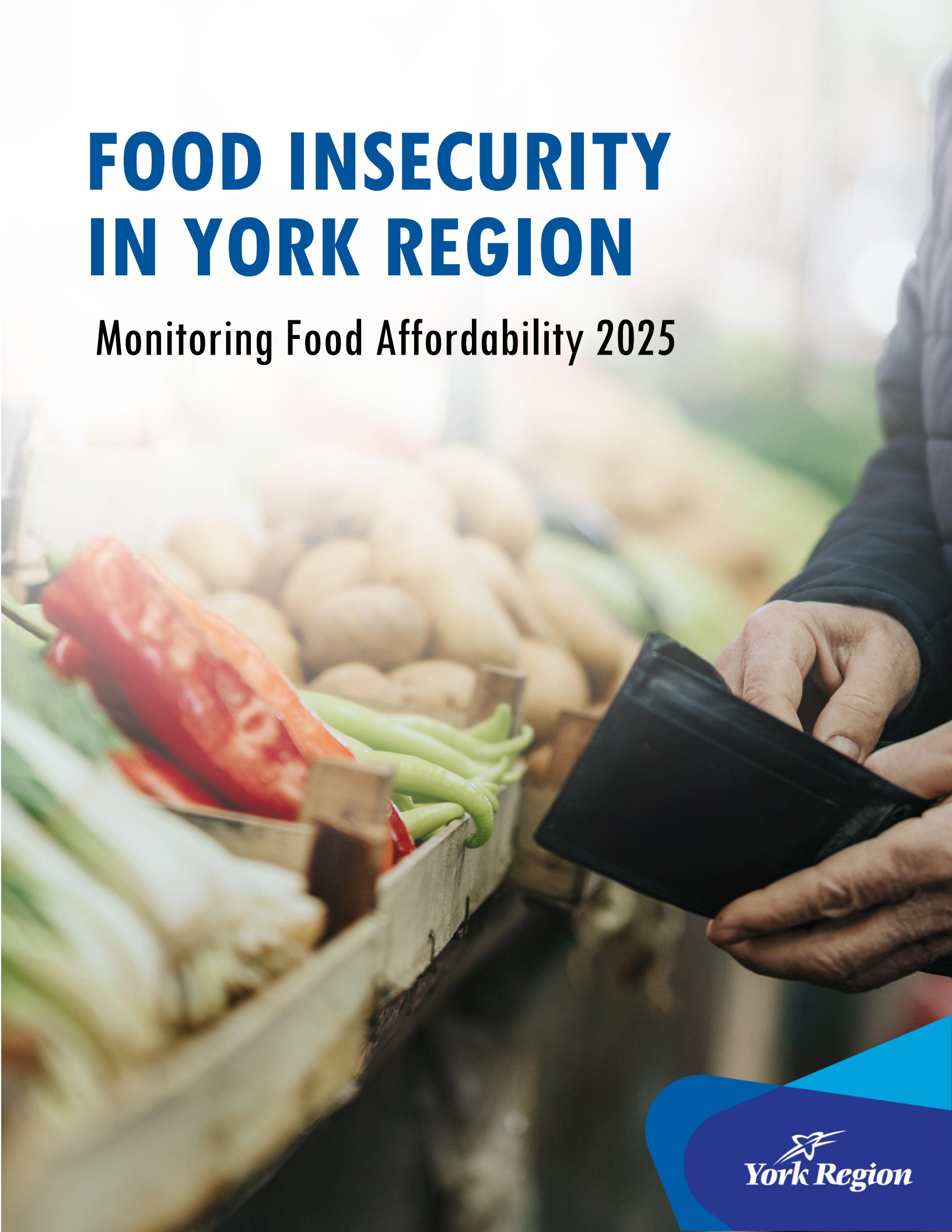


FOOD INSECURITY IN YORK REGION

Monitoring Food Affordability 2025



Contents

- Food insecurity is increasing in York Region 3**

- The Nutritious Food Basket is used to monitor food affordability..... 3**

- Social assistance is not enough to pay for rent and a nutritious diet in York Region..... 4**

- Households living on minimum wage are unlikely to be able to afford basic needs 6**

- Food insecurity is an urgent and serious public health issue 7**

- Food programs won't solve food insecurity 8**

- Addressing food insecurity effectively requires policies that provide adequate incomes 8**

- Everyone has a role to play in addressing food insecurity 10**

- References..... 10**

Food insecurity is increasing in York Region

Food insecurity is the inadequate or insecure access to food due to financial constraints or, put simply, not having enough money to buy food.¹

People experiencing food insecurity range from worrying about affording food, to eating less nutritious meals, to even going whole days without eating.² According to the most recent Canadian Income Survey, in 2024, 22.1 per cent of York Region households experienced food insecurity in the past year.³ This is up from 2019, when 11.1 per cent of York Region households experienced food insecurity.³ Between 2019 and 2024, the number of households experiencing food insecurity increased from 1 in 9 households to 1 in 4.5 households, which translated into 91,700 York Region households in 2024.^{4,5}

Unfortunately, struggling to put food on the table is a reality for an increasing number of York Region residents.



