



community food centres
CANADA good food is just the beginning

Food insecurity and poverty in Canada

Estimates based on the latest data available as of April 30, 2024

Outline

1. Key terms
 - a. What is food insecurity?
 - b. What is poverty?
 - c. How does Statistics Canada define sex and gender?
2. Key stats
3. Food insecurity and poverty estimates
 - a. By geographic region
 - b. By economic family type
 - c. By population group

1. Key terms

What is *food insecurity*?

In Canada, *food insecurity* is defined as the inadequate or insecure access to food due to a lack of income.

The Canadian Income Survey uses the [Household Food Security Survey Module](#) to group people in any of three levels of food insecurity: **marginal**, **moderate**, **severe**.



What is *poverty*?



How the Government of Canada defines poverty

In this slide deck, *poverty* is defined using the *Market Basket Measure (MBM)*, Canada's official poverty measure.

The MBM measures the cost of a specific basket of goods and services that represents a basic standard of living as defined by the government.

These costs are compared with the disposable income of families to determine if they fall below or above the poverty line.

How does Statistics Canada define *sex* and *gender*?

Regrettably, the Canadian Income Survey only describes participants' sex as either "male" or "female." This ciscentric and colonial categorization fails to capture data specific to people whose gender identity is different from the sex that they were assigned at birth, including Two-Spirit, trans, and nonbinary people. As a result, some of the data in this slide deck does not report on gender-diverse people.

Where gender diversity is taken into account, [Statistics Canada \(2022\)](#) defines:

Cisgender person as "a man or woman whose gender corresponds with [their] sex assigned at birth."

Transgender person as "a man or woman whose gender does not correspond with [their] sex assigned at birth."

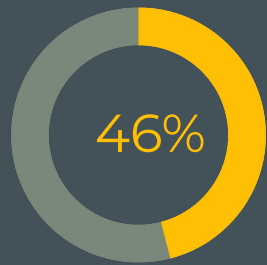
Non-binary person as "an individual who is not exclusively a man or a woman" (e.g., a Two-Spirit person).

2. Key stats

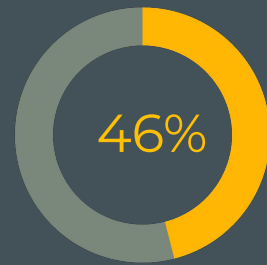
Food insecurity in 2023

8.7 million or nearly 1 in 4 people in Canada experienced food insecurity

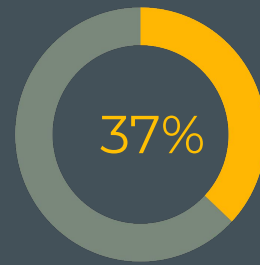
These populations disproportionately experienced food insecurity:



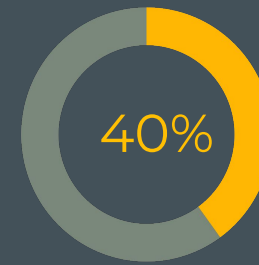
Female one-parent families



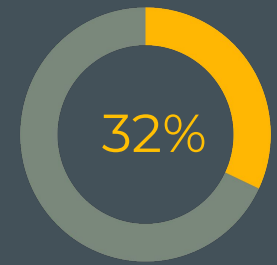
Indigenous people living on reserve



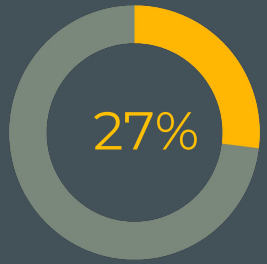
Indigenous people living off reserve



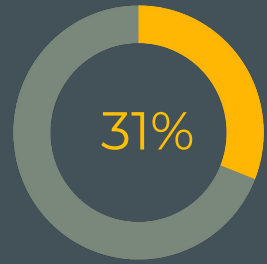
Black people



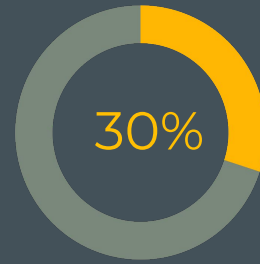
Male one-parent families



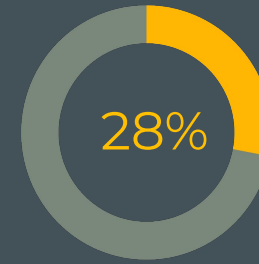
Racialized people



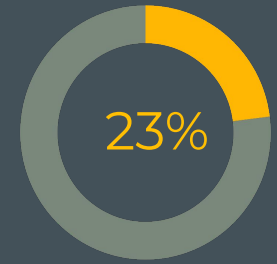
Single people aged 18 to 64 years



Families where the main breadwinner has a disability



Children below 18 years



Immigrants

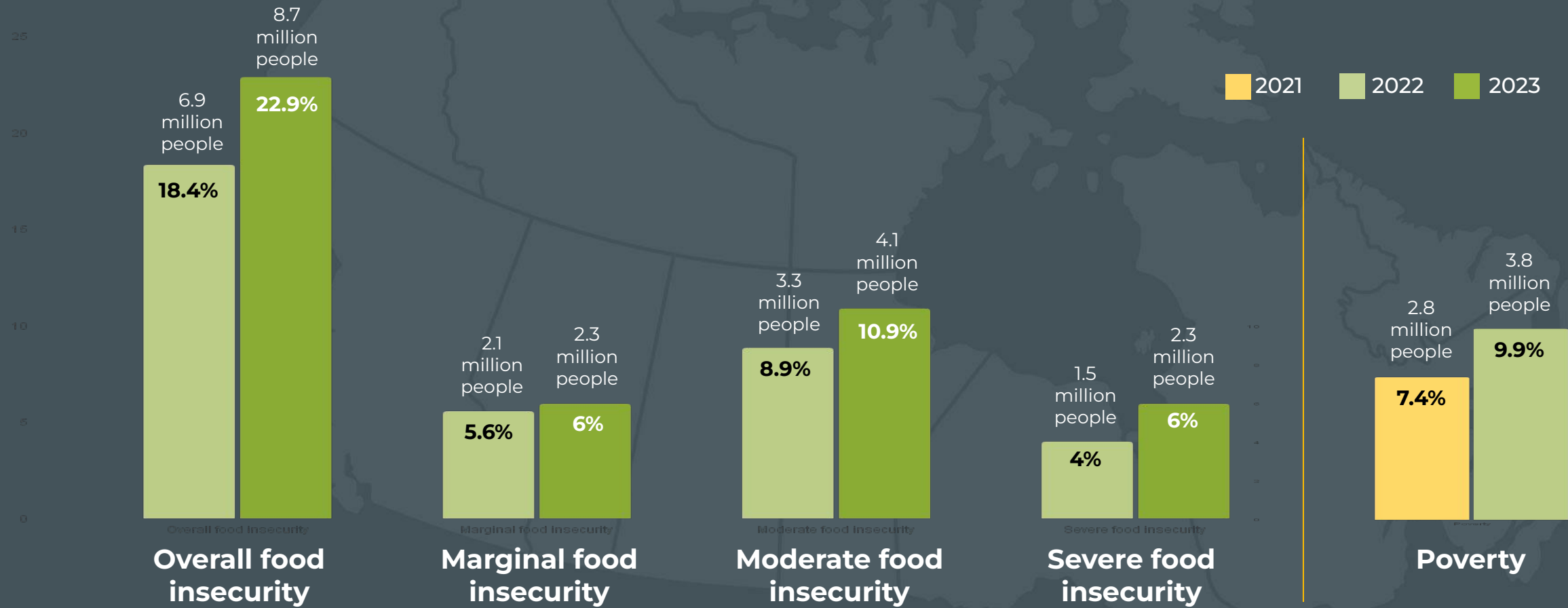
3. Food insecurity and poverty estimates



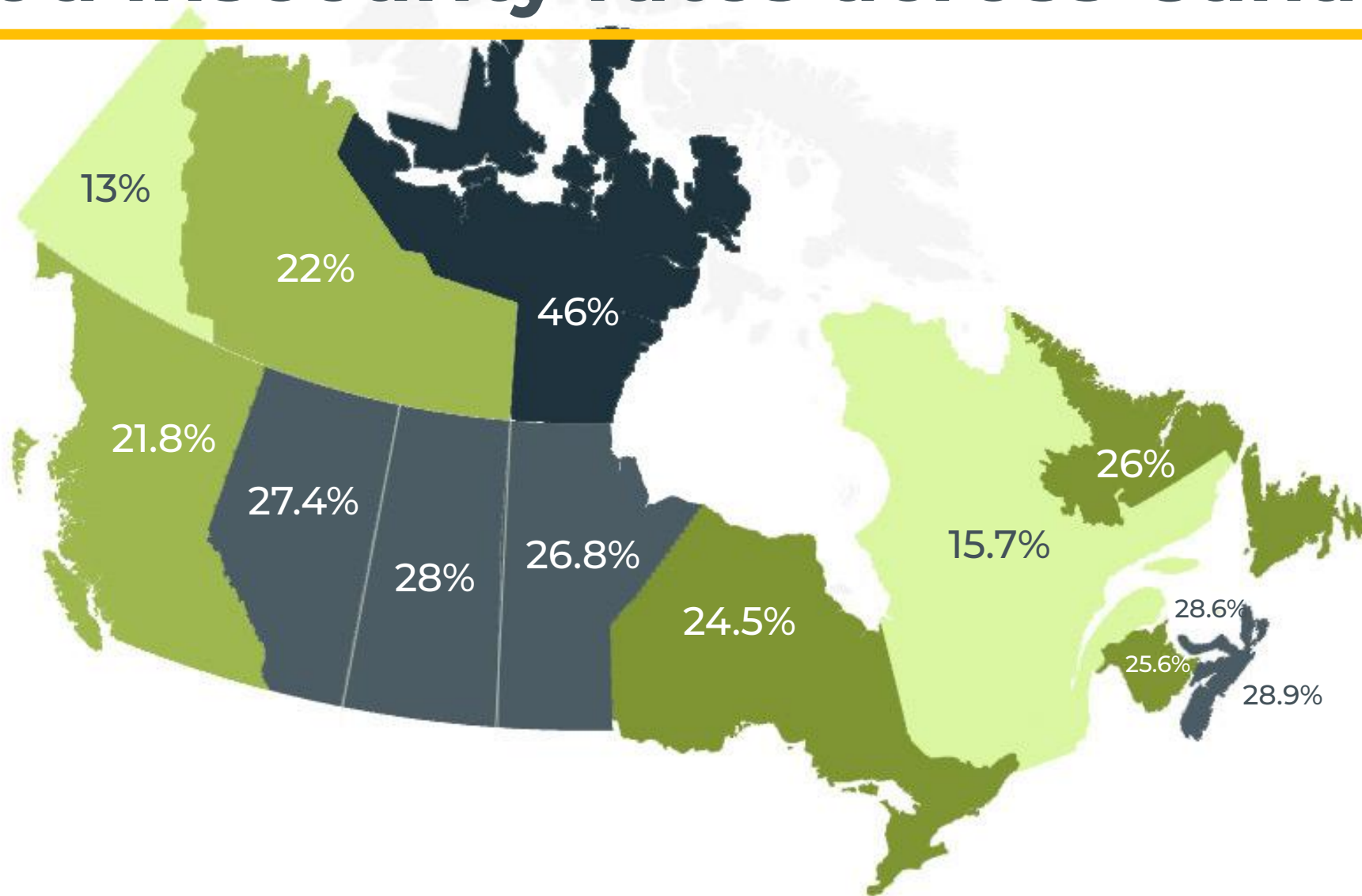
Food insecurity and poverty by geographic region

- 1.** Canada (overall)
- 2.** Atlantic provinces
 - Newfoundland and Labrador
 - Nova Scotia
 - Prince Edward Island
 - New Brunswick
- 3.** Quebec
- 4.** Ontario
- 5.** Prairie provinces
 - Manitoba
 - Saskatchewan
 - Alberta
- 6.** British Columbia
- 7.** The territories

Canada (overall)

