

Monitoring Food Affordability 2024 Report

December 4, 2024
Presented by Lisa Needham



2024-2028 Strategic Plan Summary



VISION Health and well-being for all

MISSION Wellington-Dufferin-Guelph Public Health protects health and promotes overall well-being so everyone in our communities can thrive

VALUES Accountable, Adaptable, Collaborative, Compassionate, Equitable, Innovative, Trustworthy

GOALS

Improve health outcomes.



Focus on children's health



Build strong partnerships



Innovate our programs and services



Lead the way toward a sustainable Public Health system

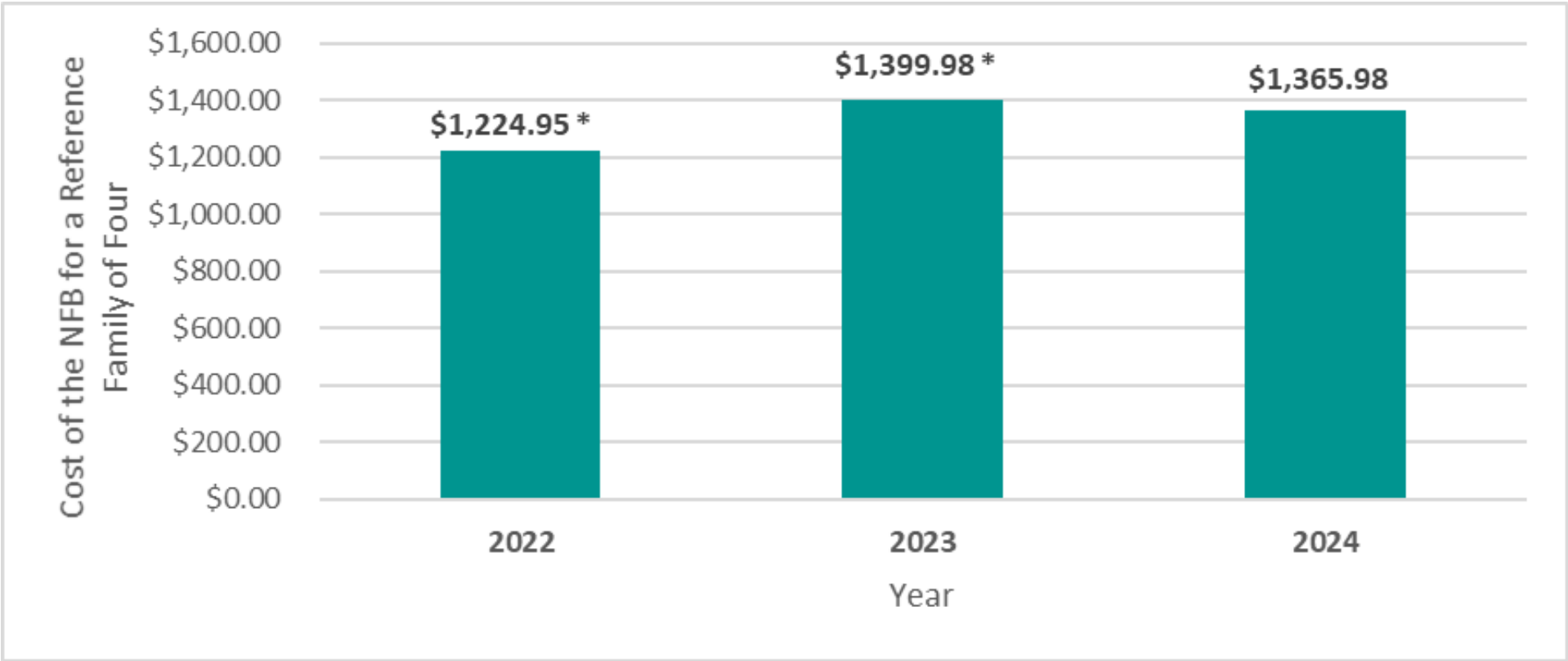


Nutritious Food Basket (NFB) Results

The cost of the NFB for a family of four in 2024 is \$315.47 per week (\$1365.98 month)



Comparison of monthly NFB cost for a Reference Family of Four, 2022-2024



* Note that the NFB costs for 2022 and 2023 will be higher than previously reported due to adjustments to align with most recent estimated energy requirements as described in the report.

