

Hungry for Change in the Thunder Bay District, 2023



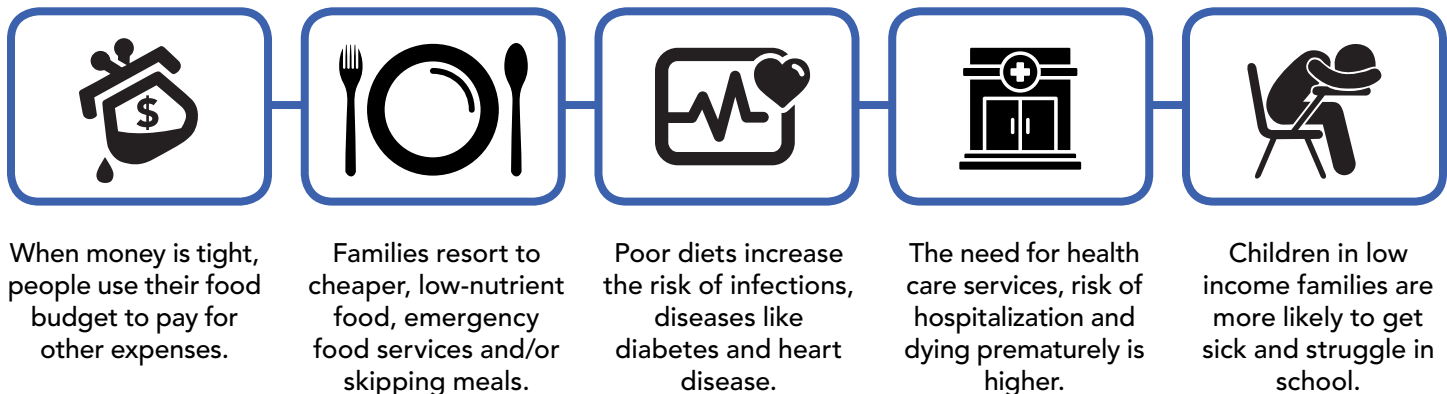
<i>Monthly Budget</i>	
<i>Income</i>	<i>\$2,815</i>
<small>(from Ontario Works for a family of 4)</small>	
<i>Rent</i>	<i>-\$1,372</i>
<small>(average rent in Thunder Bay for a 3 bedroom apartment)</small>	
<i>Groceries</i>	<i>-\$1,204.60</i>
<small>(cost of healthy food for a family of 4)</small>	
Remaining limited funds to pay for basic needs like: \$238.44	
<ul style="list-style-type: none"> • heat, water and hydro • transportation • clothing • medical costs 	

- 16.7%** of households* in the Thunder Bay District are food insecure and not able to access healthy food.
- 2,596** average monthly caseloads for receiving social assistance in Thunder Bay in 2022.
- 43%** of the social assistance income for a family of 4 is used to eat healthy, compared to only 13% for a family of 4 with a median Ontario income.
- 60%** of Canadian households that are food insecure have income from employment, yet they are still unable to afford enough food.
- 1/3** of Black people (39.2%) and off-reserve Indigenous Peoples (33.4%) are food insecure compared to 15.3% of white people.

Those at the greatest risk continue to be low-income households, renters, female lone parent and households reliant on social assistance.

*Estimates do not include people living on First Nations reserves, who are known to experience high rates of food insecurity.

Income affects health.



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

How can you help?

Stay Educated and Informed. Food insecurity can affect us all.



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

[Click to learn more.](#)



Understand that emergency food programs are not a long-term solution.

[Click to learn more.](#)



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

[Click to learn more.](#)

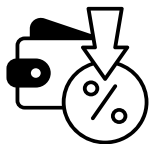


Learn more about The Case for Basic Income for Food Security.

[Click to learn more.](#)

Are you a clinician working with individuals that are navigating food insecurity? Check out this [resource](#).

Promote Change. Speak up. Your voice can make a difference.



Advocate for adequate social assistance, minimum wage and basic income.



Advocate for affordable housing and childcare.



Advocate for adequate employment insurance coverage and benefits.



Write to your MP to gain support for Basic Income.

[Click for a draft letter.](#)

[Click to learn more.](#)

Support Local Food Programs. Visit us online to learn how.

These programs include community kitchens and gardens, cooking programs, and school nutrition programs. There are also other programs that provide urgent relief such as food banks, good food boxes, and hot meal programs.



Volunteer to help.



Offer to donate food.



Donate money.