

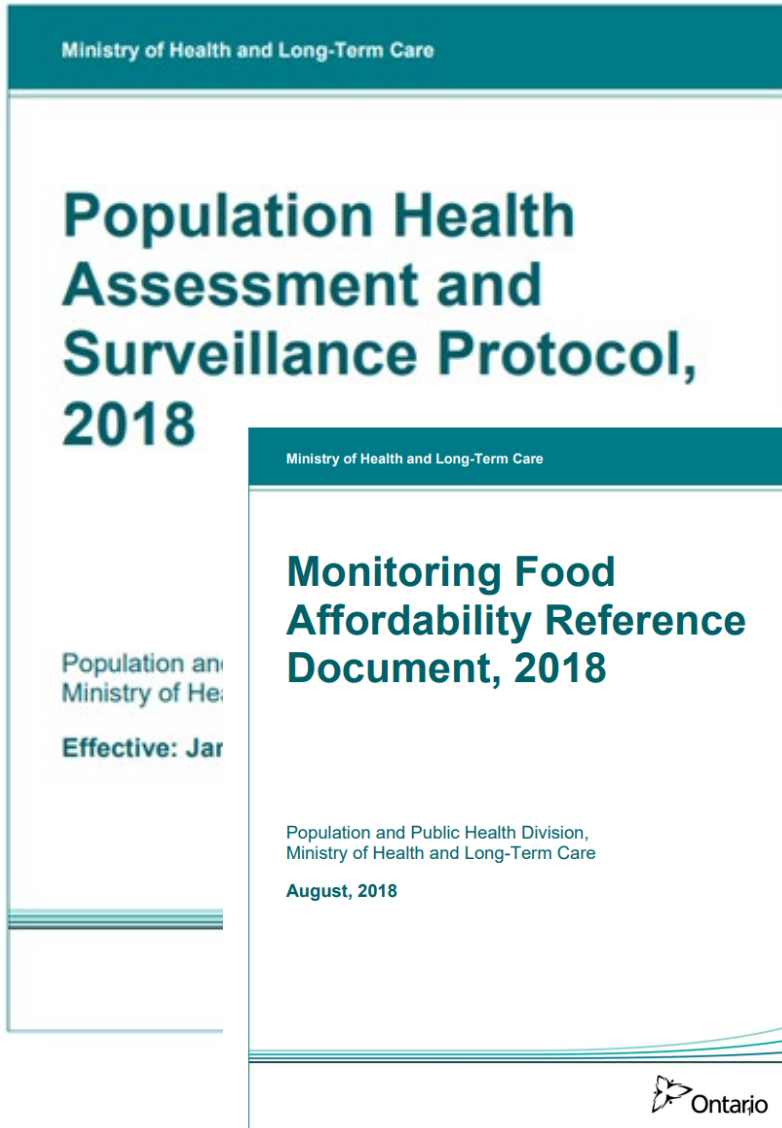
A stylized graphic of a plant with a thick, light green stem and several light blue leaves, positioned on the right side of the slide. The stem curves upwards and then downwards, ending in a small green mound at the bottom right.

