

# Ways to Address Food Insecurity

## It is Possible to Improve Food Insecurity

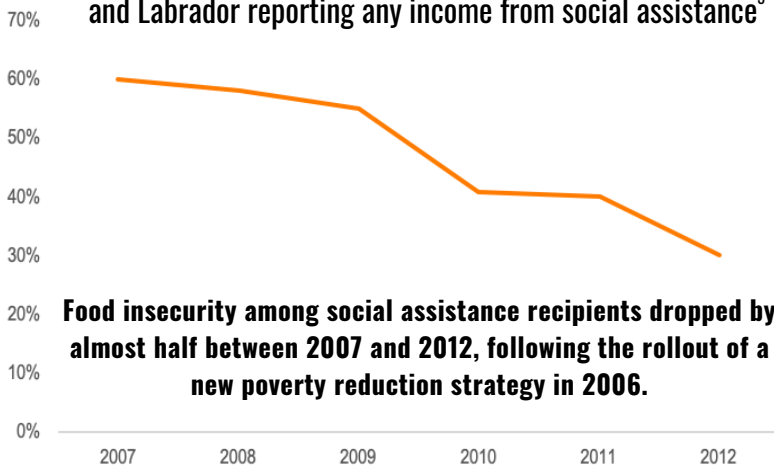
Income programs such as Old Age Security<sup>1</sup> and the Canadian Child Tax benefit<sup>2</sup> have been shown to reduce household food insecurity.

In Newfoundland and Labrador, the implementation of a poverty reduction strategy involving various policy and program changes resulted in the lowest rate of food insecurity in Canada for 5 years.<sup>3</sup>

### Interventions included an increase in:

- income support rates (indexed to inflation)
- earning exemptions
- health benefits
- low-income tax threshold
- affordable housing
- liquid asset limits

### Prevalence of food insecurity among households in Newfoundland and Labrador reporting any income from social assistance<sup>3</sup>



**Food insecurity among social assistance recipients dropped by almost half between 2007 and 2012, following the rollout of a new poverty reduction strategy in 2006.**

**Reducing food insecurity will require implementation of effective policies and programs to reduce poverty**

## Examples of Manitoba Initiatives Addressing Food Security

- Establishment of Food Councils in Brandon and Winnipeg: identifying systemic issues and responses
- Public engagement: wrestling with issues around food security
- High school curriculum: teaching critical analysis of root causes of food security
- Bringing together diverse stakeholders: building a food security network
- Enhancing connections between Elders, youth and land: reclaiming tradition
- Expanding local food production and harvesting in Northern communities: building resilience



Household food insecurity is one of the measurements for poverty.

## Less poverty = less food insecurity

No Poverty and Zero Hunger are the first goals set out by the United Nations.<sup>4</sup> Eliminating poverty and food insecurity will improve health status, reduce government expenditures and give people a more dignified life.



1. McIntyre, Lynn, Daniel J. Dutton, Cynthia Kwok, and J.C. Herbert Emery. "Reduction of Food Insecurity among Low-Income Canadian Seniors as a Likely Impact of a Guaranteed Annual Income."

2. Brown, Erika M., and Valerie Tarasuk. "Money speaks: Reductions in severe food insecurity follow the Canada Child Benefit."

3. Loopstra, R., Dachner, N., & Tarasuk, V. (2015). An exploration of the unprecedented decline in the prevalence of household food insecurity in Newfoundland and Labrador, 2007-2012. Canadian Public Policy, 41(3), 191-206

4. United Nations. "Sustainable Development Goals". <https://www.undp.org/content/undp/en/home/sustainable-development-goals.html>



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