The Nutritious Food Basket is used to monitor food affordability

Each year, York Region Public Health conducts the Nutritious Food Basket (NFB) survey to determine whether people living on social assistance or minimum wage can afford to pay for rent and a nutritious diet. The NFB calculates the cost of healthy eating for families and individuals and provides a snapshot of the important role income plays in food insecurity.

To calculate the cost of healthy eating, the lowest prices for a month's worth of food are collected from nine grocery stores across York Region, both in-person and online. The foods in the NFB reflect Canada's Food Guide and do not include convenience foods, snack foods, household products (such as toilet paper), infant formula or foods from all religious and cultural groups.^{6,7} In the event preferred items are unavailable, proxy items of similar nutrition and price may be used. The NFB is not meant to be used for diet advice or as a menu-planning tool.⁸

After the cost of the NFB is calculated, it is added to local rental rates and compared to income from social assistance or minimum wage in several family scenarios. This provides real-world context to the cost of food because housing and food are basic needs that make up a large part of a household's monthly expenses. The average rental costs for different sizes of apartments in York Region are obtained from the Canada Mortgage and Housing Corporation.⁸ The various scenarios found in the NFB assume that the household has filed its taxes and has received provincial and federal benefits that contribute to its total income. Social assistance programs included in the income scenarios are Ontario Works, the Ontario Disability Support Program and the Old Age Security/Guaranteed Income Supplement/Guaranteed Annual Income System. The total income for each scenario includes the GST/HST credit, the Ontario Trillium Benefit, and the Canada Carbon Rebate payment. For minimum wage earners, the Canada Worker Benefits is included, and amounts paid for Employment Insurance, Canada Pension Plan, and income tax are deducted. For scenarios with children, the Canada and Ontario Child Benefits are also included.



Social assistance is not enough to pay for rent and a nutritious diet in York Region

The 2025 NFB highlights that many low-income households in York Region cannot afford a nutritious diet. The scenarios in Figure 1 show that for most scenarios social assistance is not enough to pay for rent and food, let alone any other expenses.

For a family of four, the monthly cost of food is \$1,242. This means that a family of four, whose main income is from Ontario Works, would have to spend 41 per cent of their income to buy food alone. As Figure 1 shows, the cost of both rent and food is more than the income available, leaving the family of four whose main income is from Ontario Works in a \$453 deficit every month.

A single parent living on Ontario Works with two children over six years of age would have a \$371 deficit each month after paying for food and rent. Similarly, a one-person household receiving assistance from the Ontario Disability Support Program or Ontario Works cannot cover the cost of rent and food.

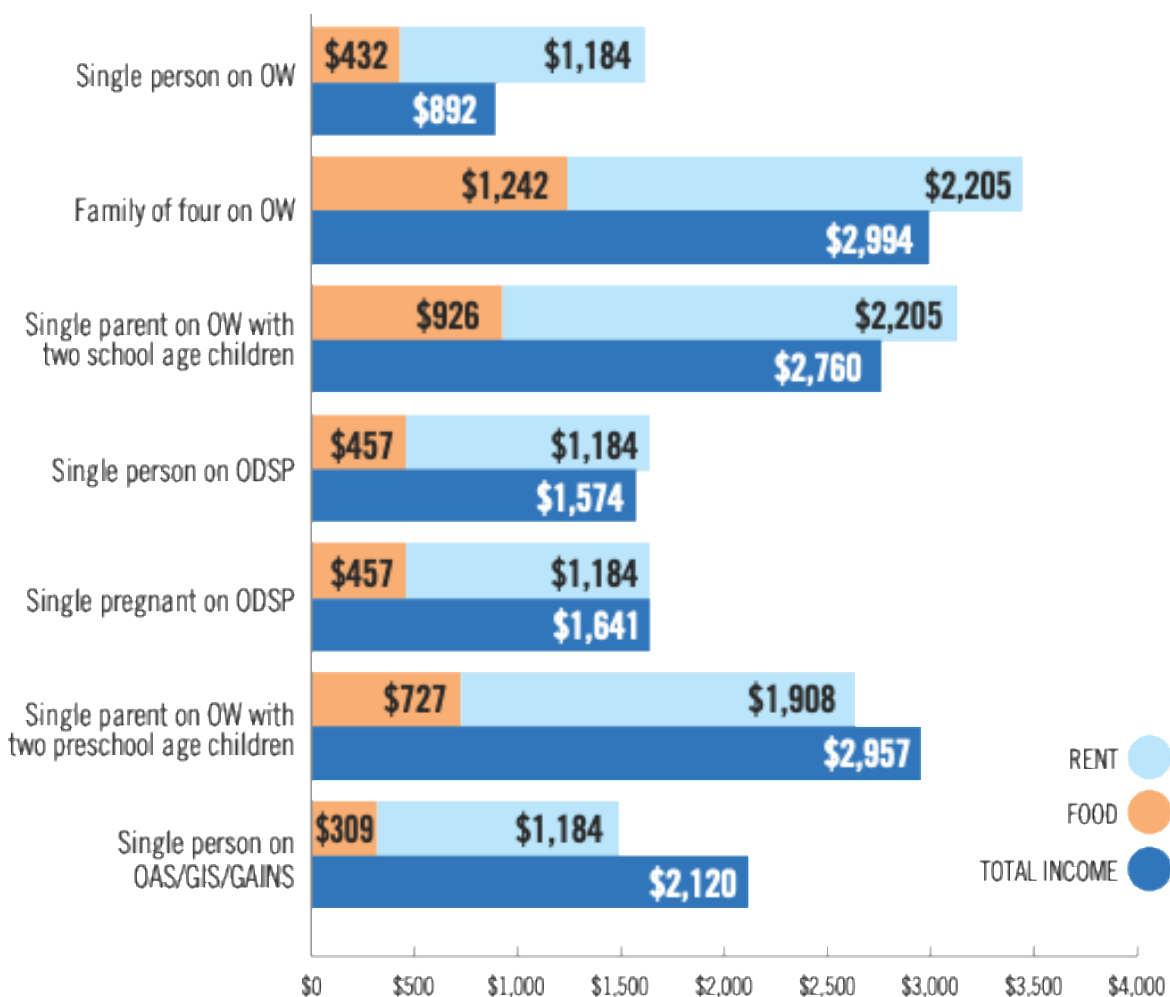
When a low-income senior turns 65 and begins receiving the Old Age Security/Guaranteed Income Supplement/Ontario Guaranteed Annual Income System, they would have to spend 71 per cent of their social assistance income on rent and food, leaving \$627 for other expenses.

