

Hungry for Change in the Thunder Bay District, 2024



Monthly Budget	
Income (from Ontario Works for a family of 4)	\$2,930
Rent (average rent in Thunder Bay for a 3 bedroom apartment*)	-\$1,577
Groceries (cost of healthy food for a family of 4)	-\$1,176.85
Limited funds to pay for other basic needs and expenses like:	\$176.15
<ul style="list-style-type: none"> • heat, water and hydro • transportation • clothing • medical costs 	

*Rental data from CMHC for October 2023, with inflation adjustment
 **Estimates do not include people living on First Nations reserves, who are known to experience high vulnerability to food insecurity due to impacts of ongoing colonialism and anti-Indigenous racism.

19.5% of households** (2021-2023) in Thunder Bay District are food insecure and not able to access healthy food.

2,618 average monthly caseloads for receiving social assistance in Thunder Bay in 2022.

40% of the social assistance income for a family of 4 is used to eat healthy, compared to only 12% 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 in 4 children lived in food insecure households in our district.

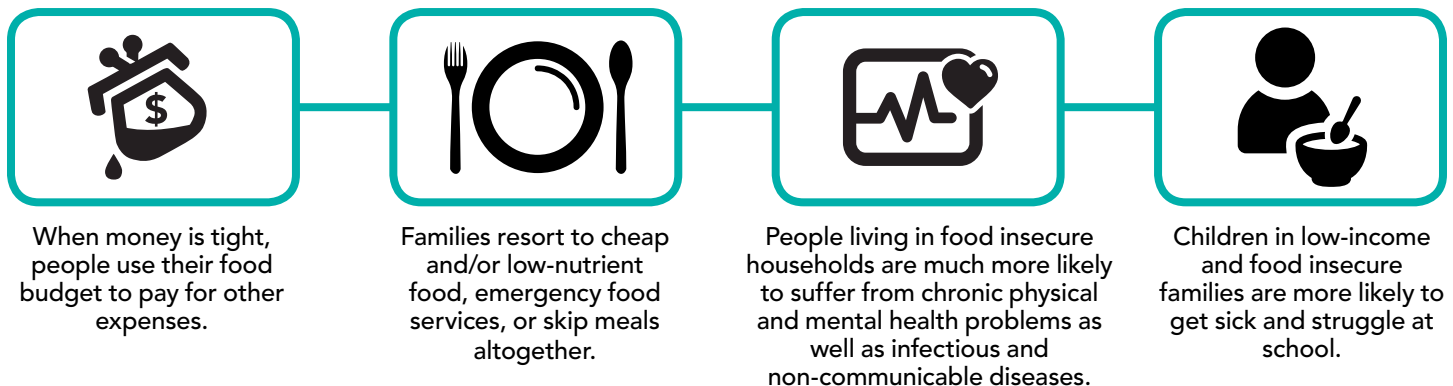
Household food insecurity in Canada is racialized.

40.2% Black people are food insecure.

36.8% off-reserve Indigenous Peoples are food insecure.

Food insecurity affects health. [Click here for more info.](#)

Not being able to afford a nutritious diet can seriously affect the health of individuals, families and our communities.



Income based solutions are required to address the root causes of food insecurity.

Everyone should have access to nutritious, safe, adequate and personally acceptable food. **What can you do?**

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.](#)



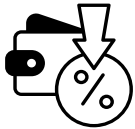
Learn more about The Case for Basic Income for Food Security.

[Click to learn more.](#)

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

Promote and Support Change. Speak up. Your voice can make a difference. Call for:

[Click to learn more.](#)



Adequate social assistance, minimum wage and basic income.



Affordable housing and childcare.



Adequate employment insurance coverage and benefits.



Become a living wage employer.

[Click here to learn more.](#)



Write to your MP (and then write again) to gain support for the Basic Income. [Click here for a draft letter](#) to get you started.



Check out [Eat Think Vote](#) from Food Secure Canada and vote for candidates that support long-term solutions to help solve food insecurity.

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

It's important to acknowledge that community food programs provide needed short-term relief in northwestern Ontario. These include community kitchens, food boxes, community gardens, school nutrition programs, and food banks. These programs can help build food skills, resiliency, and social connection, but ultimately they are not a long-term solution to resolving food insecurity. [Find out more.](#)

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



Volunteer to help.



Offer to donate food.



Donate money.