



# Addressing Food Insecurity and Poverty

*in the Haliburton, Kawartha, Pine Ridge District*



# 2023

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## Land Acknowledgement

The Haliburton, Kawartha, Pine Ridge District Health Unit is situated on the traditional territories of the Michi Saagiig and Chippewa Nations. This includes the territories of Treaty 20 and the Williams Treaties. We respectfully acknowledge that these Nations are the stewards and caretakers of these lands and waters for all time and that they continue to maintain this responsibility to ensure their health and integrity for generations to come.

The Haliburton, Kawartha, Pine Ridge District Health Unit recognizes the many harms done to Indigenous peoples and our collective responsibility to right those wrongs. As an organization that is rooted in a colonial system, we are committed to change, to building meaningful relationships with Indigenous communities and in improving our understanding of local Indigenous peoples as we celebrate their cultures and traditions, serve their communities, and responsibly honour all our relations.

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## Executive Summary

Food insecurity is defined in this report as inadequate or insecure access to food due to financial constraints.

The physical and mental health of adults and children are impacted by food insecurity. Living in a food insecure household increases the risk of mental health diagnoses<sup>1</sup>, infections<sup>2</sup> and non-communicable disease<sup>3</sup>.

Ontario public health units monitor food affordability and accessibility using the Nutritious Food Basket tool (NFB). The cost of the NFB in the Haliburton, Kawartha, Pine Ridge (HKPR) district area helps to show the link between healthy eating and family income in the local area, using scenarios described in this report.

The Canada Mortgage and Housing Corporation rental guide suggests that only up to 30 per cent of household earnings should go to rent<sup>4</sup>. Inflation affects fixed income earners and their ability to meet increased rent and utility payment demands. Funds for other basic living needs, including food, are often unavailable after paying for rent and utilities.

A household that is reliant on social assistance as the primary source of income is at increased risk of food insecurity<sup>5</sup>. In addition, employed individuals, low-income households, single parent households, and racialized households are at increased risk of food insecurity<sup>5</sup>. A racialized household is a home where the people living in that home are non-White. The uneven distribution of food insecurity among racialized households reflects deeper societal issues of systemic racism and colonialism.

Food charities, such as food banks, offer only temporary solutions to food insecurity. Food charities cannot provide long-term solutions to income needs, poverty and food insecurity. Some households use food charities as a last resort when food is needed.

In order to address the root of household food insecurity and poverty, we need income-based strategies that are long-term and that focus on poverty reduction. Some of those strategies include: adequate incomes to ensure a minimum standard of living, improving employment standards, increasing social assistance rates, and providing a basic income guarantee. These long-term solutions help with households that are food insecure (being unable to get enough food because of financial difficulties).

Small actions can make a big difference. Take the time to educate yourself on the matter. Speak up for income-based solutions to food insecurity. Support programs and services in your community that make life more affordable. Support companies that respect the health and dignity of their employees. Be compassionate and kind to all.



1 Jessiman-Perreault G, McIntyre L. The household food insecurity gradient and potential reductions in adverse population mental health outcomes in Canadian adults. *SSM -Population Health*. 2017;3:464-472.

2 Men F, Gundersen C, Urquia ML, Tarasuk V. Association between household food insecurity and mortality in Canada: a population-based retrospective cohort study. *Canadian Medical Association Journal*. 2020;192(3):E53-E60.

3 Tarasuk V, Mitchell A, McLaren L, McIntyre L. Chronic physical and mental health conditions among adults may increase vulnerability to household food insecurity. *Journal of Nutrition*. 2013;143(11):1785-1793.

4 Canada Mortgage and Housing Corporation. 2018. Affordable housing in Canada. Canada Mortgage and Housing Corporation. [online]. Available <https://www.cmhc-schl.gc.ca/en/professionals/industry-innovation-and-leadership/industry-expertise/affordable-housing/about-affordable-housing/affordable-housing-in-canada>.

5 Li T, Fafard St-Germain AA, Tarasuk V. 2023. Household food insecurity in Canada, 2022. Toronto: Research to identify policy options to reduce food insecurity (PROOF). [online]. Available: <https://proof.utoronto.ca/>

## Report Disclaimer

This report may not reflect experiences of all peoples in our area. This report may not reflect experiences of racialized peoples (people who are not White).

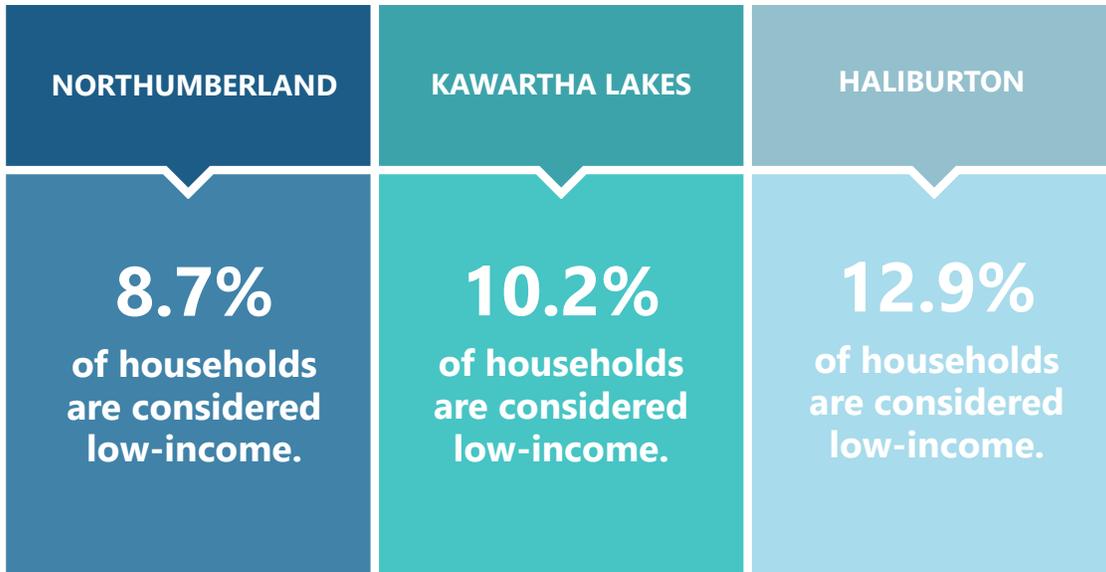
There are many different ways of knowing, such as Indigenous ways of knowing. Indigenous knowledge can be described as wholistic, contextual and relational. It values experience, emotion, spirituality and physical observations<sup>(1-3)</sup>. "Truth" relies on information gathered and passed down through the generations. All things are connected in relationship to one another<sup>(1-3)</sup>. The land is healing, is a source of health and is an important teacher to Indigenous peoples<sup>(4-6)</sup>.

In this report, the definition of food insecurity may not be enough to describe the reasons for and experiences of food insecurity by Black, Indigenous and other racialized communities. Meaningfully engaging with Black, Indigenous and other cultural communities can help us understand what food insecurity means to them, so that in future reports, all can be represented.

## Food Insecurity and Poverty

Not having enough money to pay for food, rent and regular bills (such as utility bills) are concerns that some residents face daily.

