

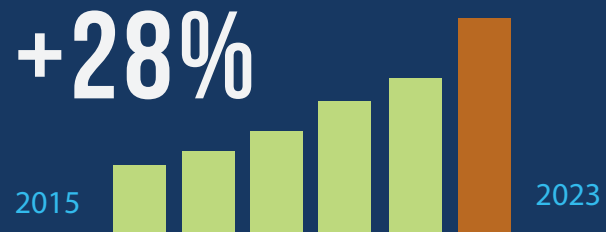
DID YOU KNOW?

MORE AND MORE PEOPLE ARE SKIPPING MEALS JUST TO PAY RENT.

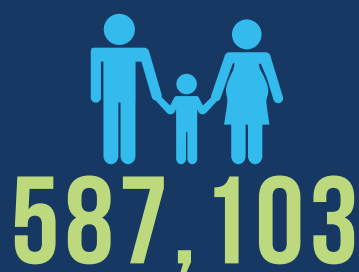
THERE IS A CORRELATION BETWEEN HUNGER AND RISING HOUSING COSTS IN ONTARIO.



4,353,000 visits were made to Ontario's food banks in 2022. That's enough to fill the Rogers Centre more than 88 times! ¹



Between 2015-2023 the average rent of a one bedroom apartment in Niagara increased 28% from \$792 - \$1106. ²



In Ontario, more than half a million adults & children are living with hunger. First time visitors have increased 64% over pre-pandemic levels, with 1 in 3 visitors being those who had never turned to a food bank for assistance before. ¹



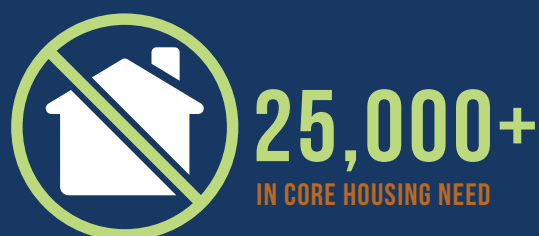
Evidence shows that 15.1 per cent of households in Niagara are food insecure, above the 12.7 per cent rate for Canada. Food insecurity is more prevalent among households with children than those without children. ³



For most food bank clients, the greatest barrier to economic stability is access to affordable and safe housing. People shouldn't have to choose between paying the rent or buying food. ⁷



The average housing wait time for seniors in Niagara is 8.9 years. ⁴ Seniors represent 30% of the wait list & continue to be the fastest growing group, up from just 22% a decade ago. ⁵



There are over 25,000 Niagara households in core housing need - they are at risk because they are paying more than 30% of their rent on housing, housing is not suitable, or they are overhoused (too many bedrooms relative to the size of the household). ⁸



2 in 3 of food bank visitors have less than \$100 left (average) after paying their housing costs each month. This leaves them with just over \$3 per day to cover all other basic needs, like food and transportation. ⁶

AFFORDABLE HOUSING MATTERS - LEARN MORE AT WWW.HOUSINGHERO.CA

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housing and support services

Sources:

1 - <https://feedontario.ca/research/hunger-report-2022/> | 2 - <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3410013301&pickMembers%5B0%5D=1.117&pickMembers%5B1%5D=3.2&cubeTimeFrame.startYear=2015&cubeTimeFrame.endYear=2022&referencePeriods=20150101%2C20220101> | 3 - <https://www.niagararegion.ca/social-services/niagara-prosperity-initiative/resources.aspx>
4 - <https://www.nrh.ca/applicants/Wait-Times-Chart.shtml> | 5 - <https://www.thestar.com/news/gta/2015/05/04/ontarios-affordable-housing-wait-list-hits-record-high.html>
6 - <https://feedontario.ca/wp-content/uploads/2022/11/Hunger-Report-2022-Final.pdf> | 7 - The Ontario Association of Food Banks - Hunger Report 2017
8 - <https://www.niagararegion.ca/official-plan/pdf/pds-17-2021-appendix-5-2.pdf>