

# We're Voting for Food

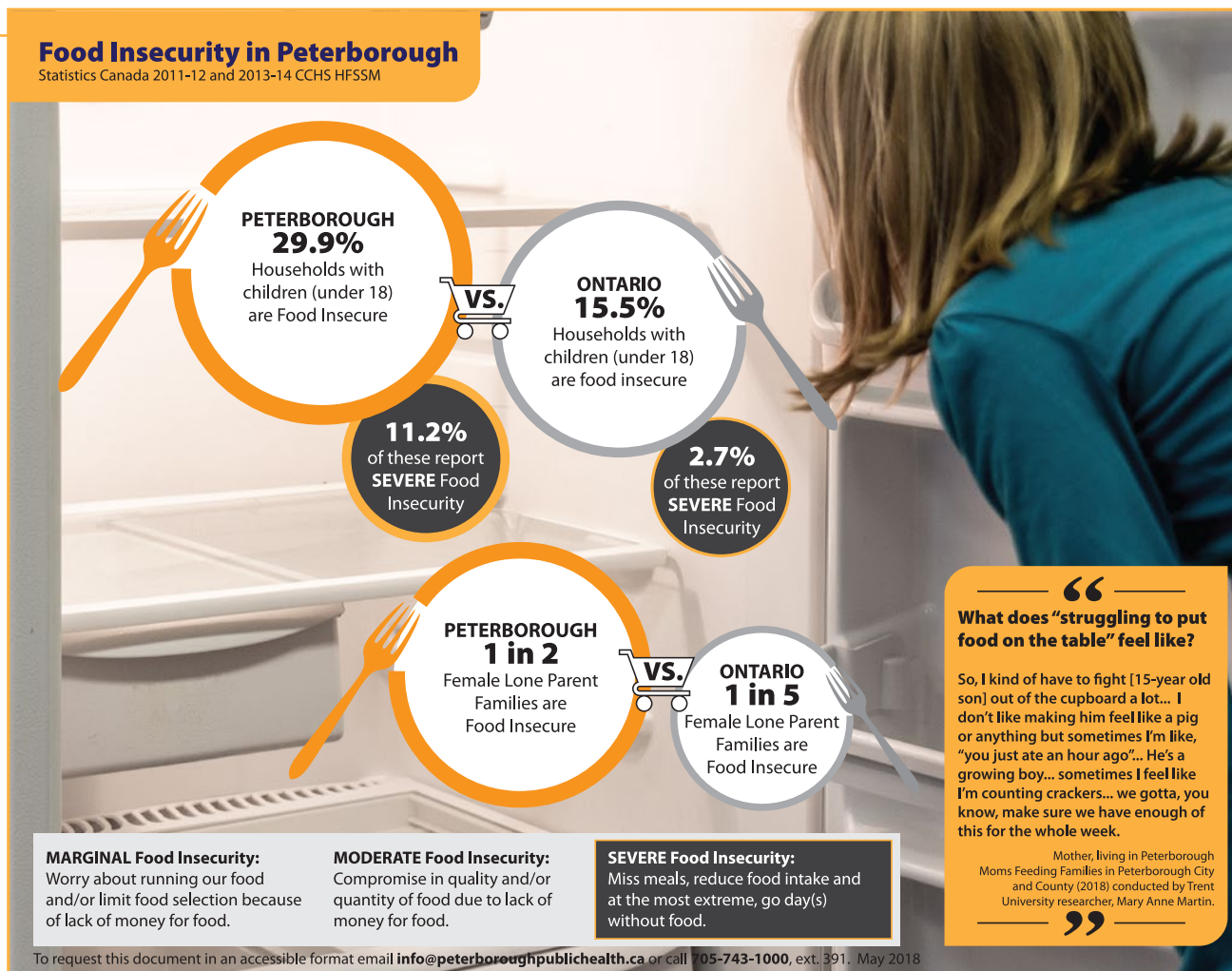
Leading up to the 2018 Municipal elections on October 22, 2018, the Peterborough Food Action Network is asking citizens to champion issues that will build on the vision of a **Food Charter** related to social justice and health. Talk with candidates running for office in your Ward, Township and City about the importance of food security as a municipal issue. Let them know it's important to:

## Reduce food insecurity in Peterborough County and City

The cost of healthy eating for a family of four in the City and County of Peterborough area was \$898/month in 2018. After paying for rent, utilities, telephone, child care, transportation, clothing and other costs of living, many families and individuals, employed or not, do not have enough money for food.

### 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.



## Who is food insecure?

Provincially, 64% of people who receive social assistance are food insecure demonstrating that social assistance rates are inadequate. However, 59% of food insecure households have members in the workforce with jobs. There is a lack of quality employment with decent wages, regular hours and health benefits. Food insecurity is a local concern. 16% of local households or almost 1 in 6 report being food insecure compared to 12% of Ontario households. In local low-income households, 38% are food insecure, and one-third of these households report severe food insecurity meaning they miss meals, reduce food intake and, may even go day(s) without food. Households with children and female lone parent families have higher rates of food insecurity than found in the rest of Ontario.

## Support the development of a Local Food Security Strategy

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”. An effective local food strategy should encompass all these aspects.

Communities that have developed Food Charters and local Food Security Strategies have been able to coordinate local actions, advocate for better policy and increase collaboration. We know from years of local programs that food has the ability to bring people together and reduce isolation while they learn first-hand about our local food system. Support and resources for programs where people learn food skills, feel dignified, and contribute to a stronger food system is critical.

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

[foodinpeterborough.ca/foodcharter](http://foodinpeterborough.ca/foodcharter)



## Questions for Candidates

- How can municipalities address the high rates of food insecurity in the City and County of Peterborough?
- What can we do to ensure that all local residents, employed or not, have enough money to buy the healthy food they need?
- What can municipalities do to support the growth of our local food system and protection of food producing lands?

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

**Need  
Food?**



**Get  
Involved**



**Create  
Change**



[www.foodinpeterborough.ca](http://www.foodinpeterborough.ca)