In 2020, based on the low-income measure, after tax (LIM-AT), 8.7% of Northumberland households, 10.2% of Kawartha Lakes households, and 12.9% of Haliburton households, were considered low-income and struggled to pay for rent, bills and healthy food.<sup>(7)</sup>



When families cannot afford to buy the food they want and need to maintain good health, they are food insecure.<sup>(8)</sup>

Food insecurity is a sign of poverty. Poverty keeps people from meeting their basic needs such as housing, food, clothing, and education. Over the last few years, there has not been enough policy action towards reducing poverty, provincially or federally.<sup>(9-10)</sup> As such, there has not been any improvement to the problem of food insecurity. This is reflected in the prevalence of food insecurity in the Haliburton, Kawartha, Pine Ridge (HKPR) District area. Data from the Canadian Income Survey show that the two-year rates of food insecurity in the HKPR District area have not changed significantly. Food insecurity was 16.2%\* (CI 7.9-24.5) for 2019-2020 and 16.7%\* (CI 6.0-27.4) for 2021-2022.<sup>(11)</sup> Across the country, the problem has only gotten worse. The prevalence of food insecurity in ten provinces reached a record high from 15.9% in 2021 to 17.8% in 2022.<sup>(9)</sup>

Food insecurity is more than just hunger. It can also be<sup>(9)</sup>:

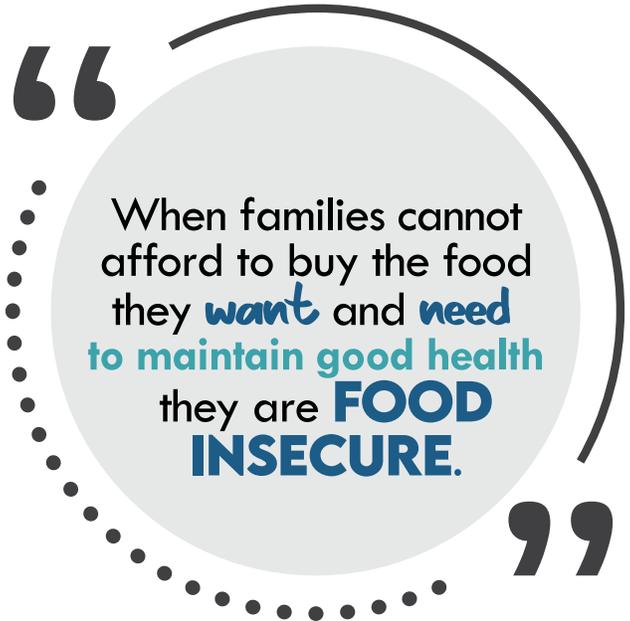
- Worrying about running out of food before there is additional money to buy more.
- Being unable to afford a balanced diet or a diet that meets individual and cultural needs.
- Having limited choice on the food to eat.
- Missing meals, eating less, or not eating for days.

\*Interpret with caution; the estimate may not be truly representative of the population value due to higher sampling error. A different sample could have come up with different estimates. The estimate may also be underrepresented as it does not include individuals who are unhoused or Indigenous peoples living on reserves.

## Food Insecurity and Health

Adults in food insecure households are more likely to be diagnosed with chronic conditions, including mental health disorders, higher stress and anxiety, non-communicable diseases, and infection.<sup>(12-15)</sup> Children and teens in food insecure households are more likely to have poor health, develop chronic conditions like asthma and develop mental health conditions such as depression, social anxiety and suicidal thoughts.<sup>(16-18)</sup>

When families don't earn enough, food is often the first thing to be cut so that they can pay for other necessities such as shelter, childcare, medications, utilities, etc.<sup>(19-21)</sup> Spending less on food means fewer healthy meals are eaten, if any at all. Food insecurity also makes it difficult to self-manage conditions through diet.<sup>(21)</sup> All this combines to worsen mental and physical health, which leads to higher healthcare costs.<sup>(14, 22)</sup>



**Food insecurity is bad for health and is a serious social and public health problem in Canada.**



Spending less on food means fewer healthy meals are eaten, **if any at all.**



## Monitoring Food Affordability to Find Out the Cost of Healthy Eating

Each year, the HKPR District Health Unit surveys the price of various food items from local grocery stores across the health unit region. We use a tool called the Nutritious Food Basket (NFB) to calculate how much it would cost a family or an individual to eat healthy in the HKPR District area. The scenarios below use real income examples. They show how much money is left over for families after paying for housing and food.

 <p><b>Family of Four</b> Median Income After Taxes</p>	 <p><b>One Person</b> Old Age Security/Guaranteed Income Supplement</p>
 <p><b>Family of Four</b> Full-Time, Minimum Wage Earner</p>	 <p><b>One Person</b> Ontario Disability Support Program</p>
 <p><b>Family of Four</b> Ontario Works</p>	 <p><b>Single, Pregnant Person</b> Ontario Disability Support Program</p>
 <p><b>Single Parent with Two Children</b> Ontario Works</p>	 <p><b>One Person</b> Ontario Works</p>
 <p><b>Single Parent with Two Young Children</b> Full-Time, Minimum Wage Earner</p>	 <p><b>Married Couple</b> Ontario Disability Support Program</p>

### Please Note:

The NFB assumes people have the time, skill, and equipment to cook the food items found in the survey. Food items from the NFB are based on the Canada's Food Guide, which excludes some religious and cultural groups. The Canada's Food Guide also does not acknowledge traditional Indigenous foods and food procurement practices.

Data from the 2023 NFB should not be compared with years prior to 2022 due to changes in costing processes and methodology.

The average monthly rent is calculated using rental listings from online marketplaces and newspaper classifieds. Rental listings in Northumberland County were gathered by the HKPR District Health Unit. Listings in the City of Kawartha Lakes and Haliburton County were collected by the City of Kawartha Lakes Housing Services. Despite our best efforts, some rental properties may have been missed.

There are limited rental listings in Haliburton County. Estimates of available rent in that area are based on the average of listings combined for the City of Kawartha Lakes and Haliburton County. As such, the average rent in Haliburton County may reflect estimates closer to the City of Kawartha Lakes.

## Comparisons of Household Income Scenarios Across the HKPR District Area

### At a Glance

Income Scenario	Household Monthly Income*	Cost of Nutritious Food Basket	Percentage of Income Required for Healthy Food
 <b>Family of Four</b> Median Income After Taxes	\$9,290.00	\$1,184.00	13%
 <b>Family of Four</b> Full-Time, Minimum Wage Earner	\$4,166.00	\$1,184.00	28%
 <b>Family of Four</b> Ontario Works	\$2,800.00	\$1,184.00	42%
 <b>Single Parent with Two Children</b> Ontario Works	\$2,566.00	\$872.00	34%
 <b>Single Parent with Two Young Children</b> Full-Time, Minimum Wage Earner	\$4,308.00	\$721.00	17%
 <b>One Person</b> Old Age Security/Guaranteed Income Supplement	\$1,996.00	\$307.00	15%
 <b>One Person</b> Ontario Disability Support Program	\$1,372.00	\$425.00	31%
 <b>Single, Pregnant Person</b> Ontario Disability Support Program	\$1,412.00	\$403.00	29%
 <b>One Person</b> Ontario Works	\$868.00	\$425.00	49%
 <b>Married Couple</b> Ontario Disability Support Program	\$2,437.00	\$708.00	29%

\*The household monthly income is based on estimates as calculated in the 2023 Income Scenarios by the Ontario Dietitians in Public Health Food Insecurity Workgroup, in partnership with WoodGreen Community Services. Income estimates for each scenario include maximum family and tax benefits.<sup>(23)</sup>

