

# Household Food Insecurity in Canada

# 2022



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**PROOF** | FOOD INSECURITY  
POLICY RESEARCH



UNIVERSITY OF  
**TORONTO**

## About this report

*PROOF* is a research program at the University of Toronto, launched in 2011 with funding from the Canadian Institutes of Health Research to identify effective policy interventions to address household food insecurity. Learn more: <https://proof.utoronto.ca/>

*Household Food Insecurity in Canada 2022* is *PROOF*'s seventh report on the state of household food insecurity, using data collected by Statistics Canada.

Building on the extensive work of Health Canada and Statistics Canada, *PROOF* started this series in 2013 to improve the accessibility of food insecurity statistics and to provide a tool for describing the problem, monitoring trends, and identifying priorities for interventions.

With the inclusion of food insecurity as a key indicator on Canada's Poverty Reduction Strategy in 2018, food insecurity is now monitored annually across Canada through Statistics Canada's Canadian Income Survey (CIS) and reported on the Official Poverty Dashboard.

Statistics Canada released food insecurity statistics based on the same data in May 2023. This report differs from their reporting by focusing primarily on household-level rather than individual-level statistics. It provides an in-depth exploration of food insecurity with additional descriptions and analyses of sociodemographic and economic characteristics and year-to-year change.

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## Executive Summary

**Drawing on data for 55,000 households from Statistics Canada's Canadian Income Survey (CIS) conducted in 2022, we found that from 2021 to 2022, the prevalence of household food insecurity in the ten provinces rose from 15.9% to 17.8%.** In 2022, 2.7 million households were food insecure. In other words, 6.9 million people, including almost 1.8 million children under the age of 18, lived in households who experienced some level of food insecurity in the previous 12 months.

**Almost 1 in 5 households were food-insecure in 2022.**



This increase follows three years of relatively stable levels of household food insecurity from 2019 to 2021 and brings the prevalence to the highest recorded in Canada's 17-year history of monitoring. These estimates do not even include people living in the territories or on First Nations reserves, who are known to experience high vulnerability to food insecurity.

The increase amounts to 312,000 more food-insecure households in 2022 than in 2021, most of whom are households with children under 18, homeowners with mortgages, and households in Ontario.

The prevalence of household food insecurity in Canada matters because food insecurity is such a potent social determinant of health. People living in food-insecure households are much more likely than others to suffer from chronic physical and mental health problems and infectious and non-communicable diseases. They also have greater needs for health care services, higher rates of hospitalization, and elevated risk of dying prematurely.

**Household food insecurity is a marker of material deprivation, tightly linked to low income, limited assets, debt, and other indicators of social and economic disadvantage.**

We continue to see the same patterns of vulnerability to food insecurity as in previous reports; low-income households, renters (and to a lesser extent homeowners with mortgages), households led by female lone parents, and households reliant on social assistance or Employment Insurance in the prior year are most likely to be food insecure. However, over half (60.2%) of food-insecure households were reliant on employment incomes.

Household food insecurity is racialized. Over a third (39.2%) of Black people, a third (33.4%) of off-reserve Indigenous Peoples, and over a quarter (29.2%) of Filipino people in the ten provinces were living in food-insecure households in 2022, compared to 15.3% of white people.

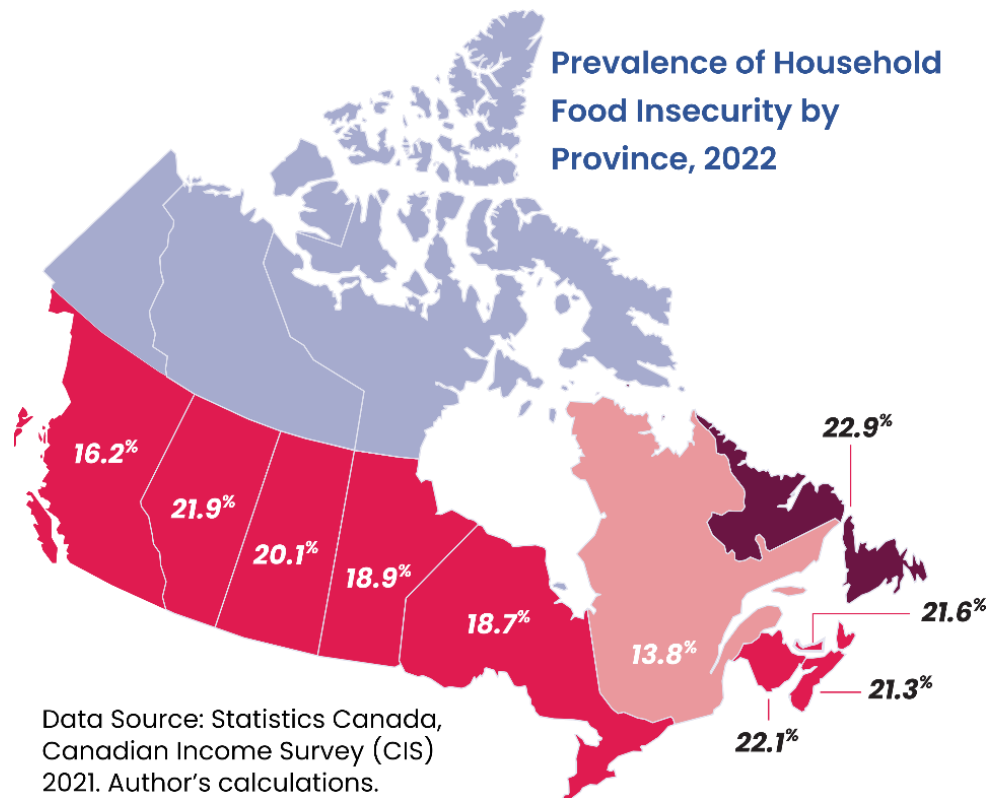
**70% of household relying on social assistance in the prior year were food-insecure.**

