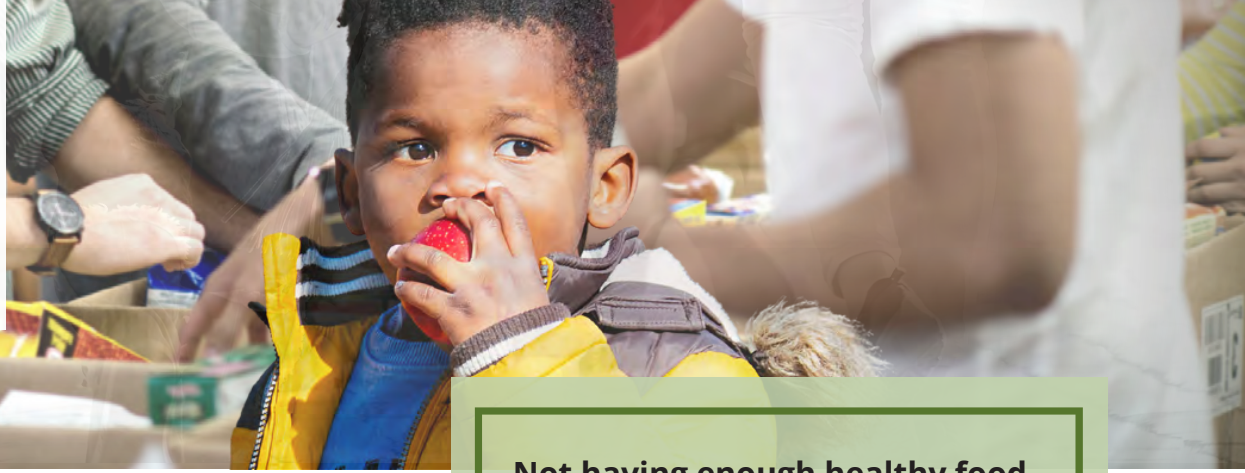




UNITED WAY WRC
CAUSE AREA



Increasing Food Security

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

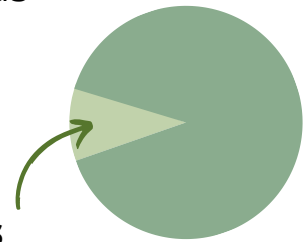
Not having enough healthy food to eat on a regular basis can have detrimental effects on our health and life. Our community cannot thrive when people cannot afford to feed themselves and their families.

Total visits to Food Banks in Ontario increased by **23.5%** from 2019 - 2021.¹



Locally, 10% of households **are chronically food insecure.**

That's **200,000 households** in our community.²



What does supporting food security look like?



United Way funding goes to some very exciting initiatives in food security from local agencies. **The Community Kitchen Cooperative KW** has hosted meals with the African Women's Alliance, bringing together a group of women to collaborate and learn together, creating food from diverse backgrounds using ingredients found in Canadian grocery stores.

A Better Tent City talks about how residents are coming together to bake pies and make jam to elevate the pancake breakfast program, building a resilient community out of trauma.

Last year, the **Cambridge Food Bank** offered affordable produce baskets, which include culturally appropriate options to support 838 members of the community.



Local Solutions

Thanks to your support, here are a few of the frontline organizations that United Way WRC funded in 2021-2022 to address food security locally.

Programs Changing Lives



- Distribution of food products/hampers/ hygiene products
- Access to fresh, culturally appropriate food
- Programs that teach food related skills
- Weekend and holiday food support for youth
- Community gardens



ANISHNABEG OUTREACH



¹ <https://hungercount.foodbankscanada.ca/>

² Food4Kids Jul-Sept grant application

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there is no way.

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