# Income Scenarios Across the HKPR District Area

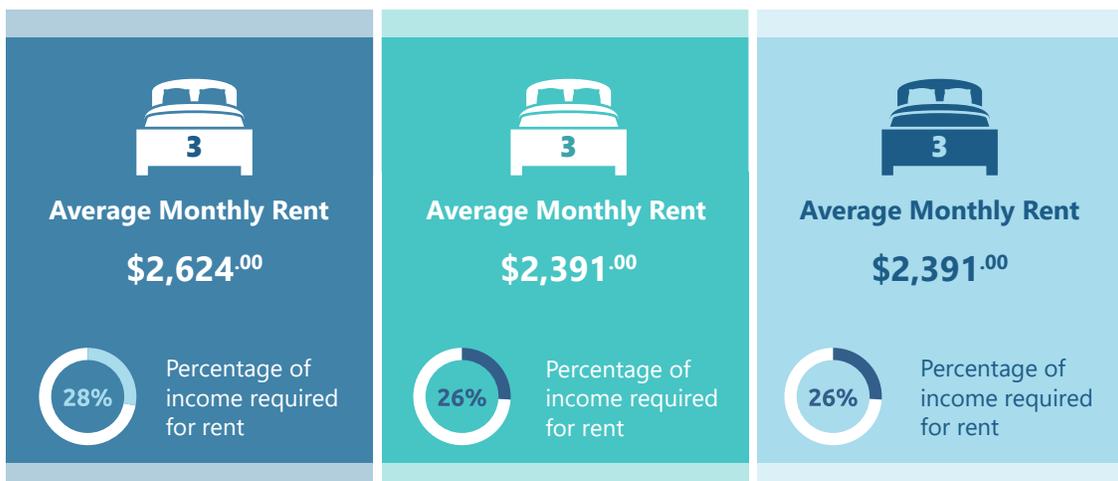


Family of Four: Median Income, After Taxes



Monthly Income<sup>(23)</sup>

\$9,290.00



Cost of Nutritious Food Basket

\$1,184.00

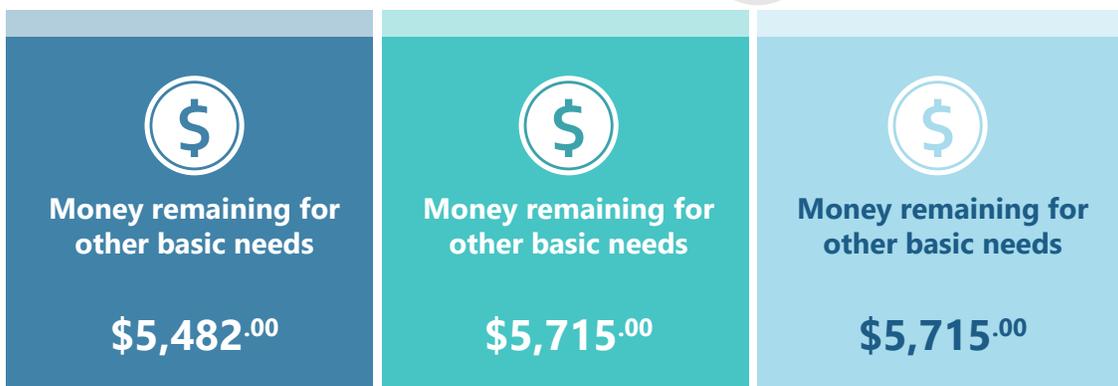
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food

13%

Across the HKPR District.



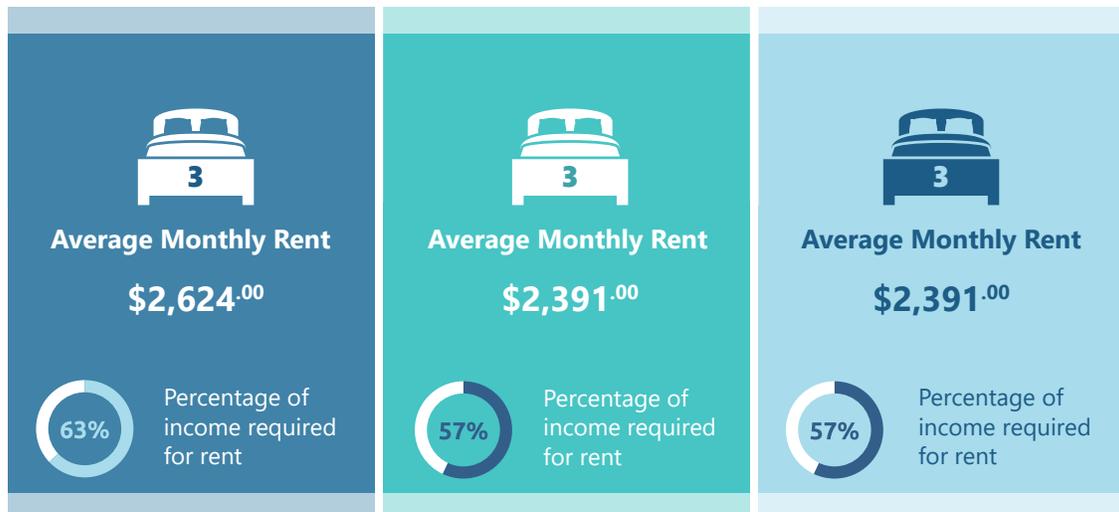
# Income Scenarios Across the HKPR District Area

Family of Four: Full-Time, Minimum Wage Earners



Monthly Income<sup>(23)</sup>

\$4,166.00



Cost of Nutritious Food Basket

\$1,184.00

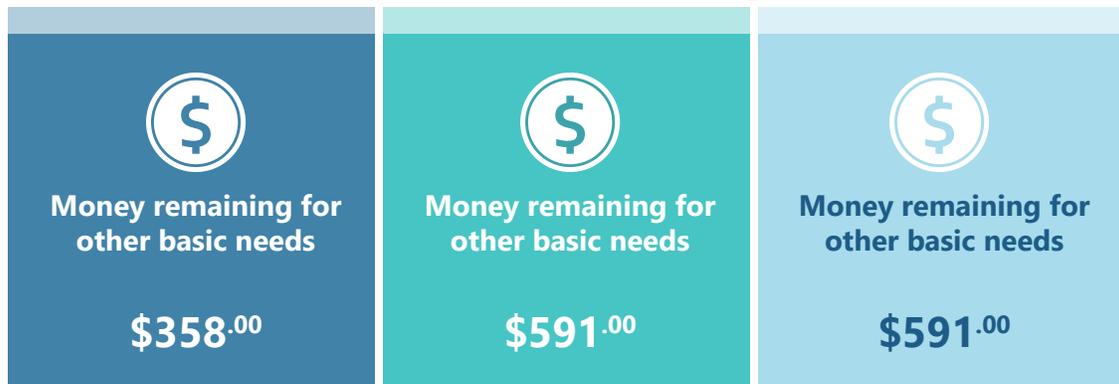
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food



Across the HKPR District.