**47% of households relying on Employment Insurance in the prior year were food-insecure.**

**28% of renter households were food-insecure.**

**41% of female lone-parent led households were food-insecure.**

**The prevalence of food insecurity differs markedly across the provinces, ranging from 13.8% in Quebec to 22.9% in Newfoundland and Labrador.**



The high prevalence of household food insecurity across Canada and the patterns of vulnerability documented in this report continue to highlight the need for more effective, evidence-based policy responses by federal and provincial governments.

In order for policies to have meaningful impact on reducing food insecurity, they must address the root cause: the inadequacy of household resources to meet basic needs or to endure shocks to household budgets, like a sudden loss of income or rise in costs of living.

In addition to addressing the vulnerability associated with relying on social assistance and Employment Insurance, there is also a need to improve the quality and stability of employment and the efficacy of income supports for vulnerable workers because most food-insecure households rely on employment incomes.

**Food insecurity has been a longstanding problem in Canada, and it has now gotten worse. More action to reconcile wages, social assistance, and other income supports with the actual costs of living is needed to meaningfully address household food insecurity.**



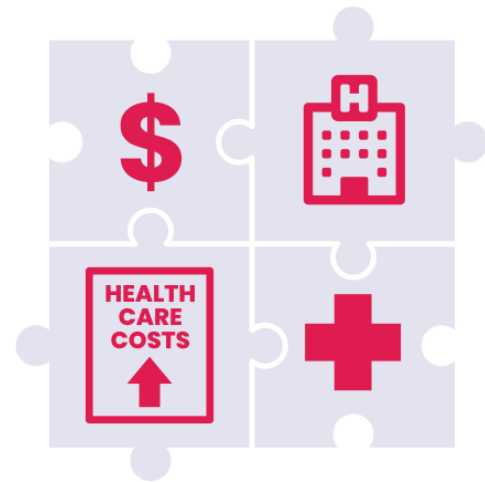


# Why is food insecurity so important to address?

**Household food insecurity is one of the strongest predictors of poor health, making its persistence in Canada a serious public health problem.**

The experience of material deprivation denoted by food insecurity takes a very serious toll on individuals' health beyond conditions related to nutrition.

While food insecurity is associated with poor nutrition and diet-related diseases like diabetes, people living in food-insecure households are also much more likely to have other chronic physical and mental conditions,<sup>3,4</sup> non-communicable diseases,<sup>4,5</sup> and infections<sup>6-8</sup>. Their ability to manage these conditions is compromised, sometimes with grave consequences.<sup>9,10</sup>