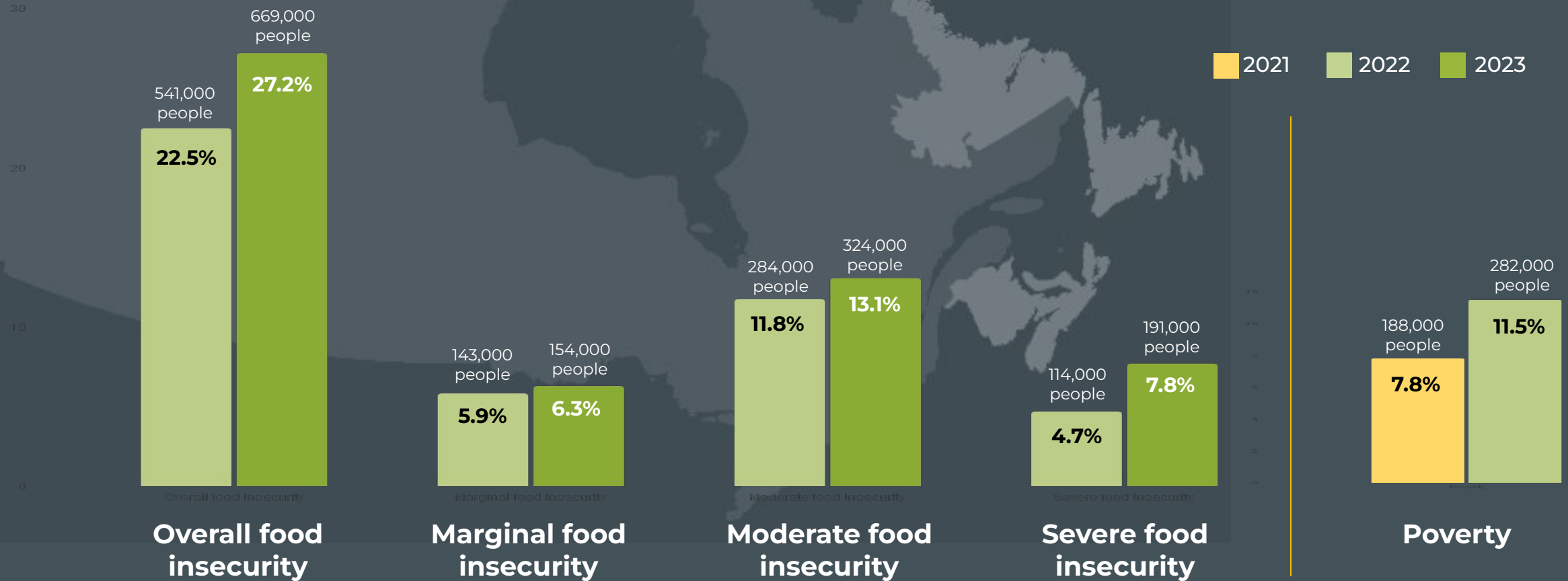


Food insecurity rates across Canada

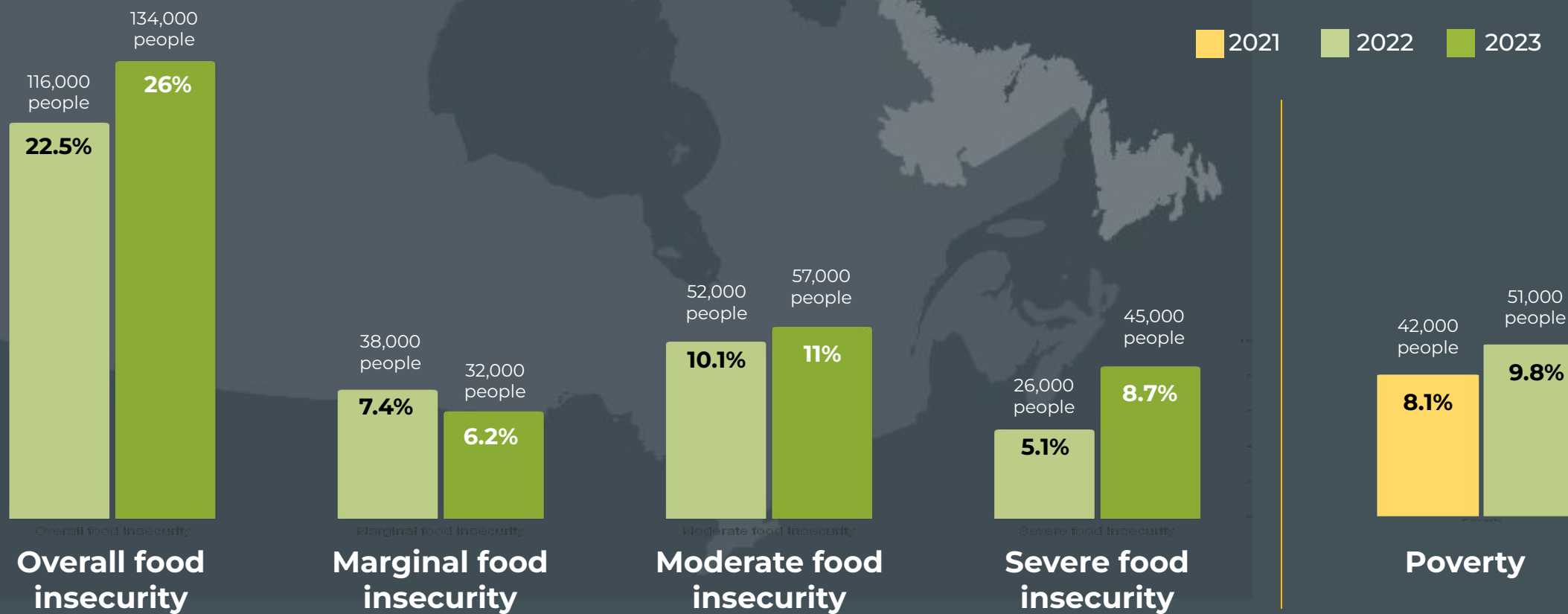


Source: Provincial estimates are sourced from PROOF (2024) and territorial estimates are sourced from Statistics Canada (2023).

