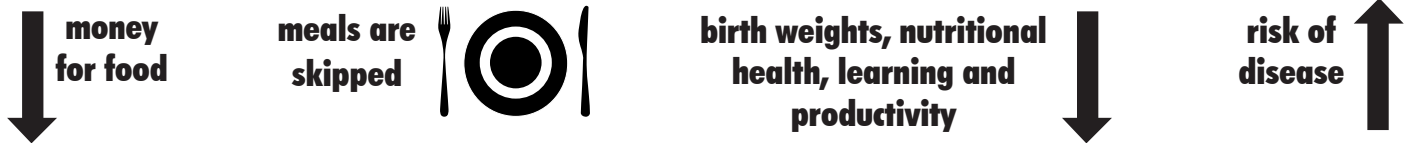


Food Insecurity

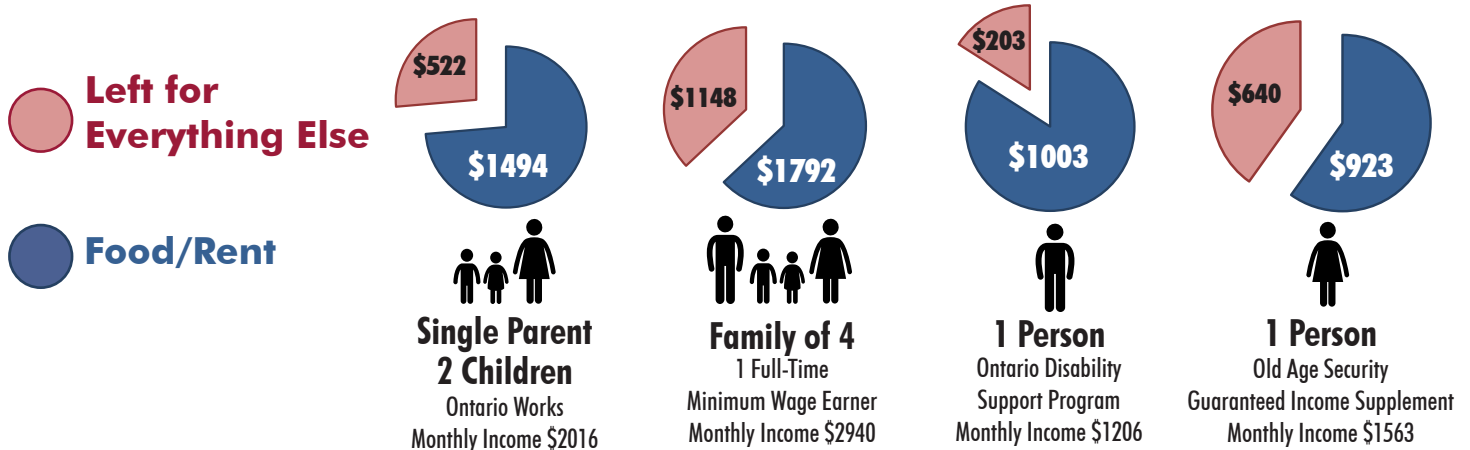
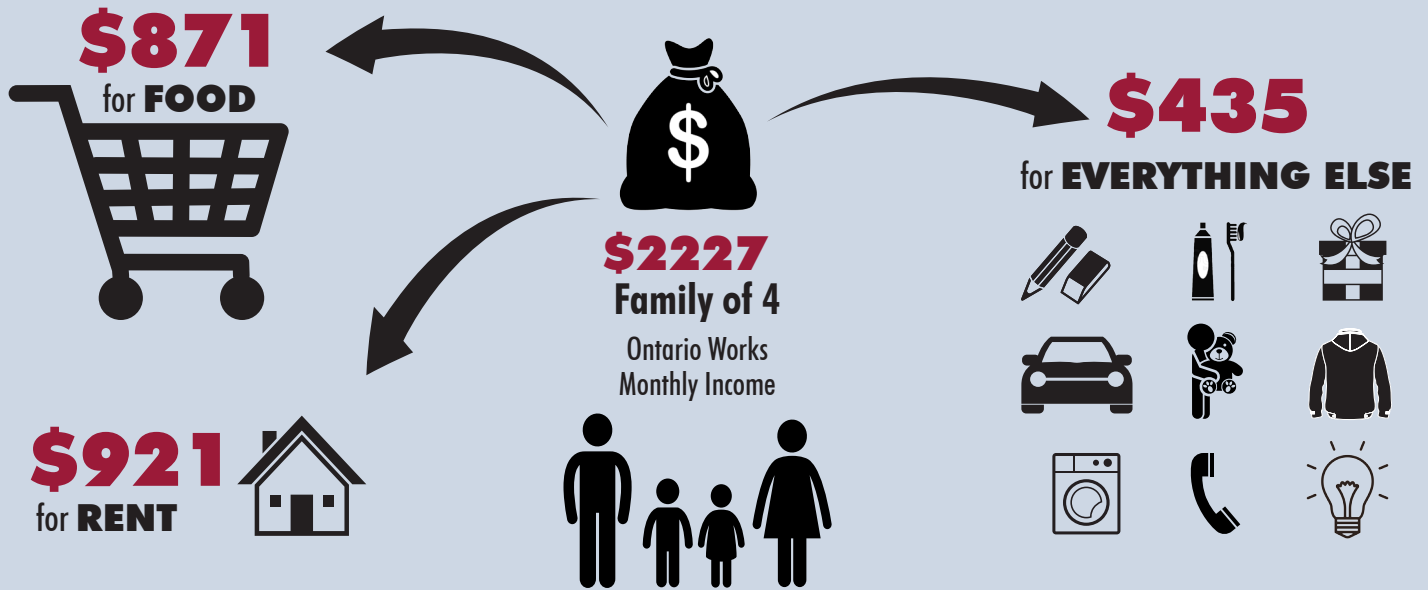
in Leeds, Grenville & Lanark 2016