Of all of the household scenarios with people living on social programs, the senior living on the basic income provided by the OAS/GIS/GAINS programs is in the best financial position.

When there is not enough money coming into the household, there is pressure for families and individuals to go without other costly living expenses such as childcare, internet, a phone and transportation. These scenarios demonstrate that food insecurity is largely tied to the amount of income available to a household.



Figure 1. Ontario Works (OW), Ontario Disability Support Program (ODSP), and Old Age Security/Guaranteed Income Supplement/Ontario Guaranteed Annual Income System (OAS/GIS/GAINS) Monthly Income Scenarios



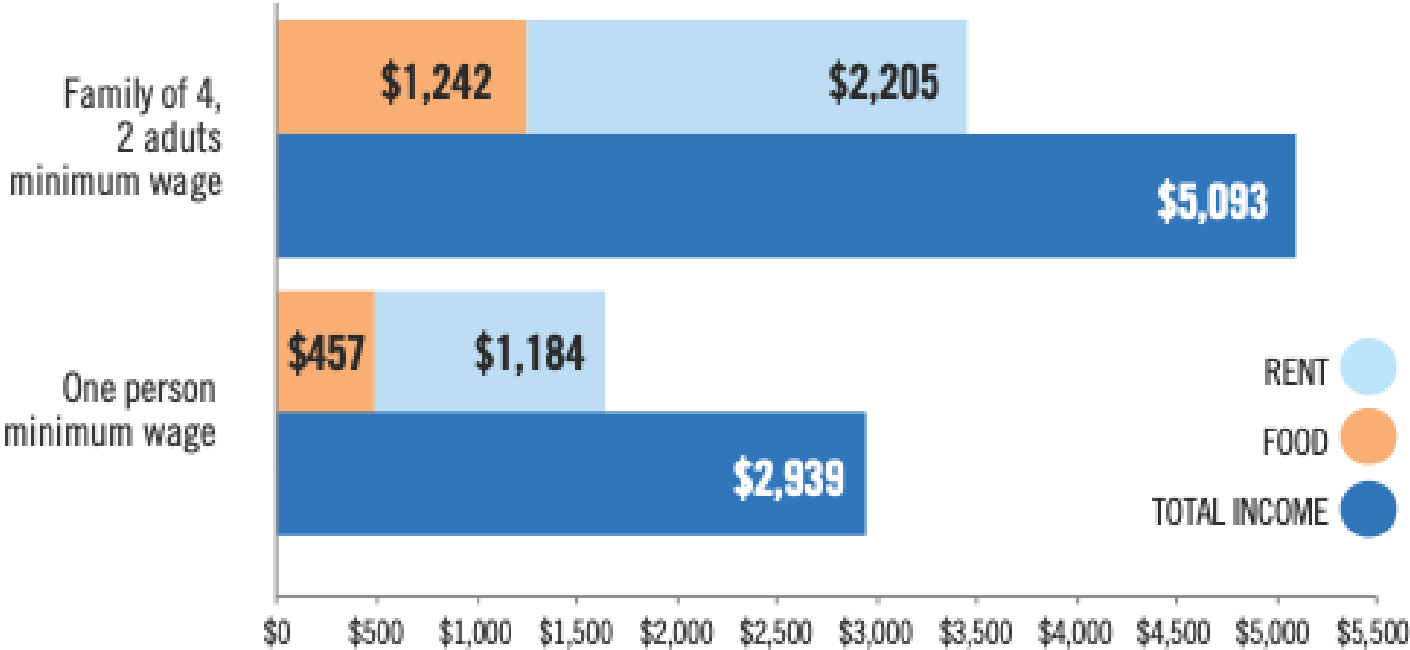
Households living on minimum wage are unlikely to be able to afford basic needs

When working full-time at minimum wage barely covers the costs of rent and food, minimum wage is proven to be inadequate to meet a family’s basic needs.