Nutritious Food Basket (NFB) 2023 Report

December 6, 2023

Presented by Lisa Needham

Link to Ontario Public Health Standards



Population Health Assessment

- Food Affordability

Chronic Disease Prevention Guideline

- Healthy eating behaviours

Health Equity Guideline

- Food insecurity as a social determinant of health

NFB results

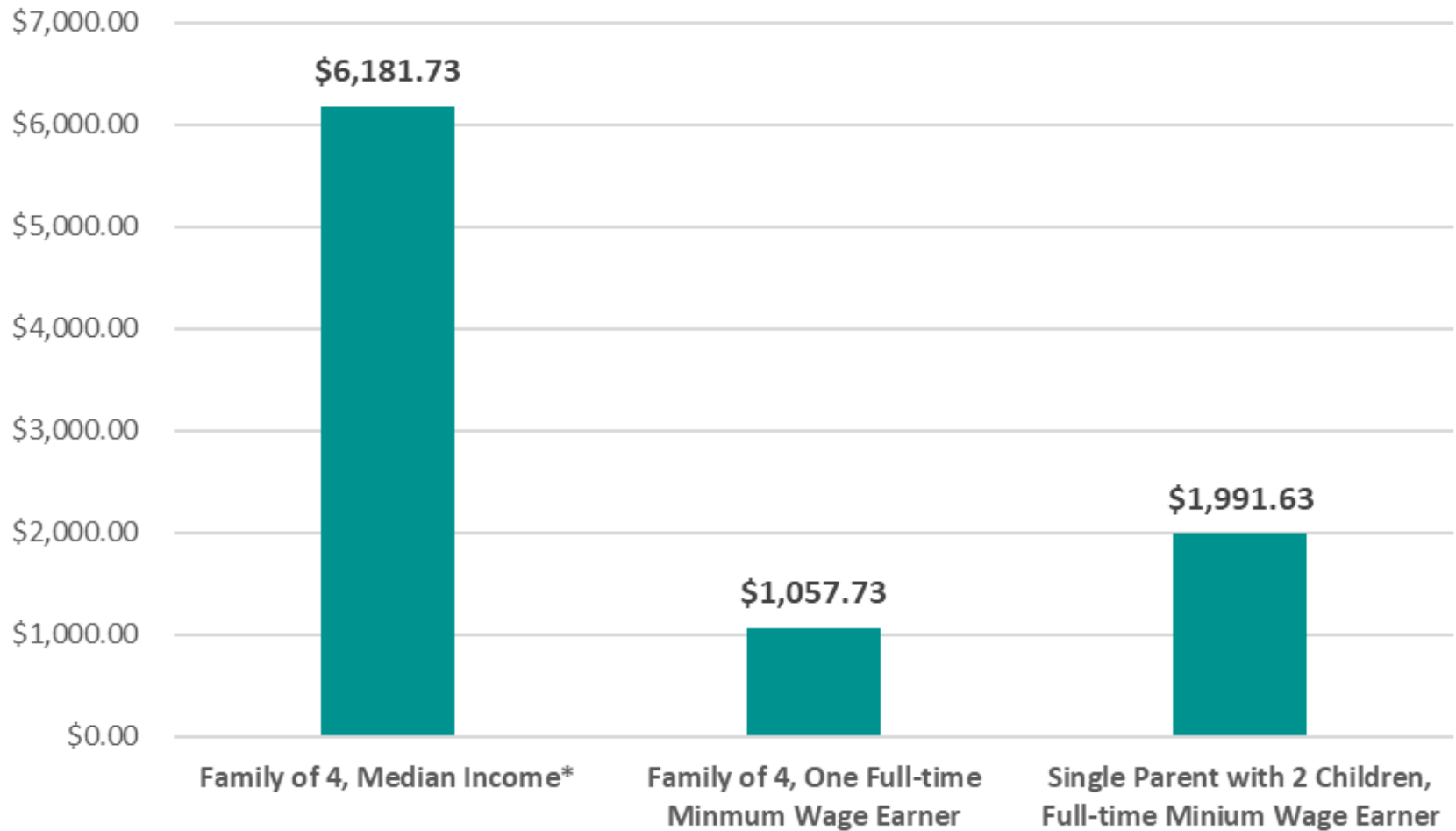
The cost of the
NFB for a family
of four in 2023 is
\$311.61 per week
(\$1349.27 month)



