

# We all eat.

## BUT ACCESS TO GOOD FOOD ISN'T EQUAL FOR EVERYONE.

In Halifax, healthy eating isn't always easy or affordable.



Many households **struggle** to get enough good food to eat on a **regular basis**.<sup>1</sup>

**73.5%** of NS households that depend on income assistance **experience food insecurity**.<sup>2</sup>

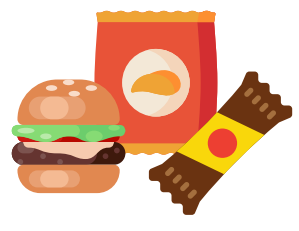
In 2017, **17,000** people



were supported by food banks in the HRM. **One third were children**.<sup>3</sup>

## Food insecurity impacts people's ability to make healthy choices.

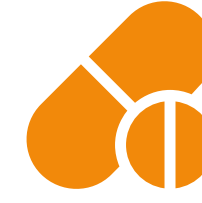
ADULTS IN FOOD-INSECURE HOUSEHOLDS ARE MORE LIKELY TO:



Eat fewer fresh fruits and vegetables

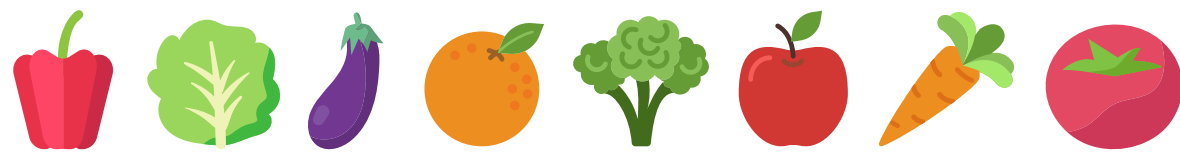


Experience poor physical and mental health



Develop chronic conditions such as diabetes

Only **25%** of HRM residents over the age of 12 eat the recommended daily amount of **fruits and veggies**. (2015/16)<sup>4</sup>



The cost of a basic nutritious diet for a family of four in Nova Scotia has increased by

**63%** since 2002.<sup>5</sup>

## Food impacts the health of our environment and our economy.



Today, our food is being produced **further from where we live**. That means more transportation, more greenhouse gas emissions, more rural unemployment, and a more vulnerable food supply.



The **average distance food travels** to reach the HRM is close to

**4,000 km**  
(2010 food miles report)<sup>6</sup>

**45%** of NS farmers **work outside the farm** to supplement income.<sup>7</sup>



Roughly **90%** of the food we eat in Nova Scotia **arrives by truck**.<sup>8</sup>



**Protecting our food supply** means caring for our lands and waters, as well as the people who grow, harvest, and process our food.

## We all have a role to play in shaping the future of food in our communities.

LEARN MORE:

[halifaxfoodpolicy.ca/food-charter/](http://halifaxfoodpolicy.ca/food-charter/)

GET INVOLVED:

Read and sign the HRM Food Charter and share your ideas using [#HFXFoodCharter](https://twitter.com/HFXFoodCharter)



HALIFAX FOOD  
POLICY ALLIANCE



COMMUNITY FOUNDATION  
FONDATION COMMUNAUTAIRE  
OF NOVA SCOTIA  
DE LA NOUVELLE-ÉCOSSE

<sup>1</sup> Tarasuk, V, Mitchell, A, Dachner, N. (2016). Household food insecurity in Canada, 2014. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/resources/proof-annual-reports/annual-report-2014/> <sup>2</sup> PROOF. (2018). Household Food Insecurity in Canada, 2015-16 Graphic Series Preview. Retrieved from <https://proof.utoronto.ca/resources/1516-graphic-series/> <sup>3</sup> Feed Nova Scotia Client Registry, March 31, 2018 <sup>4</sup> Statistics Canada. Table 13-10-0113-01 Canadian health characteristics, two-year period estimates <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310011301> <sup>5</sup> Voices for Food Security in Nova Scotia. (2017). Can Nova Scotians Afford to eat healthy? Report on 2015 participatory food costing. Halifax, NS: Food Action Research Centre (FoodARC). Mount Saint Vincent University, <sup>6</sup> Scott, J & McLeod M. (2010). Food Miles: Is Nova Scotia eating local?... and if not where is our food coming from. Retrieved from: [https://nsfa-fane.ca/wp-content/uploads/2018/03/FM-July4-\\_final\\_long\\_report.pdf](https://nsfa-fane.ca/wp-content/uploads/2018/03/FM-July4-_final_long_report.pdf) <sup>7</sup> Statistics Canada. Table 32-10-0445-01 Number of farm operators by paid non-farm work in the calendar year prior to the census <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=3210044501> <sup>8</sup> Nova Scotia Federation of Agriculture. Food Miles Project: Reduced Food Miles bring benefits: <https://nsfa-fane.ca/projects/food-miles-project/>