

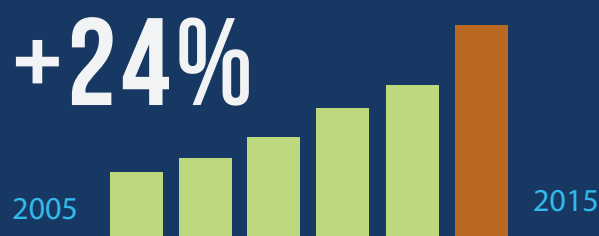
# DID YOU KNOW?

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

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



2,861,872 visits were made to Ontario's food banks in 2017. That's enough to fill the Rogers Centre more than 56 times.



Between 2005-2015 the average rent of a one bedroom apartment in Ontario increased 24% from \$780-\$972.



In Ontario, almost half a million adults and children are living with hunger. 33% of food bank clients are children.



Provincially around 224,736 people, have less than \$100 left each month, after paying basic expenses. This leaves them with just over \$3 per day to cover all other basic needs, like food and transportation.



Food bank clients often report that they will employ various strategies in order to afford housing, such as skipping a meal, not eating in favour of feeding their children, or simply 'going hungry'



Senior citizens represent 32% of the waitlist for affordable housing.



For most food bank clients, the greatest barrier to economic stability is access to affordable and safe housing.



499,000 Ontarians struggle to maintain basic necessities (including basic shelter)

**AFFORDABLE HOUSING MATTERS - LEARN MORE AT [WWW.HOUSINGHERO.CA](http://WWW.HOUSINGHERO.CA)**

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