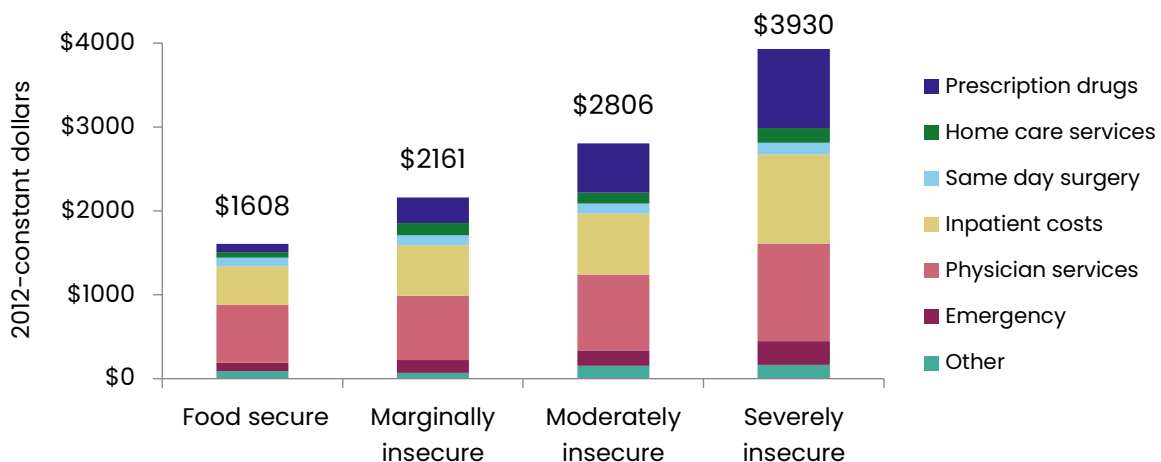


Research linking food insecurity measurement with administrative health data, like hospital and death records, provides overwhelming evidence that food insecurity is toxic for people's health and costly for our healthcare system. People living in food-insecure households are more likely to require health care services,<sup>11-14</sup> be hospitalized for a wide array of conditions,<sup>15,16</sup> stay in acute care for longer,<sup>15</sup> and die prematurely from all causes except cancer.<sup>8</sup>

The relationships between food insecurity and poor health persist even after taking differences in income and other sociodemographic characteristics into consideration. The relationship between food insecurity and health is also graded, with adults and children in severely food-insecure households most likely to experience serious adverse health outcomes and require the most healthcare.<sup>3,15,17</sup>

Research using healthcare utilization records in Ontario found that adults in more severely food-insecure households incurred greater costs. (Figure 1).

**Figure 1. Average health care costs per person incurred over 12 months by Ontario adults (18–64 years of age), by household food insecurity status**



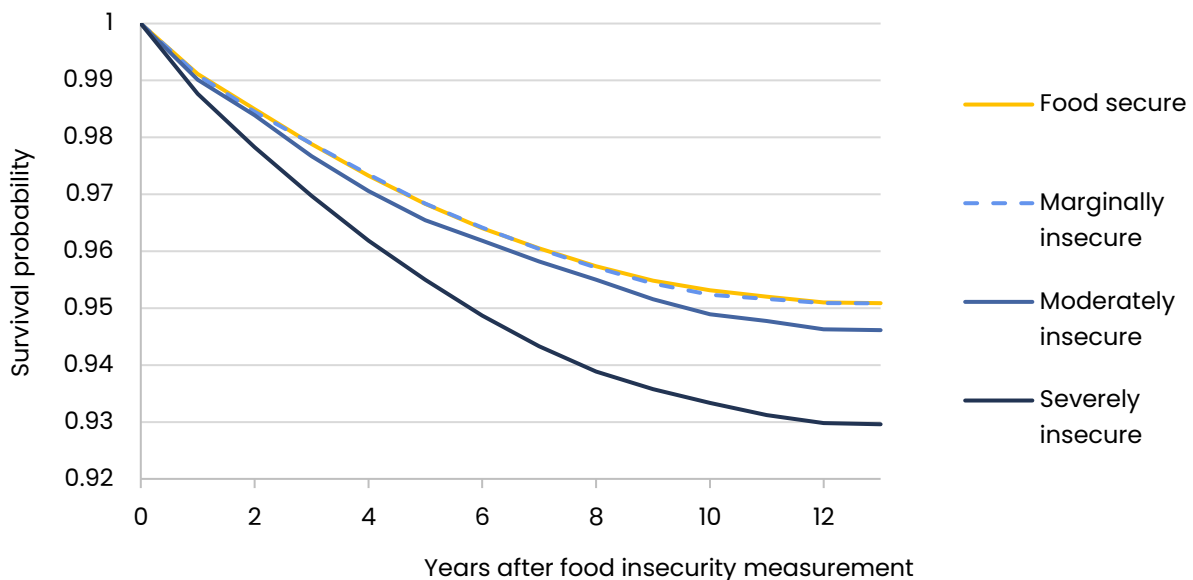
Source: Statistics Canada, Canadian Community Health Survey (CCHS) 2005, 2007–2008, 2009–2010, Ontario administrative health databases. Adapted from: Tarasuk, Cheng, de Oliveira, Dachner, Gundersen & Kurdyak (2015).

