

FOOD IS A HUMAN RIGHT

Canada has a legal obligation to protect people's right to food, yet 1 in 7 people in the Toronto region struggle with food insecurity.

What is the right to food?

The right to food means being able to feed yourself and your family in dignity.

■ Availability

Sufficient quantities of food are available to all people

■ Accessibility

Food is physically accessible and affordable

■ Adequacy

Food is nutritious and safe

■ Acceptability

Food is culturally appropriate and meets dietary needs

■ Agency

People are able to make choices about foods they obtain, grow and consume



HUNGER BY THE NUMBERS

Food banks visits have increased by 4% since last year

44% of adults went hungry at least once a month

25% of children went hungry at least once a month

52% had missed a meal to pay for a bill

PROFILE OF FOOD BANK CLIENTS

32% are children

51% are single-person households

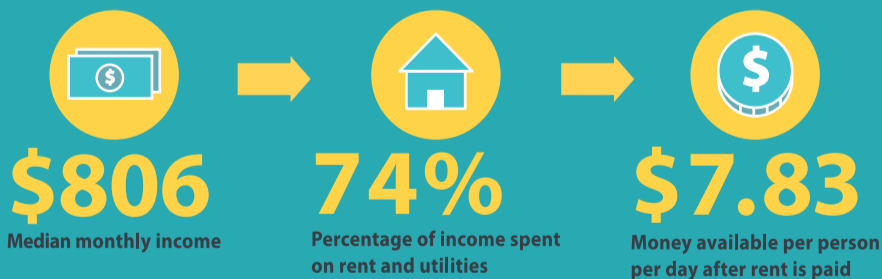
67% live in private rental apartments

57% have a disability

54% identify as being a visible minority race / ethnicity

What causes food insecurity?

Poverty is at the core of food insecurity. Respondents to our survey simply did not have enough money to afford to pay for their housing, medical needs, transportation and food.



60% Percentage of respondents receiving social assistance as their main source of income

	ONTARIO WORKS (OW)	ONTARIO DISABILITY SUPPORT PROGRAM (ODSP)
Monthly income for single person household	\$733.00	\$1,169.00
MONTHLY EXPENSES		
Rent – average bachelor apartment in Toronto	\$1,089.00	
Bills and utilities – electricity, phone, internet	\$179.08	
Transportation – monthly cost of annual TTC pass	\$138.40	
Total	\$1,406.48	
Income left for food, clothing, toiletries and all other expenses	-\$673.48	-\$237.48

How can we achieve the right to food here in Toronto?

Everyone in Canada should be able to access affordable, nutritious food. We are committed to meeting the immediate and ongoing needs of our communities by providing food relief while we advocate for long-term, systemic solutions to end poverty and food insecurity. To achieve our vision of a hunger-free city, we need our governments to commit to realizing the right to food by:

- 1 Strengthening social assistance
- 2 Supporting low-income households by expanding tax benefits and creating pathways out of poverty
- 3 Investing in affordable housing and tenant protections
- 4 Enhancing access to affordable childcare
- 5 Committing to ensuring access to affordable, nutritious, culturally appropriate food in each and every community
- 6 Adopting a human rights-based approach to decision making to ensure policies promote equity