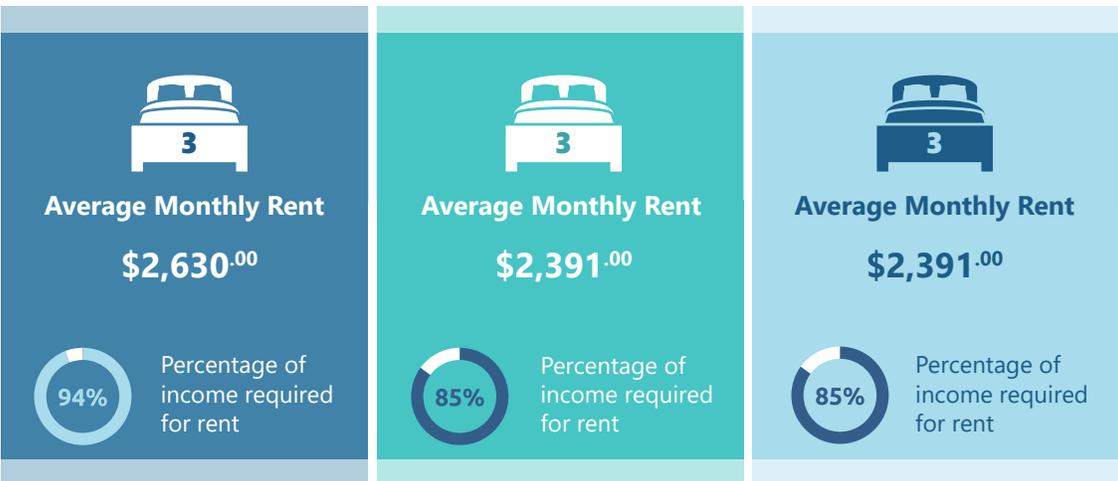
# Income Scenarios Across the HKPR District Area

Family of Four: Ontario Works



Monthly Income<sup>(23)</sup>

\$2,800.00



Cost of Nutritious Food Basket

\$1,184.00

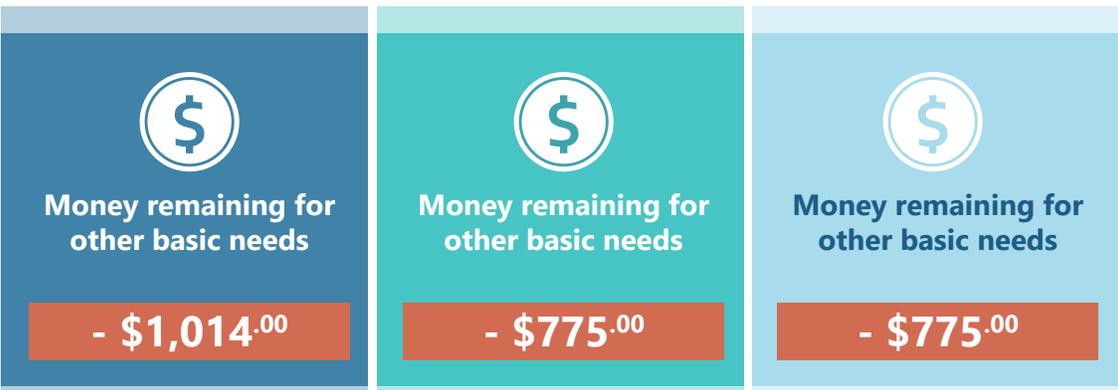
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food



Across the HKPR District.



**There is no more money for other basic needs.**

# Income Scenarios Across the HKPR District Area

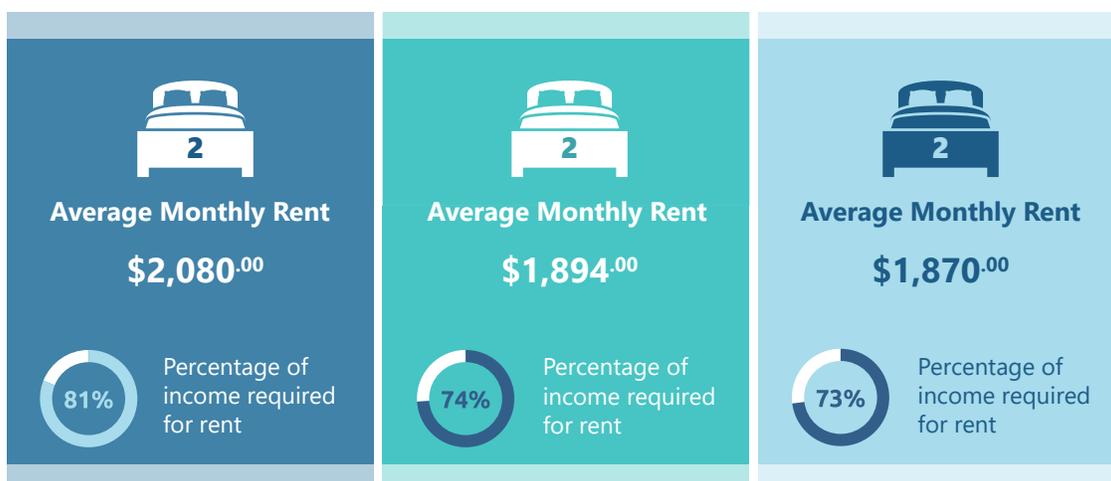


Single Parent with Two Children: Ontario Works



Monthly Income<sup>(23)</sup>

\$2,566.00



Cost of Nutritious Food Basket

\$872.00

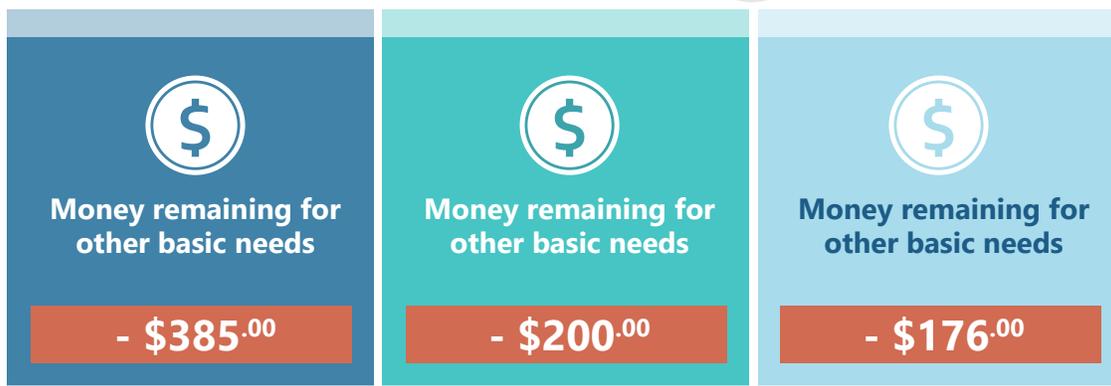
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food



Across the HKPR District.



**There is no more money for other basic needs.**

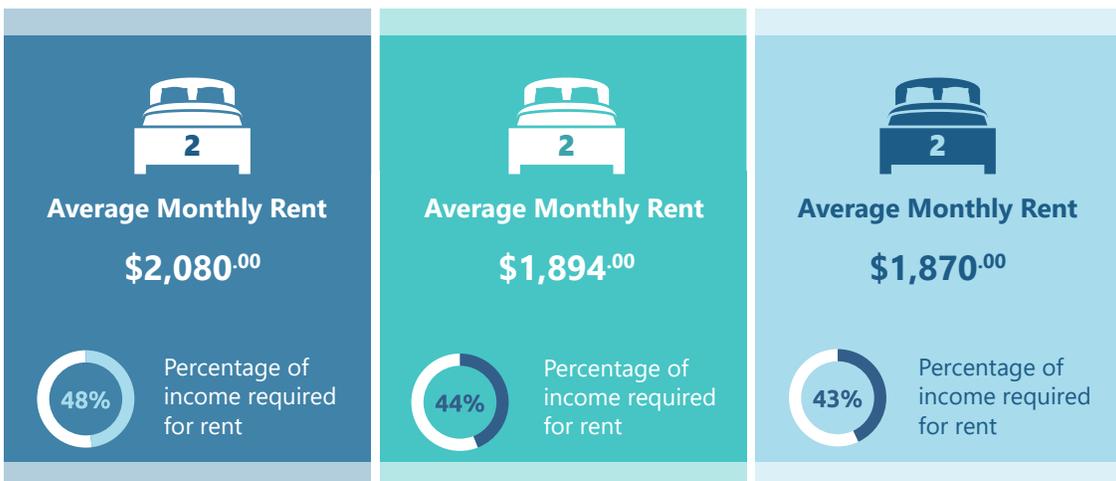
# Income Scenarios Across the HKPR District Area

