

Monitoring Food Affordability in Wellington-Dufferin-Guelph

The Nutritious Food Basket (NFB) is a survey tool that is a measure of the basic cost to purchase healthy foods and is used to monitor food availability and accessibility by relating the cost of the food basket to the individual/family income.

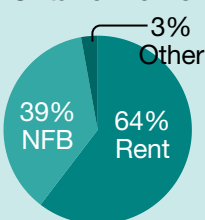
RIISING COST OF FOOD

Weekly cost of a Nutritious Food Basket in WDG for a family of four in 2025

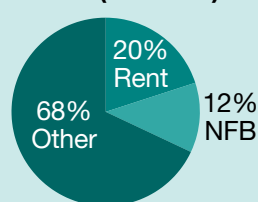
\$273.49
per week
(monthly \$1187.49)

Percentage of income required to purchase the NFB, and the percentage of income remaining for other basic needs

Family of Four, Ontario Works



Family of Four, Median Ontario Income (after tax)



Income is one of the best predictors of health.



Limited income affects an individual's ability to purchase a sufficient amount of nutritious food to achieve positive health and quality of life.

FOOD INSECURITY = Inadequate access to food because of financial constraints

HEALTH IMPACTS



Inadequate intake of nutrients



Long-term deficits in children's socio-emotional, cognitive and motor functioning



Increased risk for chronic diseases



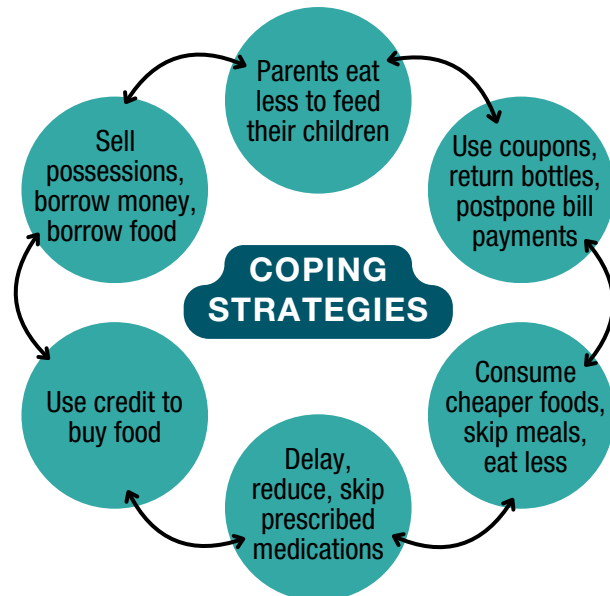
Increased risk for negative mental health impacts (i.e., depression, suicide, substance use, etc.)



Increased risk for negative pregnancy outcomes



Total healthcare costs increase steadily with increased severity of household food insecurity



BARRIERS TO EMERGENCY FOOD ACCESS



Restrictive eligibility requirements



Difficulty accessing information about food assistance programs



Emotional distress related to seeking out food from a food bank



Feelings of stigmatization while accessing services



Irregular hours to access services

WHAT WE'RE DOING



WDG Public Health collaborates with community groups who are working to increase awareness and to take action in addressing the root issue of food insecurity.