

We're Voting for Food

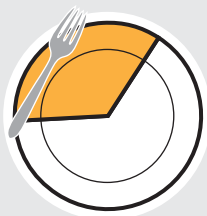
Leading up to the 2018 Ontario provincial election, the Peterborough Food Action Network is asking citizens to champion issues that will build on the vision of our **Food Charter** related to social justice and health. Talk to candidates in the Peterborough-Kawartha, Haliburton-Kawartha Lakes-Brock, and Northumberland-Peterborough South ridings.

Reduce food insecurity in Peterborough and across Ontario.

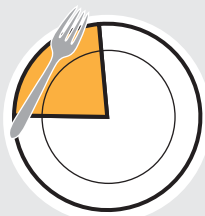
The **cost of healthy eating for a family of four in the City and County of Peterborough area was \$899/month in 2017**. After paying for rent, utilities, telephone, child care, transportation, clothing and the other costs of living, many families and individuals do not have enough money for food.

Cost of feeding a family of 4 = \$899 each/month

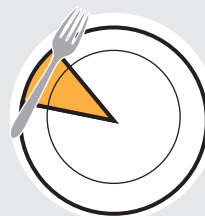
INCOME MATTERS



Ontario Works
35% of monthly income required for healthy food



Minimum Wage
28% of monthly income required for healthy food



Average Income
11% of monthly income required for healthy food

Income Affects Health



When money is tight, people use their food budget to pay other expenses.



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



Poor diets increase the risk of infections and diseases like diabetes, heart disease and cancer.



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

Food insecurity:

- Means not having enough money to buy food. It is a result of inadequate income.
- Greatly increases the risk for developing chronic conditions in adulthood, such as diabetes, heart disease, high blood pressure, depression and anxiety.
- Impacts learning and development in children, and increases the risk of developing chronic conditions later in life.
- Results in higher health care costs.
- Is a serious social and public health problem.
- Requires higher incomes for a sustainable solution.

64% of social assistance recipients are food insecure. Clearly, social assistance rates are inadequate. In addition, **59% of food insecure households are in the workforce.** This demonstrates there is a lack of high quality employment opportunities with decent wages, regular hours and health benefits. Locally, **1 in 6 households in the City and County of Peterborough are food insecure and that increases to 1 in 3 households for children.** More must be done to ensure **all** local residents can put food on the table in a dignified way.

The **Peterborough Food Charter** includes pillars of Health and Social justice including the principles of "dignified access to healthy and local food for all" and "income, education, employment, housing and transportation policies and practices that support access to healthy, sustainable food".

Learn about the **Peterborough Food Charter**
Our Local Food System:
Healthy, Sustainable and Just Food For All

foodinpeterborough.ca/foodcharter



Questions for Candidates

- How will your party address the high rates of food insecurity in the City and County of Peterborough?
- What will your party do to ensure that all local residents, employed or not, have enough money to buy the healthy food they need?
- What actions would your party take to support the growth of our local food system as outlined in the Peterborough food charter?

Vote for the candidate who will:

- **Prioritize social assistance reform in Ontario**, utilizing the recommendations made in the **Income Security: A Roadmap for Change** report.
- **Prioritize the Basic Income Pilot Project**. The three year **Basic Income Pilot Project** is currently underway in Ontario. We want the elected party to follow through as planned with the three year project and complete the subsequent evaluation.

Visit www.odph.ca/centsless to learn more about what you can do during this provincial election.

Advocate for change. Speak up. Your voice can make a difference.

**Need
Food?**



**Get
Involved**



**Create
Change**



www.foodinpeterborough.ca