Single Parent with Two Young Children (under six years old)  
Minimum Wage, Full-Time Earner



Monthly Income<sup>(23)</sup>

\$4,308.00



Cost of Nutritious Food Basket

\$721.00

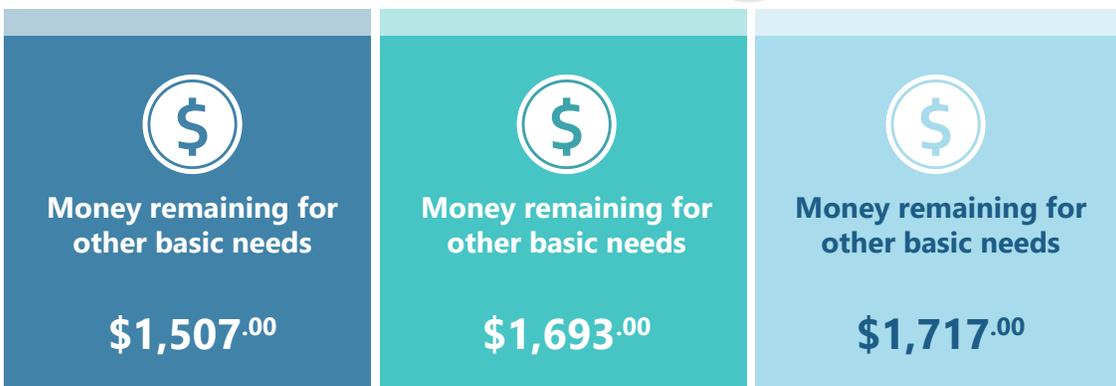
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food



Across the HKPR District.



# Income Scenarios Across the HKPR District Area

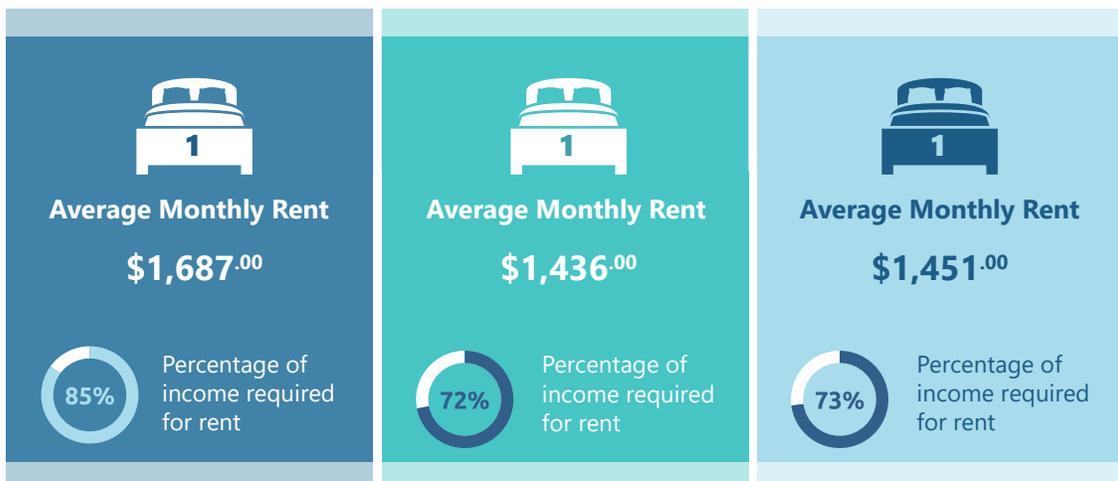


One Person: Old Age Security/Guaranteed Income Supplement



Monthly Income<sup>(23)</sup>

\$1,996.00



Cost of Nutritious Food Basket

\$307.00

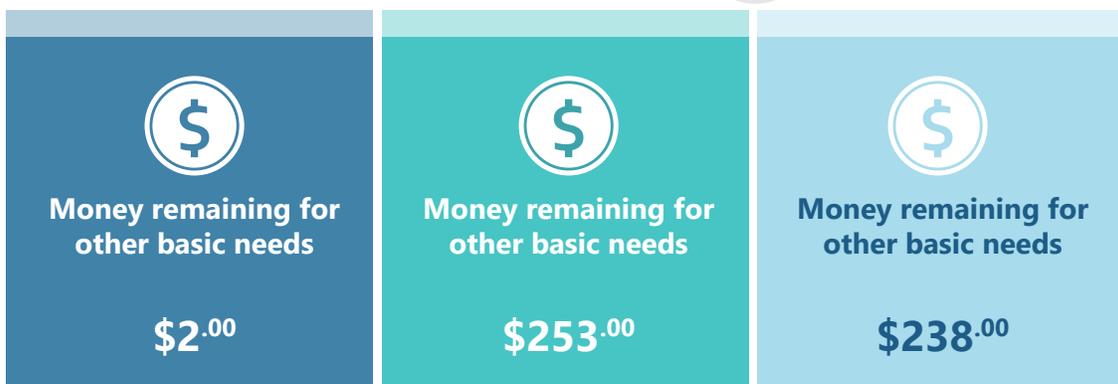
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food



Across the HKPR District.



# Income Scenarios Across the HKPR District Area

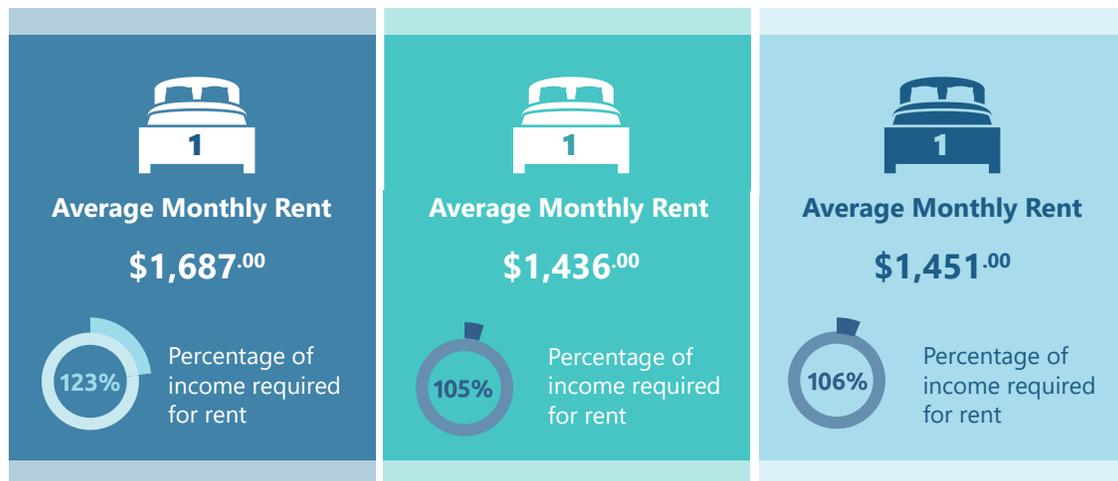


One Person: Ontario Disability Support Program



Monthly Income<sup>(23)</sup>

\$1,372.00



Cost of Nutritious Food Basket

\$425.00

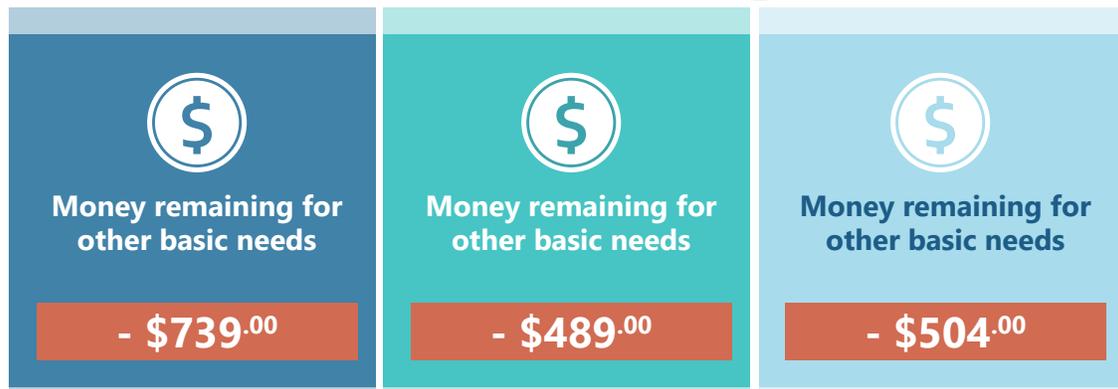
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food

31%

Across the HKPR District.



