

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**.¹



of NS households that depend on income assistance **experience food insecurity**.²

In 2017, **17,000** people



were supported by food banks in the HRM. **One third were children**.³

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)⁴



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)⁶

45% of NS farmers **work outside the farm** to supplement income.⁷



Roughly

90%

of the food we eat in Nova Scotia **arrives by truck**.⁸



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

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