



POVERTY: FOOD INSECURITY IN NIPISSING DISTRICT, POVERTY REPORT # 3.

This is the third report in a series of poverty profile reports to the District of Nipissing Social Services Administration Board. Building on the previous two reports on income, housing and homelessness, Report # 3 focuses on food insecurity, in the context of poverty that is observed and experienced in local communities and households.

DISTRICT OF NIPISSING SOCIAL SERVICES ADMINISTRATION BOARD

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Executive Summary

Many individuals and organizations advocate for access to nutritious food as a basic human right, yet many people within the District of Nipissing and around the world remain food insecure and reliant upon altruism through community food programs. This report on income and food insecurity is the third report in a series which focus on poverty in Nipissing District. In view of the Board's vision for *healthy and sustainable communities* and working to remove systemic barriers such as disparities in income and poverty, the reports will serve to inform the Board's advocacy, policy development, planning, and service delivery across the program areas.

Anyone can be one unfortunate life event or paycheck away from becoming food insecure. Precarious employment, the rising cost of goods and services, the rate of inflation, a low minimum wage, the lack of affordable housing and inadequate social assistance rates, all contribute to an increasing prevalence of food insecurity. Food programs are reporting that the number of food bank visits have increased to an unprecedented level. In fact, in the *HungerCount 2023* it states that in March 2023, there was a record-breaking number of over 1.9 million visits to food banks in Canada (Food Banks Canada 2023). Who is visiting food banks has also appeared to shift bringing more middle-income earners who would have never thought they would experience food insecurity to the doors of community food programs.

Nipissing District has a well-established community food programs network and systems table that meets regularly. This group of dedicated hard-working staff and volunteers collaboratively work together to meet the needs of individuals and families living food insecure. The problem with food insecurity is that food alone is not the answer. In many cases, the same people struggling to put food on the table are also struggling to pay the rent and meet other basic needs. In an interdisciplinary research project called PROOF¹, international researchers concluded that the current approach of treating food insecurity as a problem that can be managed by expanding food banks, meal programs, or other forms of food provision is misguided because these programs are unable to address the underlying problem of inadequate and insecure incomes. Treating food insecurity as solely a measure of food deprivation neglects the broader implications of these experiences (PROOF 2022).

As noted in Poverty Report 1 – Income and Poverty in Nipissing District, social assistance income is inadequate in meeting a person's basic needs, often placing these individuals and families into even more precarious living situations. While the Ontario Disability Support Program's (ODSP) recent rate increase and indexing of rates to inflation, is beginning to address the inadequacy of social assistance, Ontario Works

The PROOF project began in 2011 bringing together a group of multidisciplinary international researchers to participate in a 5-year research project, funded by the Canadian Institutes for health research. Since that time, PROOF has continued as a leading voice on food insecurity in Canada.

(OW) rates have remained frozen since 2018. This has resulted in an even greater polarization in the quality of life between these two social assistance populations.

The linkage between food insecurity and health outcomes is also widely known and well documented by numerous leading authorities. In fact, Statistics Canada states that “food insecurity is a serious concern as it has been found to be associated with various chronic conditions, mental health problems and other diseases and infections (Statistics Canada 2023).

At the national level and at the time of analysis for this report, about 18.0% of Canadian families report experiencing food insecurity (this has since increased to 22.9% based on more recent data). The prevalence of food insecurity is greatest at lower levels of income and a little over one-third of those living below the poverty line experience food insecurity. It is interesting that most food insecure families are above the poverty line. The relationship between food insecurity and income source is also strong, with a little over half (56.0%) of the Canadian families receiving social assistance through government transfers, being food insecure.

Moving down to the provincial level, at the time of analysis for this report the prevalence of food insecure households in Ontario was 18.7% - this has since increased to 24.5% based on more recent data. Across Ontario’s public health regions, the food insecurity rate ranges from 22.4% of the households in the Toronto Region to 16.0% in the East Region (with a +/- 2.0 - 3.0% margin of error). In Nipissing District’s North East Region about one-in five households are food insecure.

At the local district level, the point estimate of food insecurity is higher compared to the larger regions above, although there is more sampling variability and a wider margin of error in the survey data. For example, in the North Bay Parry Sound District Health Unit area, it is estimated that 24.4% (+/- 5.9) of the households are food insecure. Or in other words, we can be reasonably confident that between 18.5% to 30.4% of local households experience food insecurity.

Social assistance recipients living in poverty struggle to afford adequate housing, nutritious food and other necessities like clothing, laundry, transportation, cleaning supplies and personal hygiene items. The OW basic needs allowance does not cover the cost of nutritious food let alone other necessities. This issue is further compounded by low shelter rates compared to the average market rent requiring households to use a portion of their basic needs to secure and maintain accommodations. With the rising cost of living and stagnant OW rates the level of poverty faced by social assistance recipients, particularly single OW households, will only increase. This is reflected in the growing number of cases locally and across the province with no fixed address and the increasing reliance on food insecurity programs.

1.0 Preamble

1.1 Introduction

The District of Nipissing Social Services Administration Board (DNSSAB) plays a major role in providing various human services to residents throughout Nipissing District, including to those who are marginalized and have low incomes. With a vision for *healthy and sustainable communities*, the Board looks forward to seeing communities where residents have the social and economic conditions and opportunities they need to develop to their maximum potential. Working to remove systemic barriers such as disparities in income, housing and poverty is fundamental to achieving the Board's vision and individual well-being for Nipissing residents.

1.2 Purpose

This is the third report in a series of poverty profile reports concerning Nipissing District. With a focus on food security, the report complements the previous two reports on *income* and *housing* by presenting *food* as the third main social determinant or predictor of health and well-being. As the three are closely related and intertwined, it is helpful to look at them together to get the bigger picture, particularly when describing the prevalence of poverty in local communities.

Following from the above, the report presents key food security indicators that provide insight into the food security situation in Nipissing District. The analysis starts with the food insecurity rate at the national and provincial level for additional context, and to provide benchmarks for comparison purposes. The analysis then works down to the local and district level where the data permits.² Like the previous studies, the information and data is also analyzed in the context of the food security issues faced by Nipissing's low-income population, including the Board's Ontario Works clients.

The report series is intended to inform the Board's advocacy, policy development, planning, and service delivery across the program areas.

1.3 Report Production

This report was written by Michelle Glabb, DNSSAB Director of Employment and Social Services; Aimie Caruso, Manager of Employment and Client Outcomes and David Plumstead, DNSSAB Manager of Planning, Outcomes and Analytics. The report infographic was created by Lisa Cirullo-Seguin, Ontario Works Data Coordinator.

² Unlike the census income and housing data in the previous studies, the availability and collection of food security data is limited, particularly for lower levels of geography such as census divisions (e.g. Nipissing District) and sub-divisions (e.g. Nipissing District's municipalities and areas).

1.4 Scope

The report provides a descriptive analysis of food security as measured by various key indicators and statistics. The data and analysis are based on secondary data from various sources such as Statistics Canada, Ontario Public Health Units, and local administrative databases. As the availability of food security data is relatively limited for lower levels of geography (footnote 1), national food security statistics are presented to provide a global context and an estimation of food security statistics at the local level where the data is not available.³

Additionally, the previous studies on income and housing cross-over into food security with evidence showing that some low-income households do not have enough income (especially after paying rent) to meet basic needs such as food. The relevant findings from these studies are also referenced in the current study and report.

Depending on the data source, data is analyzed at the national and provincial level, and for Nipissing District.

1.5 Methodology

The methodology is like the other studies in the series and follows an observational, cross-sectional design that utilizes secondary datasets and descriptive statistics to summarize the data and indicators.

The data is displayed in tables and charts and analyzed through descriptive statistics using frequency distributions and common summary measures of center and spread to describe the data.

The analysis draws on various sources of data, and these are referenced as they appear in the report.

Limitations

The study does not include a literature review or primary research on food security, which might include qualitative components such as input from policymakers, service providers, or those experiencing food insecurity. This restricts the creation and dissemination of new knowledge around local food security.

As a cross-sectional study based at a certain point in time, the severity of food insecurity at the local level, measured by variables such as the depth of food insecurity or the length of time experiencing food insecurity, is unknown.

The study is limited to data and indicators that in most cases are open source and public data. In many cases the data is only available at larger levels of geography such as the country and province. While using the country/province statistics as estimates for lower-levels of geography - such as Nipissing District – can be a reasonable approach, this

³ Food security datasets are available through the Statistics Canada RDC (Research Design Centre) at Nipissing University. However, developing a research proposal and obtaining the funds necessary to access the data was not possible at the time.

assumes that the population characteristics between the two are similar. The analysis does not account or adjust for, any differences in population characteristics that may be present between the two.

The food insecurity estimates from Public Health Ontario should be interpreted with the margin of error and caution applied where there are relatively wide confidence intervals (95% CI) or a high Coefficient of Variation (CV).

The food insecurity statistics in this report draw from various data sources and reference other research studies and reports conducted at the national, provincial, and district /local level. These data sources and studies use different units of analysis such as families, households, and individuals, which are often not directly comparable.

In retrospect, the timing of the study was not ideal as Statistics Canada published more recent food security data close to the study's completion. This has resulted in not having the most recent statistics and analysis at the national and provincial level (see also, Statistics Canada 'Note' below).

2.0 Data Notes and Definitions

2.1 Statistics Canada

The national food insecurity statistics referenced in this report are from a Statistics Canada study, *Food insecurity among Canadian families*. The data for the study is sourced from the 2021 Canadian Income Survey (CIS) and the 2019 Survey of Financial Security (SFS). Food insecurity is measured through the Household Food Security Survey Module in conjunction with the CIS, and the unit of analysis for the study is *families*. This unit of analysis was chosen as it is the same as the Market Basket Measure (MBM - see below) which facilitates direct comparison and reference to the national poverty line. Families are classified as either *marginally* food insecure, *moderately* food insecure, or *severely* food insecure.

It should be noted that the CIS excludes people living on reserves and other indigenous settlements in the provinces; living in prisons or care facilities; living in extremely remote areas with very low population density; and those who are unhoused.

Note: Statistics Canada released the more recent 2022 CIS data during the writing of this report and after the 2021 data had already been collected and analyzed for the study. This is most relevant when reporting the food insecurity rates at the national and provincial level as the rates have increased significantly for Canada and Ontario, since the 2021 CIS data. This does not affect the data and analysis in the report for the lower levels of geography - Ontario's public health unit regions and areas – which is based on a custom 2021 CIS dataset from Public Health Ontario and which, is still the most recent (i.e., the 2022 CIS data is not available yet for sub-regional breakdown).

To meet the project deadline, the data and analysis in the report has not been updated with the 2022 CIS data, although notes have been added in the relevant sections to update the national and provincial (Ontario) food insecurity rates (see also, 'Limitations' above).

2.2 Public Health Ontario

The provincial food insecurity statistics referenced in this report are from a Public Health Ontario (PHO) dataset, *Household Food Insecurity Estimates from the Canadian Income Survey: Ontario 2019-2022*. The data for the study is sourced from the Statistics Canada 2021 CIS survey (mentioned above) through a PHO custom data request to Statistics Canada for the sub-provincial estimates of food insecurity in Ontario. The dataset includes annual CIS food insecurity estimates -with confidence intervals - for four years (2018-2021), for Ontario's 34 public health unit regions, at the household and individual unit of analysis.