We cannot update these estimates or extend them to other jurisdictions because Statistics Canada has made changes to data availability, but there is nothing to suggest the relationship between food insecurity and healthcare utilization has changed or is different in other provinces. In fact, household food insecurity status is the strongest predictor of becoming a high-cost healthcare user (someone who ranks in the top 5% of total annual spending).<sup>18</sup>

Premature mortality is arguably the most serious health consequence of food insecurity. An examination of death records in the ten provinces revealed that adults in food-insecure households are more likely to die prematurely (i.e., before the average life expectancy of 83 years) (Figure 2).<sup>8</sup> Among those who die, living in a severely food-insecure household means dying an average of 9 years earlier.

**Reducing food insecurity could improve health outcomes and offset considerable public healthcare expenditures.**

**Figure 2. Kaplan–Meier survival curve of all-cause premature mortality by household food insecurity status among Canadian adults, 18–82 years old**



Source: Canadian Community Health Survey 2005–2017, Canadian Vital Statistics Database 2005–2017. Adapted from: Men, Gundersen, Urquia, & Tarasuk (2020)



# How is food insecurity measured in Canada?



## Household Food Security Survey Module

Household food insecurity status is determined through the Household Food Security Survey Module (HFSSM), a well-validated tool that has been included in Statistics Canada's Canadian Community Health Survey (CCHS) since 2004 and in the Canadian Income Survey (CIS) since 2019.

This survey module consists of 18 questions asking the respondent whether he/she or other household members experienced the conditions described at any point over the past 12 months. These conditions range in severity from experiences of anxiety that food will run out before household members have money to buy more, to modifying the amount of food consumed, to experiencing hunger, and in the extreme, going a whole day without eating. *(See Appendix A for the full Household Food Security Module).*

These questions distinguish the experiences of adults from those of children, recognizing that in households with children, adults may compromise their own food intake to reallocate scarce resources for children.

Based on the number of positive responses to the questions posed, households are classified as **food secure** (no indication of any income-related problems of food access), **marginally food insecure** (some concern or problem of food access), **moderately food insecure** (compromises in the quality and/or quantity of food consumed) or **severely food insecure** (extensive compromises including reduced food intake). *(See Appendix B for a full description of the classification scheme.)*

## Monitoring Household Food Insecurity through the Canadian Income Survey (CIS)

As part of Canada's Poverty Reduction Strategy (2018), the government identified household food insecurity as a key indicator for its Official Poverty Dashboard. In 2019, Statistics Canada added the HFSSM to the CIS, as part of monitoring the strategy's progress.

The CIS is an annual cross-sectional survey administered by Statistics Canada that collects information about Canadians' income and income sources. The addition of household food insecurity measurement to the CIS ensures reliable, annual monitoring of food insecurity, which was not possible through the CCHS. Some provinces and territories have opted out of measuring food insecurity on the CCHS in the years when it was not mandatory.

Since the CIS enables annual estimates that may be more representative of the population than the CCHS due to higher response rates, it is currently the best vehicle for food insecurity monitoring.<sup>19</sup> However, statistics based on the CIS should not be compared with those from CCHS due to the differences between the two surveys.

Data collected through the CIS interviews is combined with data from the Labour Force Survey and personal income tax data to provide a look at Canadians’ economic circumstances.

Each cycle of the CIS is denoted by its reference year, which is the calendar year for which the income data describes. However, the interviews for CIS take place in the first half of the year following the reference year of the survey. CIS 2021 combines income data from 2021 with survey data from interviews conducted between January to June 2022.

While the income data refers to income garnered in the 2021 calendar year, household food insecurity is measured for the 12 months prior to the date of the interview in 2022 (Figure 3). For households surveyed in June 2022, they were asked questions from the HFSSM in reference to their experiences over the past 12 months, which spans June 2021 to June 2022. However, the income data associated with them is based on their 2021 tax files. As such, PROOF reports food insecurity based on the interview year and not the reference year.

**Figure 3. Timeline of data collection for components of CIS 2021.**

2021												2022											
J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D
Income data from 2021 tax files												Survey collection period											

Since the survey’s sample is designed to be representative of the Canadian population, the data can be weighted to create population-level estimates. In this report, we present food insecurity statistics, based on population-weighted data from about 55,000 households interviewed in 2022 for CIS 2021.

The CIS sample excludes people living on reserves and other Indigenous settlements in the provinces, people living in prisons or care facilities, and people in extremely remote areas with very low population density. These exclusions amount to less than 2% of the population. The sample also excludes people who are unhoused.<sup>20</sup>

Although on-reserve First Nations people and unhoused people make up small proportions of the Canadian population, their high levels of vulnerability to food insecurity must mean that the true prevalence of food insecurity is underestimated because of their omission.