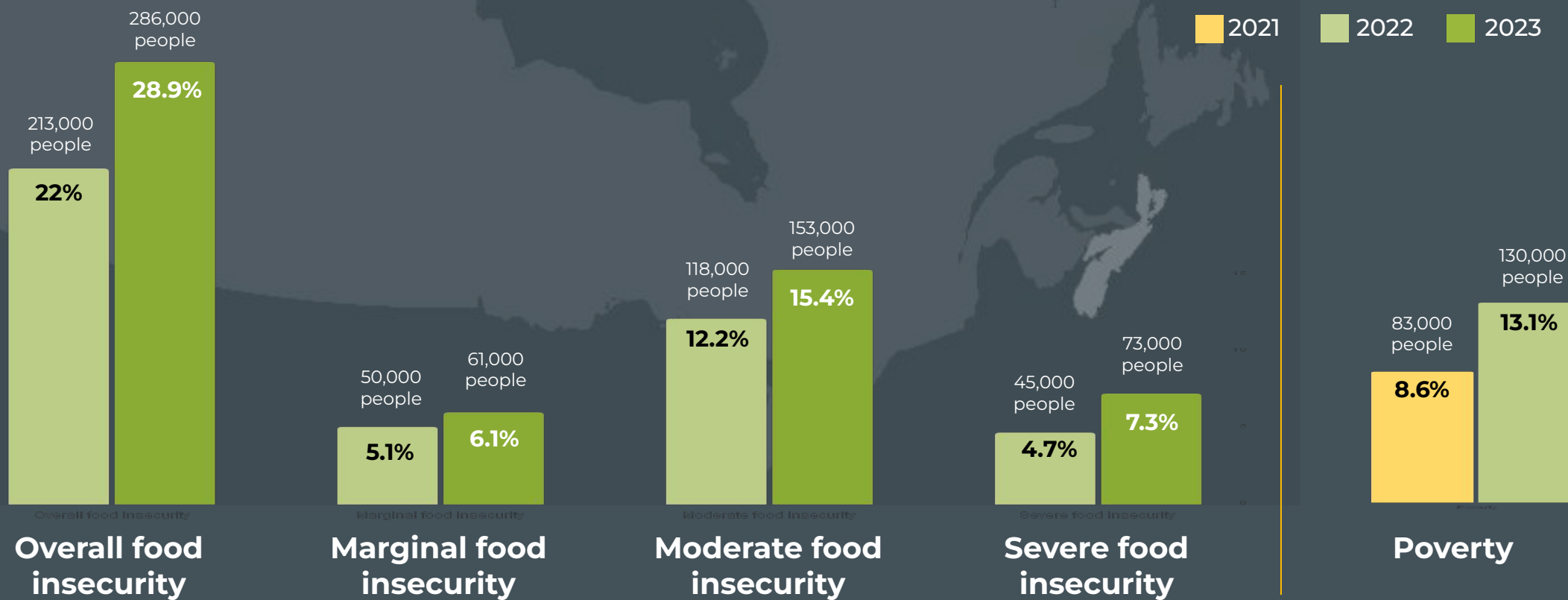
Atlantic provinces



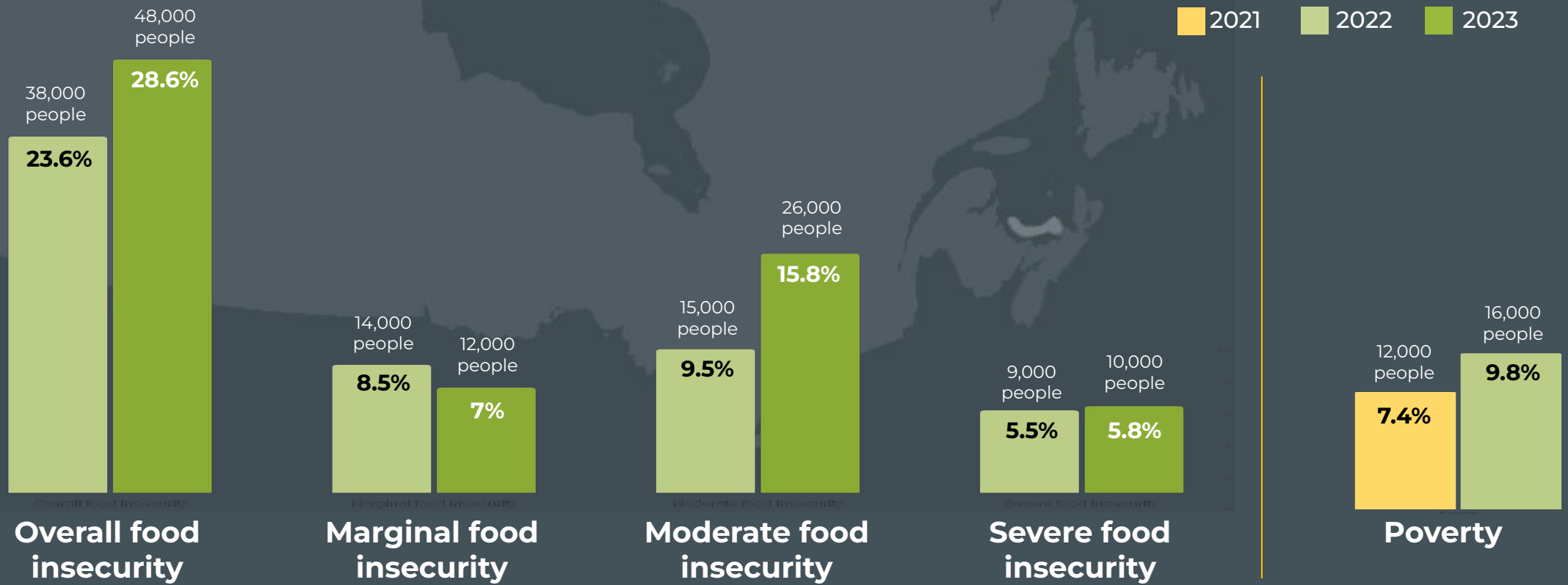
Newfoundland and Labrador



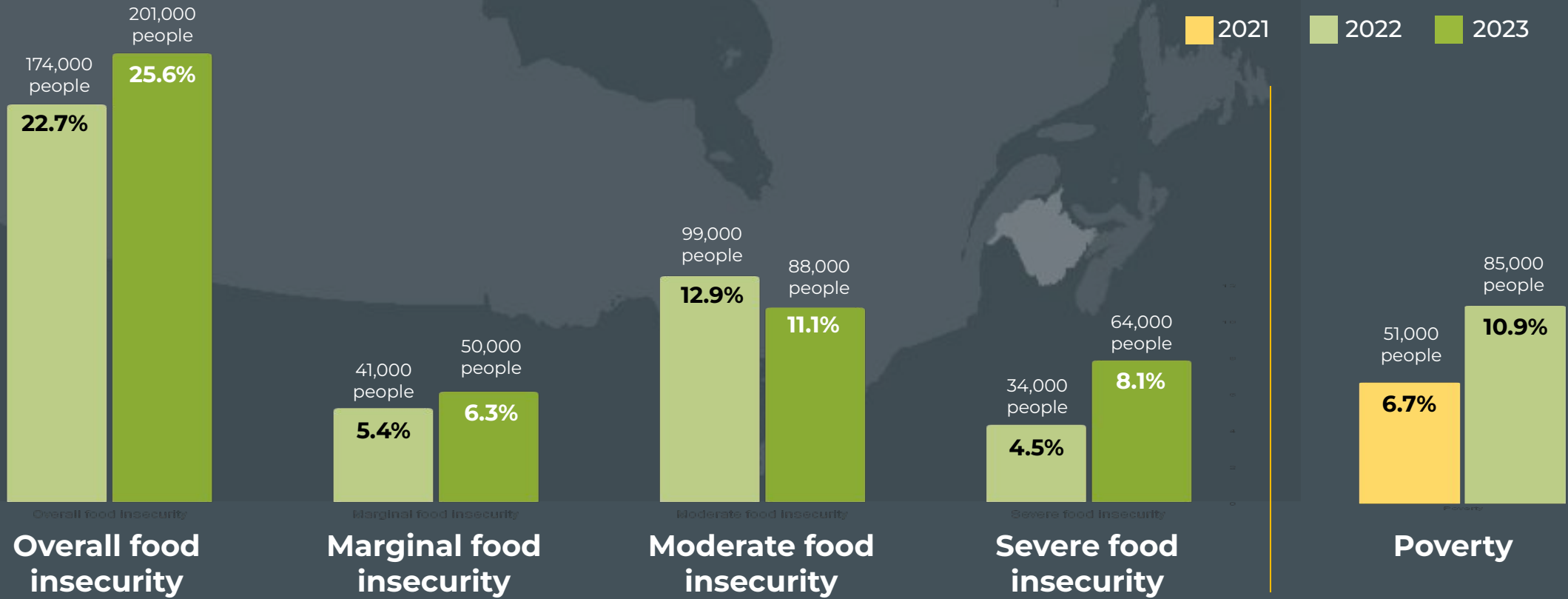
Nova Scotia



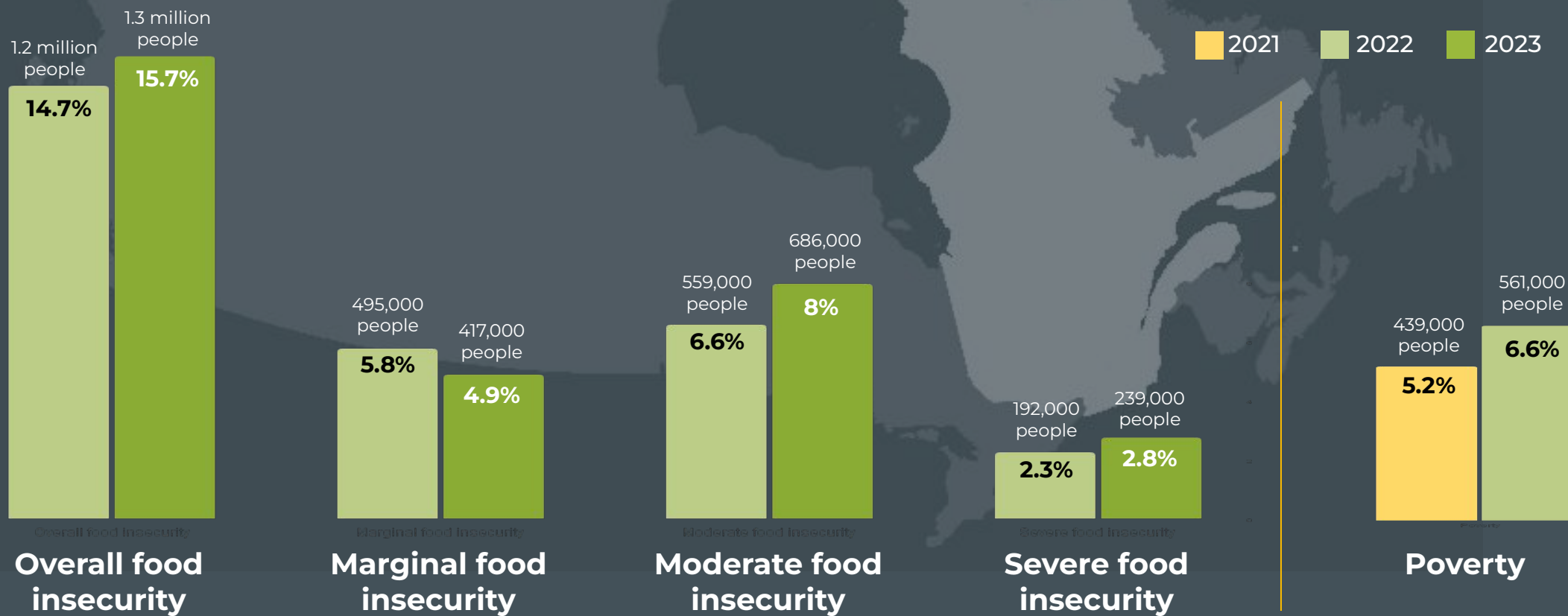
Prince Edward Island



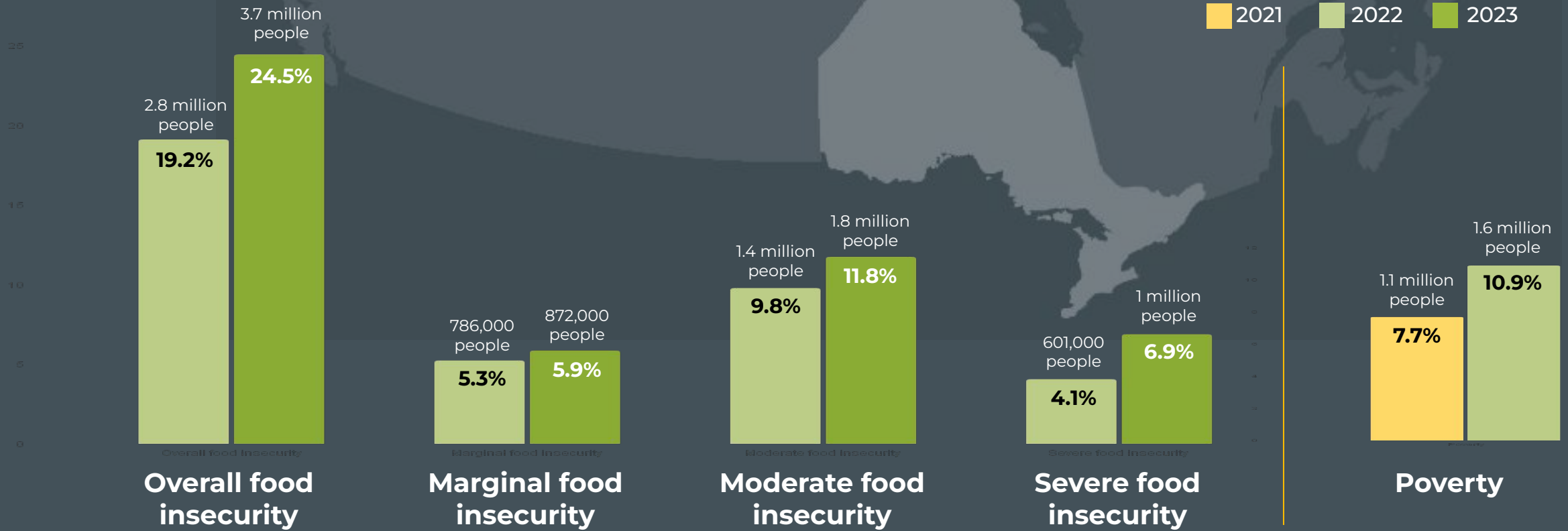
New Brunswick



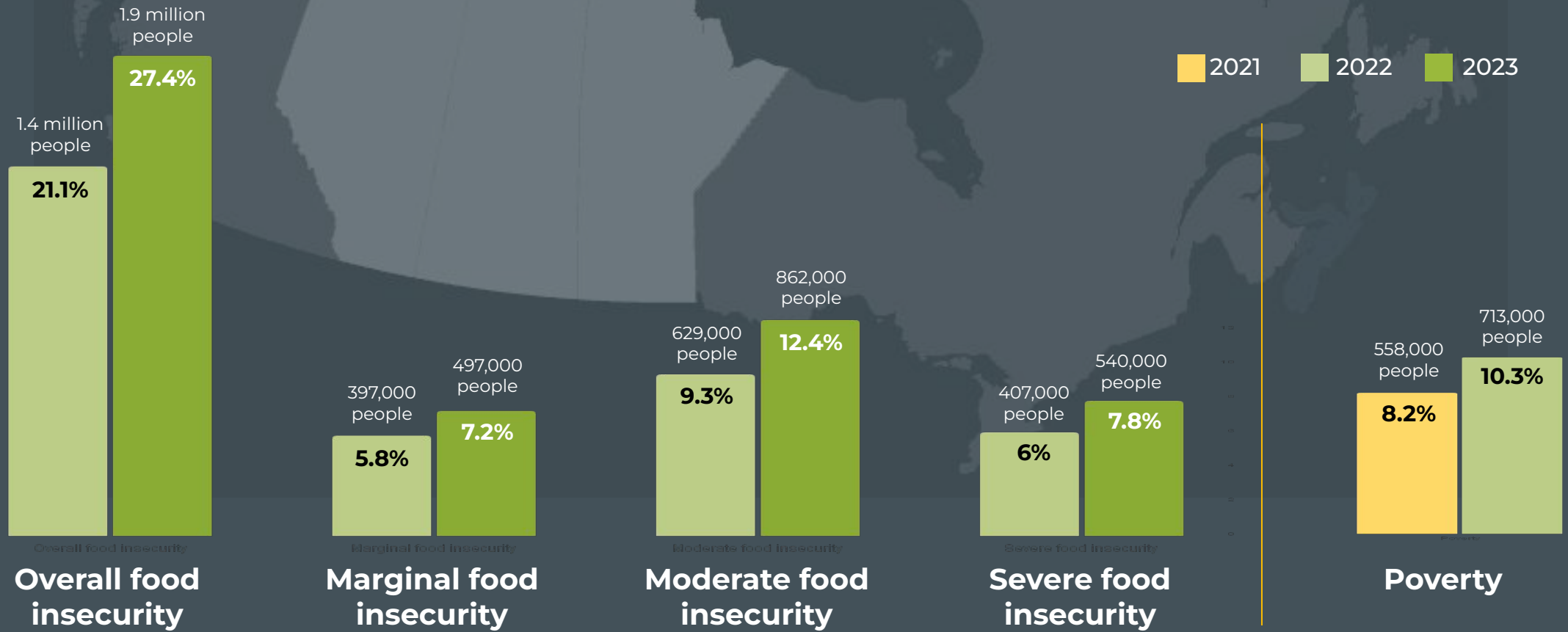
Quebec



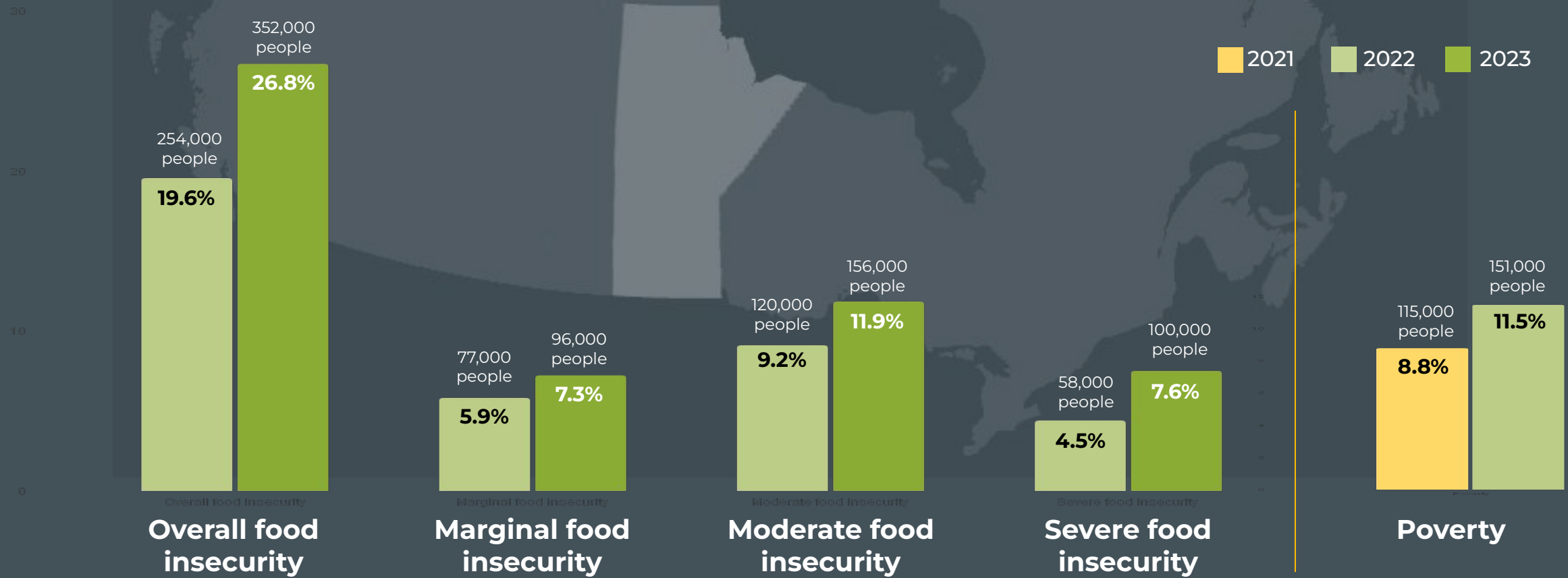
Ontario