2.2 Definitions

Canadian *families* include economic families and unattached individuals (an economic family refers to a group of two or more people who live in the same dwelling and are related to each other by blood, marriage, common-law union, adoption, or a foster relationship).

Poverty described in the report, follows the national definition, which is measured by Canada's official *Market Basket Measure* (MBM). The MBM is a basket of goods and services considered to represent a basic standard of living. Food is included in the basket along with shelter, clothing, transportation, and other necessities. The MBM uses family income (rather than household income) to establish a low-income threshold and families that fall below it are considered to be living in poverty.

Food insecurity follows the definition of Public Health Ontario, which is the inability to obtain a sufficient diet due to income-related food access. This loosely aligns with Statistics Canada's definition of food insecurity in the Canadian Community Health Survey, which is the inability to acquire or consume an adequate diet quality, or enough food in socially acceptable ways. Food insecurity can range in severity from being worried about not having food to eat, to not being able to afford a healthy, balanced diet, to going hungry.

Based on the Government of Canada's definition, the *Nutritious Food Basket* is a survey tool used by various levels of government and other stakeholders to monitor the cost and affordability of healthy eating (Statistics Canada uses this food basket to calculate the cost of food for the MBM, above). In Ontario, the public health units use a version of the nutritious food basket to calculate the cost of a basic, healthy diet and monitor the affordability and accessibility of healthy food through consistent data collection.

3.0 Food Insecurity

3.1 National-Canada

A study and report by Statistics Canada, *Food insecurity among Canadian families* provides some context and insight into food insecurity at the national level (Statistics Canada, 2023). The national statistics and prevalence of food insecurity also serve as a proxy or estimate for lower levels of geography, such as Nipissing District, where the data is unavailable and assuming similar population characteristics and distributions. In the report's context, food insecurity is not having access to sufficient or adequate food to meet basic needs.

Canadian families

Marginally food insecure: 5%
Moderately food insecure: 8%
Severely food insecure: 5%

Food insecure: 18%

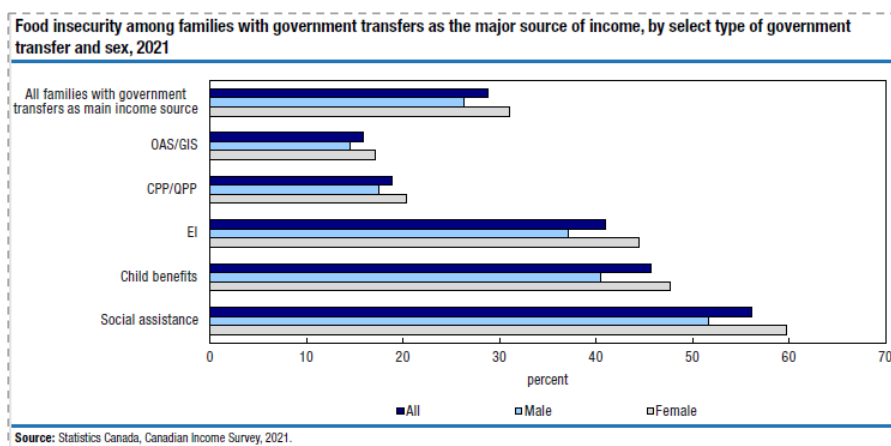
Looking at the study's key findings, 18% of Canadian families - representing about 7 million people - reported experiencing food insecurity in the past 12 months (2023). Food insecurity ranged between 14% in Quebec to 23% in Newfoundland and Labrador, with Ontario (18.7%) close to the national rate.⁴ As shown in the side table, the study identifies different levels of severity of food insecurity, with 5% of the Canadian families considered to be *severely food insecure*.⁵

The relationship between income -as the root cause - and food insecurity is well known and documented through numerous research studies and reports. In the above study, 30% of the food insecure families are in the bottom income quintile while 7% are in the top quintile. This also illustrates that while food insecurity is more prevalent at lower levels of income, it is present at all levels of income including the upper levels. Furthermore, 35% of the Canadian families living below the MBM poverty line experience food insecurity, which is a little over twice the rate (16%) for families living above the poverty line. However, the majority (78%) of the families that are food insecure are low-income families that are above the poverty line.

⁴ As mentioned in the Data Notes and Definitions section, Statistics Canada released the latest food insecurity estimates from the 2022 Canadian Income Survey (CIS) as this report was being completed. Based on the latest CIS data, 22.9% of Canadian families report being food insecure (24.5% for Ontario).

⁵ Based on the study's definition, families that are *marginally food insecure* worry about running out of food or have limited food selection due to a lack of money. For those that are *moderately food insecure*, the quality and/or quantity of food is compromised due to a lack of money. Families that are *severely food insecure* miss meals, reduce their food intake, and possibly go days without food.

Figure 1



The study also points to a strong relationship between food security and the source or type of family income, with 29% of food insecure families relying on income from government transfers. As noted by the side chart showing select transfers, more than

half (56%) the Canadian families who receive social assistance through government transfers are likely to experience food insecurity.

In addition to the above, other groups that are at greater risk of experiencing food insecurity (as measured by the family's major income earner) include, female lone parents (41%); indigenous families (34%), unemployed (40%-45%); and renters in subsidized housing (42%).

3.2 Province- Ontario

As mentioned earlier under Data Notes and Definitions, the sub-provincial estimates for food security/insecurity are available through a Public Health Ontario dataset, *Household Food Insecurity Estimates from the Canadian Income Survey: Ontario 2019-2022*. The data tables include the *food secure* and *food insecure* estimates and confidence intervals for households and individuals, collected through the Canadian Income Survey (CIS), 2018-2021.⁶ The estimates are calculated at four levels of geography, which include Ontario, the public health unit areas, regions, and 'peer groups'. In addition to the annual estimates, the PHO has calculated estimates for custom two and three-year reference periods which involve combining CIS years into a single sample. For this report's purpose, only the most recent annual household estimates for 2022 (CIS 2021) are included.

The following analysis looks at household food insecurity for Ontario's public health unit regions and the provincial benchmark. The food insecurity estimates should be

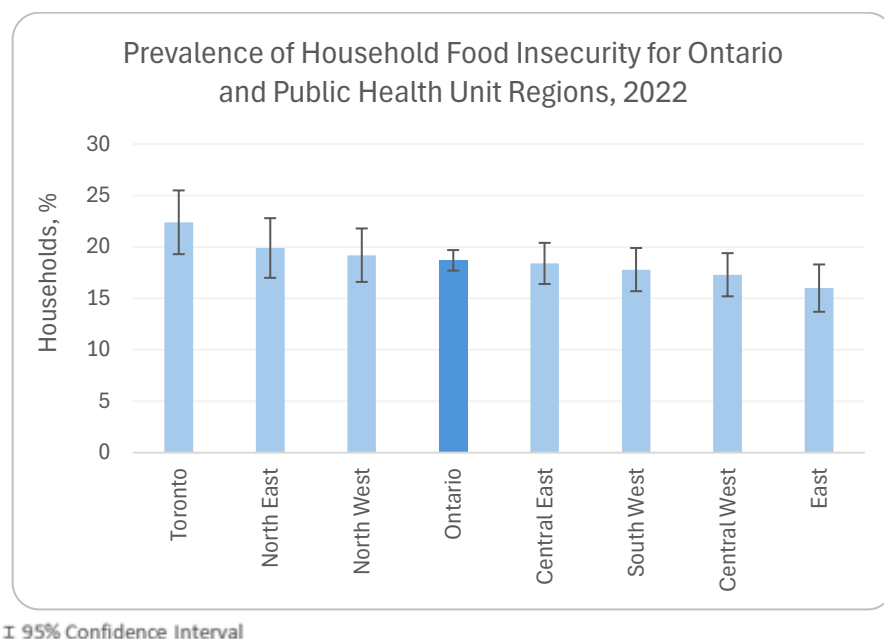
⁶ In the report, Public Health Ontario refers to the CIS in the year the data was actually collected, which is different than the year in the survey name. As an example, PHO refers to the Statistics Canada CIS 2021 as 2022 data. This is a nuance in naming convention but important to note for interpreting the year of the data.

interpreted with the margin of error (i.e., confidence intervals-also shown on the chart) which show the accuracy of the estimate based on sampling variability and error.⁷

Public Health Unit Regions

Figure 2 below shows the household food insecurity rates for Ontario and the public health unit regions. The data is presented in descending order, starting with the region with the highest rate.

Figure 2



As a benchmark and comparator, 18.7% (+/- 1.0%) of Ontario households are food insecure.

The prevalence of food insecurity then ranges from 22.4% (+/- 3.1%) of the households in the Toronto Region to 16.0% (+/- 2.3%) in the East Region. In Nipissing District's Northeast Region about one-in five households are food insecure.

It can be noted that Ontario aside, the margin of error for the regions is relatively narrow, ranging between +/- 2.0 - 3.0, which offers a reasonable estimate of the food security rate in the population. In terms of statistical significance, the overlapping confidence intervals suggests that the difference in the food security rate between the regions is likely insignificant, particularly for those on the chart between the Central West and North East regions. However, conducting a statistical test with the raw data on the difference in the regional estimates would be necessary to check this as the visual reference is only a guide. In terms of practical significance however, it is concerning that close to one-in five

⁷ The PHO dataset includes two measures for the precision of the estimate -these are a *confidence interval* (CI) and *coefficient of variation* (CV). The CV is the standard error (SE) of the estimate taken as a percentage of the estimate ($CV = SE / \text{estimate} \times 100$). Although not provided, the SE can then be calculated as: $SE = CV \times \text{estimate} / 100$. The confidence interval (CI), which is set at a 95% confidence level, is calculated as: $CI = \text{estimate} \pm 2SE$. Thus, the CI represents the lower and upper range of an estimate, with the point estimate located in the middle. A CI can also be expressed as a +/- margin of error ($CI / 2$). This helps to interpret the data quality and error bars on the charts, particularly for the smaller health unit geographies -see also, footnote 6.

