



Food Security

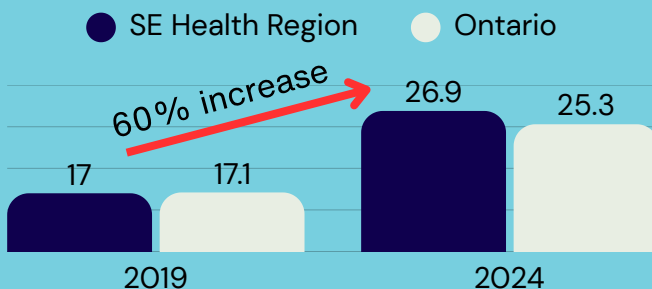
Food insecurity isn't caused by a lack of food. It results from not having enough financial resources to afford sufficient healthy, nutritious food. (Food Banks Canada)



More than one in four households in Hastings Prince Edward has inadequate or insecure access to food due to financial constraints.

Food Insecurity is Increasing

Locally, food insecurity has increased 60% since the pandemic. (Public Health Ontario)



More Households are Struggling to Afford Food

In 2025, the Picton United Church Food Bank served 1,024 people, up 40.5% from 2024; one in three was a child. Most were local families pushed beyond their means by rising food, housing and transportation costs. Need peaked in winter when seasonal work was unavailable and eased in spring and summer as employment resumed.

Food Insecurity is a major Public Health Issue

- Poor diet quality and emotional strain negatively impact physical, mental and social health. (Community Food Centres Canada)
- Annual health care costs are 23–121% higher in food insecure households in Ontario.

In primary care, 1 dollar spent on nutrition interventions can save up to 99 dollars by reducing medication use, hospitalizations, and freeing up physician time.

(Canadian Malnutrition Task Force)

Some Groups are at Greater Risk of Food Insecurity

- Persons living with disabilities
- Single parents (especially mothers)
- Families with children
- People living on low incomes
- Single adults
- Renters

