



CENT\$LESS

1. Household Food Insecurity: No Money for Food Cent\$less

Household food insecurity is inadequate or insecure access to food due to financial constraints – is a serious public health problem in Canada. It negatively impacts physical, mental, and social health, and costs our healthcare system considerably.

By the time someone is struggling to put food on the table, they are also struggling to afford their other basic needs. Food insecurity is a sign of poverty and of broader material deprivation. At its root is the lack of adequate and stable incomes to make ends meet.

Income solutions are needed including a basic income, a living wage, social assistance reform and fair workplaces with good paying jobs with regular hours and benefits.

Learn more about household food insecurity:

[No Money for Food is Cent\\$less](#)

[PROOF - Food Insecurity Policy Research - University of Toronto](#)