**There is no more money for other basic needs.**

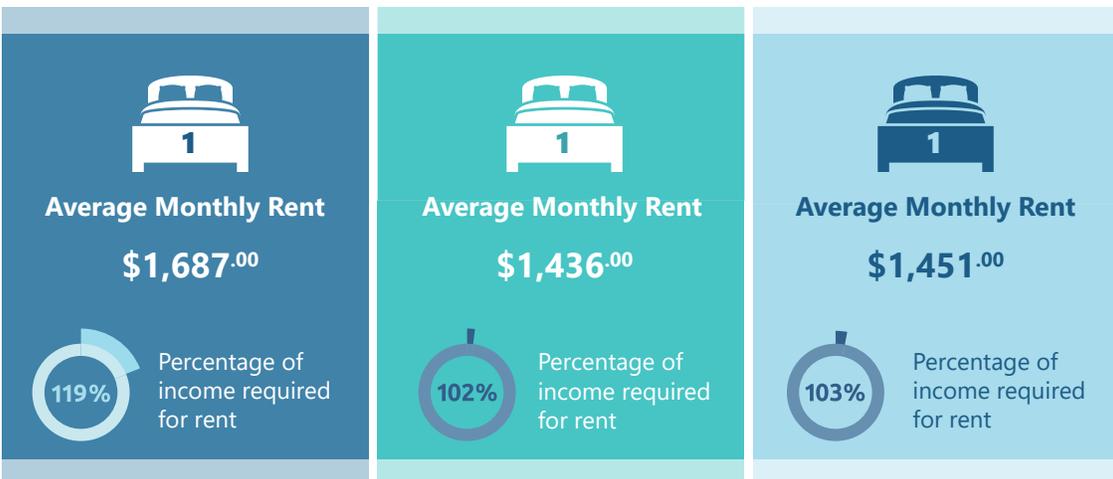
# Income Scenarios Across the HKPR District Area

Single, Pregnant Person: Ontario Disability Support Program



Monthly Income<sup>(23)</sup>

\$1,412.00



Cost of Nutritious Food Basket

\$403.00

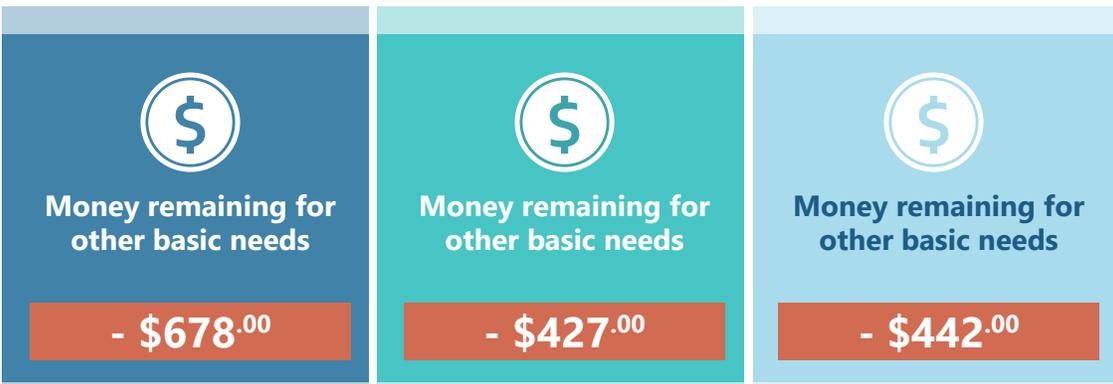
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food

29%

Across the HKPR District.



**There is no more money for other basic needs.**

# Income Scenarios Across the HKPR District Area



One Person: Ontario Works



Monthly Income<sup>(23)</sup>

\$868.00



Cost of Nutritious Food Basket

\$425.00

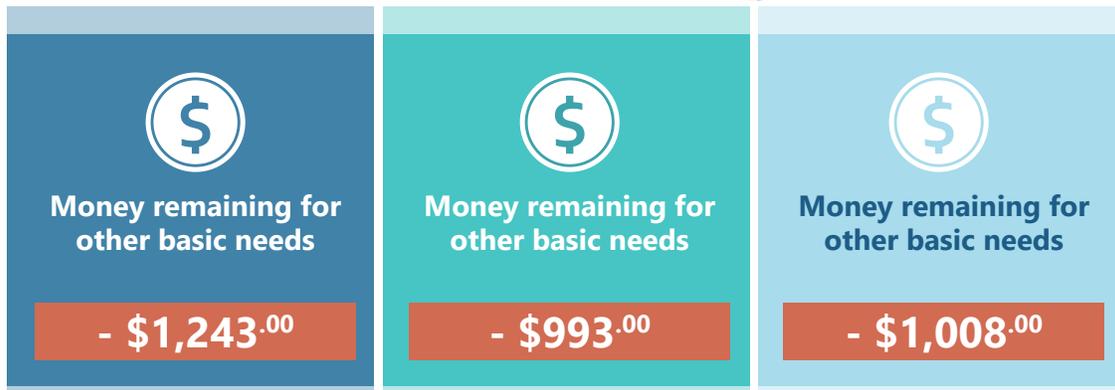
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food



Across the HKPR District.



**There is no more money for other basic needs.**

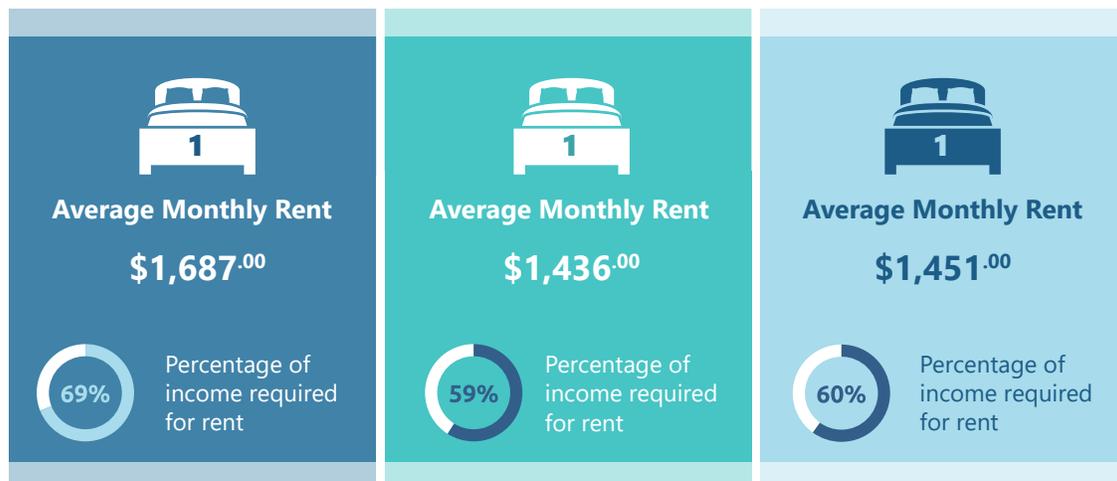
# Income Scenarios Across the HKPR District Area

