

Food Insecurity in Grey Bruce

LOCAL RATES OF FOOD INSECURITY

Overall, Grey Bruce is above the provincial rate of household food insecurity (15%).

Although most food insecure households are employed, 70% of households reliant on social assistance are food insecure.

Nutritious Food Basket



\$217.99 **+6.7%**

FOOD INSECURITY HAS COSTLY AND LASTING IMPACTS TO HEALTH

As the severity of food insecurity increases, health care costs rise, up to 121% higher.

Childhood experiences of food insecurity increase risks of asthma, depression, and suicidal ideation in adolescence and early adulthood.

Adults living in food insecure households account for more than 1 in 3 hospitalizations due to mental health problems.

20%

OF GREY BRUCE HOUSEHOLDS ARE FOOD INSECURE



COST OF LIVING IS RISING

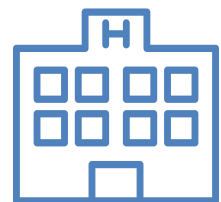
In Grey Bruce, the 2019 Nutritious Food Basket reveals that a reference family of four requires \$217.99 each week to meet basic food needs, a 6.7% increase from 2018.

Health Care Costs



121%

Hospitalization



1 in 3

Food Affordability in Grey Bruce

One Person
Receiving Ontario
Works

Income: \$825



Average Monthly Rent:
\$646



Monthly Cost for
Healthy Food: \$317

Money left: \$-138

Money left
over has to
cover all
basic living
expenses...

One Person
Receiving Old Age
Security

Income: \$1727



Average Monthly Rent:
\$772



Monthly Cost for
Healthy Food: \$231

Money left: \$725



Single Parent with
Two Children,
Receiving Ontario
Works

Income: \$2401



Average Monthly Rent:
\$927



Monthly Cost for
Healthy Food: \$714

Money left: \$760



Family of Four,
Full Time at
Minimum Wage

Income: \$3633



Average Monthly Rent:
\$1019



Monthly Cost for
Healthy Food: \$944

Money left: \$1671

