

Nipissing District Poverty Report 3: Food Insecurity



IN THE NORTH BAY PARRY SOUND
DISTRICT HEALTH UNIT AREA

1 in 4

LIVE IN FOOD INSECURE
HOUSEHOLDS



IN NIPISSING, ONTARIO
WORKS RECIPIENTS WITH
NO FIXED ADDRESS IS A
STAGGERING **12.3%**.

WHICH IS **5.6%**↑
HIGHER THAN THE PROVINCE.

Food Costs

There has been an average annual
increase of **4.6%** in CPI
food rates from
2020 to 2022.



Nutritious Food
Basket & Rent

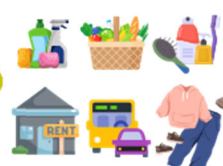
Ontario Works
Maximum Entitlement



\$1095



Single Person on OW in
a bachelor apartment



\$733

68% of the OW Caseload in
Nipissing are Single Households.

Ontario Works income does **NOT** cover the
cost of **food** and **shelter** let alone other
other necessities.

What would you choose?

FOOD INSECURITY

Is inadequate or insecure
access to food due to
financial constraints or
worry about not having
food to eat.



HARD FACT:

Ontario works rates have
NOT changed since 2018.



Nutritious Food Basket
estimates assume that people
have the means to store,
prepare and cook the foods
that are on the list.



There are
higher rates of
mental health & physical conditions
among those who are food insecure
- resulting in premature deaths (dying
an average of **9 years** earlier) and
costing health care more than 2x a
food secure adult.

**Solutions are
rooted in Policy
Change !**



Volunteers

The value of the work of volunteers
within community food programs
is critical to the overall survival
of the food security network.



NIPISSING
FOOD BANK UNIQUE VISITS

2,094

IN 2022

Children
30%

Adult
70%

