



# FOOD INSECURITY DURING THE COVID-19 PANDEMIC

## FOOD INSECURITY: WHAT AND WHO?



**1 in 8**  
(12.5%)

**Canadian**  
Households



Nearly **1 in 5**  
(18.5%)

**Toronto**  
Households



Affects **64%** of households receiving **Ontario Social Assistance** as this does not cover basic costs of living

## AFFORDABILITY AND ACCESSABILITY



Cost of nutritious food **increased 7.6%** between 2018-2019



A single pregnant woman, 19-30 yrs old, requires a **minimum of \$54.93/wk** for basic nutrition only

**+** Add \$12/month if breastfeeding

## WHY WE ARE CONCERNED

In Canada, food insecurity affects:

**4.4 MILLION PEOPLE**  
including  
**1.2 MILLION CHILDREN**



**33%** of female-lone parent households experience food insecurity

Food insecurity is a **major HEALTH issue** leading to increased rates of:



- Chronic conditions (diabetes, hypertension, obesity, heart disease)



- Mental health conditions (depression, anxiety, mood disorders)



- ADHD, asthma, depression, suicide in children

## HOW HAS COVID-19 CHANGED THINGS?

Decreased Supplies



Increased Demand



Challenges with Making/  
Distributing Meals



If you would like to help support community efforts to fight food insecurity, please visit: [www.gofundme.com/covid19-womens-initiative](https://www.gofundme.com/covid19-womens-initiative)