

Hungry for Change in the Thunder Bay District, 2025



<i>Monthly Budget</i>	
<i>Income</i> (from Ontario Works for a family of 4)	<i>\$3,017</i>
<i>Rent</i> (average rent in Thunder Bay for a 3 bedroom apartment*)	<i>\$1,895</i>
<i>Groceries</i> (cost of healthy food for a family of 4)	<i>\$1,227.85</i>
Limited funds to pay for other basic needs and expenses like:	-\$105.85
<ul style="list-style-type: none"> • heat, water and hydro • transportation • clothing • medical costs 	

*Rental data from CMHC for October 2024.

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

22%

of households** (2022-2024) in Thunder Bay District are food insecure and not able to access healthy food.

2,564

average monthly caseloads for receiving social assistance in Thunder Bay in 2024.

41%

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 food-insecure households reported their main source of income as wages, salaries, or self-employment in the prior year.

1 in 4

children lived in food insecure households in Ontario.

Household food insecurity in Canada is racialized.

47%

Black people are food insecure.

40%

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.



Early childhood malnutrition increases the risk of high blood pressure, insulin resistance, and mental illness later in life.



Families resort to cheap and/or low-nutrient food, emergency food services, or skip meals altogether.



Children in low-income and food insecure families are more likely to get sick and struggle at school.



People living in food insecure households are much more likely to suffer from chronic physical and mental health problems as well as infectious and non-communicable diseases.

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.

Find out more.



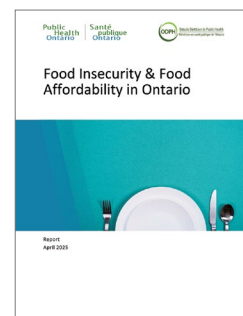
Learn more about The Case for Basic Income for Food Security.

Find out more.



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

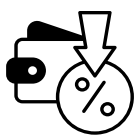
Click to learn more.



Download the report.

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:



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.



For more information, visit:

<https://proof.utoronto.ca/food-insecurity/what-can-be-done-to-reduce-food-insecurity-in-canada/>



Write to your MP and MPP (and then write again) to gain support for the Basic Income here is a draft letter to get you started <https://basicincomecoalition.ca/en/actions/>

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.**