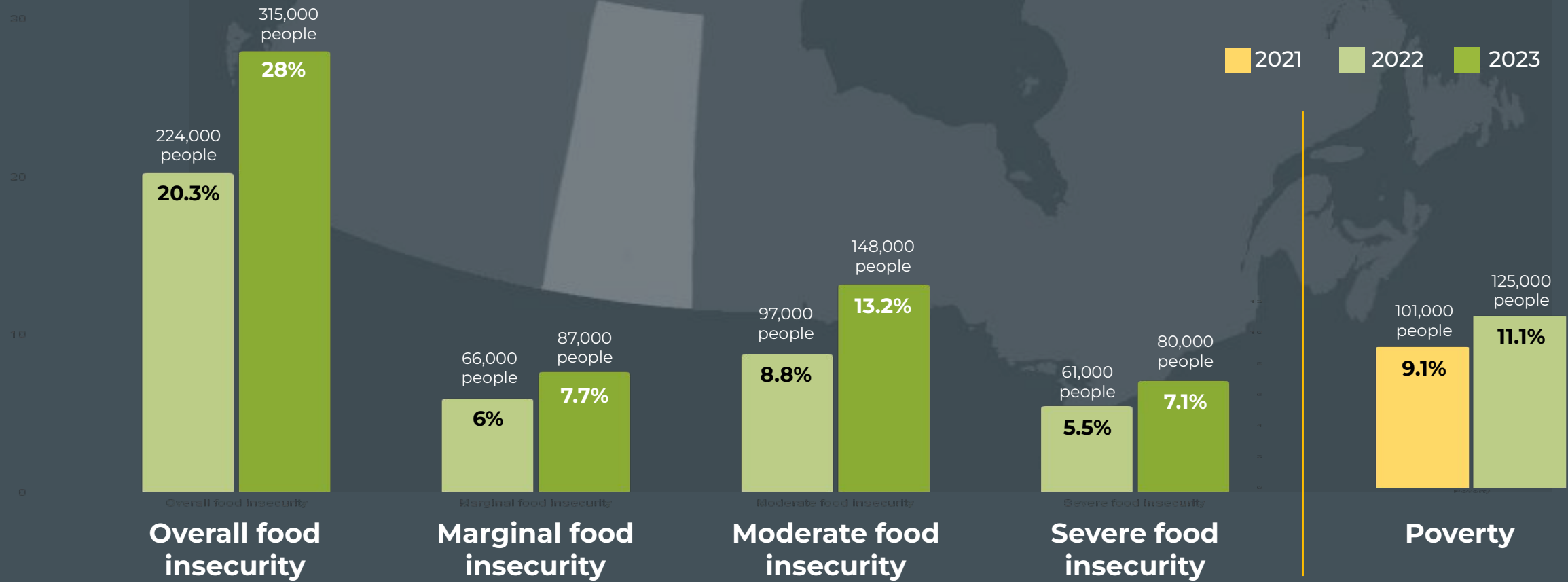
Prairie provinces



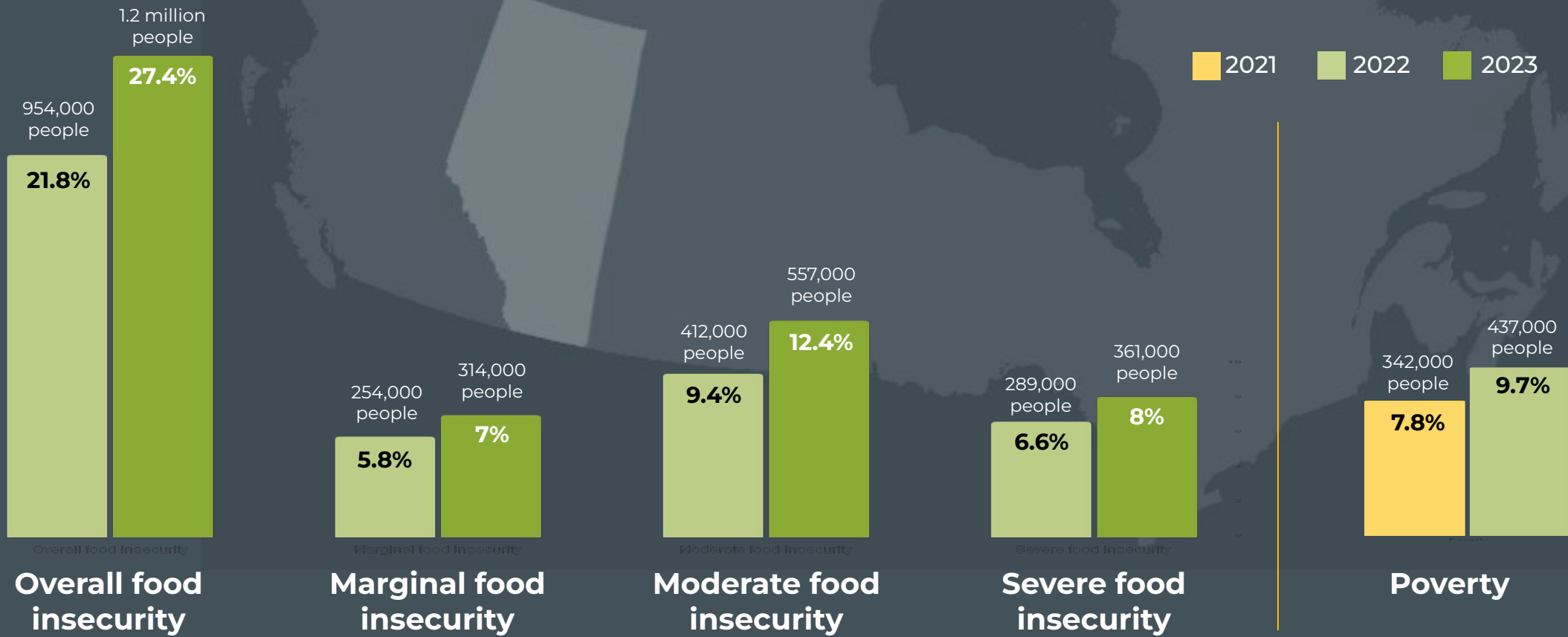
Manitoba



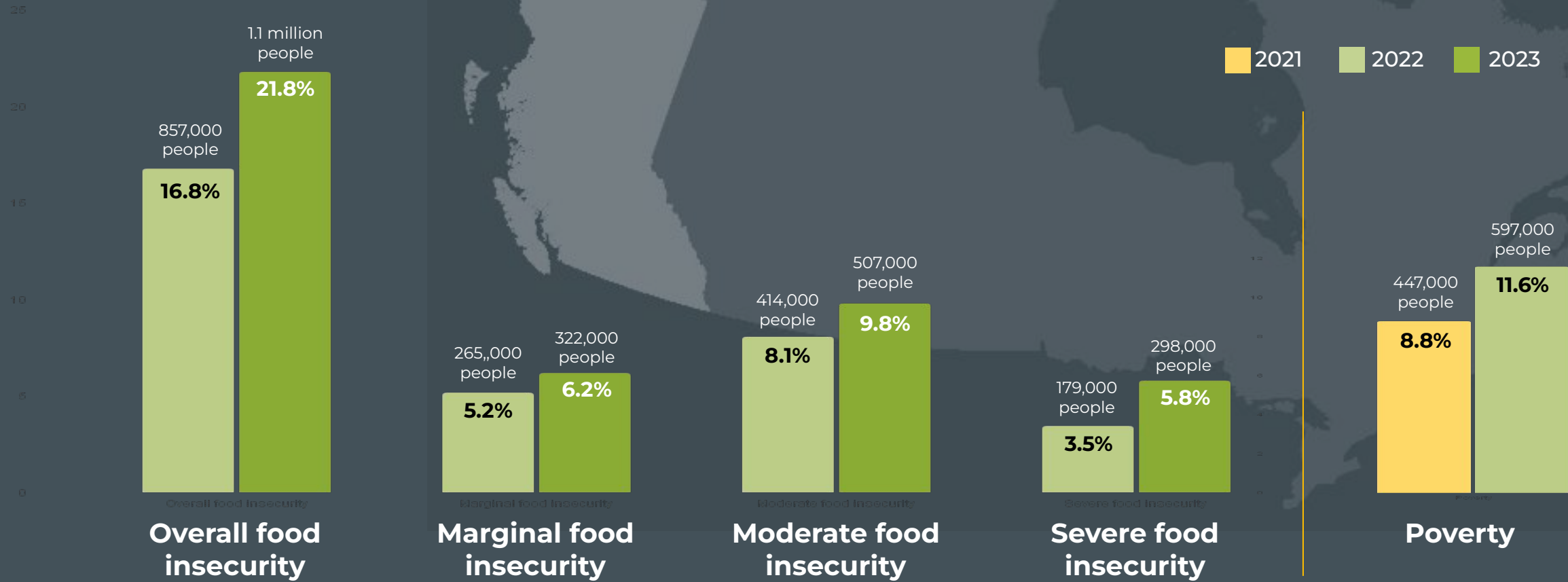
Saskatchewan



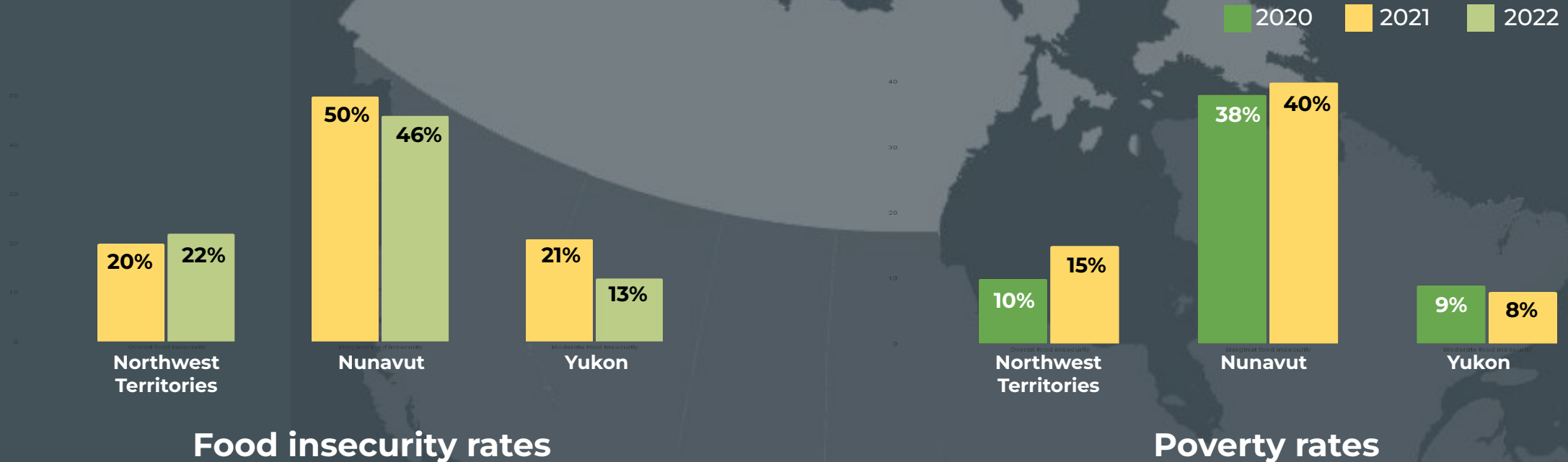
Alberta



British Columbia



The territories



Due to smaller sample sizes:

- estimates of marginal, moderate, and severe food insecurity are not available
- absolute numbers of food insecurity rates are not available.

