



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.



NIPISSING

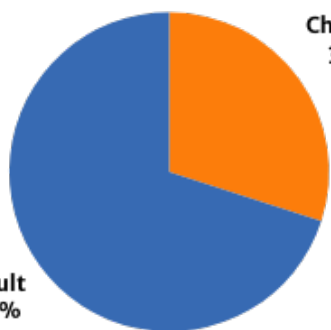
FOOD BANK UNIQUE VISITS

2,094

IN 2022

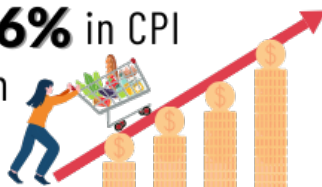
Children
30%

Adult
70%



Food Costs

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



Nutritious Food
Basket & Rent

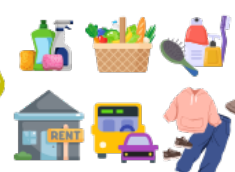


\$1095



Single Person on OW in
a bachelor apartment

Ontario Works
Maximum Entitlement



\$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.



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

**Solutions are
rooted in Policy
Change !**



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.



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.

Volunteers

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

