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



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



say it impacts their mental health 57



say it makes it harder to find and keep a job



say it limits their ability to celebrate their culture



say it is a barrier to finding meaning in life "Everything starts with food. Without it, your mental health, your physical health, it all goes. You give up."

Cameron



81% SAY IT TAKES A TOLL ON THEIR PHYSICAL HEALTH

59%

SAY IT TAKES A TOLL ON THEIR KIDS

64%

SAY IT ERODES RELATIONSHIPS WITH FRIENDS AND FAMILY



"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:

Invest in income supports



■ Make life more affordable



Achieve food security equitably



Set and report on food insecurity targets



You can help put this issue on the table.

Learn more and take action: beyondhunger.ca