Food insecurity means not having enough money to buy nutritious food.

When money is tight.....

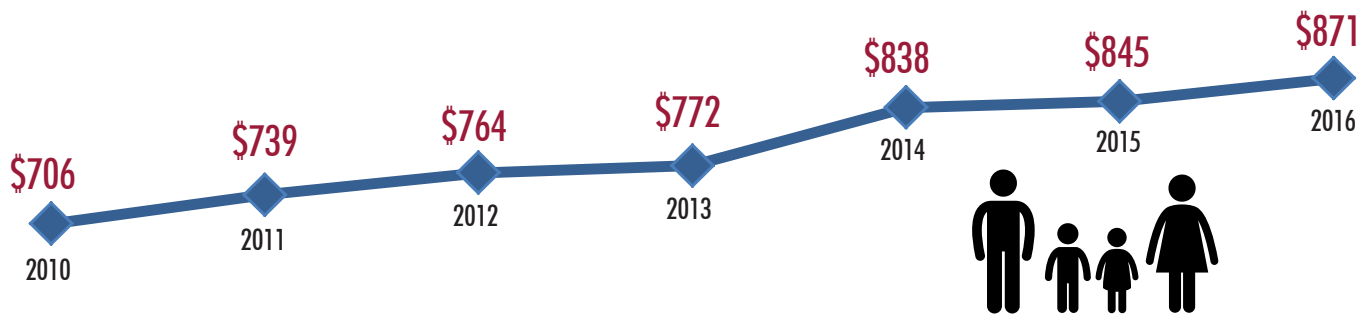


How can a family afford to meet their monthly basic needs?



How much does healthy eating cost?

Each year, the Leeds, Grenville & Lanark District Health Unit conducts the Nutritious Food Basket to calculate the average cost of healthy eating based on age and gender.



Monthly cost of a Nutritious Food Basket for a family of 4

The cost of the Nutritious Food Basket has increased **23%** from 2010 to 2016

You can use this information:

- To learn more about poverty as the root cause of food insecurity
- To advocate for solutions such as:
 - guaranteed adequate income to meet basic needs
 - affordable housing
 - accessible and affordable childcare and transportation
- When talking with your family, neighbours and friends about the cost of basic needs
- For school assignments
- If your community group or faith-based community is working towards improving community health
- In funding proposals
- When speaking with local politicians and when preparing for the next election
- To share internally with colleagues and externally with partners
 - In presentations to agency and community group boards and memberships
 - In newsletters
 - Link to it from your website or share the link from your Twitter and Facebook pages

For more information, contact the Health ACTION Line at 1-800-660-5853 or visit www.healthunit.org