

Good Food for All- Fact Sheet

Good Food for All is when everyone is able to access all the healthy food they need.

The aim is to have food that is fresh,

accessible,

affordable,

minimally-processed,

produced as locally as possible,

and culturally appropriate.



This is FOOD SECURITY

To have food security, we need to make it possible to grow and produce food in a way that protects and supports the land and the people who grow and produce it. In this way, we can hope there will be healthy food for our children's children.

But today, many people in our communities are not able to access enough healthy food. Some are uncertain as to where their next meal will come from. Others worry that there will be less food in the future because of the way we are growing and producing food now.

This is FOOD INSECURITY

What does Food Insecurity look like in Ottawa?

- 1 in 13 Ottawa households do not have enough healthy food to lead a healthy, active life.
- The Ottawa Food Bank provides emergency food to 48,000 people a month, more than 1/3 of those are children. This is the equivalent to completely filling every seat of Ottawa's Canadian Tire Centre more than twice (2011-2012).
- 1 in 4 of Ottawa residents living below the low income cut-off reported being food insecure.
- Immigrants in Ottawa reported having less food security than non-immigrants.

My dream is that healthy, affordable food is available and accessible to community members all across the city.

- Ottawa resident

City Councillors can help to ensure there is Good Food for All by making decisions that make good food a priority. Tell your candidates that good food is important to you.

For more information visit Just Food's the Food Link Directory.

<http://justfood.ca/foodlink/>