

# ACCESSIBILITY

*How we acquire our food.*

## *What makes food accessible?*

Affordable, healthy, and culturally appropriate food needs to be physically available and affordable to all citizens. The accessibility of food is directly related to income and/or access to resources to produce food. The price, availability of a sustainably produced food supply, and the protection and promotion of breastfeeding are also related to accessibility.

## *What determines accessibility in our region?*



**The availability, affordability, and types of food resources that exist in the Halifax municipality.**

## *How affordable is nutritious food in Nova Scotia?*

Many households in Nova Scotia, particularly those relying on income assistance, old age pension plans, and even minimum wage, are unable to afford a nutritious diet.

If a family of four relying on income assistance were to purchase a nutritious food basket for a month, they would face a deficit of \$758.33.\*



# Where can food be accessed in the Halifax municipality in 2014?

9

farmers' markets & growing!



37

grocery stores

15-18



food trucks



227

fast food stores

19

community supported agriculture initiatives & growing

1

community supported fishery initiative  
(350 customers)



3 of 5 (62%) public schools have a breakfast program



43,700

meals delivered by Meals on Wheels & Frozen Favourites

51

agencies providing charitable food assistance in Halifax, Dartmouth & Bedford alone

43

Feed Nova Scotia food banks



Only 1 in 4 people who are food insecure access food banks.

In March 2013, 8,555 people used a food bank in Halifax, 31% of whom were children.

## How much does a nutritious diet cost?

In 2012, it would cost a family of four \$823.35 per month to purchase a nutritious food basket in Halifax. Although food prices have risen over time so have shelter and utility costs, which only put further strain on the flexible food budget.

\$566.12



2002

\$670.63



2008

\$823.35



2012

ACCESSIBILITY

For further information and sources download a copy of the Halifax Food Assessment at: [www.cdha.nshealth.ca/public-health/halifax-food-assessment](http://www.cdha.nshealth.ca/public-health/halifax-food-assessment)