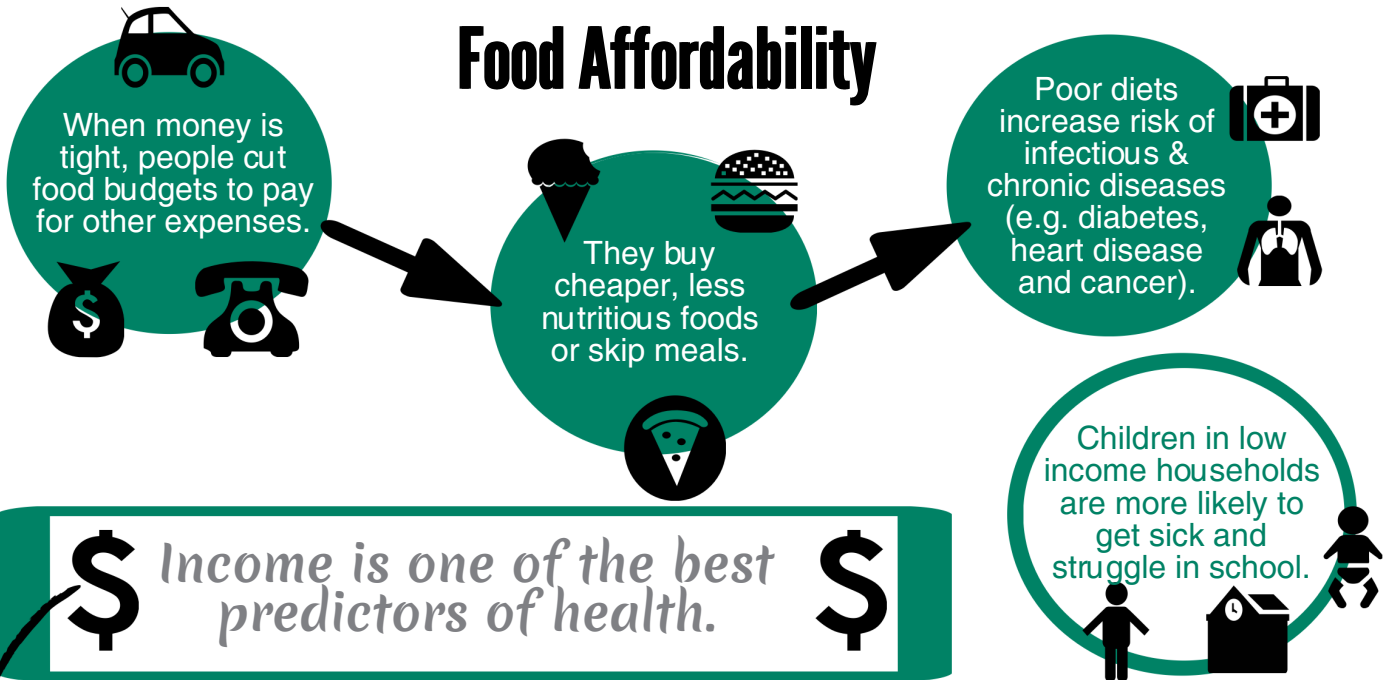


the Cost of Healthy Eating


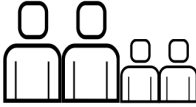
2015

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?

		
Income (from Ontario Works and all benefits and credits, such as Child Tax Benefit)	\$740	\$2196

Rent	\$616	\$1175
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Food	\$290	\$860
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REMAINING

-\$166	\$161
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In 2014, about 19,611 local residents received Ontario Works benefits each month.

About 6,800 children under the age of 18 lived in households receiving Ontario Works.

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, over 27,000 people visited the London Food Bank, including about 10,500 children.



Be active in the federal election

- ✓ Vote on October 19th
- ✓ Sign Food Secure Canada's **Eat Think Vote petition**
- ✓ Ask your local candidates to take Food Secure Canada's **Eat Think Vote pledge**
- ✓ Ask your local candidates about their views on affordable housing, child care, guaranteed annual income and a universal school food program



Learn more about hunger & poverty

- ✓ Could you afford your basic needs on social assistance? Try dothemath.thestop.org
- ✓ Could you make a low income wage last the month? Try playspent.org
- ✓ Visit 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
- ✓ Apply to be a Bridges out of Poverty|Circles ally, child minder, meal provider or coalition member. For more info, e-mail:



Volunteer

- ✓ sclarke@goodwillindustries.ca (London)
- ✓ crystal@wrrcsa.org (Strathroy)
- ✓ Share gardening skills or donate growing space to local groups
- ✓ Donate time, food or money to support local organizations that increase access to healthy food (e.g. community cooking classes, community kitchens, emergency food donations)

For more information visit: www.healthunit.com/cost-of-healthy-eating