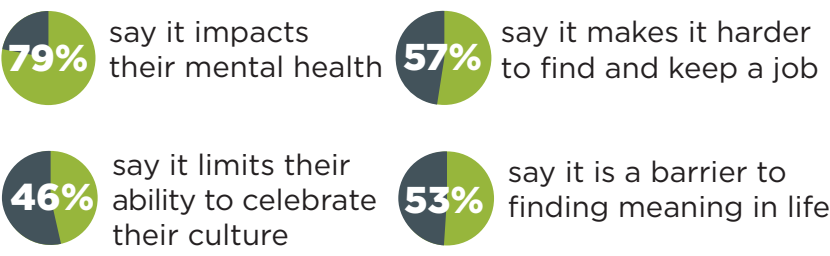


EVERY DAY, 1 IN 7 CANADIANS struggles to put good food on the table.

We spoke to 500+ people experiencing food insecurity across Canada:



“Everything starts with food. Without it, your mental health, your physical health, it all goes. You give up.”

— Cameron



“It was depressing for me because I couldn’t eat lots of things. My girls have been bullied and have a lot of anxiety around food issues. Not having food causes stress in our relationship, as well. Arguments. Should we borrow money? Where will we get food? There’s a lot of negotiation.”

— Junie

Food insecurity isn’t caused by lack of food. The true problem is **POVERTY**.

THE SOLUTION TO FOOD INSECURITY IS **POLICY CHANGE**. THAT’S WHY WE’RE ASKING THE FEDERAL GOVERNMENT TO:



You can help put this issue on the table.