

FOOD INSECURITY

MIDDLESEX-LONDON 2025



Food insecurity negatively impacts physical, mental, and social health ¹

Food insecurity is the inadequate or insecure access to food due to a lack of money ¹



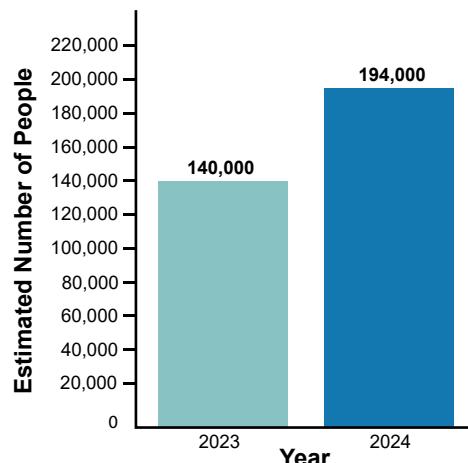
2024

1 in 3 Middlesex-London households were food insecure ²

2023

1 in 4 Middlesex-London households were food insecure ²

Middlesex-London Residents Living in a Food Insecure Household ^{2, 3}



How much money is left each month after paying for food and rent? ⁴

	Single Person	Family of 4			
Income Source	OW ^a	ODSP ^b	OW ^a	Minimum Wage ^c	Median Income ^d
Food (% of Monthly Income Needed)	47%	27%	40%	23%	12%
Rent (% of Monthly Income Needed)	116%	67%	63%	37%	19%
What's Left?	-\$558	\$84	-\$79	\$2,020	\$6,792

^a Ontario Works

^b Ontario Disability Support Program

^c As of May 2025

^d Statistics Canada, 2025.

Households still need to pay for all other expenses, including childcare, utilities, Internet, phone, tenant insurance, transportation, personal care, clothing, school supplies, gifts, recreation, out of pocket medical and dental costs, education, and savings.

Solutions are needed that help people afford the costs of living



- Adequate social assistance benefits
- Jobs that pay a living wage
- A basic income guarantee
- Affordable housing, public transit, and childcare

- Reduced income tax for low-income households
- Free tax filing support

References

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2. Ontario Agency for Health Protection and Promotion (Public Health Ontario). (2025). [S snapshots Data File for Household Food Insecurity \(2019 to 2023 annual, 2-year combined, 3-year combined\)](https://www.publichealthontario.ca/en/Data-and-Analysis/Health-Equity/Household-Food-Insecurity). Retrieved from <https://www.publichealthontario.ca/en/Data-and-Analysis/Health-Equity/Household-Food-Insecurity>.
3. Ministry of Finance (MOF). (2024). Ontario population projections, 2023-2051. Toronto ON: MOF.
4. Middlesex-London Health Unit (December 2025). Monitoring food affordability and implications for public policy and action (2025).