

# Food Insecurity in Peterborough

Statistics Canada 2011-12 and 2013-14 CCHS HFSSM

**PETERBOROUGH**

**16%**

Households report being Food Insecure

**VS.**

**ONTARIO**  
**12%**

Households report being Food Insecure

**PETERBOROUGH**  
**38%**

LOW INCOME Households report being Food Insecure

**VS.**

**ONTARIO**  
**30.2%**

LOW INCOME Households report being Food Insecure

**28%** report **SEVERE** Food Insecurity

**9%** of these report **SEVERE** Food Insecurity

## **MARGINAL Food Insecurity:**

Worry about running out of food and/or limit food selection because of lack of money for food.

## **MODERATE Food Insecurity:**

Compromise in quality and/or quantity of food due to lack of money for food.

## **SEVERE Food Insecurity:**

Miss meals, reduce food intake and at the most extreme, go day(s) without food.

“**What does “struggling to put food on the table” feel like?**

“Waiting for food where it is being handed out is ‘survival’ but this program helps me develop skills and means I’m trying to ‘live’ not just ‘survive.’”

Participate, Come Cook With Us Program  
Peterborough Public Health

# Food Insecurity in Peterborough

Statistics Canada 2011-12 and 2013-14 CCHS HFSSM

**PETERBOROUGH**  
**29.9%**

Households with children (under 18) are Food Insecure

**VS.**

**ONTARIO**  
**15.5%**

Households with children (under 18) are food insecure

**11.2%**

of these report **SEVERE** Food Insecurity

**2.7%**

of these report **SEVERE** Food Insecurity

**PETERBOROUGH**  
**1 in 2**

Female Lone Parent Families are Food Insecure

**VS.**

**ONTARIO**  
**1 in 5**

Female Lone Parent Families are Food Insecure

## **MARGINAL Food Insecurity:**

Worry about running out of food and/or limit food selection because of lack of money for food.

## **MODERATE Food Insecurity:**

Compromise in quality and/or quantity of food due to lack of money for food.

## **SEVERE Food Insecurity:**

Miss meals, reduce food intake and at the most extreme, go day(s) without food.

What does “struggling to put food on the table” feel like?

So, I kind of have to fight [15-year old son] out of the cupboard a lot... I don't like making him feel like a pig or anything but sometimes I'm like, "you just ate an hour ago"... He's a growing boy... sometimes I feel like I'm counting crackers... we gotta, you know, make sure we have enough of this for the whole week.

Mother, living in Peterborough  
Moms Feeding Families in Peterborough City  
and County (2018) conducted by Trent  
University researcher, Mary Anne Martin.