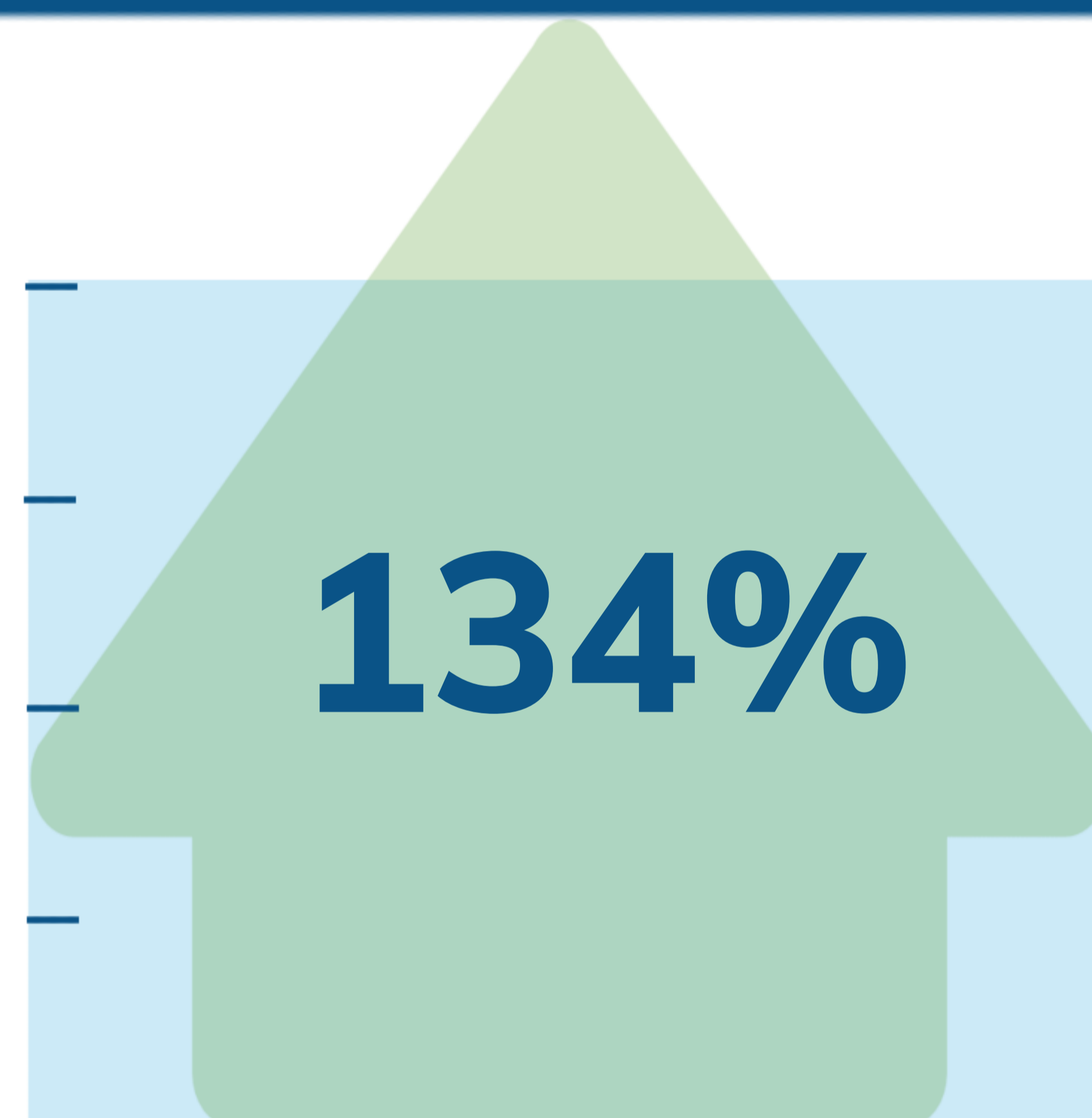
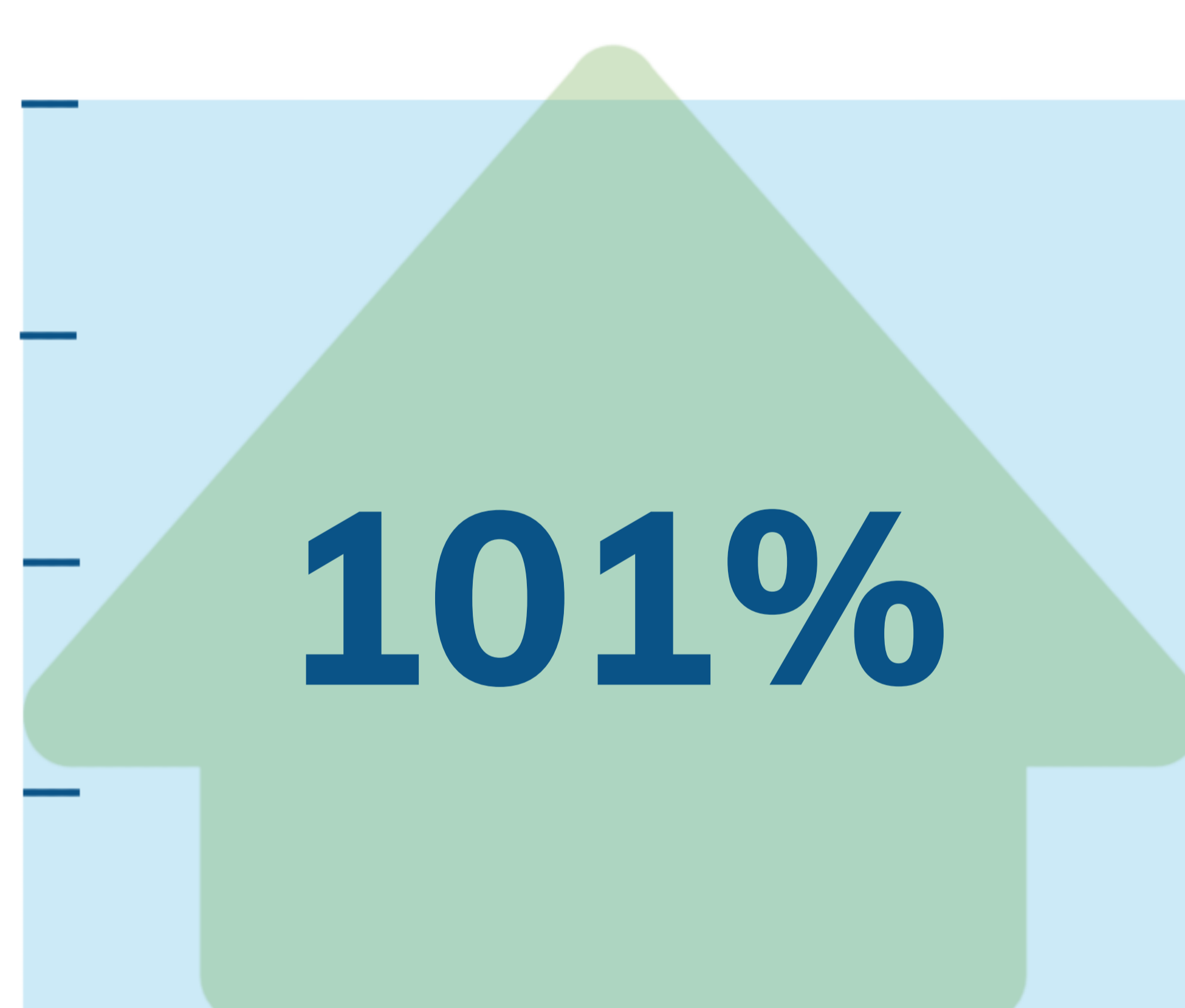
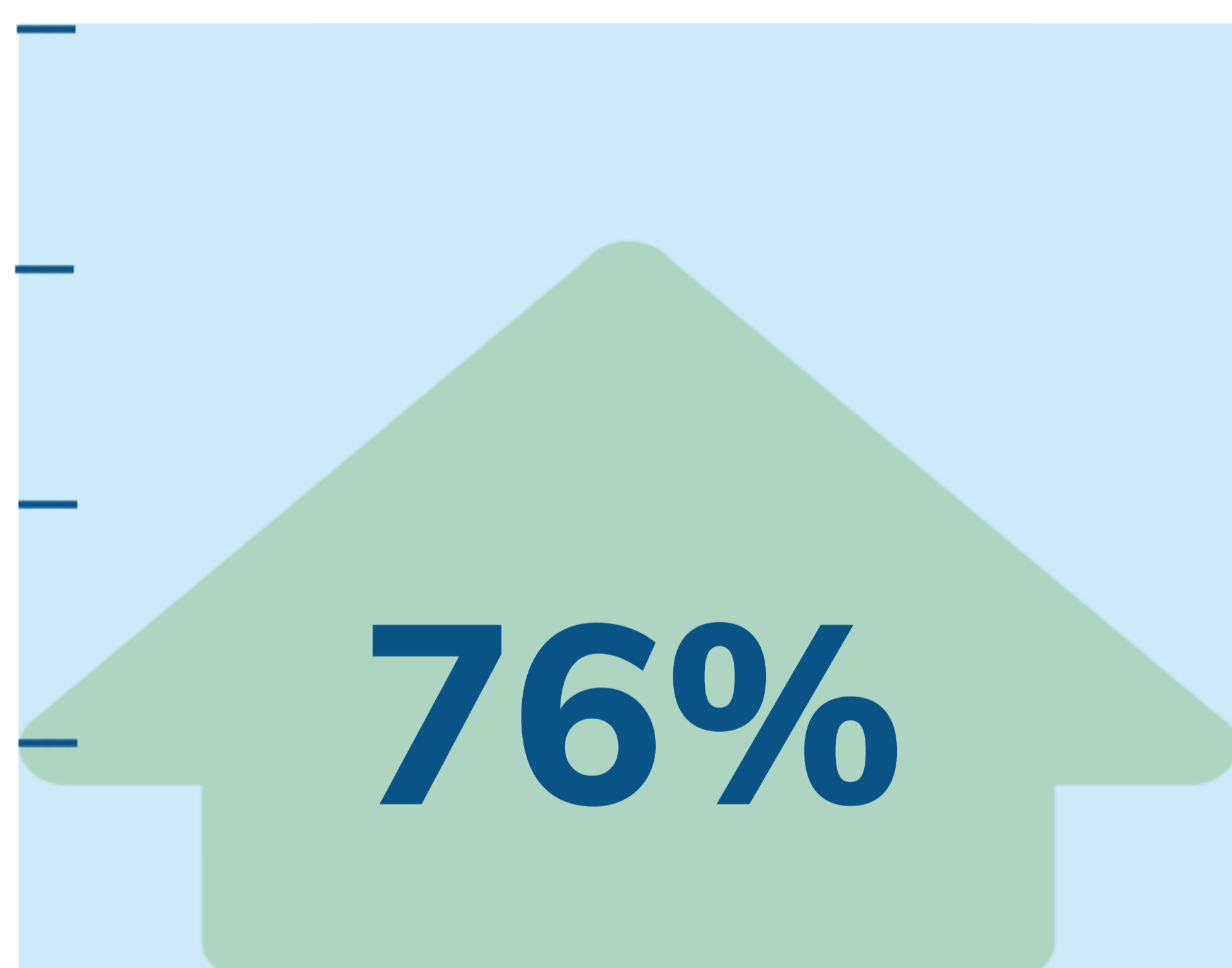
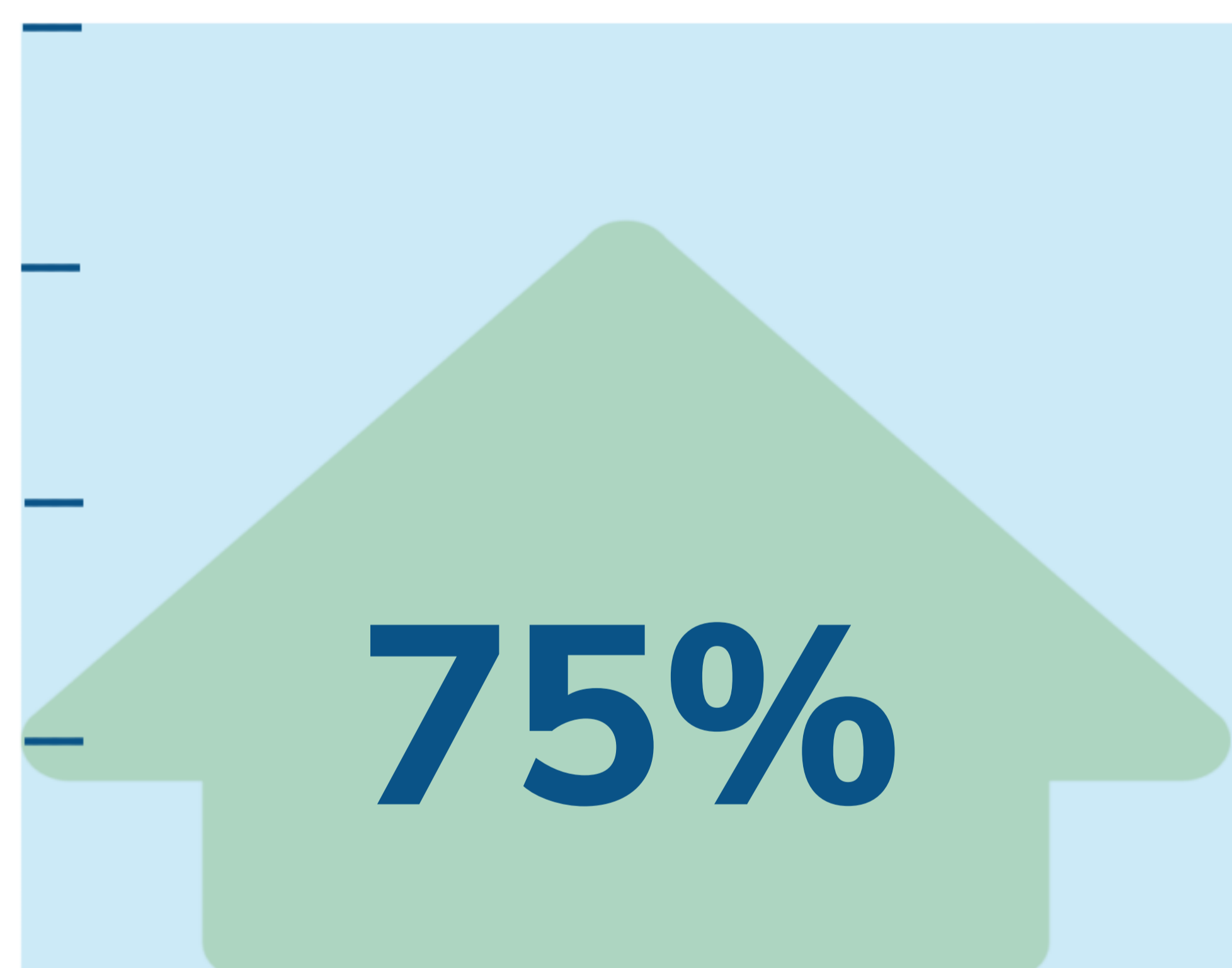
\$425



Single Person  
(Ontario Works)

\$402

## Percentage of Monthly Income Spent on Food and Rent



## Leftover Money Can't Cover Other Living Expenses



### Why Does This Matter?

- ▶ People in CK do **NOT** have enough money to buy food.
- ▶ Food insecurity increases the risk of physical and mental health problems, such as diabetes, heart disease, anxiety, and depression.

### THE CAUSE IS POVERTY

Emergency food charity is not a long-term solution. Income-based policies, such as a basic income guarantee, are the solution.

### What To Do:

- ✔ **LEARN** more about food insecurity
- ✔ **TALK** to friends, family, and colleagues about the true cause of food insecurity.
- ✔ **ADVOCATE** for income solutions to food insecurity.

