

# Health Unit Media Release

Oct 22, 2012



## Take A Walk In My Shoes

The Leeds, Grenville and Lanark District Health Unit, in partnership with the Food Matters Coalition is hosting an interactive workshop called ***“Take A Walk In My Shoes”***. This event, taking place on November 16, 2012 at the “New Hope” Brockville Tabernacle, aims to raise awareness about the barriers people living with low income face, and the day to day stigma that is often associated with poverty. Participants navigate through a maze where they will experience the challenges of trying to secure some of the most basic necessities in life; money, food and shelter.

**In Leeds, Grenville and Lanark, approximately one in ten families, and one in nine children, are living with low income.** Families living with low income spend 63% of their income on food, shelter and clothing, leaving them with very little money left over for anything else. According to a recent Nutritious Food Basket Survey, the cost of feeding a family of four in our area is \$176.39 per week. **This means some families may have to choose between buying healthy foods and putting a roof over their heads.**

“Having access to healthy, safe and affordable food and housing is essential to being healthy, and not everyone in our community has the same opportunity for health”, says Joanne Desormeaux, Health Equity Coordinator at the Health Unit. “As a community, there is much we can do to provide a healthy supportive environment for all of our residents.”

“Take A Walk In My Shoes” provides an opportunity for members of our community to better understand the challenges people living with low incomes face, and to start the conversation about how we can work together to create better health.

To register: [www.taws.eventbrite.com](http://www.taws.eventbrite.com) or visit [www.healthunit.org](http://www.healthunit.org) or call the health ACTON Line at 1-800-660-5853. Like the Health Unit on Facebook for important public health updates.

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