



Food Security

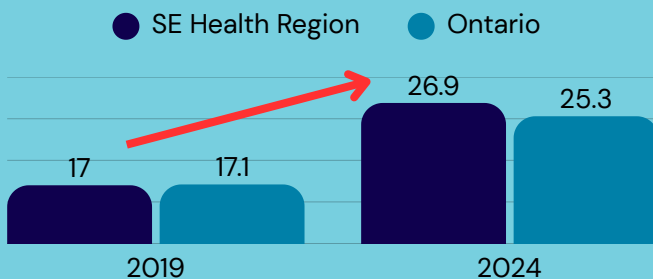
Food insecurity isn't caused by a lack of food. It results from not having enough financial resources to afford sufficient healthy, nutritious food. (Food Banks Canada)



More than **one in four households** in Hastings Prince Edward has inadequate or insecure access to food due to financial constraints.

Food Insecurity is Increasing

Locally, food insecurity has increased 10% since the pandemic. (Public Health Ontario)



More Households Are Struggling to Afford Food

The Picton United Church Food Bank reports a 40% increase in demand from 2024 to 2025. One in three people receiving food assistance is a child. The increase is being driven by a growing number of first-time users, especially families struggling with rising housing and grocery costs.

Food Insecurity is a major Public Health Issue

- Poor diet quality and emotional strain negatively impact physical, mental and social health. (Community Food Centres Canada)
- Annual health care costs are 23-121% higher in food insecure households in Ontario.

In primary care, 1 dollar spent on nutrition interventions can save up to 99 dollars by reducing medication use, hospitalizations and freeing up physician time. (Canadian Malnutrition Task Force)

Some Groups are at Greater Risk of Food Insecurity

- Persons living with disabilities
- Single parents (especially mothers)
- Families with children
- People living on low incomes
- Single adults
- Renters

