

# 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>



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



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



**4,000km**  
(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



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DE LA NOUVELLE-ÉCOSSE