Nutritious Food Basket Income Scenarios



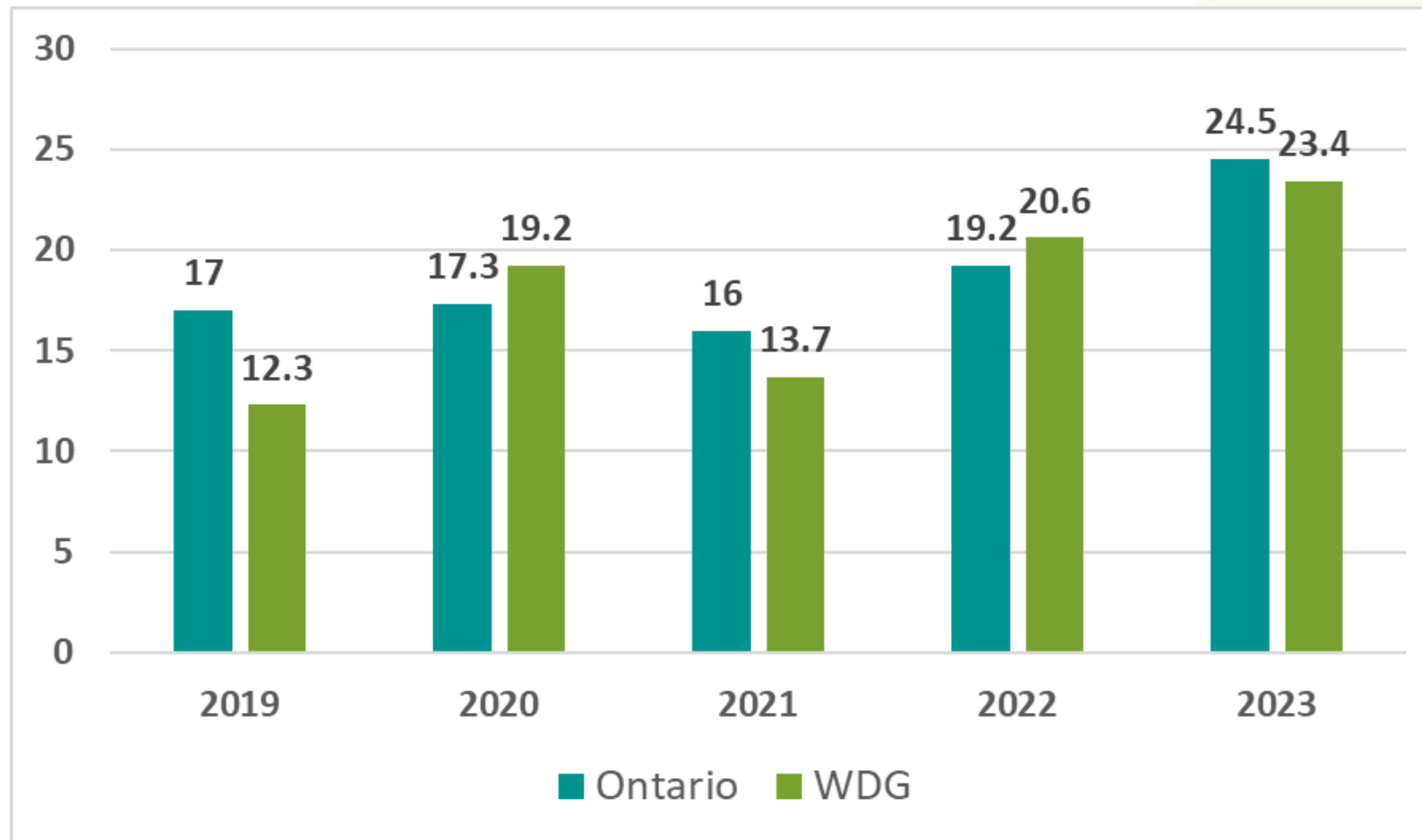
Select Income Scenarios

Income Scenario	Percentage income required for monthly rent	Percentage income required to purchase the NFB for a month	Total percentage of income required for monthly rent and the NFB	Money left for all other monthly expenses
Family of four median income (two income earners)	18%	14%	32%	\$6624.02
Family of four on OW	58%	47%	105%	-\$145
Single person on OW	131%	53%	184%	-\$747
Single person on ODSP	103%	32%	135%	-\$511
Single pregnant person on ODSP	100%	33%	133%	-\$502

Comparison of three income scenarios with one full time minimum wage earner in the household

Income Scenario	Percentage income required for monthly rent	Percentage income required to purchase the NFB for a month	Total percentage of income required for monthly rent and the NFB	Money left for all other monthly expenses
Family of four, full time minimum wage earner	38%	30%	32%	\$1454
Single parent household with two children, full time minimum wage earner	35%	17%	48%	\$2213
Family of four refugee claimants, full time minimum wage earner	52%	42%	6%	\$185

Percentage of people living in food insecure households in Ontario and WDG, 2019-2023



Food Insecurity and Children

Over 30% of children in Ontario lived in a food insecure household in 2023.



As food insecurity severity increases, so do severe adverse outcomes such as asthma, depression and thoughts of suicide.

Adverse childhood experiences (ACEs) increase the risk of food insecurity later in life. Caregivers with >4 ACEs have much higher rates of food insecurity.

WDGPH collaborates with community groups to address food insecurity



for food. for farming.
for our future.



**Community
Resilience Coalition**
Guelph & Wellington



CENTRE WELLINGTON COMMUNITY FOUNDATION
Investing in community

Questions?