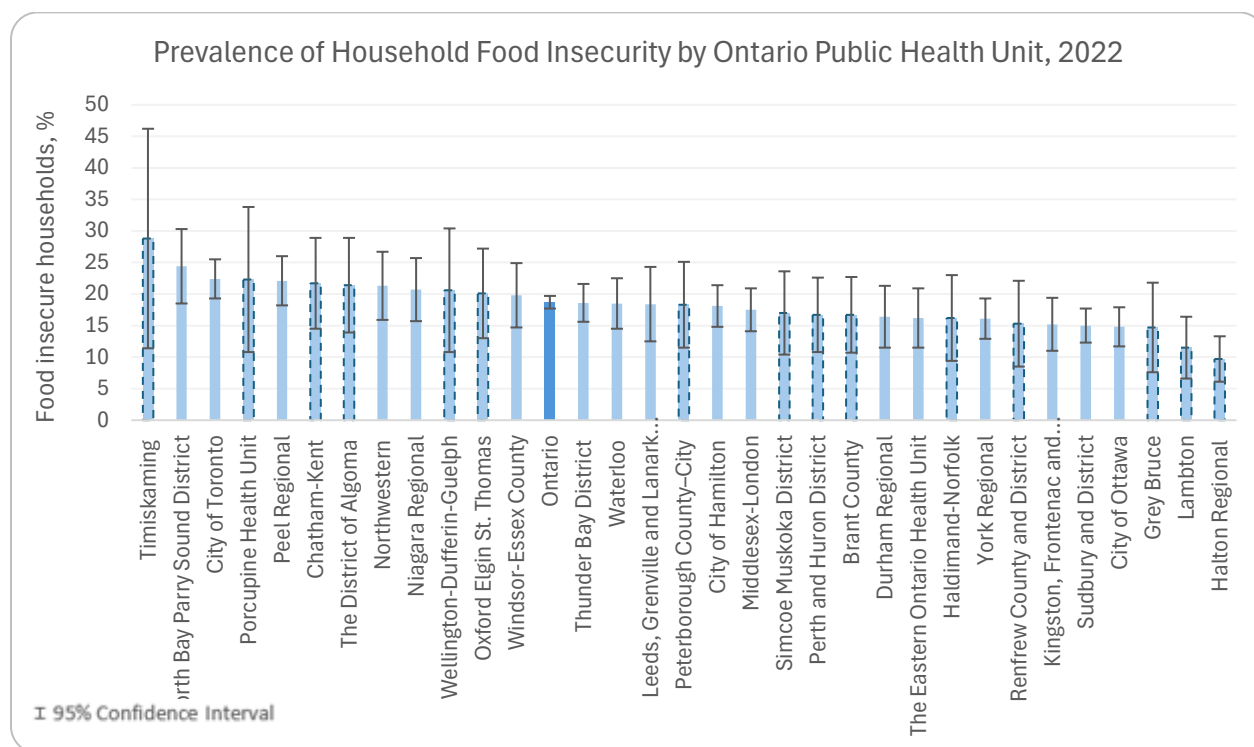
households in Ontario are food insecure, with a significant number of these households present throughout the public health unit regions.

Public Health Unit Areas

The figure below shows the prevalence of household food insecurity across Ontario's public health unit areas (excluding two health units – see below). The chart includes the Ontario benchmark, and the data is shown in descending order starting with the health unit area that has the highest prevalence of food insecurity.

Note on data quality: In most cases the confidence intervals are wider than the above regional data, indicating less precise estimates of food insecurity due to the smaller sample sizes and greater sampling variability and error. Closely related, the data for the health units with dashed bars in the chart should be interpreted with caution due to the wider intervals and high coefficient of variation (CV) and greater uncertainty in the estimates. Finally, the data for the Hastings and Prince Edward Counties; and Haliburton, Kawartha, Pine Ridge District Health Units is not available due to the high CVs for these areas and unreliable estimates/ data: ⁸

Figure 3



⁸ The health units with dotted bar charts have CVs that range between 16.5% and 33.3% of the estimate and thus need to be interpreted with caution. As noted by Public Health Ontario (PHO) “the data are potentially useful for some purposes but should be accompanied by a warning to users regarding their accuracy”. The two health units excluded from the analysis have CVs above 33.3% which is unreliable data and not suitable for publishing. It can be noted that the CV thresholds above are also the conventional thresholds used by Statistics Canada for data accuracy and quality assessment.

Data source: PHO Household Food Insecurity Estimates, 2019-2022 (Table 5); chart by report author. Note: the food insecurity rates for the areas that have dashed bars in the chart should be interpreted with caution due to the wider intervals and high coefficient of variation (CV).

Data quality aside, and based on the survey point estimate, the prevalence of household food insecurity across Ontario's health unit areas ranges from 28.8% of the households in the Temiskaming area down to about one-third (9.7%) that rate in the Halton Region. It can be noted that about one-third of the health units are sitting higher than the provincial rate (18.7%). However, given the survey sampling error and data variability, the above point estimates are best interpreted as a range as shown by the upper and lower limits of the error bars (CI) and briefly explained below.

Taking the sampling variability and error into account, interpreting the above data is less straightforward, especially for the smaller health unit areas with smaller survey sample sizes. For example, as noted by the error bars on the chart, the margin of error, excluding Ontario, ranges between +/- 2.7% (Sudbury and District Health Unit) to +/- 17.4% (Timiskaming).⁹ While Temiskaming is shown as having the highest prevalence of household food insecurity in Ontario, this is one of the health unit areas noted earlier that needs to be interpreted cautiously for the correct meaning. For example, the Timiskaming margin of error spans 34.8% which means that in 95% of the cases, the percentage of food insecure households in Timiskaming ranges somewhere between 11.4% and 46.3%. Although the wide range is less meaningful, it can still provide useful information and insight depending on the analysis's purpose. This data interpretation also applies to the other health unit areas, particularly those with the higher sampling error (dash bars on chart).

It is interesting to note that next to Temiskaming on the chart is the local North Bay Parry Sound District Health Unit area, where about one quarter (24.4%) of the households, +/- 5.9%, are estimated to be food insecure. While the estimate has a narrower interval and greater reliability than some of the other areas it should also be interpreted in context of the sampling error. For example, with a margin of error that spans 11.9% we can be 95% confident that between 18.5% to 30.4% of the local households are food insecure.

Making more statistical comparisons between the above health unit areas is beyond this paper's purpose. As mentioned earlier under the regional analysis, the overlapping confidence intervals for most of the health unit areas suggests that the difference in household insecurity rates is not of statistical significance in many cases (confirming this would require performing a statistical test on the difference in health unit estimates). Rather, what is practically significant is the distribution of household food insecurity across the health unit areas and the magnitude of the problem as measured through the food insecurity rates. For the health units in the above chart that have reasonable quality data (i.e., CVs < 16.5% -see footnote 6) the percentage of households experiencing food insecurity ranges between 11.0% and 30.0% at a full level of confidence (i.e., based on

⁹ In coefficient of variation terms, the CV ranges between 7.0% and 30.9%.

the lowest and highest confidence interval). Many would agree that any number of food insecure households within this range is too high.

3.3 Local-Nipissing District

Turning to food security at the local level, the North Bay Parry Sound District Health Unit (NBPSDHU) conducts an annual survey to estimate the cost of healthy eating and monitor food affordability as required by the Ontario Public Health standards.

The survey uses the Nutritious Food Basket which is a version of the national nutritious food basket and contains food items that align with Canada's Food Guide based on food purchasing patterns. The survey collects prices on the food basket items from local grocery stores to determine the cost of eating well. These prices are then compared to income with an emphasis on low-income households and those receiving social assistance. The results of the survey are broken down by age and sex and analyzed with different household scenarios.

The NBPSDHU's report, *The 2023 Cost of Eating Well* presents the most recent results of the local nutritious food basket survey. According to the report, close to 1 in 4 households in the North Bay Parry Sound District are food insecure. Although based on different research and statistical methodologies, this generally aligns with the OPH data presented earlier, showing that 24.4% of Nipissing households (or between 18.5 – 30.4% households with a 5.9% margin of error) are food insecure. In comparing the cost of healthy eating to social assistance incomes, the report presents different scenarios of OW households and the small, or even negative, amount of money that is left over after paying for rent and food – these are referenced in more detail further on in the report.

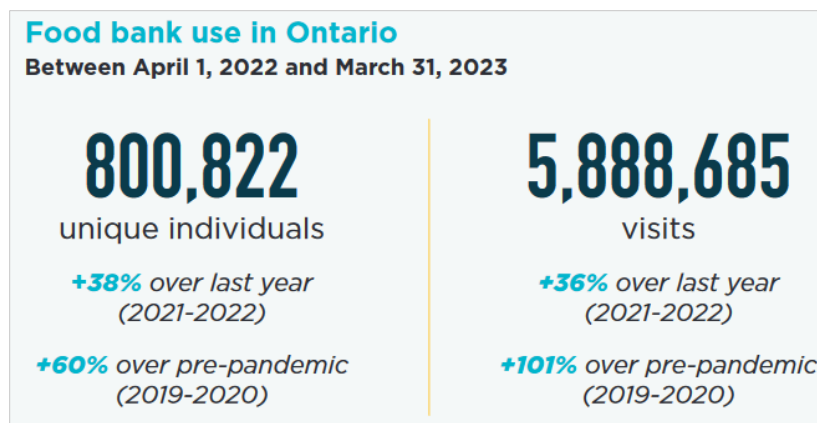
4.0 Food Bank Usage

4.1 Feed Ontario

According to the website, Feed Ontario is the largest collective of hunger-relief organizations who together with food banks, industry partners, and local communities work to end hunger and poverty by delivering fresh and healthy food, developing innovative programming, and driving change through research and advocacy to ensure a future where everyone is food secure (Feed Ontario, 2024).

According to Feed Ontario's Hunger Report, there was record breaking food bank usage in Ontario between April 1, 2022, and March 31st, 2023. As illustrated by Figure 4 below, 800,822 unique individuals accessed a food bank during this period with the number of total visits being 5,888,685. This represents a 100% increase in visits over recorded pre-pandemic numbers. (Feed Ontario 2023)

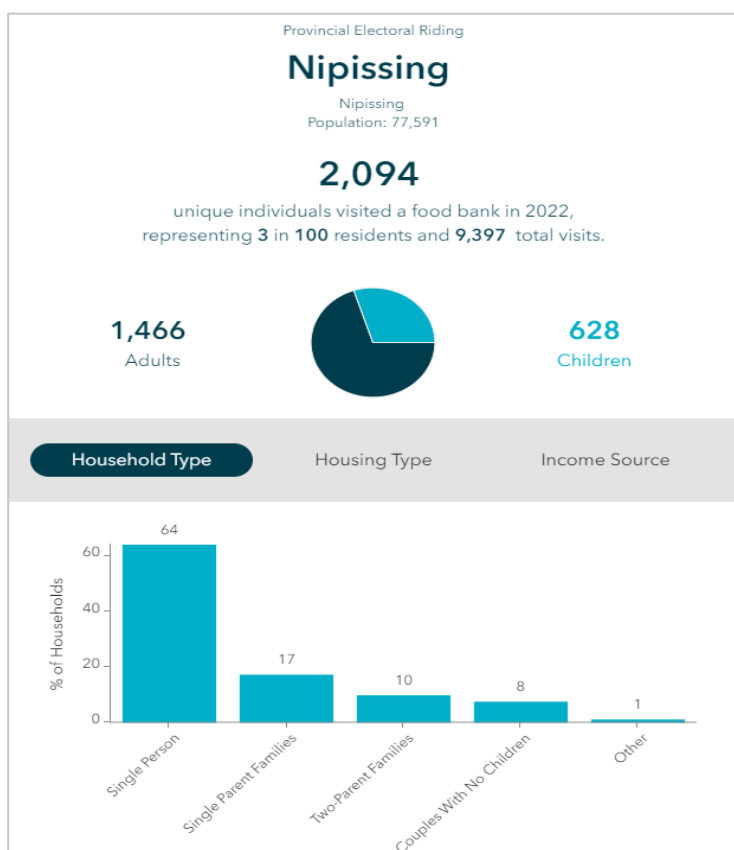
Figure 4



Source : Feed Ontario Hunger Report 2023 Why Ontarians Can't Get Ahead, .

At the district level and as illustrated by the figure below, Feed Ontario's data indicates that 2,094 people in Nipissing used a food bank in 2022 a total of 9,397 times of which, 30% or 628 were visits by children. Also, single households represented the largest (64.0%) group visiting the local food banks.

