



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.



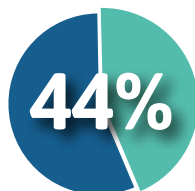
In 2017, the **AVERAGE MONTHLY COST** of a healthy diet for a family of four in BC increased to **\$1,019.**

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

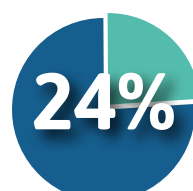
WHAT PERCENTAGE OF HOUSEHOLD INCOME does it take for BC families* to eat a basic healthy diet?



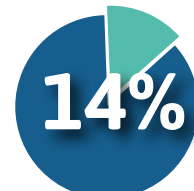
* based on a family of four with two incomes



ON SOCIAL ASSISTANCE



EARNING MINIMUM WAGE



EARNING MEDIAN WAGE

Use the median wage as a reference point.



THE AFFORDABILITY OF HEALTHY EATING IN BC

Community gardens and other local efforts can support important goals like **SOCIAL CONNECTEDNESS** and a **MORE SUSTAINABLE FOOD SYSTEM**.

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



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



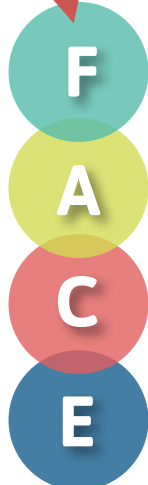
Policies to improve household income are the **MOST EFFECTIVE WAY** to lower food insecurity.

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%**.



Individuals, communities and governments all have a role to play in making BC food secure.

TOGETHER, LET'S F.A.C.E THE FACTS ON FOOD INSECURITY



FRAME 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**.

