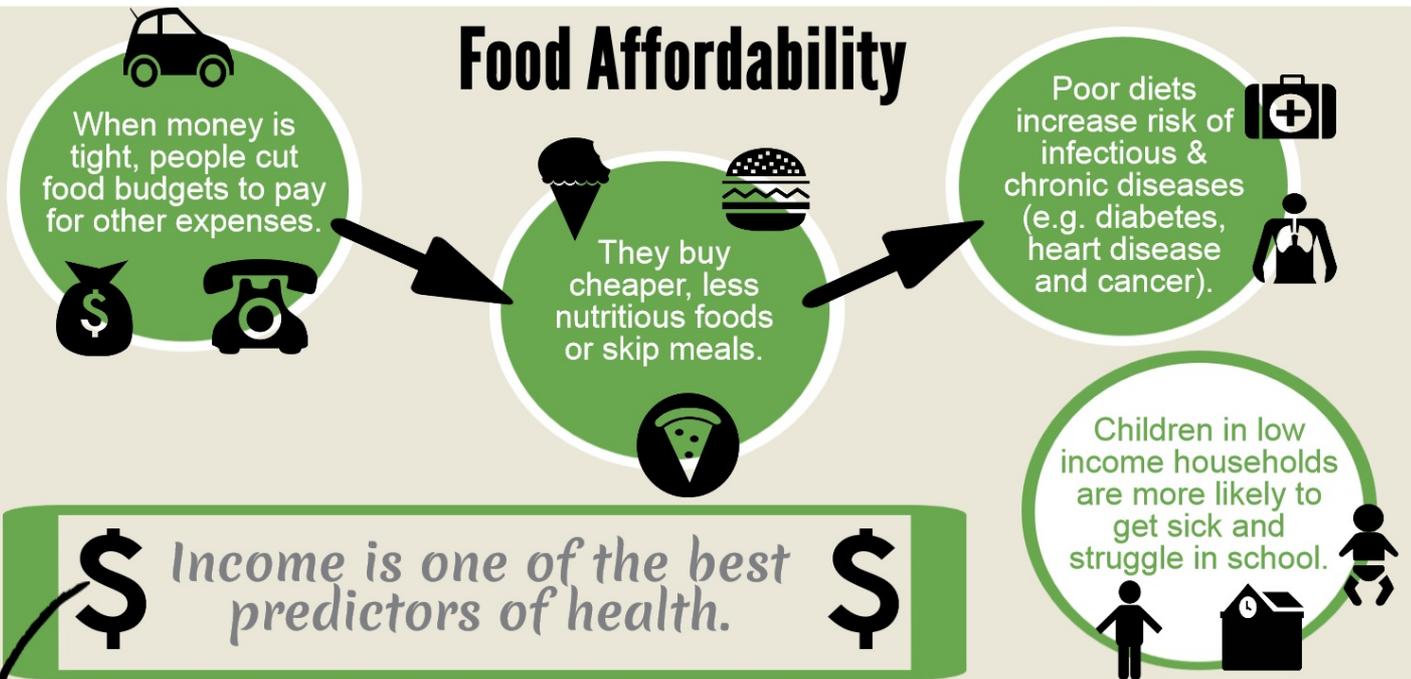


# the Cost of Healthy Eating

2014

Each year, Middlesex-London Health Unit tracks the cost of food from local grocery stores using the Nutritious Food Basket survey.

## Food Affordability



## What is left after monthly rent & food costs?

	1 Person	Family (2 Adults, 2 Children)
Income (from Ontario Works)	\$709	\$2158
Rent	\$585	\$1146
Food	\$226	\$805
<b>REMAINING</b>	<b>-\$102</b>	<b>\$207</b>

In 2013, ~11,085 London households received Ontario Works each month, including 6,700 children under the age of 18.

**AND**

People still need to pay for: heat and hydro, transportation, child care, phone/internet, clothing, medical costs, school supplies, personal care items, household cleaners, etc.

**THEREFORE**

Our most vulnerable residents do not have adequate funds to meet their basic needs.



All Middlesex-London residents should have access to a nutritious, adequate & culturally acceptable diet.



## What can you do to help?

Last year, 43,344 visits were made to the London Food Bank, 36% of these were children.



### Engage with municipal candidates

- ✓ Read what candidates think about poverty reduction at: [www.healthunit.com/hungry-for-action](http://www.healthunit.com/hungry-for-action)
- ✓ Ask candidates about their views on affordable housing, transit and child care
- ✓ Vote in the municipal election on October 27th



### Learn more about hunger & poverty

- ✓ Could you afford your basic needs on social assistance? Try [dothemath.thestop.org](http://dothemath.thestop.org)
- ✓ Did you make a low income wage last the month? [playspent.org](http://playspent.org)
- ✓ Visit [www.vibrantcommunities.ca](http://www.vibrantcommunities.ca) to learn about cities reducing poverty



### Support the local economy

- ✓ Buy local products from local farmers and merchants
- ✓ Download the Get Fresh ... Eat Local map for Middlesex-London market locations ([www.healthunit.com/eating-local](http://www.healthunit.com/eating-local))



### Volunteer

- ✓ Donate time, food or money to support the London Food Bank
- ✓ Apply to be a Bridges out of Poverty|Circles ally, child minder, meal provider or coalition member.  
For more info e-mail: [sclarke@goodwillindustries.ca](mailto:sclarke@goodwillindustries.ca)
- ✓ Share gardening skills or donate growing space to local groups

For more information visit: [www.healthunit.com/cost-of-healthy-eating](http://www.healthunit.com/cost-of-healthy-eating)