Figure 2 shows income and expenses for two family scenarios living on minimum wage. One family is based on two adults with an eight-year-old girl and a 14-year-old boy renting a three-bedroom apartment. One adult is working 40 hours a week and the other adult is working 10 hours a week. The other scenarios is a single male renting a bachelor apartment working 30 hours per week, to account for work fluctuation throughout the year.

These scenarios show that after paying for rent and food, there are limited funds remaining to pay for other family-related necessities such as transportation, extracurricular activities and medications. In fact, the 2025 Hunger Report from Feed Ontario describes how one in four people who visited food banks were employed but could not earn enough to avoid having to go to a food bank.⁹

Figure 2. Minimum Wage Monthly Income Scenarios



Food insecurity is an urgent and serious public health issue

From a public health perspective, food insecurity stands in the way of people reaching their full health potential. Severe food insecurity is related to poor diet quality and a greater risk of being hospitalized.^{10,11} Individuals living in severely food insecure households are more likely to delay or avoid filling drug prescriptions because of medication costs.¹²

Household food insecurity is also associated with a wide range of negative diet-related and non-diet related physical and mental health outcomes among children and adults.¹³⁻²⁵ Adults living in food insecure households are more likely to experience a range of chronic conditions such as:

- Diabetes¹³
- Pain¹⁴
- Poor oral health¹⁵
- Injury¹⁶
- Infectious diseases^{17,18}
- Anxiety and depression^{19,20}

These associations persist after adjusting for a range of other social determinants of health such as income, education, and race and ethnic origin. Beyond increased morbidity, there is an independent association of household food insecurity with an increased risk of mortality.^{19,21,24,26}

For children, the consequences of household food insecurity can be long lasting, with longitudinal studies showing an independent association of household food insecurity in childhood and mental ill-health in early adulthood.²² In the short-term, children living in food insecure households are more likely to have diagnosed mental health conditions and greater mental health care use after adjusting for other social determinants of health.^{24,25}

Unsurprisingly, adults and children living in food insecure households have higher health care utilization, leading to significant costs to our publicly funded system.^{25,27}

According to a recent systematic review, food insecurity is consistently related to Adverse Childhood Experiences (ACEs), including in the long-term where a history of ACEs is correlated with a greatly likelihood of food insecurity later in adulthood.²⁸ Toxic stresses can have long term consequences for learning, behaviour, and both physical and mental health. Similarly, a 2024 meta review of child and adolescent experiences and consequences of food insecurity concluded that food insecurity affects growth, diet, psychological development and mental health.²⁹

While food insecurity can affect anyone, many groups of people are unevenly impacted by food insecurity. These groups include low-income households, renters, families with children, social assistance recipients and single female parents.³⁰ These groups reflect many of the households that are represented in Figures 1 and 2.

Another group unevenly impacted by food insecurity is people in Indigenous households, who are more likely to experience food insecurity than other racial or cultural groups.³⁰ The food insecurity of Indigenous peoples can be traced back to colonial policies that disrupted Indigenous food systems by restricting access to traditional lands and waterways and banning hunting and gathering practices.^{31,32} Reducing food insecurity of Indigenous peoples must be done alongside self-determination and with an understanding of the impacts of colonialism.³³⁻³⁵ All people should be able to reach their full health potential without disadvantage due to income, race, or any other socially constructed circumstance.

Food programs won't solve food insecurity

Programs such as food banks and meal programs are popular responses to food insecurity. These programs are important initiatives that meet urgent needs, but they are not long-term solutions that address the root cause of the problem. Many food banks recognize that food insecurity is tied to poverty and other underlying issues, such as low wages and lack of affordable housing.^{36,37} Providing food to people who face food insecurity does not address the root cause of the problem, which is low income.

Household food insecurity is not a measure of hunger—it is a marker of inadequate income.

In 2024, almost 10 million people lived in food-insecure households within Canada's 10 provinces,³⁸ compared with the nearly 2.2 million food bank visits in March 2025 as reported by Food Banks Canada.³⁹ This suggests the scale of food insecurity is greater than the rate of food bank visits.

Food education programs are another common response to food insecurity. There is a misconception that teaching budgeting and food skills to people experiencing low-income can lessen the impact of food insecurity. However, research shows that people in food insecure households already apply many resourceful strategies to stretch their food supply while on a limited budget.^{40,41} In fact, adults in food insecure households are more likely to use budgets when shopping than people in households that don't experience food insecurity.⁴² Research also shows that adults living in food insecure households have the same level of food skills, such as cooking and adjusting recipes, as those living in households that don't experience food insecurity.⁴²

Addressing food insecurity effectively requires policies that provide adequate incomes

Food insecurity is not about a lack of food—it's about a lack of income. Therefore, income is the key factor in effectively addressing food insecurity. Improving the economic and social conditions of families and individuals is essential to reducing food insecurity.

