

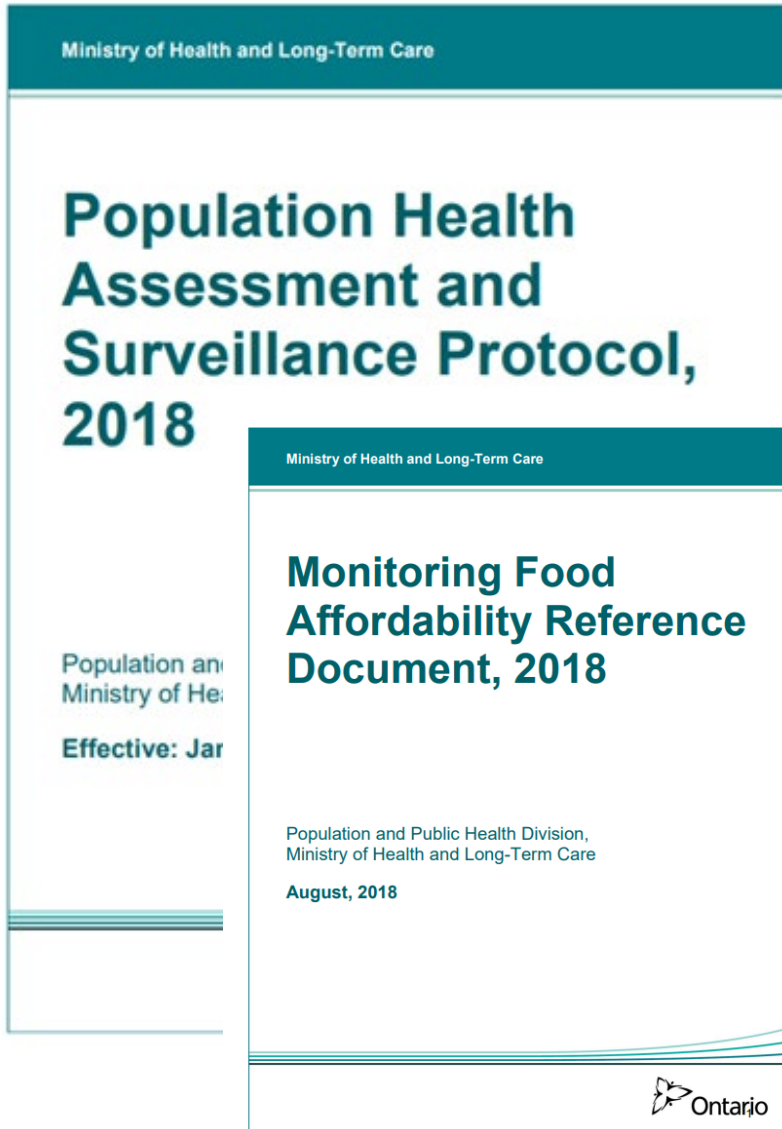
A stylized graphic of a plant with a thick, light green stem and several light blue leaves, positioned on the right side of the slide. The stem curves upwards and then downwards, ending in a small green mound at the bottom right.

Nutritious Food Basket (NFB) 2022 Report

January 4, 2023

Presented by Lisa Needham

Link to Ontario Public Health Standards



Population Health Assessment

- Food Affordability

Chronic Disease Prevention Guideline

- Healthy eating behaviours

Health Equity Guideline

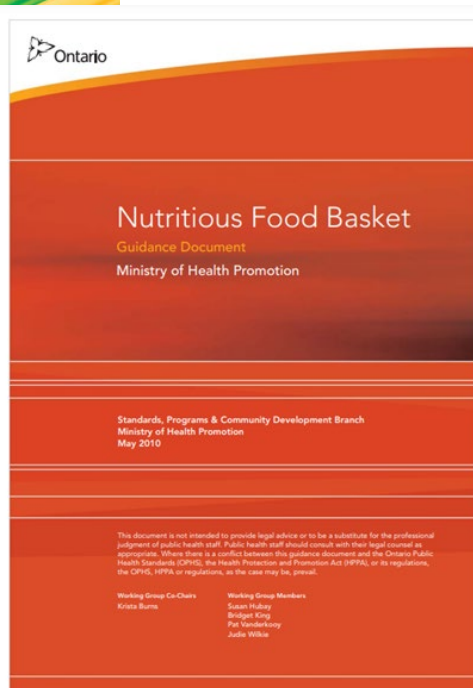
- Food insecurity as a social determinant of health

NFB protocol update

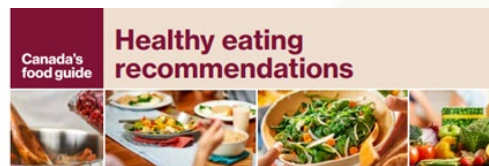
2007



2014



2019



2022

Monitoring Food Affordability in Ontario, Methodology, 2022 Version 3

Prepared by Ontario Dietitians in Public Health,
June 3, 2022

Healthy eating is more than the foods you eat. It is also about why and how you eat.

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and when you are full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be a part of healthy eating

Eat meals with others

Make it a habit to eat a variety of healthy foods each day.

Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose more from plants more often.