Poverty rates for the Northwest Territories and Yukon are based on an adapted Northern Market Basket Measure, while poverty rates for Nunavut are based on a Market Basket Measure adapted for Nunavut.

Food insecurity and poverty by economic family type

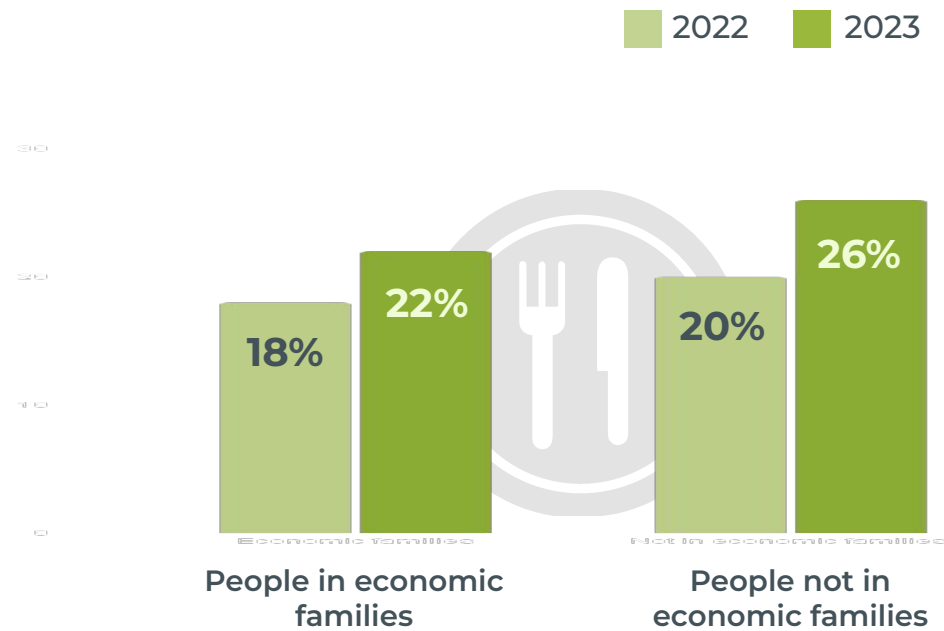
- 1.** People in and not in economic families
- 2.** Adults (18 to 64)
- 3.** Families with or without children
- 4.** Seniors (65+)

What is an *economic family*?

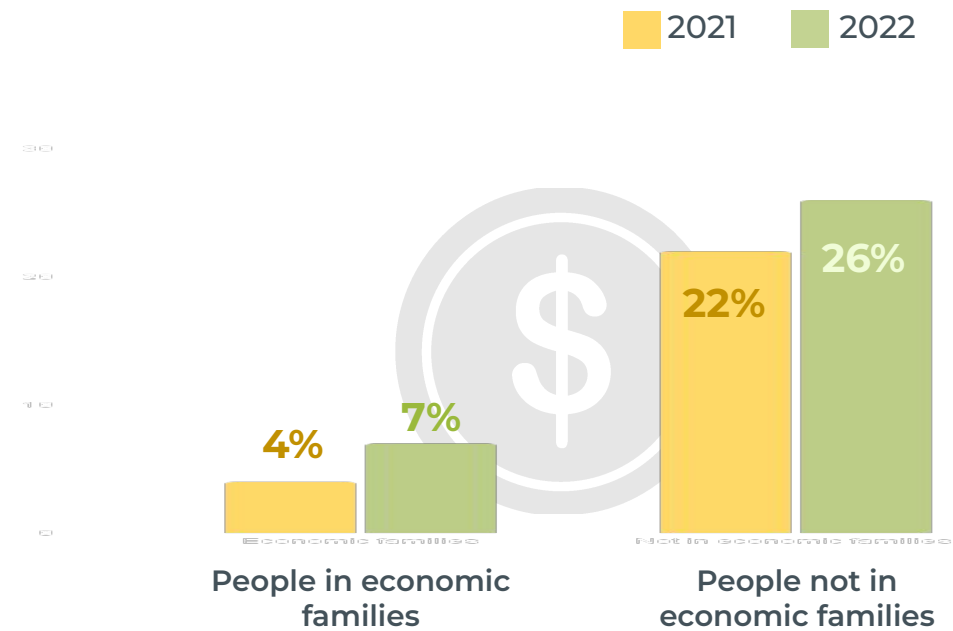
Economic family is a Statistics Canada term that means a group of two or more people who live in the same dwelling and are related by blood, marriage, common-law union, adoption or a foster relationship. This may or may not include children.

Single people who live alone or with roommates are not considered to be in economic families.

People in and not in economic families

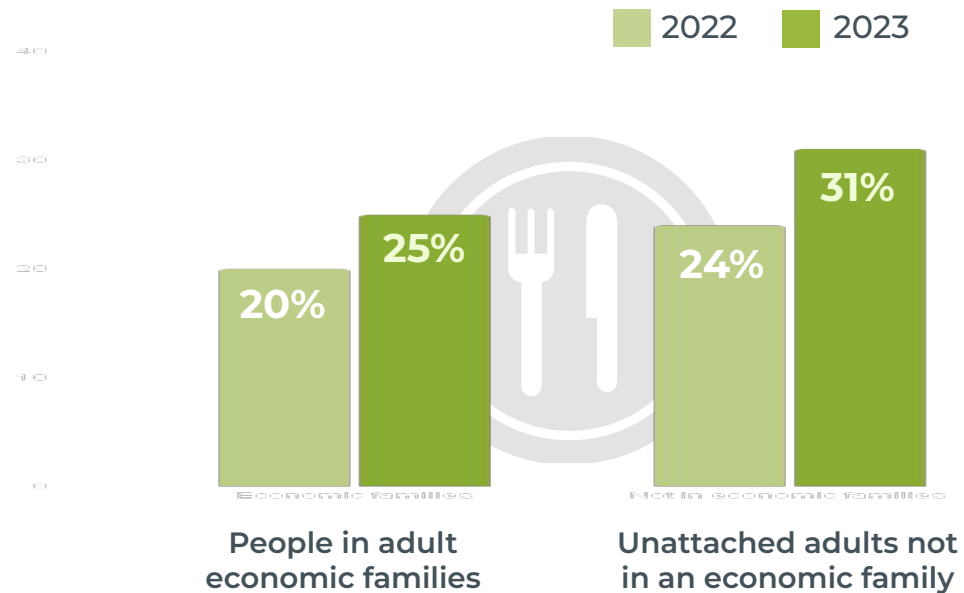


Food insecurity rates



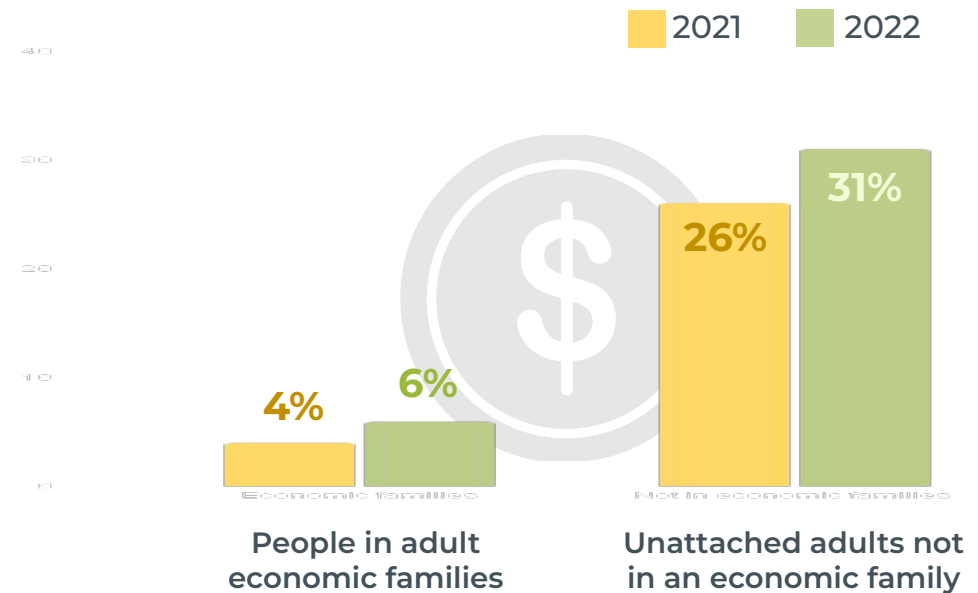
Poverty rates

Adults (18 to 64)



Food insecurity rates

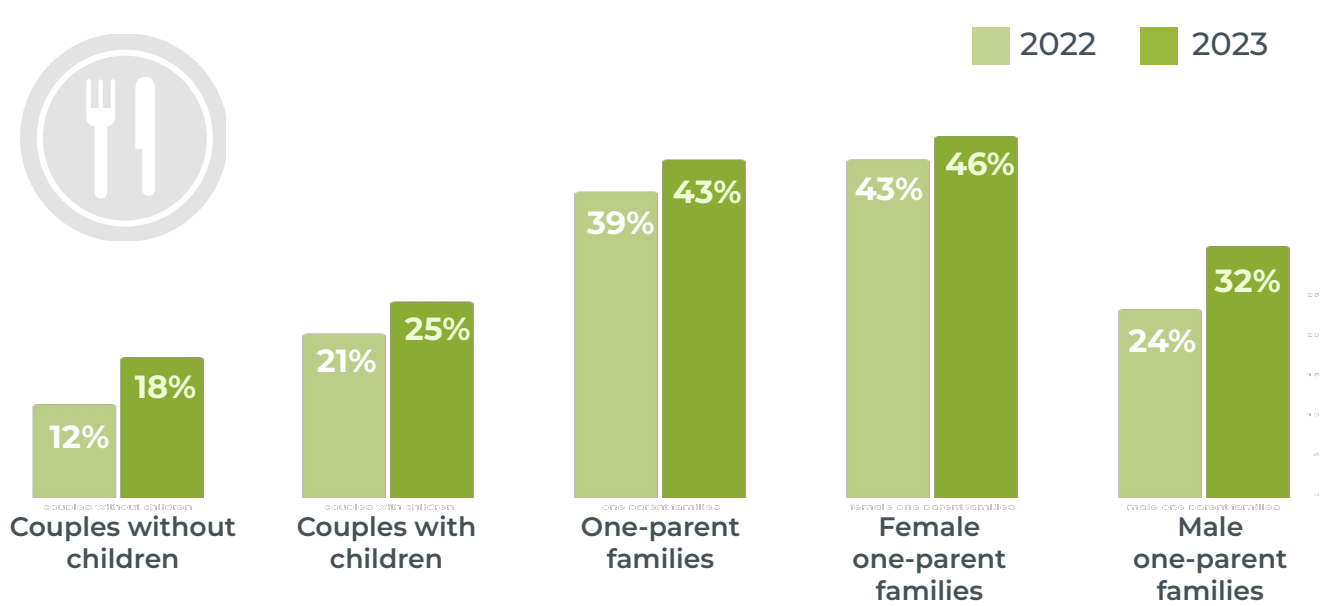
People in adult economic families = People in economic families where the main breadwinner is aged 18 to 64.



