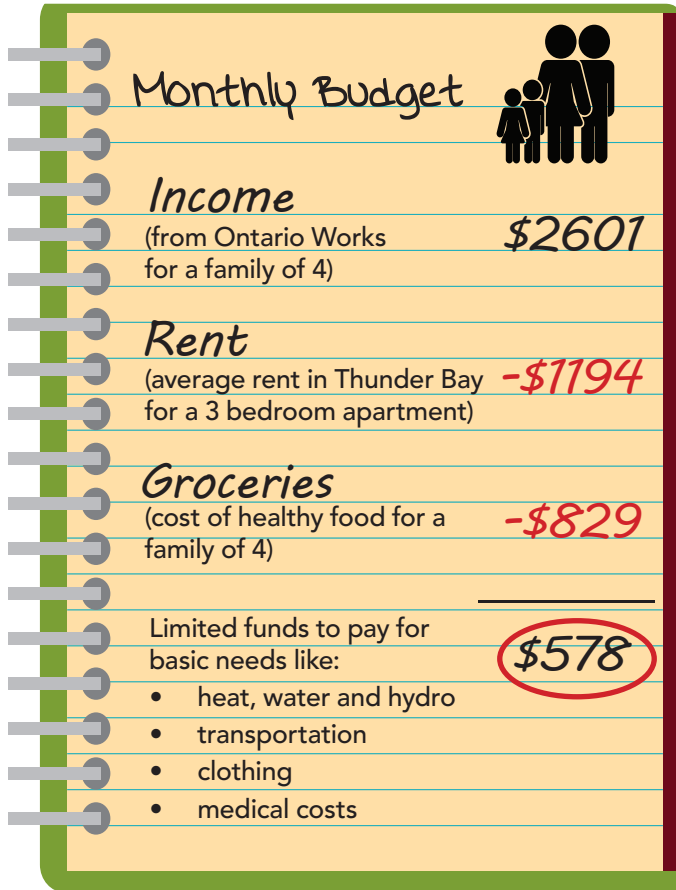


# Hungry for Change in the Thunder Bay District



## Facts

**1 in 7**

households in the Thunder Bay District are food insecure and not able to access healthy food.

**8,539**

individuals or households receive social assistance in Thunder Bay (Ontario Works or Ontario Disability Support Program, July 2018)

**62%**

of Canadian households that are food insecure have income from employment, yet they are still unable to afford enough food.

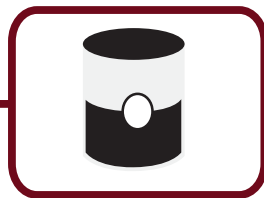
**4,000**

basic income participants in Ontario will no longer have the financial security to fund appropriate housing and food costs as of March 2019.

## Income affects health.



When money is tight, people use their food budget to pay for expenses like rent.



Families resort to cheaper, low-nutrient food, emergency food services and/or skipping meals.



Poor nutrients increase the risk of infections and diseases like diabetes and heart disease.



Children in low income families are more likely to get sick and struggle in school.

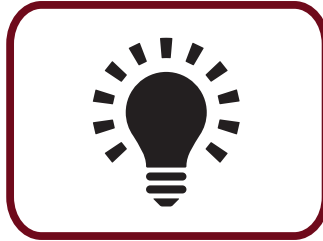
Everyone should have access to nutritious, safe adequate and culturally acceptable food.

## How can you help?

Educate yourself. Food insecurity can affect us all.



Learn more about the root causes of poverty and food insecurity.



Understand that food banks are not a long-term solution.



Find out how food insecurity affects health care, and social costs that impact everyone.

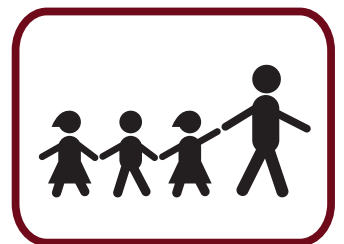
Advocate for change. Speak up. Your voice can make a difference.



Call for improved social assistance, minimum wage and basic income.



Support more affordable housing.



Encourage more affordable child care.

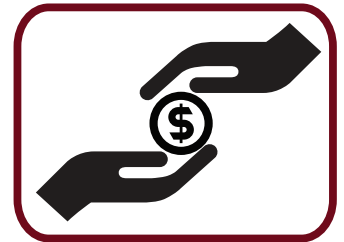
Support local food programs. Visit us online to learn how.



Volunteer to help.



Offer or donate food.



Donate money.