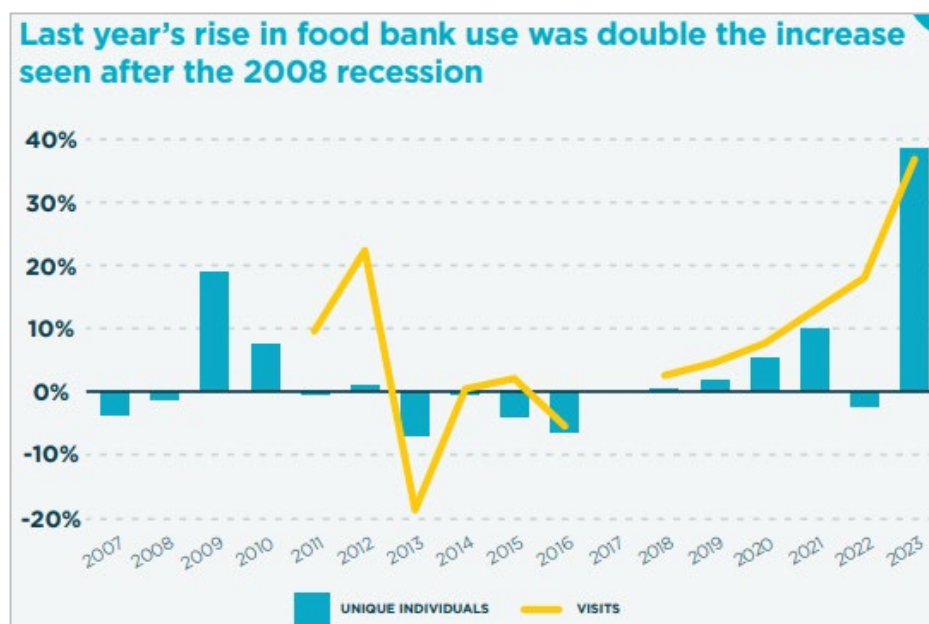
Figure 5



Source : Feed Ontario website.

Food bank trends are also concerning. For example, the figure below shows a 15-year provincial trend with an exponential rise in food bank usage over the past few years. Last year's increase is twice that following the 2008 recession. (Feed Ontario 2023)¹⁰

Figure 6



Source : Feed Ontario Hunger Report 2023 Why Ontarians Can't Get Ahead, .

It is important to note however that according to the Feed Ontario website, only two food banks (Mattawa and North Bay) in Nipissing District are Feed Ontario members (Feed Ontario 2024). Thus, the food bank usage described above is likely a minimum, with actual usage being higher across the district if all local food programs reported their usage data (see also, list of Nipissing food banks and locations, Appendix A-C). This is important to consider when viewing Feed Ontario data and reports. This also highlights the severity of the problem, and the significant pressure Feed Ontario member food banks are experiencing.

4.2 Food Banks Canada

According to the website, Food Banks Canada is a national charitable organization dedicated to helping Canadians living with food insecurity by supporting a network of Provincial Associations; affiliate food banks; and food agencies that work at the community level to relieve hunger. Food Banks Canada's work is focused on maximizing collective impact, strengthening local capacity, and reducing the demand for food banks until a day when they are no longer needed (Food Banks Canada).

However, like Feed Ontario described above, not all existing food banks across Canada submit data to Food Banks Canada to inform their research, analysis, and reporting.

¹⁰ According to Feed Ontario's Hunger Report, Figure 6 represents year-over-year change in unique individuals and visits, Feed Ontario food bank network. The year represents the fiscal year in which the data was collected. Note: the data from 2017 was omitted due to the shift in data collection methodology.

The table below contains data from a report released by Food Banks Canada (2023) for March 2023 relating to food bank visits. The table also illustrates the increase in food bank visits in Canada and Ontario between 2019 to 2023 and 2022 to 2023. As shown, Canada food bank visits in March 2023 were 1,935,911, which is up 32% from 2022 and 79% from 2019. The picture for Ontario is even bleaker with a 40% increase in food bank visits between 2022 and 2023 up to a staggering 100% increase from 2019

Table 1

CANADA 	ALL	ONTARIO 	ALL
Total Visits (March 2023)	1,935,911	Total Visits (March 2023)	681,292
Total Visits (Child)	642,257	Total Visits (Child)	202,914
% Change in Total Visits 2022-2023	32	% Change in Total Visits 2022-2023	40.1
% Change in Total Visits 2019-2023	79	% Change in Total Visits 2019-2023	100.6
Total Meals and Snacks	3,820,925	Total Meals and Snacks	738,147
Food Banks Reporting	2,388	Food Banks Reporting	499

Source : chart recreated for comparative purposes by author using data from Food Banks Canada, HungerCount 2023 - When is it enough?

4.3 Social Assistance Usage of Food Banks

Both Feed Ontario and Food Banks Canada agree that social assistance income is the primary source of income for the majority of food bank visitors. At the national level, and according to the same Food Banks Canada report referred to above, 42.4% of clients accessing food banks have a common income source that includes both general welfare and provincial disability support programs. Provincially, according to Feed Ontario (2023, p.20) social assistance remained the primary source of income for the majority of food bank clients over the past year, with 25.5% of visitors citing OW and 28.3% declaring ODSP or other disability supports.

4.4 Link2Feed

As mentioned above, not all food banks are represented in Feed Ontario and Food Banks Canada data. However, with that said it is important to note that there is an overarching data mining solution and case management software being utilized by many food programs across Canada called Link2Feed. Link2Feed assists those working within the food programs network to leverage the data they and their counterparts are collecting to inform advocacy and policy recommendations. According to the Food Banks Canada website, approximately 65 percent of the food bank network is now using Link2Feed for client intake. While it is unclear if the remaining 35 percent of food banks not utilizing Link2Feed represents all remaining food programs, having one platform appears to be an effective way to centralize data collection.

5.0 Food Security Programs

Food security programs such as food banks and soup kitchens are indicators of a society where it is known that people are hungry and food insecure. The irony surrounding the

existence of these programs is that in most cases the programs themselves are also insecure and unsustainable. In Feed Ontario's Hunger Report referred to above, it is confirmed that across the board, food banks are funded almost exclusively by community donations, not government support (Food Banks Canada). This is problematic operationally as it is impossible to plan effectively on how to best meet the needs of those seeking services when the level of financial support is ever changing.

Maintaining adequate staffing levels at community food programs can also be uncertain as these types of programs are most often heavily, and in some cases entirely reliant upon volunteerism. The value of the work of volunteers within community food programs cannot be underestimated and is critical to the overall survival of the food security network.

While volunteerism helps to form the foundation of many human services, the sustainability of service delivery models reliant upon volunteers is questionable at best. Some of the challenges associated with programs reliant upon volunteers are:

- The number of volunteers available across communities can vary.
- Many volunteers working within food programs are elderly and it is unclear if the generations to come will see the same value in supporting communities in this way.
- Many volunteers are tied to the faith community that has been diminishing over time for a variety of reasons.
- The operating environment where volunteers work is becoming more challenging due to the increasingly complex barriers facing those seeking service, especially with respect to mental health and addiction.

While food programs play a critical role in alleviating immediate hunger, beyond advocacy, they have far less impact on influencing the change required at the systemic level to reduce or eliminate food insecurity. In the PROOF report referred to earlier, it states that the current approach of treating food insecurity as a problem that can be managed by expanding food banks, meal programs, or other forms of food provision is misguided because these programs are unable to address the underlying problem of inadequate and insecure incomes. Treating food insecurity as solely a measure of food deprivation neglects the broader implications of these experiences (PROOF 2022). While communities desperately require community food programs to help those who are food insecure, the very existence of these programs impact the urgency for governments to develop social policy aimed at addressing the complex root causes of the issue.

5.1 North Bay and Area Food Programs Network

North Bay and area has a well established community food programs network and system table. The primary goals of the table are to act as a platform for sharing information, facilitates networking between programs and organizations, works to identify

collaborative ways to support mutual clients, and engages in raising awareness and ongoing advocacy about food insecurity.¹¹

Nipissing's Ontario Works program became more directly involved in the community food programs network in 2023 due to the direct linkage between social assistance rates and food insecurity. There is also representation from other local social programs to ensure that the network has a basic understanding of the other human services and resources available in the community. The North Bay Parry Sound District Health Unit supports and hosts the facilitation of the network, system table and social service agencies in the North Bay area involved with responding to food insecurity. This collaboration is important to the work of the network as many individuals and families accessing food banks have other complex problems that go far beyond hunger.

The community food programs network is currently in the final stages of developing a Terms of Reference and two co-chairs have been recruited from participating community organizations. A survey of emergency food programs is currently underway, aiming to capture the scale of resources being put toward emergency food provision in the community, as well as the needs from this sector, and concrete ideas related to collaboration moving forward. The network was successful in creating and updating the North Bay Food Program Schedule, an example of which is attached as Appendix A. The network has also engaged the City of North Bay to post this schedule on the city's website so that it reaches a broader population and can be more widely distributed. A supplementary resource summarizing income supports available for low-income households in the community is also under development, acknowledging food insecurity is a symptom of low income, and households struggling to pay for food also struggle to pay for the other costs of living.

5.2 Access to Community Food Programs

While most of the food programs in the population centres such as North Bay are in areas with public transportation, in some cases, such as in the outlying areas, transportation can be a barrier to accessing service. This can be noted on the map in Appendix B which shows the location of food banks and soup kitchens in Nipissing and adjoining districts. Those in more rural areas such as South Algonquin and Temagami are not close to public transportation.

There are several food security programs located in the district's population Centre, North Bay, as shown on the map in Appendix c. These are located along public transit, and many are operated by volunteers through the city's extensive food security network described earlier.

The following represents other important access related considerations to be aware of that can impact a client's pathway into the community food programs network of services:

11

- Food programs do not all have the same eligibility criteria.
- Some food programs are low barrier and require little to no information while others require specific information such as identification, proof of address and income.
- Hours and days of operation vary across the network due to the volume of need in each area and the availability of food, staff and/or volunteers.

5.3 Food Rescue

The work of community food programs goes far beyond food distribution at food banks and soup kitchens. Food rescue is also a vital part of this work mainly due to the uncertainty around funding where leveraging every possible resource is necessary to meet the ever-increasing need of those seeking food. One example of a food rescue program in Nipissing District is the Gathering Place soup kitchen located in North Bay. In October 2014, the Gathering Place launched its food rescue program. Through a commitment from many organizations such as grocery retailers, restaurants, and other food distributors, the Gathering Place has been able to rescue an abundance of primarily perishable food. For example, information received from the Executive Director of the Gathering Place for the period of January 2023- July 2023 confirmed that a total of 119,699 pounds of food was rescued. The food rescued is donated because it is close to expiry, overstocked, mislabeled, discontinued or in damaged packaging (The Gathering Place website). By rescuing this food that is still completely suitable for consumption, the Gathering Place can provide more nutritious meals to greater numbers. It is important to note that other community food programs in the district also receive donations of food on a regular basis. It is understood that the network works collaboratively to share these donations when appropriate, especially with respect to perishable items so that no food is wasted, further increasing the collective impact of the network.