Poverty rates

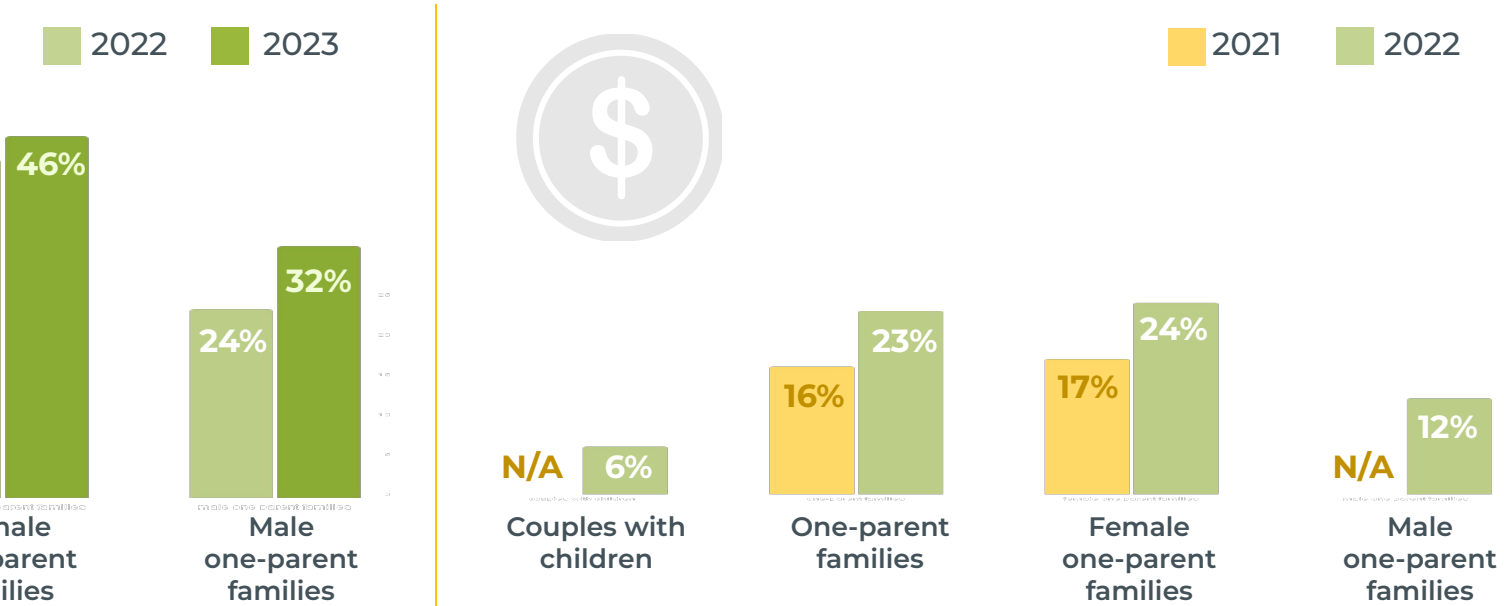
Unattached adults not in an economic family = People aged 18 to 64 who live alone or with roommates. This definition does not include children.

Families with or without children



Food insecurity rates

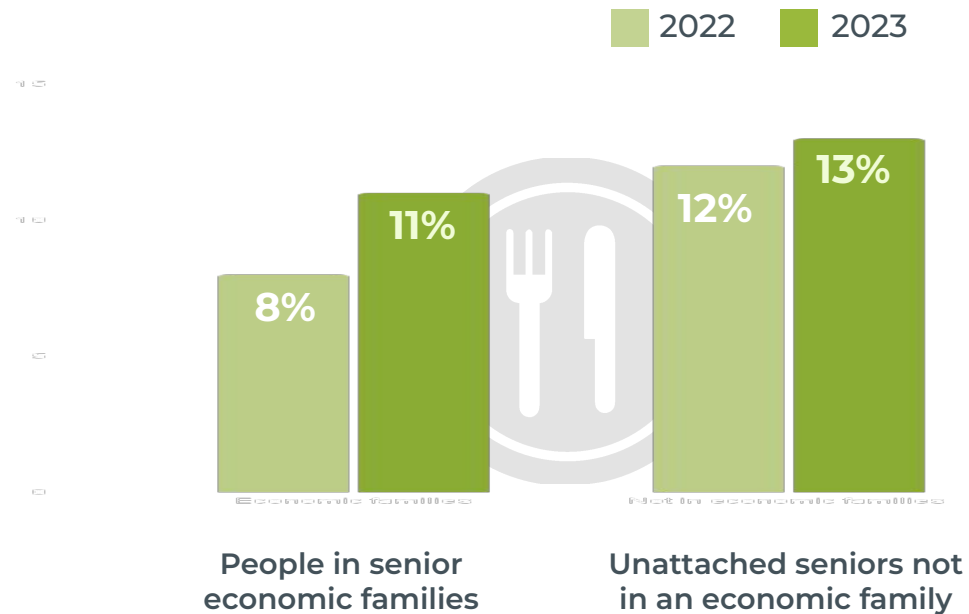
Couples without children = People in families of couples without children.



Poverty rates

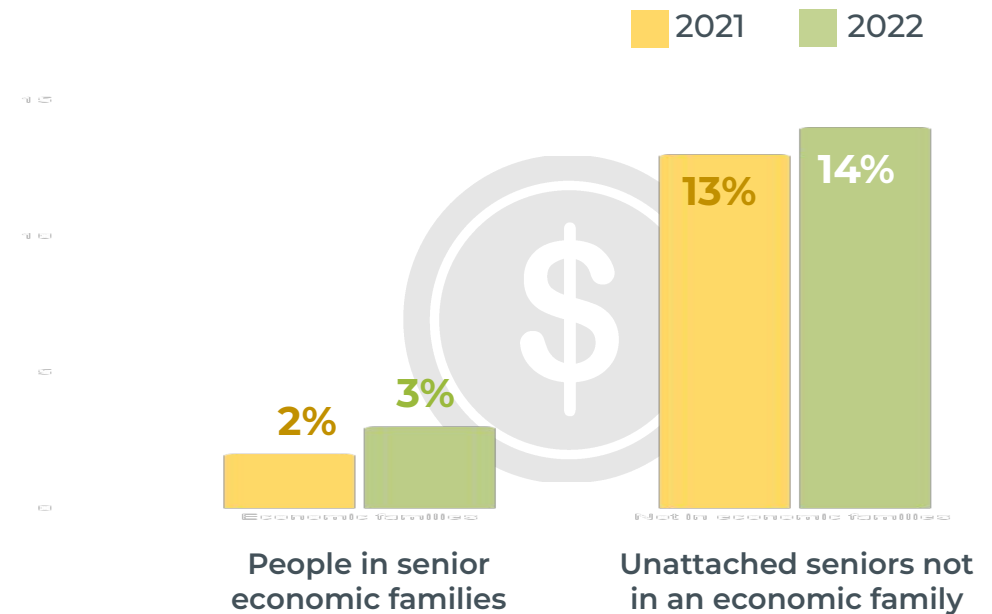
One-parent families = People in families that have one resident parent.

Seniors (65+)



Food insecurity rates

People in senior economic families = People in economic families where the main breadwinner is aged 65+.



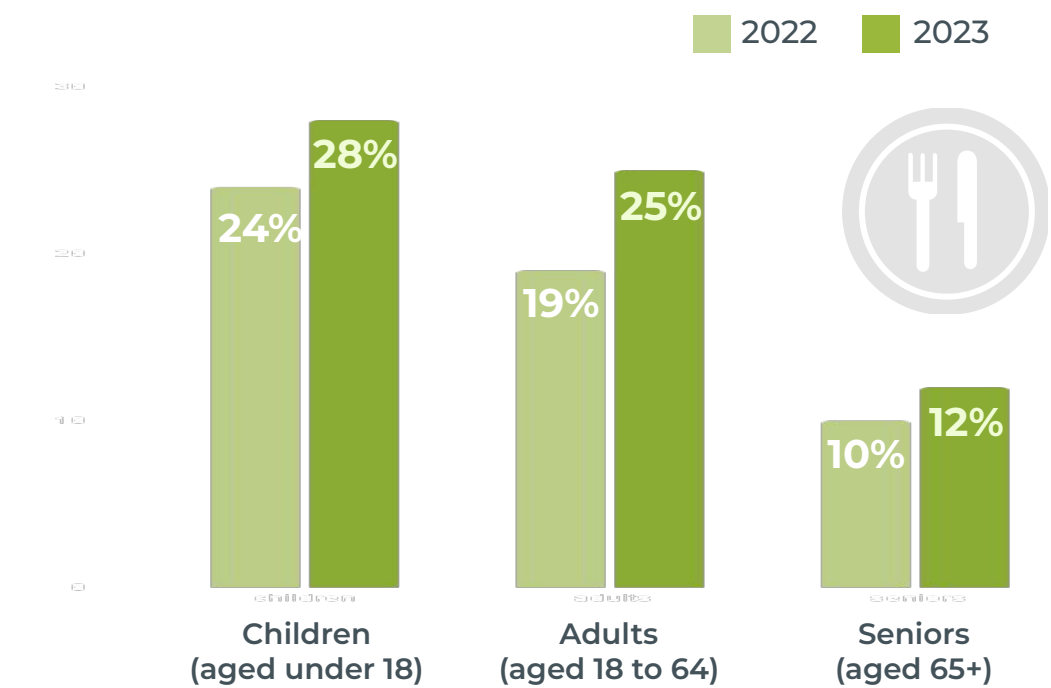
Poverty rates

Unattached seniors not in an economic family = People aged 65+ who live alone or with roommates. This definition does not include children.

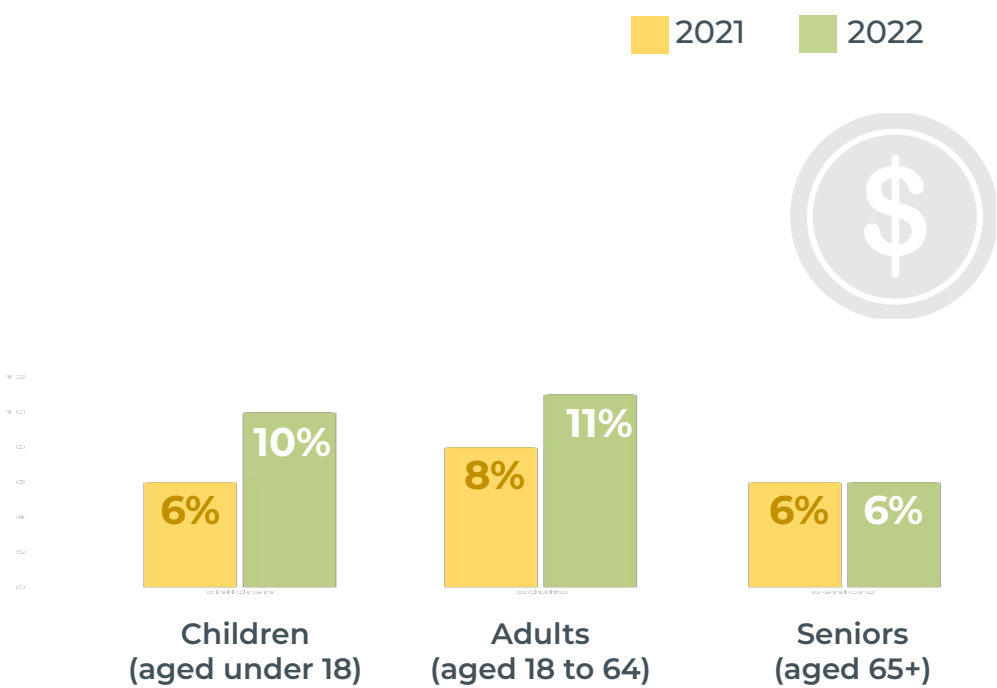
Food insecurity and poverty by population group