Research about food insecurity actively supports policies that improve income such as basic income, increasing social assistance rates and jobs with living wages.⁴³ That is why organizations such as the [Daily Bread Food Bank \(advocacy\)](#), [Food Banks Canada \(Policy recommendations\)](#) and the [National Collaborating Centre for Determinants of Health](#) support advocacy efforts to reduce food insecurity.^{37,44,45} Many food bank clients rely on fixed incomes, primarily from Ontario Works and the Ontario Disability Support Program. Food banks call on closing the gaps in our social safety net so that every person living in Canada has sufficient income to afford their basic [needs](#).³⁷ Similarly, a recent report from Public Health Ontario and the Ontario Dietitians in Public Health highlights the sensitivity of household food insecurity rates to income solutions and suggests that there is a potential for larger impacts with greater and more targeted efforts.⁴⁶

The Food Bank of York Region, Ontario Dietitians in Public Health, PROOF and Public Health Ontario all recommend that the provincial government increase the minimum wage rate to help reduce food insecurity among workers, who make up the majority of food insecure people in Canada.^{43,47-49} Besides the minimum wage, two other concepts are the “rental wage” and the “living wage”.

The Canadian Centre for Policy Alternatives (CCPA) presented the concept of a “rental wage,” which is the hourly wage required to afford rent while working a standard 40-hour week and spending no more than 30 per cent of income on housing. The CCPA’s study examined the gap between the minimum wage and the rental cost of an apartment in Canada and found that the rental wage is considerably higher than minimum wage in every single province.⁵⁰ For Ontario in October 2023, the rental wage for a one-bedroom apartment was \$28.50 per hour, and for a two-bedroom apartment it was \$32.63, compared to the minimum wage, which was \$16.55 in 2023.⁵⁰

Each year the Ontario Living Wage Network calculates “living wage” rates. For 2025, the living wage for York Region was \$27.20 per hour,⁵¹ compared to the minimum wage which was \$17.20/hour until October 1, 2025 when it increased to \$17.60 per hour. Both the living wage and the rental wage are considerably more than the minimum wage in Ontario.

York Region is committed to supporting policies that improve incomes. For example, in its 2024 Ontario Budget Consultation report, The Regional Municipality of York stated that the Ontario Works benefits amounts have not kept pace with growing costs. The Region requested that the Province increase and index Ontario Works rates with inflation, similar to Ontario Disability Support Program.⁵² Similarly, the York Region Health and Well-being Review⁵³ draws attention to the fact that decreasing income security impacts residents’ ability to afford basic needs. Based on a Council report from March 6, 2025 about the 2024 York Region Health and Well-Being Review, the Regional Chair advocated to the provincial government for funding increases and policy adjustments to alleviate income insecurity.⁵⁴

Everyone has a role to play in addressing food insecurity

Actions that individuals can take include:



Learn more about food insecurity:

- [Food Insecurity in Ontario: Public Health Ontario](#)⁴⁹
- [Identifying Policy Options to Reduce Household Food Insecurity in Canada - PROOF](#)³⁸
- [Indigenous Food Insecurity - PROOF](#)⁵⁵
- [Fact Sheet Race and Food Insecurity – PROOF and FoodShare](#)⁵⁶
- [Position Statement and Recommendations on Responses to Food Insecurity - Ontario Dietitians in Public Health](#)⁴³



Spread the word and advocate:

- Talk to your family and friends about the link between income and food insecurity.
- Share what you have learned on social media.
- Advocate to members of senior levels of government about the importance of the following:
 - living wage and basic income policies
 - an increase and indexation of Ontario Works rates with inflation to meet life's basic needs
 - the inclusion of food insecurity as a component of all appropriate government policies



Volunteer or host a free tax clinic:

- Without filing for income tax, many eligible people won't receive government benefits and aren't eligible for social assistance programs. Support your community by volunteering your time and skills at a [Free Tax Clinic](#).⁵⁷

For more information

Visit york.ca/FoodInsecurity

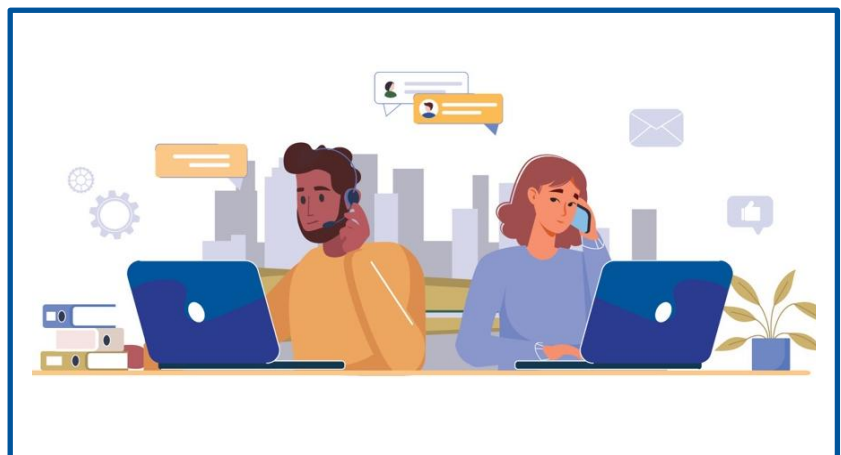
Or contact us

Phone: 1-877-464-9675

TTY: Dial 711

Email: AccessYork@york.ca

Accessible formats or communication supports are available upon request.