6.0 Food Insecurity and Health

There is an abundance of research that confirms the relationship between poverty, food insecurity and poor health outcomes. In fact, in a report released by Statistics Canada it states that food insecurity is a serious concern as it has been found to be associated with various chronic conditions, mental health problems and other diseases and infections (Statistics Canada 2023).

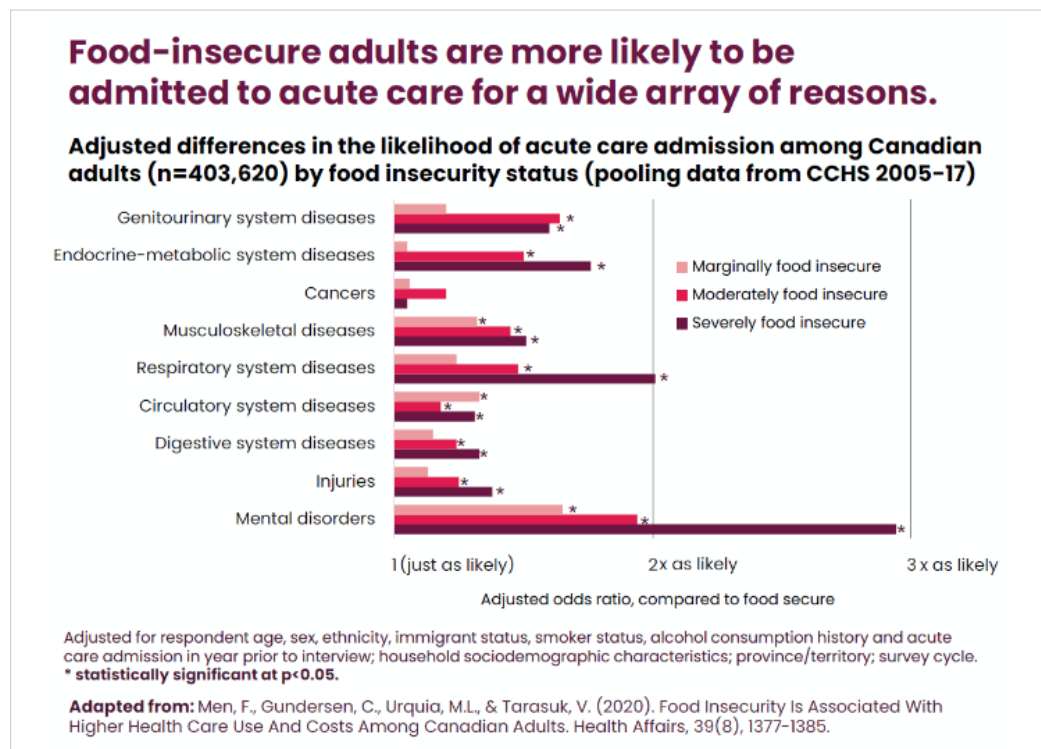
6.1 PROOF

Food Insecurity and Acute Care Admissions

On PROOF's website the implications of food insecurity for health and health care are highlighted. According to PROOF, household food insecurity is a serious public health problem because it is so tightly linked to adverse health outcomes, above and beyond the influence of other social determinants of health (PROOF). The next three figures illustrate these linkages revealing alarming statistics related to the impacts of food insecurity.

Figure 7 illustrates the linkage between food insecurity and the likelihood for a person to be admitted to acute care. As you can see, in most cases admissions to acute care increased with the level of food insecurity from marginally and moderately food insecure to severely food insecure. Of the nine examples listed, all but three revealed that the likelihood of acute care admissions increased with the level of food insecurity with mental disorders being three times as likely.

Figure 7

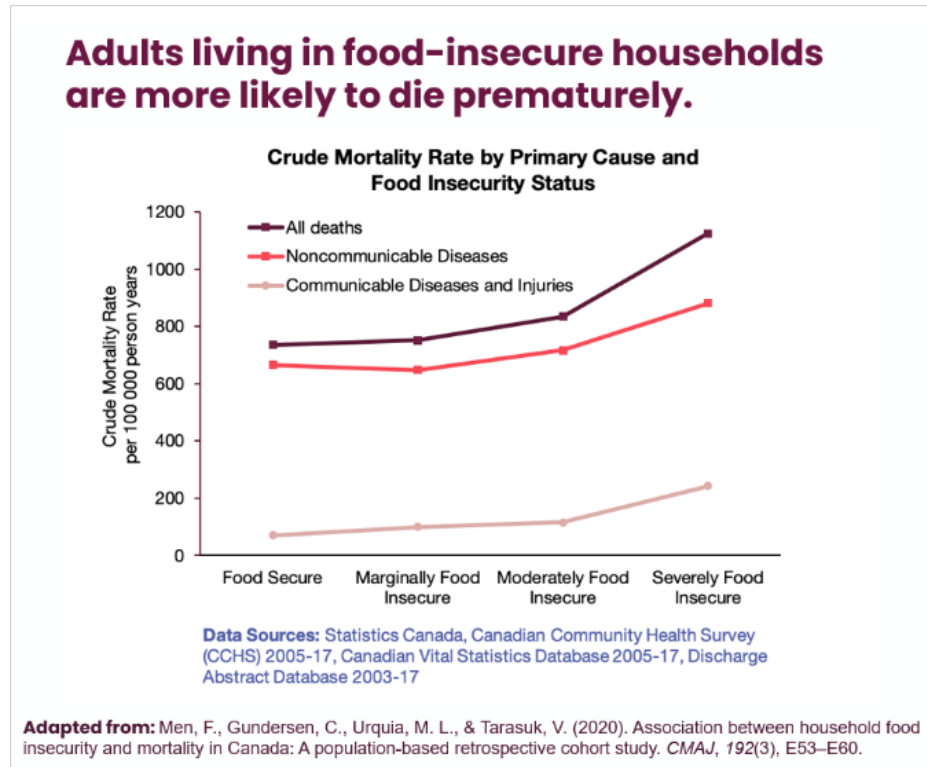


Source: PROOF, What are the implications of food insecurity for health and health care

Food Insecurity and Mortality Rate

PROOF also researched the linkage between food insecurity status ranging from food secure to severely food insecure and crude mortality rates. PROOF concluded that adults living food insecure are more likely to die prematurely with severely food insecure adults dying an average of nine years earlier than their food-secure counterparts (PROOF). Figure 8 below illustrates some of the research informing PROOF's conclusions:

Figure 8

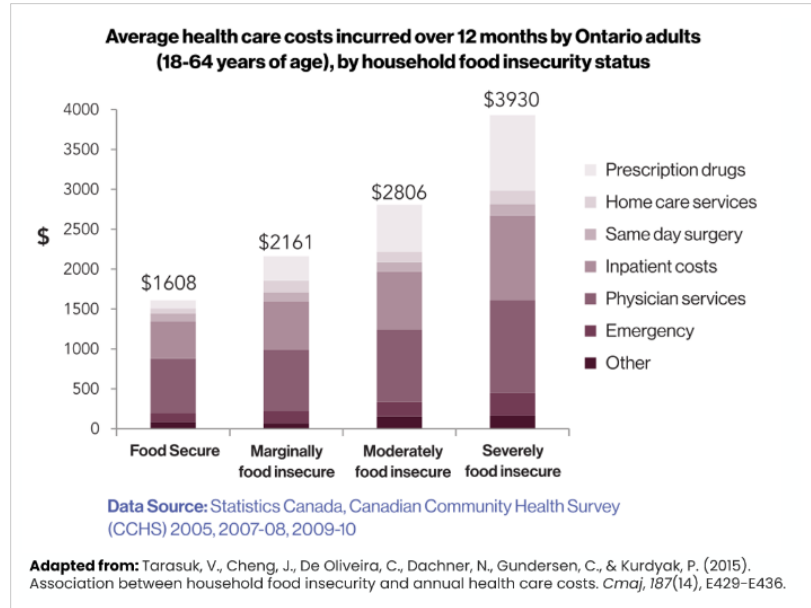


Source: PROOF, What are the implications of food insecurity for health and health care

Impact of Food Insecurity on Healthcare Costs

PROOF also researched the economic impact of food insecurity. Based on this research, PROOF found that health costs incurred by an adult increase with the severity of household food insecurity. Even after adjusting for other well-established social determinants of health, such as education and income levels, the healthcare costs incurred by a severely food-insecure adult in Ontario were more than double that of a food secure adult (PROOF). Figure 9 below illustrates average health care costs incurred over twelve months by Ontario adults (18-64 years of age), by household food insecurity status. As shown, the average health care costs for a severely food-insecure adult (\$3,980) was over double that of a food secure adult (\$1,608).

Figure 9



Source: PROOF, What are the implications of food insecurity for health and health care

6.2 Maslow's Hierarchy of Needs

It would be remiss to not mention the highly debated work of Abraham Maslow's Hierarchy of Needs published in 1943 in a report that focuses on the impact of food insecurity. Figure 10 below illustrates the pyramid associated with Maslow's work that is used to help understand his theory. According to Maslow, the lower-level basic needs identified as physiological needs at the bottom of the pyramid must be met before higher level needs can be fulfilled (Saul McLeod 2024).

The purpose of this report is not to attempt to validate or discredit Maslow's theory. This information has been included as it is one theory of many that support the linkages between food insecurity and the overall health and well-being of individuals. This information is also particularly interesting considering the context of the Ministry of Community and Social Services (MCCSS) Employment Services Transformation. Based on Maslow's theory, an individual who is food insecure would not progress into the next level of the pyramid where health, employment, property, family, and social stability reside.

Figure 10



Source: Image taken from SimplyPsychology, Maslow's Hierarchy of Needs

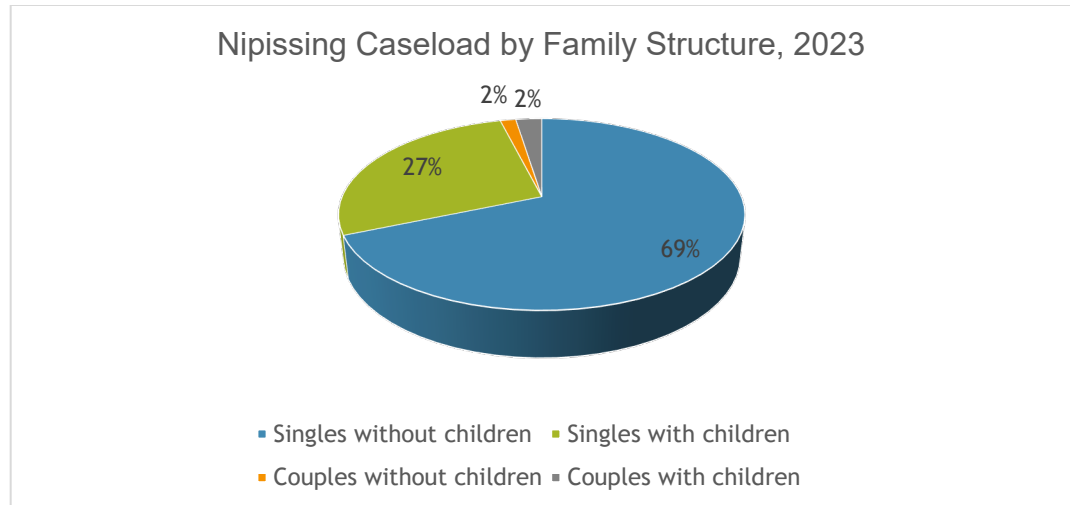
7.0 Social Assistance and Food Insecurity

The following section will build on information introduced in previous sections of this report and will focus on the relationship between households living in poverty, specifically those living on social assistance, and food insecurity. This will include an overview of social assistance rates, including basic needs allowance maximums, the Nutritional Food Basket and the Consumer Price Index annual rates for food.