- Choose foods with healthy fats instead of saturated fat

Limit highly processed foods. If you choose these foods, eat them less often and

- Prepare meals and snacks using ingredients that have little to no added sodium, saturated fat
- Choose healthier menu options when eating out

Make water your drink of choice

- Replace sugary drinks with water

Use food labels

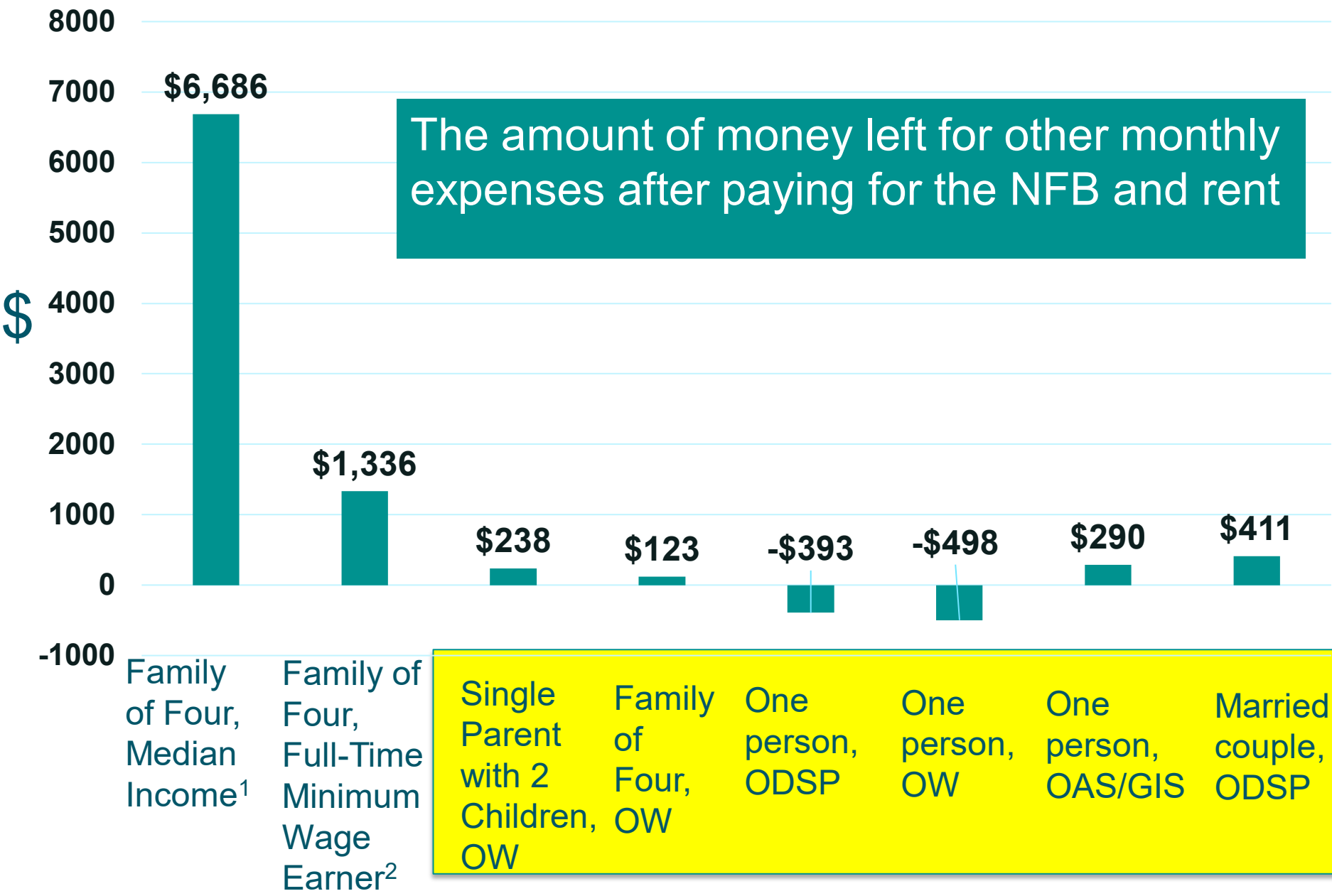
Be aware that food marketing can influence your choices

Original: May 6, 2022
Revised: June 3, 2022

NFB results

The cost of the NFB for a family of four in 2022 is 272.67 per week (\$1180.66 month)





1. Two full-time wage earners included in this scenario
 2. One full-time minimum wage earner included in this scenario

Highest risk groups for food insecurity

households with limited assets

Indigenous households and other racial/cultural groups

low-income households

households reliant on income supports

female-led lone parent households

The University of Guelph (U of G) student population and food insecurity

2019

1 in 5 (20%) U of G
students were found to
be food insecure

2021

A survey estimated
food insecurity among
U of G students to be
much higher than 20%

U of G has five
programs to help food
insecure students
access healthy foods

Pandemic impacts on food insecurity

Work absenteeism for various COVID-19 reasons

Dependency on pandemic benefits or employment insurance

Increase in disparities for food insecure households

Food insecurity was a new experience for many households reporting FI

School food programs had to be cancelled or altered in their delivery

Emergency food services were constrained more during pandemic

WDGPH collaborates with community groups to address food insecurity including:



Questions?