1. Age
2. Indigeneity
3. Racialized status
4. Immigrants
5. Disability
6. Sex and gender

Age

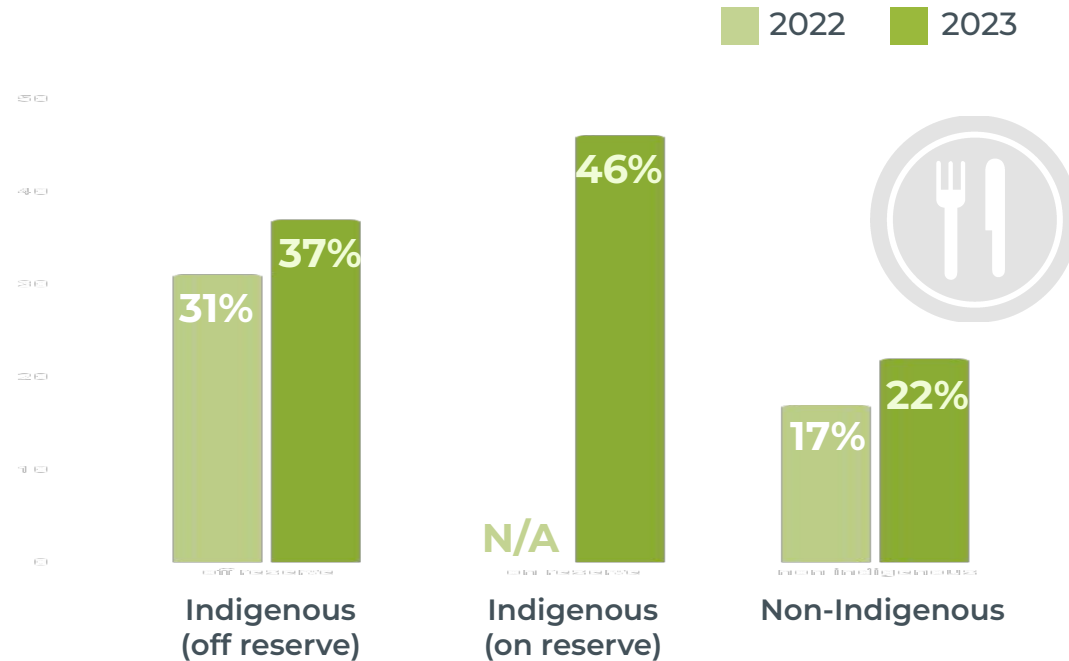


Food insecurity rates

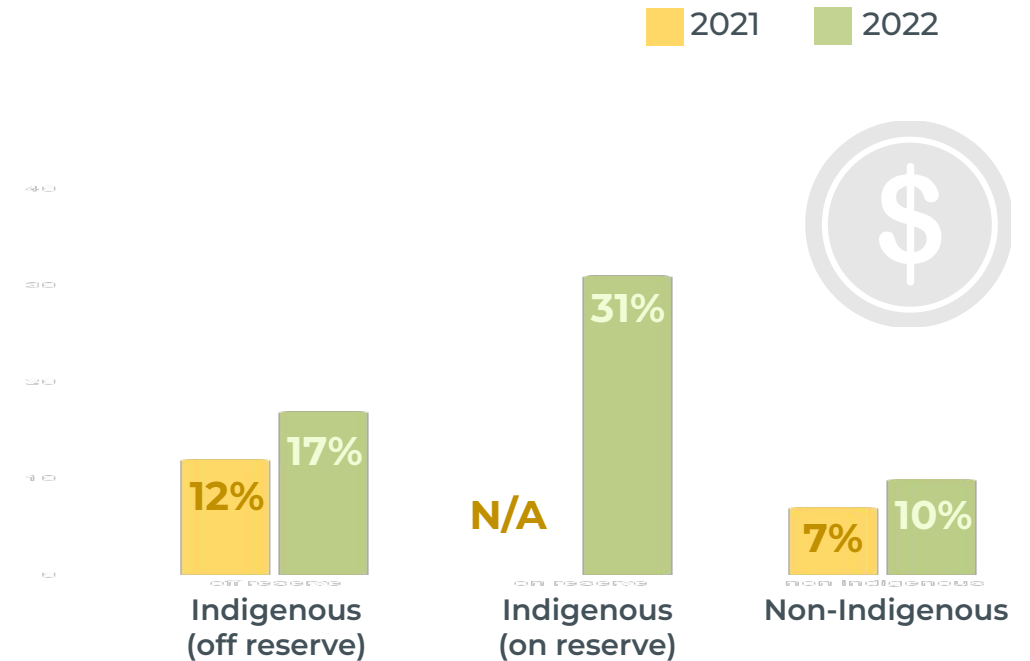


Poverty rates

Indigeneity



Food insecurity rates

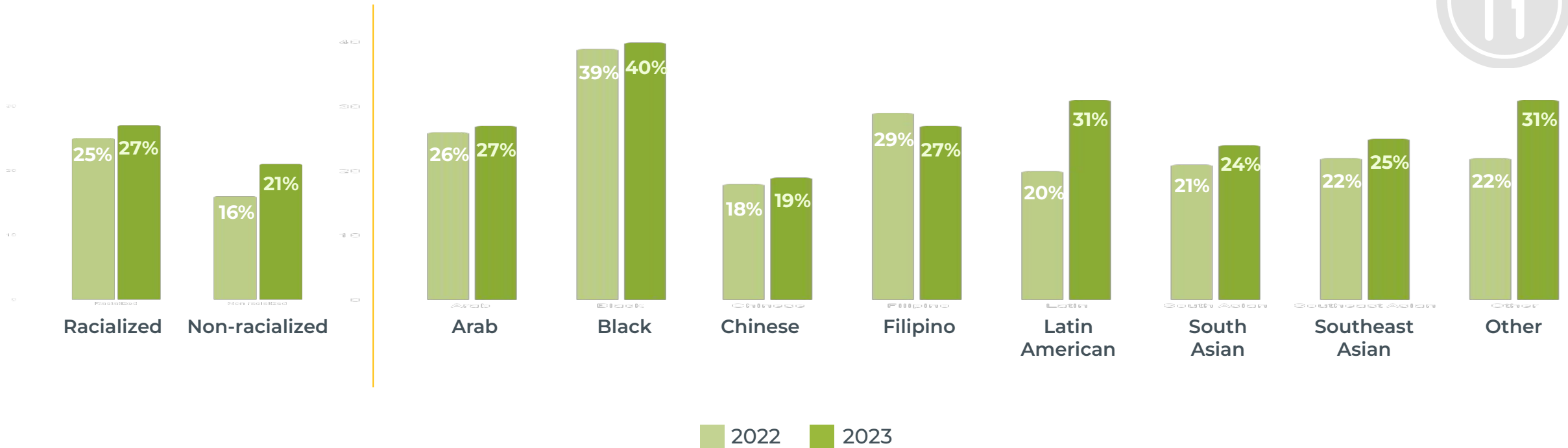


Poverty rates

Indigenous (off reserve) = Indigenous people who do not live on reserves and other Indigenous settlements.

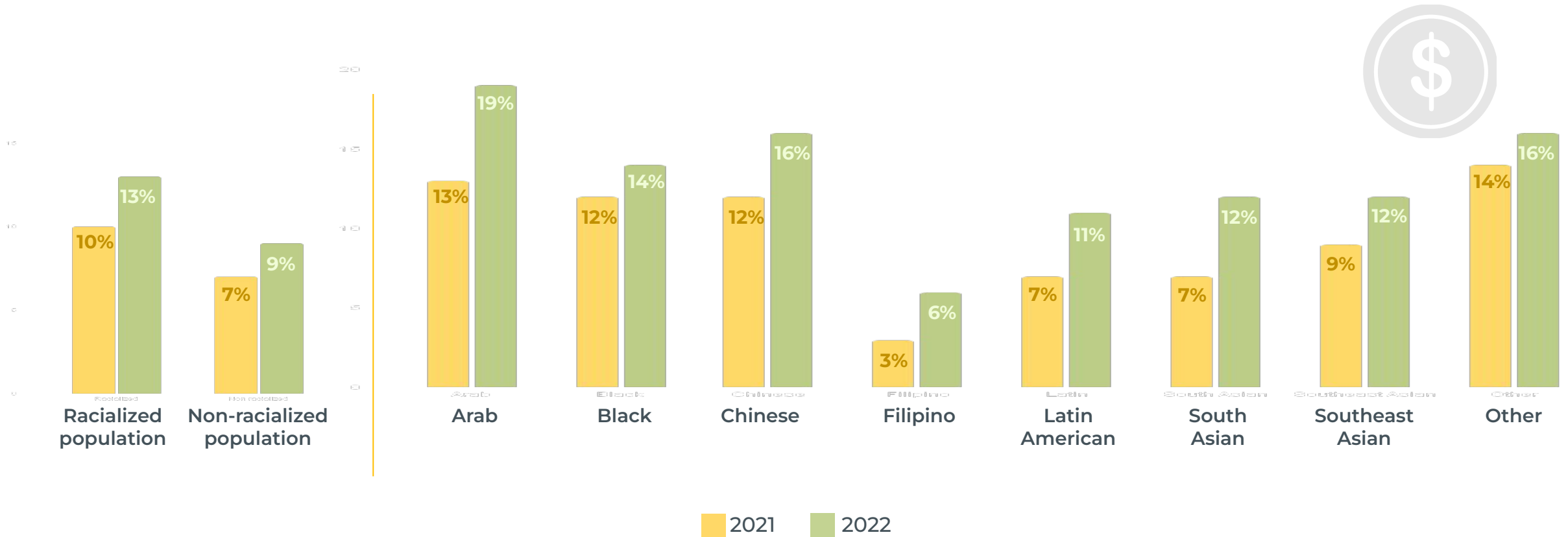
Sources: [Statistics Canada, 2024](#); [Batal & others, 2021](#); [Statistics Canada, 2023](#)

Racialized status: Food insecurity



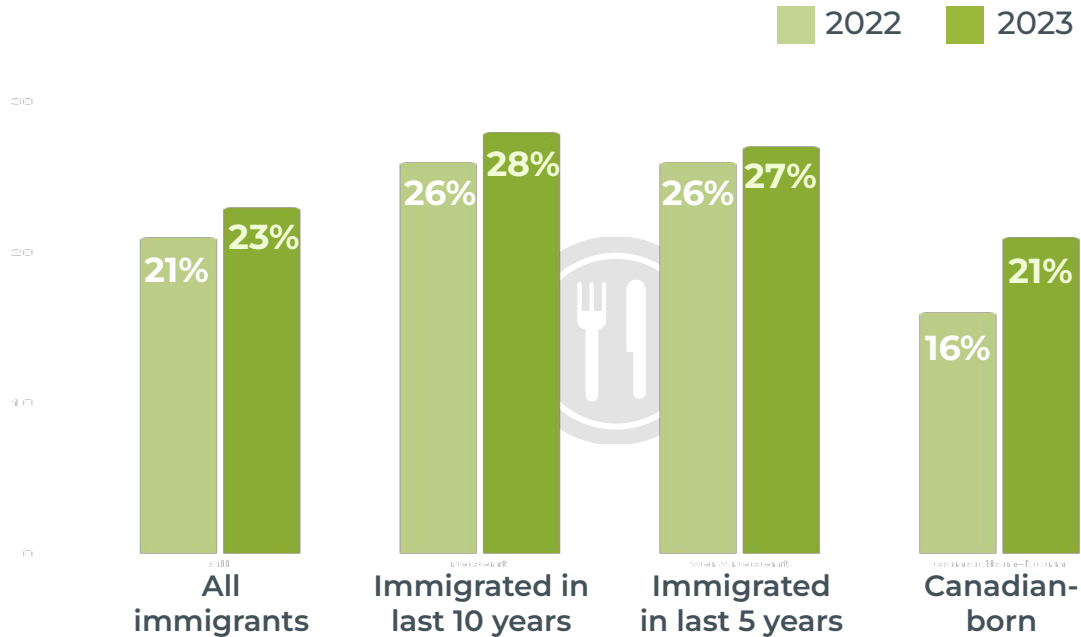
Racialized (often referred to as visible minorities) = According to the Employment Equity Act, “persons, other than [Indigenous] peoples, who are non-Caucasian in race or non-white in colour.”