7.1 Ontario Works Caseload by Family Structure

Figure 11 below illustrates Nipissing OW cases by family structure in 2023. As shown, the majority of the caseload is comprised of singles without children (69%), followed by singles with children (27%), couples without children (2%) and couples with children (2%)

Figure 11

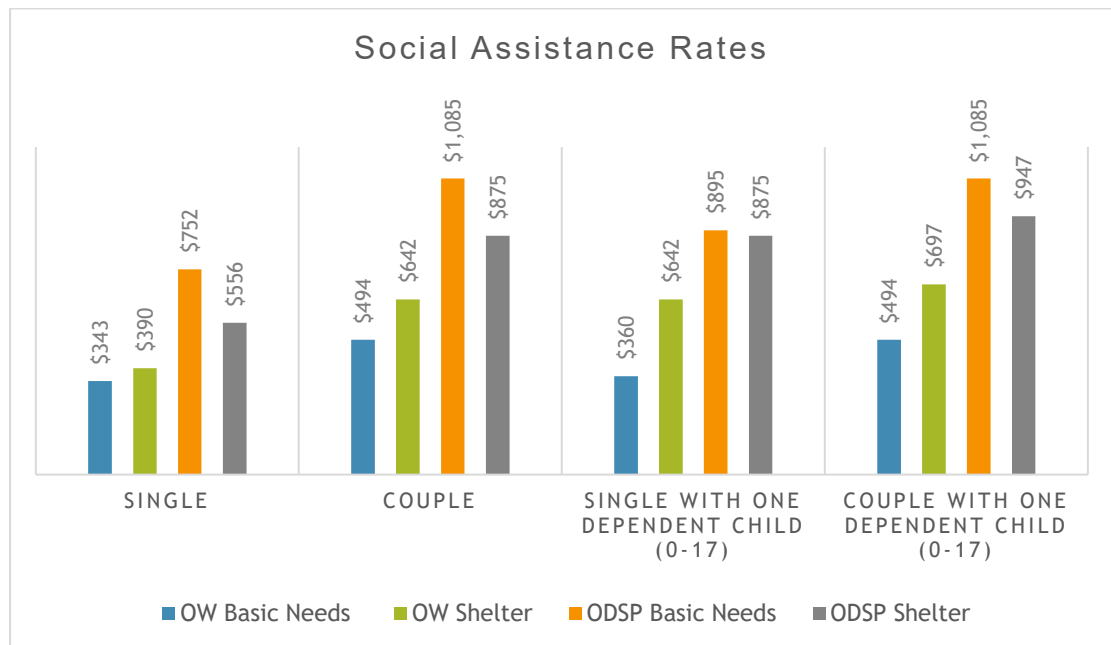


Source: OW Caseload-at-a-Glance (December 2023), Version dated January 29, 2024

7.2 Social Assistance Rates

Figure 12 below illustrates the maximum entitlement for basic needs and shelter for OW and ODSP benefit units when entitled to receive the maximum shelter allowance. As shown, there are disparities between OW and ODSP basic needs and shelter allowances. For instance, OW basic needs allowance is only 45% of the ODSP basic needs allowances. In other words, the basic needs allowance for a single OW recipient is \$409 less each month than for a single ODSP recipient.

Figure 12



Sources: October 2018 OW Rate Chart and the July 2023 ODSP Rate Chart

It is also important to recognize that OW rates have not seen an increase since 2018 while ODSP has seen a number of increases including;

- September 2022: 5%

- July 2023: 6.5% increase

The government has also committed to increasing ODSP rates annually based on the rate of inflation with the first increase tied to inflation occurring in July 2023.

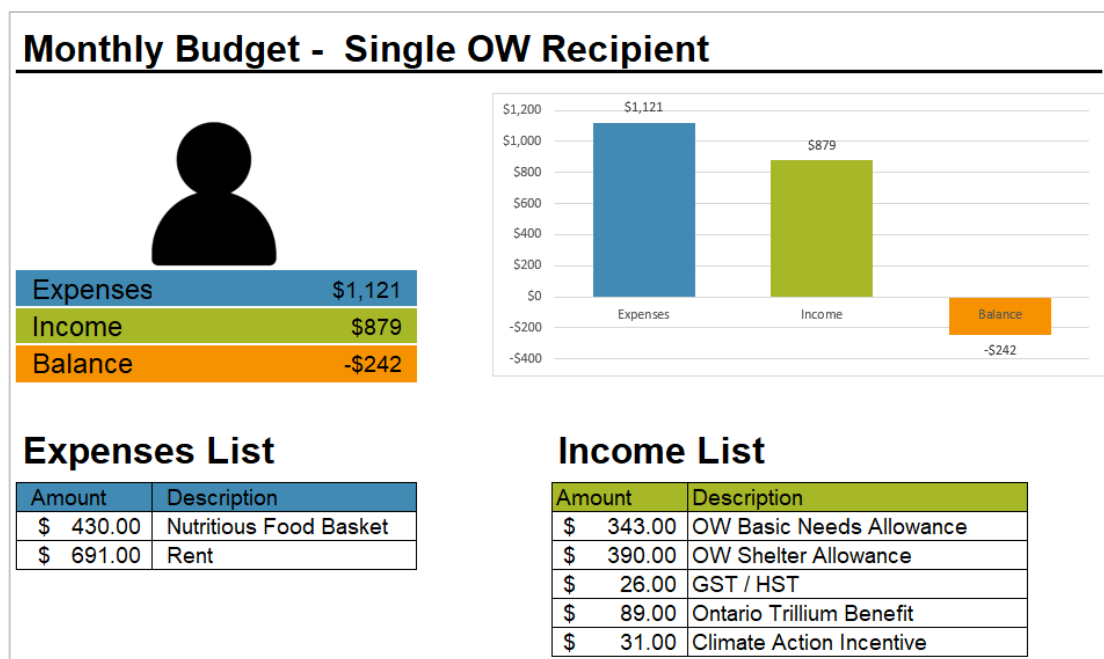
7.3 Ontario Works and the Nutritional Food Basket

The North Bay Parry Sound District Health Unit has calculated a number of income scenarios based on household type. Two of these scenarios involve households in receipt of OW financial assistance and are shown in the next two figures. Figure 13 illustrates the monthly budget of a single man between the age of 31-50, renting a bachelor apartment in North Bay. Figure 14 is the monthly budget of a single woman between the age of 31-50 with two children, a boy age 14-18 and a girl age 4-8, renting a 2-bedroom apartment at average market rent in North Bay.

It should also be noted that neither of the scenarios consider the following:

1. The Nutritious Food Basket survey estimates the local cost of eating well. It does not consider additional costs associated to prepared foods, snack foods, personal dietary needs or preferences, infant food and formula, cleaning supplies or personal care items (diapers, toilet paper, toothpaste etc.) while the OW basic needs allowance is intended to cover more than food.
2. The average market rents may or may not include utility costs. Households often have to pay for heat and hydro over and above the cost of rent.
3. Average market rent amounts do not take into consideration local housing availability or adequacy.
4. Since the time the income scenarios above were calculated the cost to purchase food and shelter have increased. While household tax credits have also increased, OW rates have remained stagnant.
5. Access to the Goods and Services Tax (GST) and Harmonized Sales Tax (HST) credits, Ontario Trillium Benefit, Climate Action Incentive and Canada Child Benefit are dependent upon a person filing their income tax. As a number of social assistance recipients struggle with significant barriers such as mental health and addiction, many do not file taxes despite the best efforts of programs to encourage and support them to do so.

Figure 13

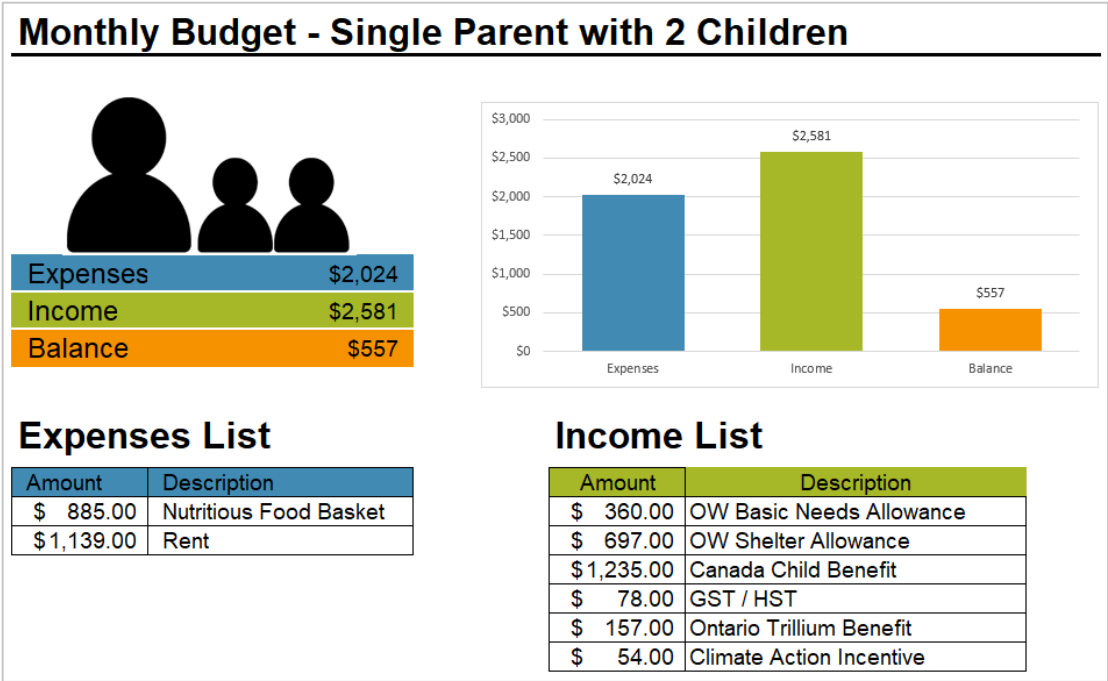


Source: North Bay Parry Sound District Health Unit, 2023 – *Monitoring Food Affordability in Ontario (MFAO) Income Scenarios Spreadsheet*

The above scenario illustrates that a single OW recipient does not receive enough income each month to cover the cost of rent and healthy food. It should also be noted that:

- The rent amount is approximately 95% of the total OW entitlement and 79% of the total household income including tax credits.
- The cost of nutritious food is \$430 which is \$87 more each month than the OW Basic Needs allowance (\$343)
- The tax credits combined total \$146 which does not address the gap between social assistance rates and the cost to pay rent and purchase nutritious food.