References

1. Household food insecurity in Canada: understanding household food insecurity [Internet]. Toronto (ON): PROOF; [date unknown]. [cited 2025 Oct 30]. Available from: <https://proof.utoronto.ca/food-insecurity/>
2. Government of Canada. The Household Food Security Survey Module (HFSSM) [Internet]. Ottawa (ON): Government of Canada. 2012; [updated 2018 Feb 5; cited 2025 Feb 6]. Available from: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-nutrition-surveillance/health-nutrition-surveys/canadian-community-health-survey-cchs/household-food-insecurity-canada-overview/household-food-security-survey-module-hfssm-health-nutrition-surveys-health-canada.html>
3. Ontario Agency for Health Protection and Promotion (Public Health Ontario). Household Food Insecurity Snapshot: PHU (2019 to 2023) [data set]. Toronto (ON): Public Health Ontario; 2024.
4. York Region Corporate Services Long Range Planning Branch, based on Statistics Canada data and CMHC Housing Completion data. York region data extraction. Regional Municipality of York; 2025.
5. Ontario Agency for Health Protection and Promotion (Public Health Ontario). Household food insecurity snapshot [Internet]. Toronto, ON: King's Printer for Ontario; 2025.
6. Government of Canada. The contents of the 2019 national nutritious food basket [Internet]. Ottawa (ON): Government of Canada; 2020. [modified 2020 Feb 24; cited 2025 Nov 8]. Available from: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-nutrition-surveillance/national-nutritious-food-basket/contents.html>
7. Health Canada. Canada's food guide [Internet]. Ottawa (ON): Government of Canada; 2025 [modified 2025 Mar 20; cited 2025 Mar 20]. Available from: <https://food-guide.canada.ca/en/>
8. Health Canada. 2019 National nutritious food basket reference guide. Ottawa (ON): Her Majesty the Queen in Right of Canada; 2020.
9. Feed Ontario. Hunger hurts. You can help [Internet]. Toronto (ON): Feed Ontario; 2025 [cited 2025 Dec 11]. Available from: https://feedontario.ca/wp-content/uploads/2025/11/FEED_HungerReportSummary25.pdf
10. Hutchinson J, Tarasuk V. The relationship between diet quality and the severity of household food insecurity in Canada. *Public Health Nutr.* 2022; 25(4):1026. Available from: [10.1017/S1368980021004031](https://doi.org/10.1017/S1368980021004031)
11. Men F, Gundersen C, Urquia ML, Tarasuk V. Food insecurity is associated with higher health care use and costs among Canadian adults. *Health. Aff. (Millwood).* 2020; 39(8):1377–1385.

12. Men F, Gunderson C, Urquia ML, Tarasuk V. Prescription medication nonadherence associated with food insecurity: a population-based cross-sectional study. *CMAJ Open*. 2019; 7(3):590. Available from: [10.9778/cmajo.20190075](https://doi.org/10.9778/cmajo.20190075)
13. Tait CA, L'Abbé MR, Smith PM, Rosella LC. The association between food insecurity and incident type 2 diabetes in Canada: a population-based cohort study. *PLoS One*. 2018; 13(5):e0195962. Available from: <https://doi.org/10.1371/journal.pone.0195962>
14. Men F, Fischer B, Urquia ML, Tarasuk V. Food insecurity, chronic pain, and use of prescription opioids. *SSM Popul. Health*. 2021; 14:100768. Available from: <https://doi.org/10.1016/j.ssmph.2021.100768>
15. Muirhead V, Quiñonez C, Figueiredo R, Locker D. Oral health disparities and food insecurity in working poor Canadians. *Community Dent. Oral Epidemiol*. 2009; 37(4):294–304. Available from: <https://doi.org/10.1111/j.1600-0528.2009.00479.x>
16. Men F, Urquia ML, Tarasuk V. Examining the relationship between food insecurity and causes of injury in Canadian adults and adolescents. *BMC Public Health*. 2021; 21(1):1557–1. Available from: [10.1186/s12889-021-11610-1](https://doi.org/10.1186/s12889-021-11610-1)
17. Cox J, Hamelin A, McLinden T, Moodie EEM, Anema A, Rollet-Kurhajec KC, et al. Food insecurity in HIV-hepatitis C virus co-infected individuals in Canada: the importance of co-morbidities. *AIDS. Behav*. 2017; 21(3):792–802. Available from: [10.1007/s10461-016-1326-9](https://doi.org/10.1007/s10461-016-1326-9)
18. Bekele T, Globerman J, Watson J, Jose-Boebridge M, Kennedy R, Hambly K, et al. Prevalence and predictors of food insecurity among people living with HIV affiliated with AIDS service organizations in Ontario, Canada. *AIDS Care*. 2018; 30(5):663–671. Available from: <https://doi.org/10.1080/09540121.2017.1394435>
19. Jessiman-Perreault G, McIntyre L. The household food insecurity gradient and potential reductions in adverse population mental health outcomes in Canadian adults. *SSM Popul. Health*. 2017; 3:464–472. Available from: <https://doi.org/10.1016/j.ssmph.2017.05.013>
20. Shafiee M, Vatanparast H, Janzen B, Serahati S, Keshavarz P, Jandaghi P, et al. Household food insecurity is associated with depressive symptoms in the Canadian adult population. *J. Affect. Disord*. 2021; 279:563–571. Available from: <https://doi.org/10.1016/j.jad.2020.10.057>
21. Men F, Gunderson C, Urquia ML, Tarasuk V. Association between household food insecurity and mortality in Canada: a population-based retrospective cohort study. *CMAJ*. 2020; 192(3):E53–E60. Available from: <https://doi.org/10.1503/cmaj.190385>
22. McIntyre L, Williams JVA, Lavorato DH, Patten S. Depression and suicide ideation in late adolescence and early adulthood are an outcome of child hunger. *J. Affect. Disord*. 2013; 150(1):123–129.
23. McIntyre L, Wu X, Kwok C, Patten SB. The pervasive effect of youth self-report of hunger on depression over 6 years of follow up. *Soc. Psychiatry Psychiatr. Epidemiol*. 2017; 52(5):537–547.

