

# Food insecurity reduction target | Policy primer | Oct 2024



Canada's food insecurity crisis continues to escalate. The latest figures show that **in the past year alone, the number of people experiencing food insecurity grew by almost 1.8 million.**<sup>1</sup> What was Canada's highest-ever rate of food insecurity has now reached an alarming new high: **8.7 million people** or 23% of our population.

This national crisis requires focused action and accountability from our government.

Although the Canadian government monitors food insecurity as part of its Poverty Reduction Strategy, this monitoring isn't linked to any targets.

That's why Community Food Centres Canada is calling on the federal government to **commit to a target of reducing food insecurity by 50% and eradicating severe food insecurity by 2030.**

The government should also establish a time-limited working group to advise on policy and program options for meeting this target. The group should be composed of people with lived experience of food insecurity and experts from the food security sector and related fields.

**Nearly 1 in 4 people**  
in Canada now experience  
food insecurity.<sup>1</sup>

**This growing  
crisis needs  
action now!**

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## Why we need to act on food insecurity

- **Food insecurity affects every aspect of people's lives.** It creates illness, breaks down relationships, and makes it difficult for people to find or keep work.<sup>2,3</sup>
- **Food insecurity is an equity issue: It disproportionately affects groups who experience systemic inequities.** Food insecurity disproportionately affects Black and Indigenous people, people with disabilities, recent immigrants, single adults who live alone, one-parent families, and renters.<sup>1</sup>
- **Food insecurity reflects other affordability problems.** When people have limited income, food is often the first thing they cut from their budgets. When people can't afford food, we know they're already having problems meeting other basic needs, like rent or prescription drugs.

## How a food insecurity reduction target would help

A food insecurity reduction target would:

- **Galvanize action:** Setting a target to address the growing food insecurity crisis would drive the federal government to act more urgently.
- **Create accountability:** A target, along with the associated working group, would require the federal government to be far more accountable for reducing food insecurity. The government would need to justify its actions—or lack of action—in addressing this crisis.
- **Drive focus:** Meeting a target would require the government to focus on fighting the root cause of food insecurity: inadequate income.
- **Sustain momentum:** A target would require the government to continuously monitor progress and evaluate whether its income programs are up to the task of reducing food insecurity.
- **Foster dignity and inclusion:** When progress is made on reducing food insecurity against a set target, more people can access food, live dignified lives, and participate actively in their communities.

### Join us in calling for a food insecurity reduction target

Share this primer with [your MP](#) and call on them to support a food insecurity reduction target!

Learn about our [Poverty Action Unit](#) or contact us at [pau@cfccanada.ca](mailto:pau@cfccanada.ca).



## Notes

1. Statistics Canada. (2024, April 26). *Canadian Income Survey, 2022*. <https://www150.statcan.gc.ca/n1/daily-quotidien/240426/dq240426a-eng.htm>
2. Community Food Centres Canada. (2023). *Sounding the alarm: The need to invest in working-age single adults*. Community Food Centres Canada. <https://cfccanada.ca/CFCC/media/assets/CFCC-SoundingTheAlarm.pdf>
3. Research to Identify Policy Options to Reduce Food Insecurity (PROOF). (no date). What are the implications of food insecurity for health and health care? *PROOF*. <https://proof.utoronto.ca/food-insecurity/what-are-the-implications-of-food-insecurity-for-health-and-health-care/>

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