Racialized status: Poverty

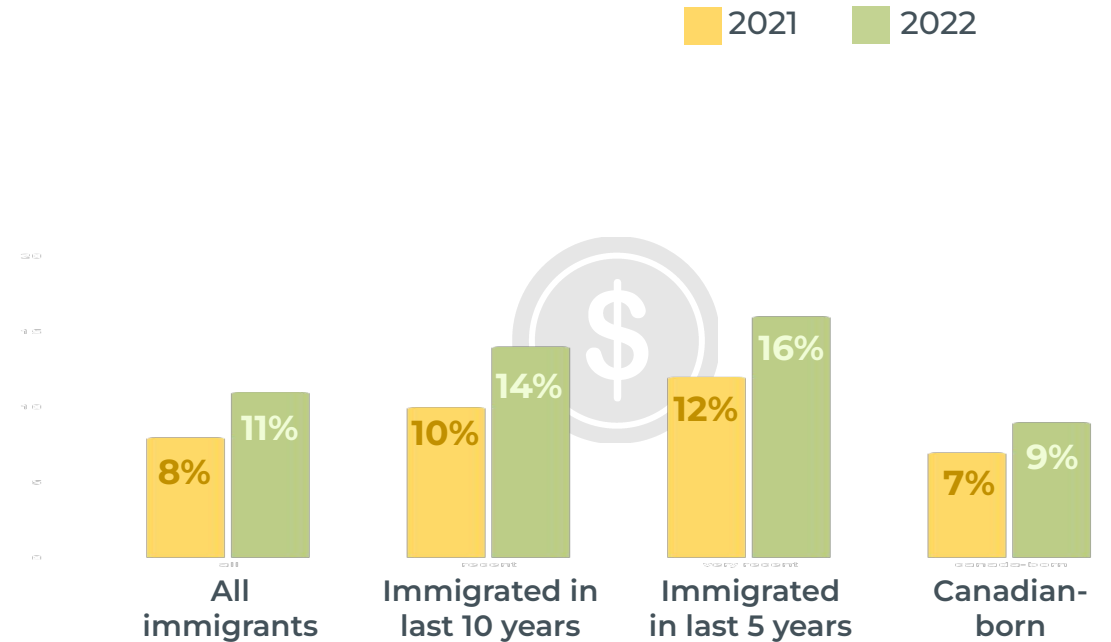


Racialized (often referred to as visible minorities) = According to the Employment Equity Act, “persons, other than [Indigenous] peoples, who are non-Caucasian in race or non-white in colour.”

Immigrants



Food insecurity rates



Poverty rates

All populations (immigrant and Canadian born) are aged 15+.

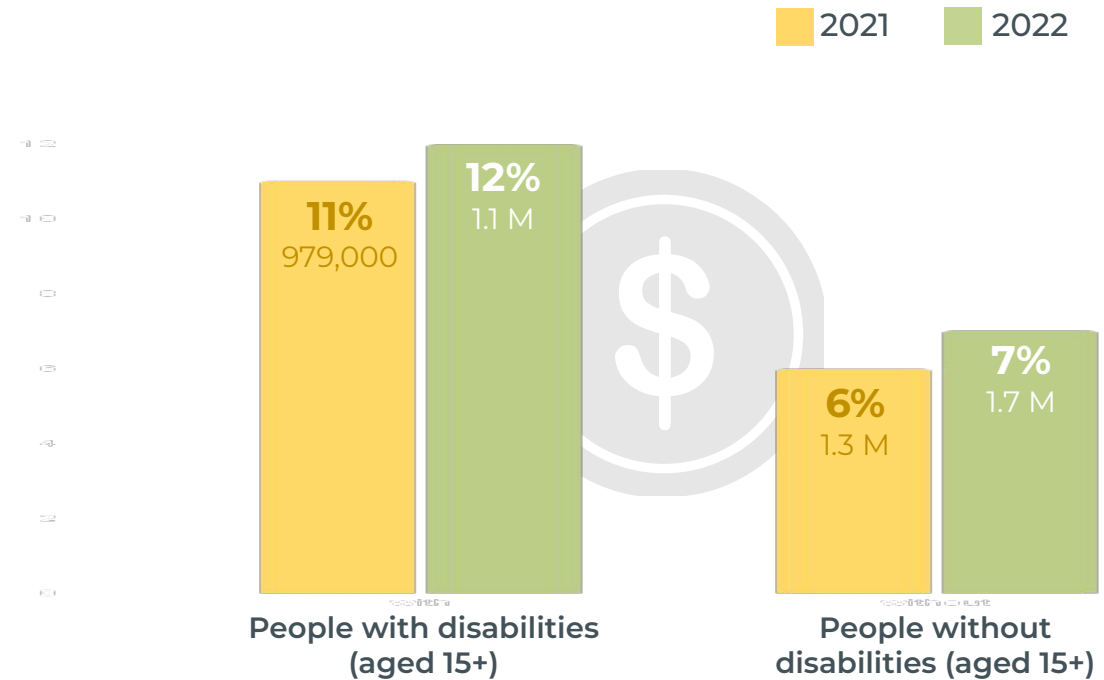
Disability

Food insecurity rate in households where the main breadwinner has a disability:

2022: 30%

Food insecurity rate in households where the main breadwinner does not have a disability:

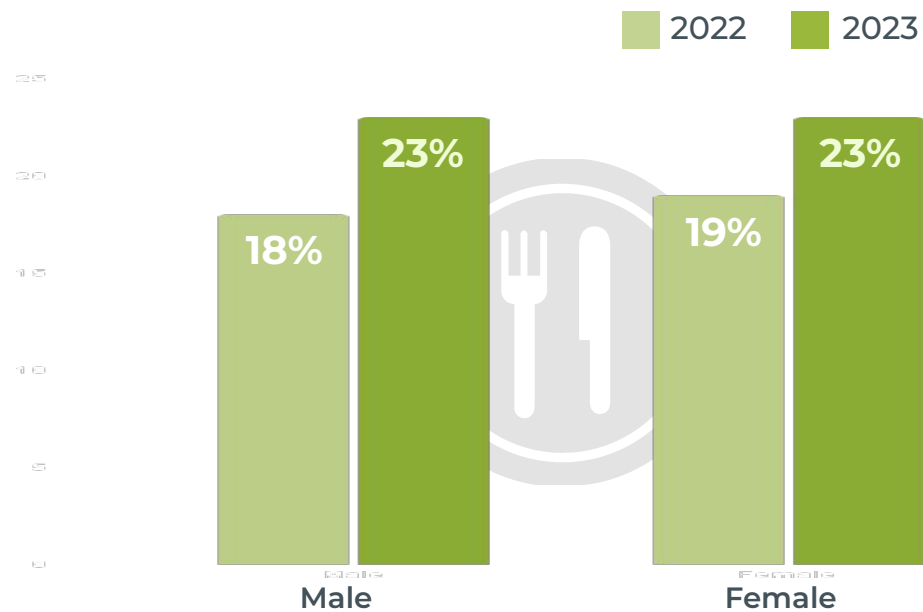
2022: 18%



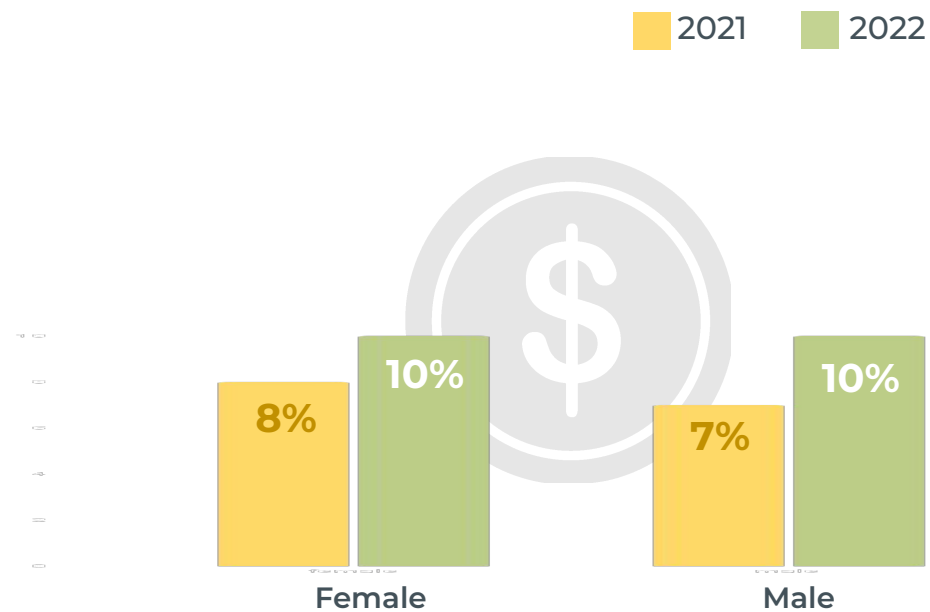
Poverty rates

People with disabilities = People who report a limitation in their day-to-day activities based on the [Disability Screening Questions \(DSQ\) survey](#).

Sex and gender



Food insecurity rates



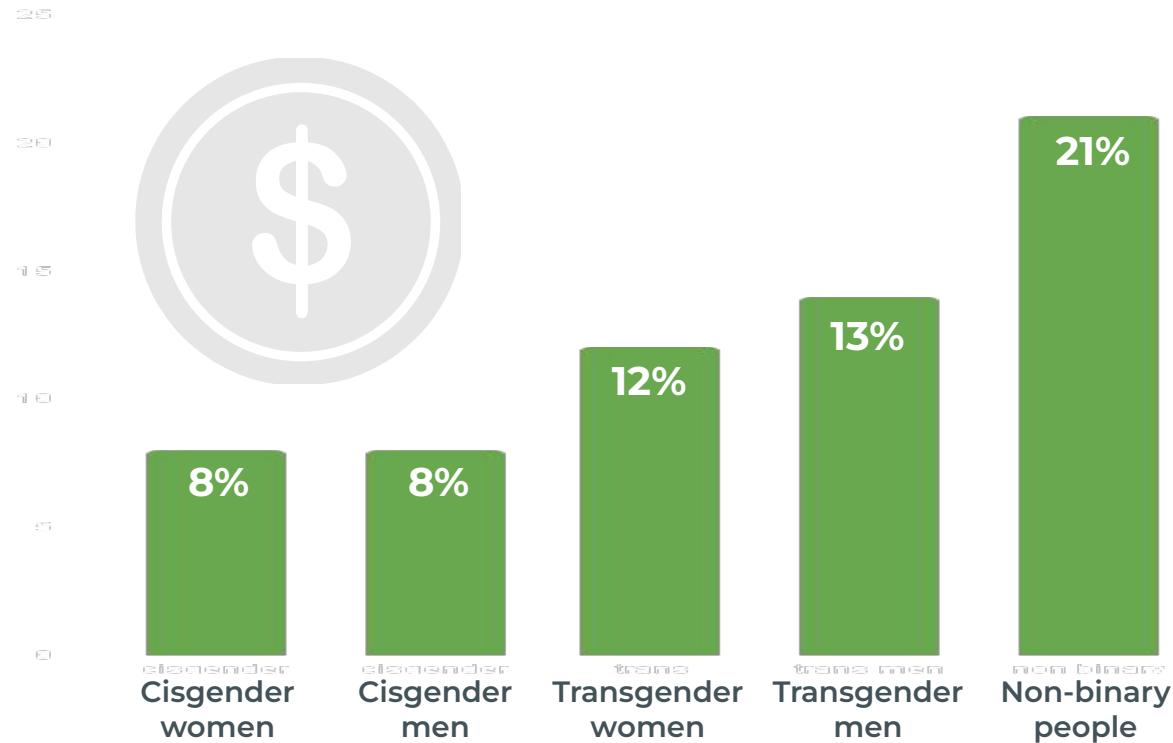
Poverty rates

Male = People who reported their sex at birth as “male.”

Female = People who reported their sex at birth as “female.”

Note: Questions about gender identity were first introduced in Census 2021, allowing poverty estimates to be developed for different gender identities (see next slide).

Sex and gender (continued)



Poverty rates

Note: No comparable food insecurity estimates exist as of April 30, 2024.

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