24. Thielman J, Orr S, Naraentheraraja S, Harrington D, Carsley S. Cross-sectional analysis of the association between household food insecurity and mental health conditions in children aged 5-11 years in Canada. *BMJ Open*. 2024; 14(6):e081538–081538. Available from: <https://doi.org/10.1136/bmjopen-2023-081538>
25. Anderson KK, Clemens KK, Le B, Zhang L, Comeau J, Tarasuk V, et al. Household food insecurity and health service use for mental and substance use disorders among children and adolescents in Ontario, Canada. *CMAJ*. 2023; 195(28):E948–E955. Available from: <https://doi.org/10.1503/cmaj.230332>
26. Gundersen C, Tarasuk V, Cheng J, de Oliveira C, Kurdyak P. Food insecurity status and mortality among adults in Ontario, Canada. *PLoS One*. 2018; 13(8):e0202642. Available from: <https://doi.org/10.1371/journal.pone.0202642>
27. Tarasuk V, Cheng J, Oliveira Cd, Dachner N, Gundersen C, Kurdyak P. Association between household food insecurity and annual health care costs. *CMAJ*. 2015; 187(14):E429–E436. Available from: <https://doi.org/10.1503/cmaj.150234>
28. Royer MF, Ojinnaka CO, Zhang X, Thornton AG, Blackhorse K, Bruening M. Food insecurity and adverse childhood experiences: a systematic review. *Nutr Rev*. 2022; 80(10):2089–2099.
29. Frongillo EA, Adebisi VO, Boncyk M. Meta-review of child and adolescent experiences and consequences of food insecurity. *Global Food Security*. 2024; 41:100767. Available from: <https://doi.org/10.1016/j.gfs.2024.100767>
30. PROOF. Household food insecurity in Canada: who are most at risk of household food insecurity? [Internet]. Toronto (ON): PROOF; [date unknown]. [cited 2025 Nov 8]. Available from: <https://proof.utoronto.ca/food-insecurity/who-are-most-at-risk-of-household-food-insecurity/>
31. Robin T, Burnett K, Parker B, Skinner K. Safe food, dangerous lands? Traditional foods and indigenous peoples in Canada. *Front. Commun*. 2021; 6(74994). Available from: <https://doi.org/10.3389/fcomm.2021.749944>
32. Allan B, Smylie J. First Peoples, second class treatment: the role of racism in the health and well-being of indigenous peoples in Canada [Internet]. Toronto (ON): Wellesley Institute; 2015 [cited 2025 Nov 8]. Available from: <https://www.wellesleyinstitute.com/wp-content/uploads/2015/02/Summary-First-Peoples-Second-Class-Treatment-Final.pdf>
33. Alabi BO, Robin T. Food insecurities and dependencies: Indigenous food responses to COVID-19. *AlterNative: An International Journal of Indigenous Peoples*. 2023; 19(1):204–210. Available from: <https://doi.org/10.1177/11771801221137639>
34. Robin T, Levi E. COVID-19 did not cause food insecurity in Indigenous communities, but it will make it worse [Internet]. Toronto (ON): Yellowhead Institute; 2020 [cited 2025 Nov 23]. Available from: <https://yellowheadinstitute.org/wp-content/uploads/2020/04/covid-food-insecurity.pdf>

