



# Food Insecurity

**When budgets are tight food is often the only flexible expense.**

Not having enough healthy food to eat on a regular basis can have detrimental effects on your life as well as your ability to function at your best. Give to provide supports like emergency food, increasing access to fresh and healthy food, and food preparation programs.



The number of young people [in Waterloo Region] who at least sometimes go to school or bed hungry has **increased from 5% in 2021 to 15% in 2023.**

Demand for Canadian food banks is **projected to increase 18% in 2024.**

## Community Success Stories



It's the little things" that make the Adult Day Program so special: knowing mom is supervised and well taken care of in a program that runs the full day, allowing them to work andr take care of other important. Clients receive ride to and from the program, a hot lunch and snacks throughout the day; socializing with others. This program offers sustinance: food, laughter, patience, music, games, gentle exercises, crafts and more.



Going to a grocery store would have been too much for me to handle. I was was also significantly immunocompromised so I couldn't be around a lot of people. It was all that I could handle to get myself to the MFM.



**A Better Tent City:** Food is the heart of our community, this project provides the resources necessary to turn ingredients into meals and to create a caring and engaged community.



# Local Solutions

Thanks to your support, United Way WRC was able to provide funding to the following organizations, that list 'Food Insecurity' as their main cause area over the past 12 months

## Programs Changing Lives

- Community meal programs – both delivery-based and in person
- Food hampers and other food programs



1. Children and Youth Planning Table: <https://childrenandyouthplanningtable.ca/wp-content/uploads/2024/01/CYPT-2023-DATA-BRIEFS.pdf>

2. Second Harvest: <https://dev.secondharvest.ca/resources/research/hungry-change>