Figure 14



Source: North Bay Parry Sound District Health Unit, 2023 – *Monitoring Food Affordability in Ontario (MFAO) Income Scenarios Spreadsheet*

The above scenario illustrates that a single parent family with two children in receipt of OW, while in a better financial position to afford rent, food and necessities than a single household in receipt of OW, lives on a fixed income below the poverty line. As a result, this benefit unit is also likely to face food insecurity. Additional considerations include:

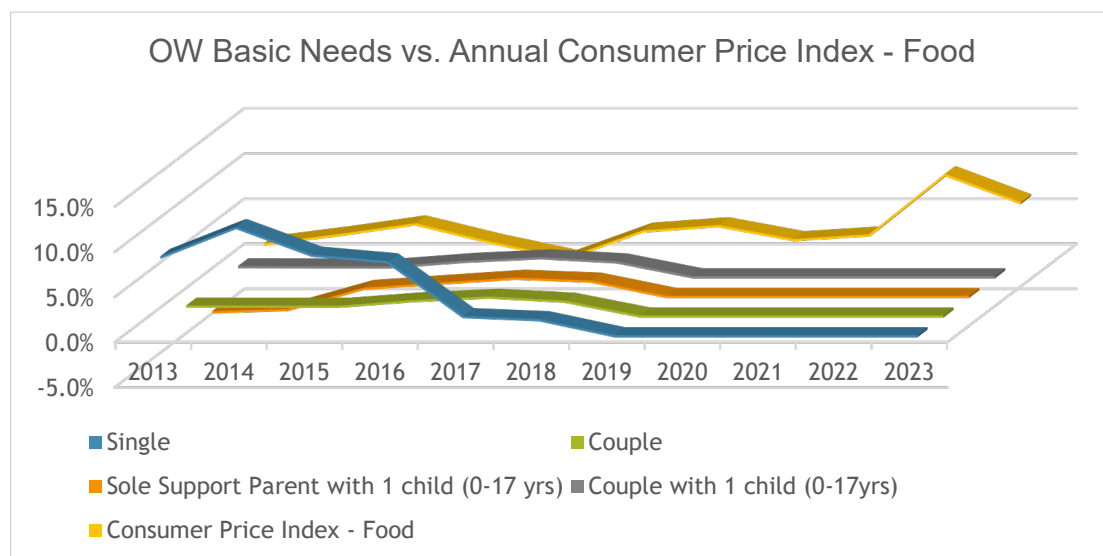
- The rent is \$1139 which is \$82 more than the entire OW entitlement including basic needs and shelter.
- The rent is 56% of the total household income including the OW entitlement and tax credits combined.
- The cost of nutritious food is \$885 which is \$525 more each month than the OW Basic Needs allowance (\$360).
- The tax credits combined total \$1524, \$1235 of which is associated to the Canada Child Benefit, exceeds the OW maximum entitlement by \$467.

7.4 Ontario Works Rates versus Consumer Price Index for Food

As described in the first two reports in this series, the Consumer Price Index (CPI) monitors the upward price movement of goods and services in the economy and is one of several indices used to calculate inflation. The first report compared CPI rate increases for all items to OW rate increases. The second report compared CPI rate increases for shelter to OW shelter allowance increases. Figure 15 below compares OW Basic Needs allowance increases to CPI rate increases for food. Over the last five years (2019-2023), CPI food rates have fluctuated annually from a low of 1.9% in 2020 to a

high of 9.1% in 2022. This equates to an average annual increase of 4.6%. OW Basic Needs allowance rates have not seen an increase since October of 2018.

Figure 15



Source: Ontario Works Rate Charts for the period of December 1, 2010 to October 2018

Source: Statistics Canada, Consumer Price Index by product group in Ontario for the period of January 2013 to December 2023

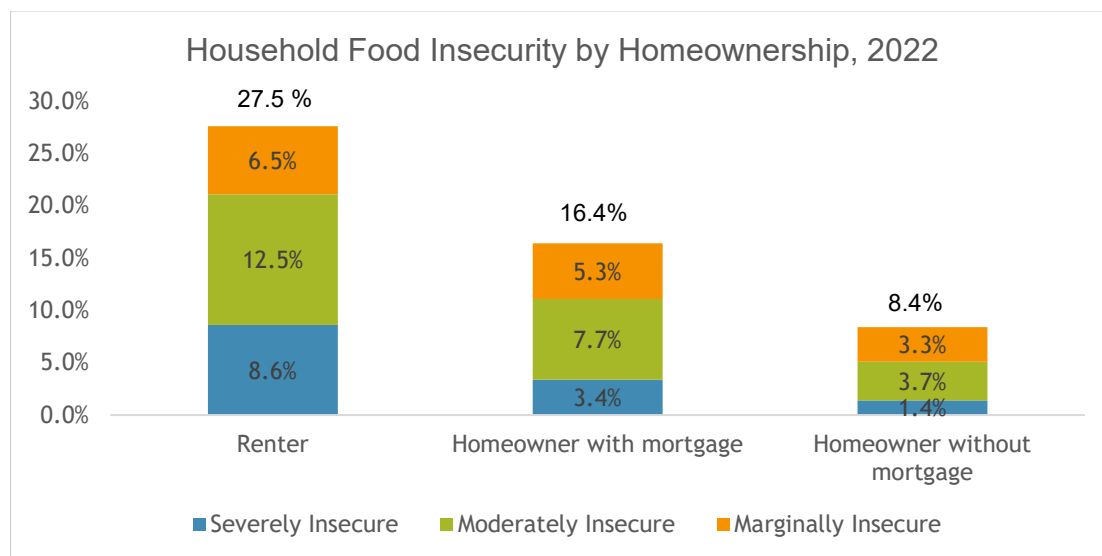
Low social assistance rates that remain stagnant, and the rising cost of living are making it more and more difficult for households to make ends meet and increasing the reliance on food insecurity programs. While the food security of all social assistance recipients is precarious at best, single OW recipients are among the most vulnerable in part due to the inadequacy and level of available government transfers. This is of particular concern given that this population makes up the majority of the OW caseload in Nipissing.

8.0 Housing, Homelessness and Food Insecurity

8.1 Housing and Food Insecurity

Social assistance households struggle to afford adequate housing, nutritious food and other items and services necessary to well-being. Figure 16 below illustrates the linkage between housing and food insecurity according to *Social Determinants of Health: The Canadian Facts* report. It identified that renters were more likely to face food insecurity challenges than homeowners with or without a mortgage.

Figure 16



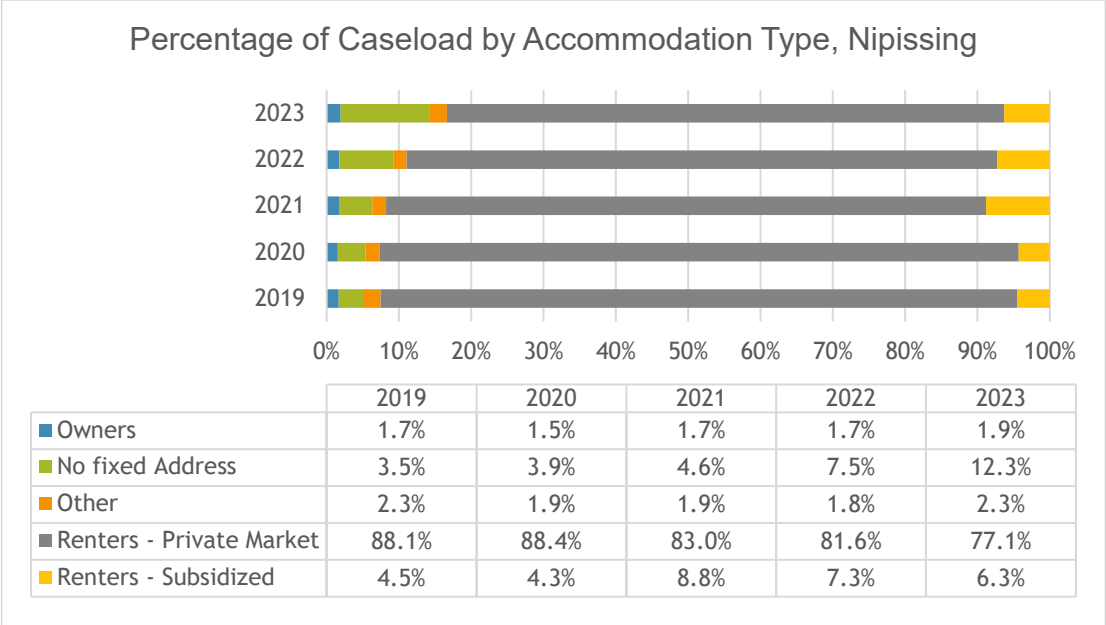
Sources: *Social Determinants of Health: The Canadian Facts*, chart recreated by author

Given the correlation between renters and food insecurity, it is important to recognize that the bulk of the OW caseload in Nipissing reside rental units. Figure 17 below illustrates that as of 2023, 83.4% of the caseload in Nipissing were renters. Of those, 77.1% were private market and the remaining 6.3% were subsidized. Additional considerations include:

- Shelter costs in the private market, including rent, heat and hydro, generally exceed OW shelter maximums requiring these households to use a portion of their basic needs entitlement and tax credits to maintain accommodations. In turn, these households have far fewer resources available to purchase food and other necessities and increase the likelihood of having to rely on food insecurity programs.
- Shelter costs for subsidized units, including rent, heat and hydro, are generally within the maximum OW shelter allowance. Only a small percentage of the OW caseload in Nipissing reside in subsidized housing.

It is also notable to mention that the percentage of cases renting has declined from 92.6% in 2019 to 83.4% in 2023. This is a 9.2% drop over a 5-year span. During this same timeframe, the percentage of the cases with no fixed address has increased by 8.8%. Therefore, it seems reasonable to assume that there could be a correlation between low social assistance rates, the increase in the cost of living, the decrease in the number of renters and the increase in the number recipients declaring no fixed address.

Figure 17

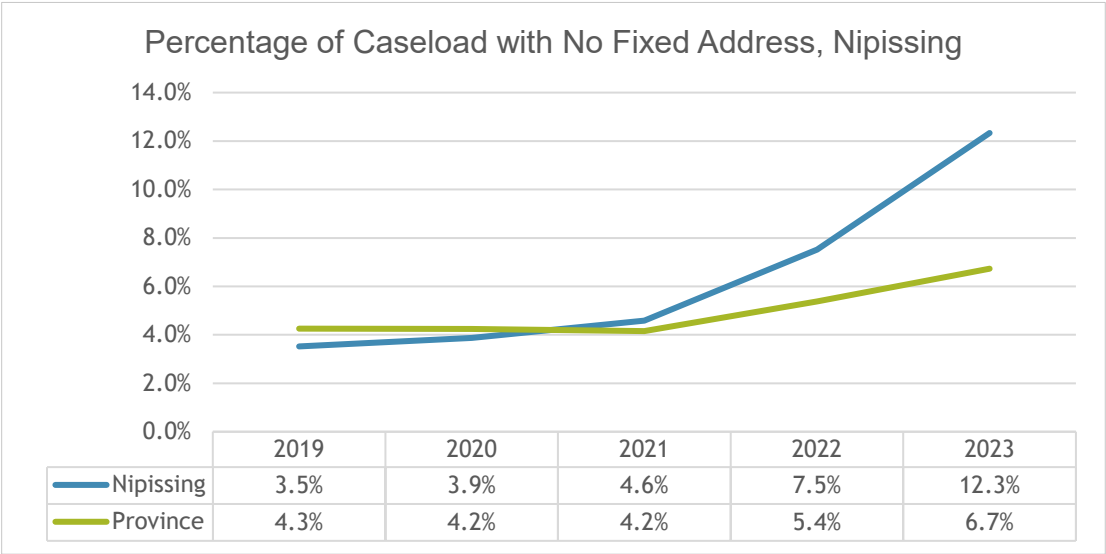


Source: OW Caseload at a Glance (December 2023), version dated January 29, 2024

8.2 Homelessness and Food Insecurity

As illustrated in Figure 18 below, the percentage of cases with no fixed address in Nipissing has been increasing annually reaching an all time high of 12.3% in 2023. This works out to a little over one in ten cases. It should also be noted that while the percentage of cases with no fixed address in Nipissing was below the provincial average in 2019 and 2020, Nipissing surpassed the province over the last three years with the highest variance of 5.6% in 2023.

