

# Food Insecurity

Everyone deserves access to healthy, fresh, and culturally appropriate food, yet food insecurity affects individuals and families in our community every day. Expanding access to nutritious food and building food-related skills are essential steps in breaking the cycle of poverty and creating a stronger, healthier community.

## \$298,234

was invested into programs and supports for food insecurity.

**92,710\***  
Individuals received assistance to address food insecurity.

## United Way focuses on:

- Distribution of food products/hampers
- Access to fresh, culturally appropriate food
  - Including farming/growing food
- Programs that teach food related skills such as cooking

“

*Without UW funding, we would not have had the resources to pay for staff to recruit, train and support community volunteers to cook and to engage in other skill and community building activities with and for ABTC residents. This funding ensures that we have staff to work alongside residents and volunteers to ensure that healthy fresh food is prepared and shared daily for ABTC.*

”

**- A Better Tent City Waterloo Region**

## Funded Partners



## What we know



Food insecurity in Waterloo Region has surged, with **nearly a quarter of households** struggling to afford **adequate nutrition**.



**1 in 8 households** in Waterloo region struggle to afford to put food on the table in general. That number is **up from 1 in 10 households**.

## Outcomes



United Way funding helped A Better Tent City hire staff to recruit, train, and support volunteers in cooking and other skill-building activities with residents. This ensured staff could work alongside residents and volunteers so healthy, fresh food was prepared and shared daily.

Over the past year, 60+ volunteers prepared more than 100,000 meals for the ABTC community and 11,000 additional meals through outreach supports.