35. Government of Canada. The food policy for Canada [Internet]. Ottawa (ON): Government of Canada; 2025 [cited 2025 Dec 12]. Available from: <https://agriculture.canada.ca/en/departement/initiatives/food-policy-canada>
36. Daily Bread Food Bank. Our work: advocacy [Internet]. Daily Bread Food Bank; c2025 [cited 2025 Dec 12]. Available from: <https://www.dailybread.ca/research-and-advocacy/advocacy/>
37. Feed Ontario. A future without hunger: policy recommendations [Internet]. Toronto (ON): Feed Ontario; 2021, [cited 2025 Dec 12]. Available from: <https://feedontario.ca/advocacy-change/policy-recommendations/>
38. PROOF. Identifying policy options to reduce household food insecurity [Internet]. Toronto (ON): PROOF; [date unknown] [cited 2025 Dec 11]. Available from: <https://proof.utoronto.ca/>
39. Food Banks Canada. Overall findings [Internet]. Available from: <https://foodbankscanada.ca/hunger-in-canada/hungercount/overall-findings/>
40. Desjardins E. "Making something out of nothing." Food literacy among youth, young pregnant women and young parents who are at risk for poor health [Internet]. King's Printer for Ontario; Public Health Ontario; 2013. [cited 2025 Nov 8]. Available from: [food literacy study technical report web final.pdf](http://foodliteracystudytechnicalreportwebfinal.pdf)
41. Burke MP, Martini LH, Blake CE, Younginer NA, Draper CL, Bell BA, et al. Stretching food and being creative: caregiver responses to child food insecurity. *J. Nutr. Educ. Behav.* 2017; 49(4):303.e1. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC5490252/pdf/nihms841932.pdf>
42. PROOF. Food procurement, food skills & food insecurity [Internet]. Toronto (ON): PROOF; 2017 [cited 2005 Nov 8]. Available from: <https://proof.utoronto.ca/resource/food-procurement-food-skills-food-insecurity/>
43. Ontario Dietitians in Public Health (ODPH). Position statement and recommendations on responses to food insecurity [Internet]. Toronto (ON): ODPH; 2020 [cited 2025 Nov 23]. Available from: https://odph.ca/wp-content/uploads/2025/01/ps-eng-corrected-07april21_2-3.pdf
44. National Collaborating Centre for Determinants of Health (NCCDH). Learning from practice: advocacy for health equity - food security [Internet]. Nova Scotia: NCCDH; 2017. [cited 2025 Nov 20]. Available from: https://nccdh.ca/images/uploads/comments/Learning_from_practice_Advocacy_for_health_equity_Food_security_EN_FV.pdf
45. Food Banks Canada. Policy recommendations [Internet]. Available from: <https://foodbankscanada.ca/hunger-in-canada/hungercount/policy-recommendations/>

46. Ontario Agency for Health Protection and Promotion (Public Health Ontario). Food insecurity & food affordability in Ontario [Internet]. Toronto (ON): King's Printer for Ontario; 2025. [cited 2025 Dec 11]. Available from: https://www.publichealthontario.ca/-/media/Documents/F/25/food-insecurity-food-affordability.pdf?rev=b6a02915d36b4821a37866915335ee9f&sc_lang=en
47. The Food Bank of York Region. The food bank of York Region's report on food insecurity 2022 [Internet]. The Food Bank of York Region; 2022 [cited 2025 Nov 8]. Available from: <https://fbyr.ca/wp-content/uploads/TheFoodBankofYorkRegionsReportOnFoodInsecurity2022.pdf>
48. PROOF. What can be done to reduce food insecurity in Canada? [Internet]. Toronto (ON): PROOF; [date unknown] [cited 2025 Nov 12]. Available from: <https://proof.utoronto.ca/food-insecurity/what-can-be-done-to-reduce-food-insecurity-in-canada/>
49. Public Health Ontario (PHO). Household food insecurity in Ontario [Internet]. Toronto (ON): King's Printer for Ontario; 2023 [cited 2025 Nov 23]. Available from: <https://www.publichealthontario.ca/en/About/News/2023/04/Household-Food-Insecurity-Ontario>
50. Macdonald D, Tranjan R. Out-of-control rents: rental wages in Canada, 2023 [Internet]. Ottawa (ON): Canadian Centre for Policy Alternatives; 2024 [cited 2025 Nov 13]. Available from: <https://www.policyalternatives.ca/wp-content/uploads/2024/09/OUT-OF-CONTROL-RENTS.pdf>
51. RatesOntario. Living wage network. c2024 [2025 Dec 11]. Available from: <https://www.ontariolivingwage.ca/rates>
52. The Regional Municipality of York, Committee of the Whole. Report of the Commissioner of Finance: 2024 Ontario budget consultation [Internet]. Newmarket (ON): Regional Municipality of York; 2024 [cited 2025 Nov 11]. Available from: <https://yorkpublishing.escribemeetings.com/filestream.ashx?DocumentId=42181>
53. The Regional Municipality of York, Community and Health Services. 2024 York Region health and well-being review [Internet]. Newmarket (ON): Regional Municipality of York; 2025. [cited 2025 Nov 13]. Available from: <https://yorkpublishing.escribemeetings.com/filestream.ashx?DocumentId=46087>
54. The Regional Municipality of York, Committee of the Whole, Community and Health Services. Report of the Commissioner of Community and Health Services: 2024 York Region health and well-being review [Internet]. Newmarket (ON): Regional Municipality of York; 2025. [cited 2025 Dec 11]. Available from: <https://yorkpublishing.escribemeetings.com/filestream.ashx?DocumentId=46086>
55. PROOF. Indigenous food insecurity [Internet]. Toronto (ON): PROOF; 2024. [cited 2025 Oct 30]. Available from: <https://proof.utoronto.ca/resources/indigenous-food-insecurity/>

56. PROOF. Fact sheet: race and food insecurity [Internet]. Toronto (ON): PROOF; 2019 [cited 2025 Oct 30]. Available from: https://foodshare.net/wp-content/uploads/2019/11/PROOF_factsheet_press_FINAL.6.pdf

57. Canada Revenue Agency. Free tax clinics [Internet]. Ottawa (ON): Government of Canada; 2025 [last updated 2025 Nov 20; cited 2025 Dec 11]. Available from: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html>