



FOOD INSECURITY

HOW...

FOOD INSECURITY RELATES TO HEALTH

Food insecurity is the inadequate or insecure access to food **due to financial constraints**. It can lead to malnutrition, chronic diseases, and mental health problems.

IMPACT ON HEALTH:

Food insecurity has been **linked** to an **increased risk of chronic diseases** such as diabetes, hypertension, and heart disease. It can also cause **mental health problems** such as anxiety and depression.

In 2021, **1 in 8** Canadian households (12.1%) experienced food insecurity.

Certain groups are **more likely** to experience food insecurity, including **Indigenous peoples, households with children, and low-income households**.

- Dietitians of Canada -

RESOURCES

Food Bank of Waterloo Region:

Provides emergency food assistance to individuals and families in need.

<https://www.thefoodbank.ca/>

Region of Waterloo Community Services:

Offers various support programs for low-income individuals and families, including a nutrition program that provides vouchers for fresh produce and dairy products.

<https://www.regionofwaterloo.ca/en/living-here/community-services.aspx>

House of Friendship:

Offers food hampers, meals, and support services to those experiencing food insecurity.

<https://www.houseoffriendship.org/>

Sustainable Food Waterloo Region:

A non-profit organization that works to promote sustainable and equitable food systems in the region, including community gardens and education programs.

<https://sustainablewr.ca/>