Married Couple: Ontario Disability Support Program



Monthly Income<sup>(23)</sup>

\$2,437.00



Cost of Nutritious Food Basket

\$708.00

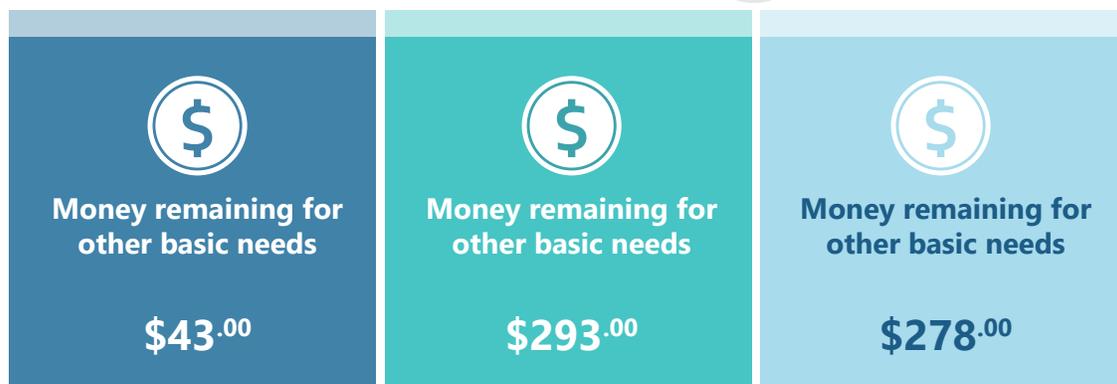
Across the HKPR District.



Percentage of Income Required to Purchase Healthy Food



Across the HKPR District.



## Incomes are not Keeping Pace with Rising Costs

The Canada Mortgage and Housing Corporation considers housing as affordable when rental costs make up no more than 30% of one's income<sup>(24)</sup>. However, in all of the above scenarios, with exception to the family earning median income, the cost of rent exceeds 30% of the household's income. In the HKPR district area, nearly two-fifths (39.8%) of tenant-households spend more than 30% on housing<sup>(7)</sup>.



According to the Canada Mortgage and Housing Corporation, housing is considered affordable when rental costs make up **no more than 30% of one's income.**

What's more, there is not a lot of listings available in the local rental market for specific bedroom sizes. Bachelor apartment, one-bedroom, and three-bedroom apartments are difficult to find. Even community housing for rent-geared-to-income units have long waitlists. In Northumberland County, over 1,000 households are on the waiting list for community housing, with an average wait time of 10 years<sup>(25)</sup>. In the City of Kawartha Lakes and Haliburton County, more than 2,300 households wait for community housing, averaging seven years of wait time<sup>(26)</sup>.

A soaring inflation rate makes it even harder to keep up with the cost of living. Households with fixed incomes and the lowest income earners are affected the most by rising prices<sup>(27)</sup>. Unlike households with higher incomes, households struggling with a limited income already spend a higher percentage of their budget on basic needs such as rent and food<sup>(27)</sup>. These low-income households would have little to no financial reserves such as savings or property assets to buffer increases in expenses. The cost of food is often sacrificed over the need to stay housed. In short, people's incomes are not keeping pace with the rising costs of housing, food and other basic needs. There is not enough money left over to buy food, let alone other basic necessities, after paying for rent and utilities.



## A Household's Source of Income Affects Food Insecurity



### Social Assistance as Source of Income

The risk of food insecurity to a household is strongly related to their source of income<sup>(9)</sup>. In households where the main source of income is from social assistance, food insecurity is experienced at a higher rate than in households with other sources of incomes<sup>(9)</sup>.

When households have exhausted all other means of financial support, social assistance is the income program of last resort. There were more than 561,000 cases of families and single adults who claimed social assistance from 2021-2022 in Ontario<sup>(28)</sup>. Of these cases, 34% were recipients of Ontario Works (OW) and 66% were recipients of the Ontario Disability Support Program (ODSP)<sup>(28)</sup>.

In 2022, there were an average of 952 OW cases in Northumberland County<sup>(29)</sup>, 2,315 OW cases in the City of Kawartha Lakes and 515 OW cases in Haliburton County<sup>(30)</sup>. Meanwhile, there were an average of 2,566 ODSP cases in Northumberland County<sup>(29)</sup>, 2,217 ODSP cases in the City of Kawartha Lakes and 571 ODSP cases in Haliburton County<sup>(31)</sup>.

NORTHUMBERLAND	KAWARTHA LAKES	HALIBURTON
952 OW cases 2,566 ODSP cases	2,315 OW cases 2,217 ODSP cases	515 OW cases 571 ODSP cases

ODSP rates increased by 5% in September of 2022 and by 6.5% in July of 2023. Based on a cost-of-living formula determined by the Ontario government, future increases in these rates would be tied to inflation. If eligible for ODSP, single individuals can now receive up to \$1,308 per month to cover costs for basics needs and shelter<sup>(32)</sup>. The income scenario for the ODSP household did not include the 6.5% increase.

### But even if it did, ODSP incomes are still too low.

The monthly rate for OW for a single individual remains at \$733 per month to cover costs for basic needs and shelter<sup>(33)</sup>. The last time there was an increase to this rate was in 2018<sup>(34)</sup>. OW rates have not kept pace with inflation and cannot meet the basic costs of living.

In 2022 across Canada, 69.9% of households on social assistance in the prior year were food insecure<sup>(9)</sup>. We can see from the scenarios that social assistance rates do not let households live with dignity.



**Social assistance rates are not enough to cover food, housing, transportation, medication, costs related to disability, and other necessities of life.**

## A Household's Source of Income Affects Food Insecurity cont.



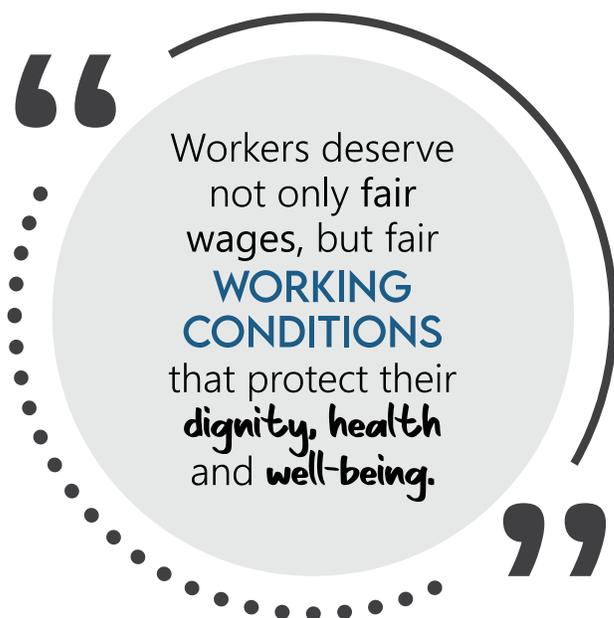
### Income from Jobs

Having a job or working does not protect families from food insecurity. In 2022, 17% of Canadian households whose income came from wages, salaries and self-employment in the prior year were also food insecure<sup>(9)</sup>. In Ontario, 58.6% of food insecure households worked jobs with wages, salaries or were self-employed<sup>(9)</sup>. This is a large number of households that are food insecure, where income from their jobs is not enough for their basic needs.