Nutritious Food Basket Income Scenarios

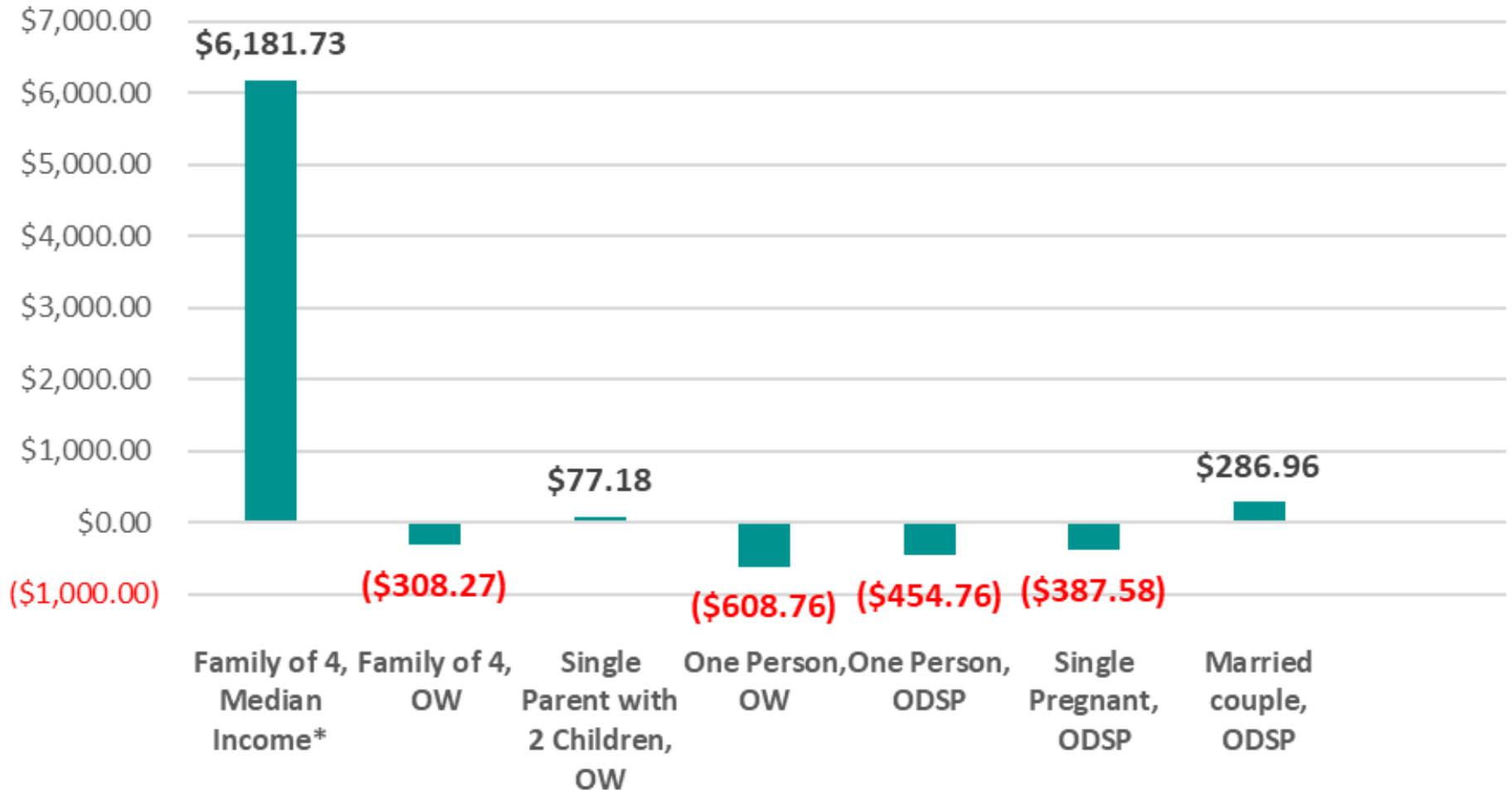
The background features a stylized plant with three light green leaves on the right side. A thick, light green curved line arches across the middle of the page, partially overlapping the text. At the bottom, there is a decorative gradient bar transitioning from dark teal on the left to light green on the right.

The amount of money left for all other monthly expenses after paying for the NFB and rent



*Two full-time wage earners included in this scenario

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OW – Ontario Works

ODSP – Ontario Disability Support Program

Food insecurity

In Canada, food insecurity rates have increased 14% since 2019 despite dipping during the pandemic

2022

In Ontario, 19% of households were food insecure

2020-2022

17.9% of households were food insecure in WDG

2019

17% of children age 1-17 lived in food insecure households in WDG

2022

U of G reported 39.5% of students were food insecure

2023

Food Banks Canada report a 32% increase in food bank usage since March 2022 and 78.5% increase since 2019

Highest risk groups for food insecurity

households with
limited assets

Indigenous
households and
other racial/cultural
groups

low-income
households

households reliant
on income
supports

female-led lone
parent households

WDGPH collaborates with community groups to address food insecurity including:



for food. for farming.
for our future.



A Smart Cities Challenge initiative



CENTRE WELLINGTON COMMUNITY FOUNDATION
Investing in community

Questions?

