The Affordability of Healthy Eating in BC

1/2 MILLION

British Columbians can't afford a basic healthy diet.

1 in 10 HOUSEHOLDS IN BC EXPERIENCE FOOD INSECURITY*

* A term for the inadequate or insecure access to food due to financial constraints.

Household food insecurity takes a MAJOR TOLL on our health and health care system.

1 in 6

BC children live in homes that STRUGGLE TO FEED THEM what they need to grow and thrive.

Food insecure adults are more vulnerable to DEPRESSION, HEART DISEASE and other chronic conditions.

Health care costs are 2X higher for food insecure households compared to those who are food secure.

In 2017, the AVERAGE MONTHLY COST of a healthy diet for a family of four in BC increased to $1,019.

But the ROOT CAUSE of household food insecurity isn’t the price of food - it’s LACK OF INCOME.

WHAT PERCENTAGE OF HOUSEHOLD INCOME does it take for BC families* to eat a basic healthy diet?

44% ON SOCIAL ASSISTANCE

24% EARNING MINIMUM WAGE

14% EARNING MEDIAN WAGE

* based on a family of four with two incomes

2017 income data was used for these calculations. Use the median wage as a reference point.
Community gardens and other local efforts can support important goals like **SOCIAL CONNECTEDNESS** and a **MORE SUSTAINABLE FOOD SYSTEM**.

Household food insecurity is an **INCOME-BASED PROBLEM** and needs **INCOME-BASED SOLUTIONS**.

Policies to improve household income are the **MOST EFFECTIVE WAY** to lower food insecurity.

BUT research shows that **HOUSEHOLD FOOD INSECURITY CAN’T BE FIXED THROUGH FOOD-BASED INITIATIVES** or charitable efforts.

For example, once low income adults reach the age of 65 and become **ELIGIBLE FOR SENIORS’ PENSION PROGRAMS** (a form of guaranteed basic income) their **RISK OF BEING FOOD INSECURE DROPS BY 50%**.

**THE AFFORDABILITY OF HEALTHY EATING IN BC**

**FRAMING** household food insecurity as an income-based problem that needs income-based solutions.

**ASSESS** the affordability of a healthy diet in your community using BC’s latest data on the cost of food.

**CONNECT** with others who are working on poverty reduction.

**ENGAGE** in the need for policy action to ensure all British Columbians have the income they need to eat healthy.

For more information, see the **Food Costing in BC 2017 report**.