Figure 18



Source: OW Caseload at a Glance (December 2023), version dated January 29, 2024

Having no fixed address creates a number of challenges from a food insecurity perspective. For instance, the Nutritious Food Basket estimates assume that people

have the means to store, prepare and cook the foods that are on the list. However, people without a fixed address generally do not have a reliable means to:

- Refrigerate perishable food items,
- Store any quantity of food items that cannot be transported easily,
- Prepare and cook food items,
- Clean utensils, dishes, cookware etc.

This same concept can often be applied to situations in which people are precariously or inadequately housed.

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Appendix

APPENDIX A. Food Bank Schedule January 2024

FOOD PROGRAMS IN NORTH BAY AREA (updated January 2024)

PLEASE NOTE: HOURS OF OPERATION MAY CHANGE. CALL AND CHECK TIMES BEFORE MAKING LONG TRIPS.

FOOD BANKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NORTH BAY FOOD BANK 1016 Fisher Street 705-495-3290 9 am - 12 pm One visit per month Service area: North Bay & Redbridge Need physical, valid ID for each family member, proof of current address (2 nd piece needed if using ID as address), sources of income and expenses	NORTH BAY FOOD BANK 1016 Fisher Street 705-495-3290 9 am - 12 pm One visit per month Service area: North Bay & Redbridge Need physical, valid ID for each family member, proof of current address (2 nd piece needed if using ID as address), sources of income and expenses	NORTH BAY FOOD BANK 1016 Fisher Street 705-495-3290 3 - 6pm One visit per month Service area: North Bay & Redbridge Need physical, valid ID for each family member, proof of current address (2 nd piece needed if using ID as address), sources of income and expenses	NORTH BAY FOOD BANK 1016 Fisher Street 705-495-3290 3 - 6pm One visit per month Service area: North Bay & Redbridge Need physical, valid ID for each family member, proof of address (2 nd piece needed if using ID as address), sources of income/expenses
ST. PETERS CATHOLIC CHURCH 299 Airport Road 705-472-1817 Call Monday between 1-2pm (no messages) Pick-up Tuesday 10 – 10:30 am One visit per month Need ID & proof of address (must live north of bypass, within Parish boundaries)	PROCATHEDRAL CATHOLIC CHARITIES 480 McIntyre Street West (basement) 705-472-3970 9 am - 11:30 am Clients can access weekly, students <u>biweekly</u> Service area: below highway bypass to Ferris overpass (downtown area)	*ST JOHNS ANGLICAN CHURCH* 301 Main Street East (in church hall) 705-472-6070 9:30 - 10:30 am Clients can access weekly	*ST BRICE'S ANGLICAN CHURCH* 1225 Cassells Street 705-474-4005 9 – 11 am Clients can access weekly
	SALVATION ARMY 134 McIntyre Street East 705-474-7859 Call for an <u>appointment</u> 10 am – 2 pm Need ID, rent receipt, proof of income	SALVATION ARMY 134 McIntyre Street East 705-474-7859 Call for an <u>appointment</u> 10 am – 2 pm Need ID, rent receipt, proof of income	SALVATION ARMY 134 McIntyre Street East 705-474-7859 Call for an <u>appointment</u> 10 am – 2 pm Need ID, rent receipt, proof of income
TRINITY UNITED CHURCH 111 McIntyre Street East 705-474-3310 9:30 - 11 am (closed on holidays) One visit per month	*REDEEMER LUTHERAN CHURCH* 725 Ferguson Street 705-472-9169 9:30 am FIRST COME FIRST SERVED (Limited food)	TRINITY INFANT FOOD BANK 111 McIntyre St. East 705-474-3310 10 am – 12 pm One visit per month For infants under 12 months ID required for caregiver and child	EMMANUEL UNITED CHURCH 395 Lakeshore Drive 705-472-1806 1st and 3rd Thursday of the month 1 – 2 pm Need ID & proof of address (must live on the Lakeshore side of the overpass).
CALLANDER AND AREA FOOD BANK 78 Lansdowne Street 705-752-0777 9 am - 12 pm One visit per month Service area: Callander and East Ferris First visit only: ID for each family member, proof of address, proof of income	CALLANDER AND AREA FOOD BANK 78 Lansdowne Street 705-752-0777 9 am - 12 pm One visit per month Service area: Callander and East Ferris First visit only: ID for each family member, proof of address, proof of income		ST ANDREW'S UNITED CHURCH Loaves & Fishes Community Food Bank 399 Cassells Street 705-472-7680 8:30 - 11 am 8:30-10am - clients on OW, ODSP and seniors 10-11 am - all other clients Clients can access biweekly, students monthly Service area: below highway bypass to Ferris overpass (downtown area)

GREY BOXES SHOW WHICH PROGRAMS DO NOT ASK FOR ID, INCOME, ETC.

FOOD PROGRAMS IN NORTH BAY AREA (updated January 2024)
PLEASE NOTE: HOURS OF OPERATION MAY CHANGE. CALL AND CHECK TIMES BEFORE MAKING LONG TRIPS.

OTHER PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		OPEN ARMS CAFÉ Drop in meal at St. John's Anglican Church 301 Main Street East 4 – 6 pm		
THE GATHERING PLACE MEAL SERVICE 1181 Cassells Street 705-474- SOUP (7687) BREAKFAST (Monday – Friday) 9 - 10am LUNCH (Monday – Friday) 11:30 am - 1:15 pm DINNER (Monday, Tuesday, Thursday, Friday) 4 - 5:30 PM				
NIPISSING UNIVERSITY STUDENT UNION (NUSU) FOOD BANK NUSU Student Centre, 221 College Drive 705-474-3450 ext. 4801 8:30 am - 4:30 pm (except holidays) Must be a Nipissing student				
CANADORE COLLEGE FOOD BANK 705- 474-7600 ext. 5309 The Welcome Centre (G223), 100 College Drive 8:30 am – 4 pm (except holidays), by appointment Must be a Canadore Student 3 visits per semester				

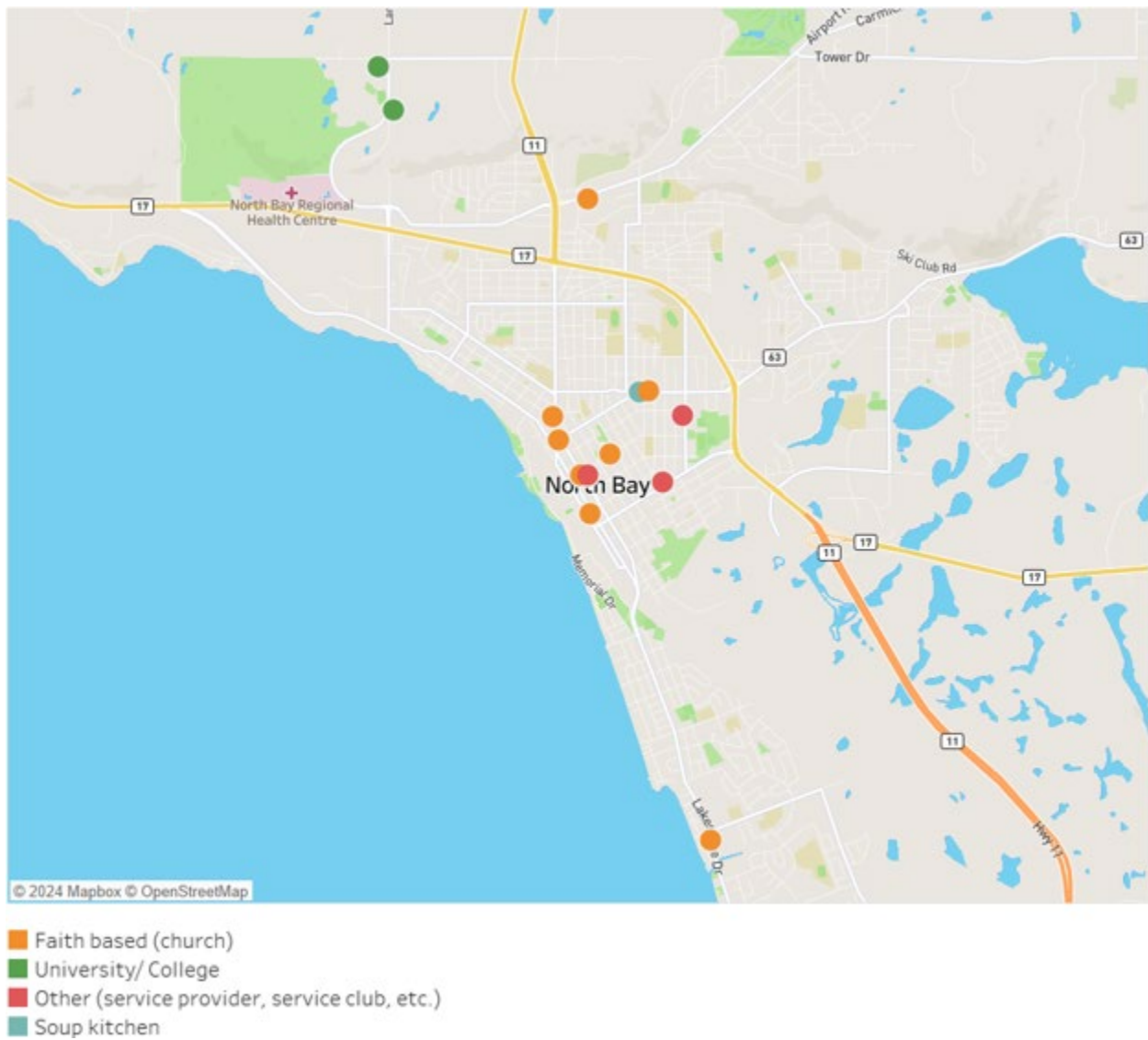
GREY BOXES SHOW WHICH PROGRAMS DO NOT ASK FOR ID, INCOME, ETC.

Appendix B. Food Banks in Nipissing and Surrounding Districts/Counties



Note: Food banks located outside Nipissing District are included on the map as they serve Nipissing residents in some of the border and outlying areas. These include food banks in Callander (Parry Sound District), Maynooth (Hastings County), and Barry's Bay (Renfrew County).

Appendix C. Food Banks in North Bay



Note: the map does not include food banks and other food insecurity programs such as breakfast and lunch programs, that are in elementary and secondary schools.