We need to make sure jobs pay enough and protect those with precarious employment. Precarious employment describes jobs that are low wages, temporary, part-time, contract, on-call positions, without benefits and without definite futures<sup>(35)</sup>. People who work in precarious employment often face unsafe conditions. Harmful conditions at work put people at risk for injuries and illness, which makes it hard to earn an income. Precarious employment has been growing in Canada over the past decade<sup>(35)</sup>. Unfair wages and unjust standards make poverty and food insecurity worse. Workers deserve decent jobs that pay fair wages. They also deserve fair working conditions that protect their dignity, health and well-being.



Minimum wage is mandated by the government. It requires employers to pay their workers a certain amount per hour of work. In October 2023, the Ontario government increased minimum wage to \$16.55 per hour<sup>(36)</sup>. This change is positive but it is still not adequate to keep pace with the rising prices of most goods and service<sup>(27)</sup>. People cannot live on minimum wage. Minimum wage does not offer enough money to pay rent, buy groceries, and support a family. Instead, we need to raise income to a living wage. A living wage would allow households to pay for basic needs and to provide for a suitable quality of life<sup>(37)</sup>. It would also let people become active, contributing members of their community. The living wage for 2023 in Northumberland County, the City of Kawartha Lakes, and Haliburton County, is calculated to be \$20.60 per hour<sup>(38)</sup>.



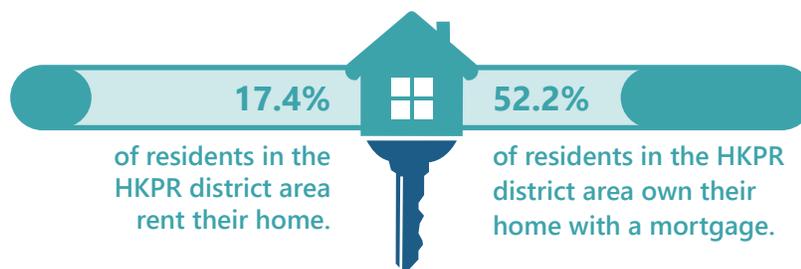
## Food Insecurity and Household Makeup

Single-parent households also experience food insecurity at a higher rate than households with multiple parents<sup>(9)</sup>. In 2022, 41.2% of Canadian households led by a female lone-parent, and 22.6% of households with a male-lone parent were food insecure<sup>(9)</sup>. Renting a home or owning a home with a mortgage also increases a household's vulnerability of experiencing food insecurity<sup>(9)</sup>. In 2022, 27.5% of Canadian households living in rental housing experienced some form of food insecurity, while 16.4% of homeowners with a mortgage were food insecure<sup>(9)</sup>.



The 2021 Census shows that of the total number of families in private households, the rate of single-parent families in Northumberland County was 13.9%, 13.7% in the City of Kawartha Lakes and 11.2% in Haliburton County<sup>(7)</sup>. Of those in which the lone parent is a woman, 10.4% live in Northumberland County, 10.3% live in the City of Kawartha Lakes and 8.1% live in Haliburton County<sup>(7)</sup>.

There are 79,750 private households in the HKPR district area. Of those, 17.4% rent their homes and 52.2% of households own a home with a mortgage<sup>(7)</sup>.



Income is one important factor that affects health across the population. However, racism plays an equally huge role in health<sup>(39-44)</sup>. Racism influences laws, policies, practices, attitudes and beliefs<sup>(39)</sup>. Racism makes food insecurity worse. We see this reflected in the uneven distribution of food insecurity rates across Canada<sup>(9)</sup>. Households with an income earner identifying as Black, Indigenous, or Filipino were more likely to be food insecure compared to households with a White income earner, with 107%, 93%, and 66% greater odds respectively<sup>(9)</sup>.

## Food Charity Programs Cannot Address Food Insecurity

Food charities, such as food banks and soup kitchens offer short-term relief for people who cannot afford to buy their own food. But a lack of food is merely a drop to the larger ocean of the food insecurity problem. Despite reports indicating that visits to food banks have increased to an all-time high in 2022<sup>(45, 46)</sup> food bank usage still only represents about 20% of the people living in food insecure households<sup>(9)</sup>.

Feed Ontario, the province's largest collective of hunger-relief organizations, and Food Banks Canada, acknowledge that they cannot solve food insecurity. They recognize that food insecurity is tied to underlying issues of poverty, lack of affordable housing, insufficient social assistance support and inadequate employment standards<sup>(45, 46)</sup>.

In short, while food banks and other charitable food programs do help some of the most urgent food needs experienced by a small minority of food insecure households, they are unable to address the root cause of food insecurity.

### What are food charities?

Food charities, such as food banks and soup kitchens offer short-term relief for people who cannot afford to buy their own food.



## Addressing the Root of Household Food Insecurity

To reduce household food insecurity, we need to stand behind income-based strategies that address poverty, preserve dignity, and give choices to people about the foods they buy. Some examples of those strategies can be:

- Adequate incomes to ensure a minimum standard of living
- Increase social assistance rates to meet the cost of living and reducing claw backs on earned income and government benefits
- Provide a basic income guarantee
- Better integration of housing and income policies to improve housing affordability
- Lower income tax rates for lowest-income households
- Decent work that gives fair pay, proper benefits, and safe working conditions

Furthermore, income-based strategies that address poverty need to be informed and guided by anti-racist, anti-oppressive and decolonization principles. It requires getting uncomfortable about a society that allows certain groups of people to move ahead in life because of their race, religion, class, gender or other socially determined circumstances. It includes listening to Black, Indigenous and other racialized communities. It means working alongside them to call out unfair and unjust treatment so that we lift everyone up.

## How You Can Make a Difference

### Educate Yourself

Learn more about the root causes of poverty and food insecurity. Understand that food charity programs cannot end food insecurity.

 Ontario Dietitians in Public Health  
[odph.ca/centsless](http://odph.ca/centsless)

Simulate what it is like to be someone living on a low income and the difficult choices they must make to make ends meet.

 Feed Ontario: *Fork in the Road*  
[feedontario.ca/fork-in-the-road](http://feedontario.ca/fork-in-the-road)

Learn about racism and how it plays a role in shaping and influencing our daily lives, including our values, beliefs and behaviours.

 University of British Columbia, *Anti-Racism Awareness*  
[pdce.educ.ubc.ca/anti-racism-awareness](http://pdce.educ.ubc.ca/anti-racism-awareness)

### Promote Income-Based Solutions to Food Insecurity

Sign a petition or send letters to your political leaders. Tell them that you support a basic income guarantee and increases to minimum wage and social assistance rates.



Use a sample letter at [www.odph.ca/what-can-you-do](http://www.odph.ca/what-can-you-do).



Use a sample petition at [www.ubiworks.ca](http://www.ubiworks.ca).

Support free income-tax filing programs for low-income households so they do not miss out on any eligible tax benefits.

## How You Can Make a Difference *cont.*



### Support Investments in Local Public Programs and Services

Programs and services such as affordable housing, transit and recreation programs, and subsidized childcare make life more affordable for community members and support residents living with low incomes.



### Support Companies that Respect the Health and Dignity of Their Employees

Talk to local businesses and choose to buy their products and services.



### Be Kind and Compassionate.

**Everyone has their own story.** Don't make judgements about people living in poverty. Respect all peoples no matter their skin color or other differences.



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# Addressing Food Insecurity and Poverty

*in the Haliburton, Kawartha, Pine Ridge District*

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HKPR District Health Unit  
200 Rose Glen Road, Port Hope, ON L1A 3V6  
1-866-888-4577 • [info@hkpr.on.ca](mailto:info@hkpr.on.ca)

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