# Interpreting the statistics in this report

In this report, we present several different kinds of statistics to describe the state of household food insecurity in Canada in 2022.

## Household-level estimates

The household prevalence of food insecurity tells us what percentage of households are food insecure. We generate these estimates by applying household-level population weights to the data collected through the CIS, and they are the main statistics reported here.

We are reporting the prevalence of food insecurity at the household level because the questions used to determine food insecurity asked about households' experiences, making it a household characteristic. Having household-level prevalence estimates is important for informing policy because most income supports are provided at the household level and determined by household circumstances.

Other researchers have followed a similar methodology to PROOF's reports to produce estimates at the economic family level.<sup>21</sup> These estimates are very close to household-level estimates since the vast majority of households comprise individuals living alone or one economic family only.

## Person-level estimates

Household food insecurity can also be expressed at the person level to estimate the number of people living in food-insecure households or the percentage of people living in food-insecure households.

Estimates of prevalence at the person level and headcounts have been reported by Statistics Canada in their May 2023 release and in the Official Poverty Reduction Dashboard using the same dataset (CIS 2021).<sup>22,23</sup> Those estimates are not interchangeable with the household-level estimates in this report because they describe food insecurity in a different unit of analysis.

Households with children tend to have higher rates of food insecurity than households without children and tend to have more individuals in them, so the population prevalence is lower if we count the proportion of households who are food insecure than if we count the proportion of individuals living in food-insecure households.

Person-level prevalence estimates are only used in this report for describing food insecurity by person-level characteristics, namely age and racial/cultural identity and Indigenous status. Doing so allows for a better understanding of the impact on children and marginalized racial groups.

Throughout the report, we present the person-level statistics by referring to "individuals who live in food-insecure households" rather than "food-insecure individuals", because household food insecurity status describes the circumstances of the household at large.

Individual experiences of food deprivation can vary within a household. Not all members of a household may experience the same level of deprivation. For example, research has shown that in food-insecure households, parents will often deprive themselves of food to free up resources for their children.

## Distribution of food insecurity within socioeconomic characteristics

In addition to the prevalence estimates for household food insecurity, we also report the proportion of food-insecure households for different socioeconomic characteristics. While it is critical to understand which households are at greater risk of food insecurity, it is also instrumental for policymaking to understand which kinds of households make up the majority of the food insecure.

## Predictors of Food Insecurity

Multivariable analysis is a statistical tool that allows us to consider several different, often interconnected, household characteristics, like income, family structure, and province of residence, simultaneously to determine how food insecurity differs within each characteristic while holding others constant. By considering the independent contribution of these characteristics, we are able to better identify predictors of food insecurity.

The key findings of these analyses have been incorporated throughout this report. Readers interested in the detailed results and their interpretation can find them in *Appendix E – Adjusted odds of food insecurity in relation to sociodemographic and economic characteristics*.

## Additional Considerations

### Estimates based on the year of interview

We report household food insecurity estimates using the year that the interview was conducted (2022), instead of the survey's reference year (2021) which corresponds to the year that the income data describes (*See How is Food Insecurity Measured in Canada?, pg. 9*). Therefore, we are only able to examine the relationships between food insecurity and income-based characteristics like annual household income and main source of income from the prior year (2021).

These characteristics may have changed during the 12 months covered by the household food insecurity measurement if households experienced changes in their financial circumstances between 2021 and the interview.

For example, household incomes often vary significantly from year to year. About half of tax filers find themselves in different income deciles from the prior year.<sup>24</sup> Lower-income households, those most likely to be food insecure, are also most likely to have incomes that fluctuate across years.

The misalignment between the measurement of food insecurity and income complicates interpretations of the relationship between these measures in the CIS, particularly for households interviewed later in 2022.

## Marginal food insecurity

We have included marginally food-insecure households in our estimates of the prevalence of household food insecurity in Canada, whereas some statistics reported in federal government documents only count households who are moderately or severely food-insecure. Food insecurity on Canada's Official Poverty Dashboard is based on moderate and severe food insecurity.<sup>23</sup>

Research showing poorer health outcomes and significantly higher healthcare costs among adults in marginally food-insecure households compared to food-secure highlights the importance of recognizing marginally food-insecure households as distinct from food-secure households.<sup>12, 16</sup>

## Data gaps

We have not reported on household food insecurity based on important individual characteristics like disability, gender identity, and sexual orientation, because of limited information or complete lack of data on these characteristics in the CIS.

For more information on these data gaps and a review of existing literature on the relationship between food insecurity and these characteristics, see *Appendix C – Data Gaps in the Canadian Income Survey*.



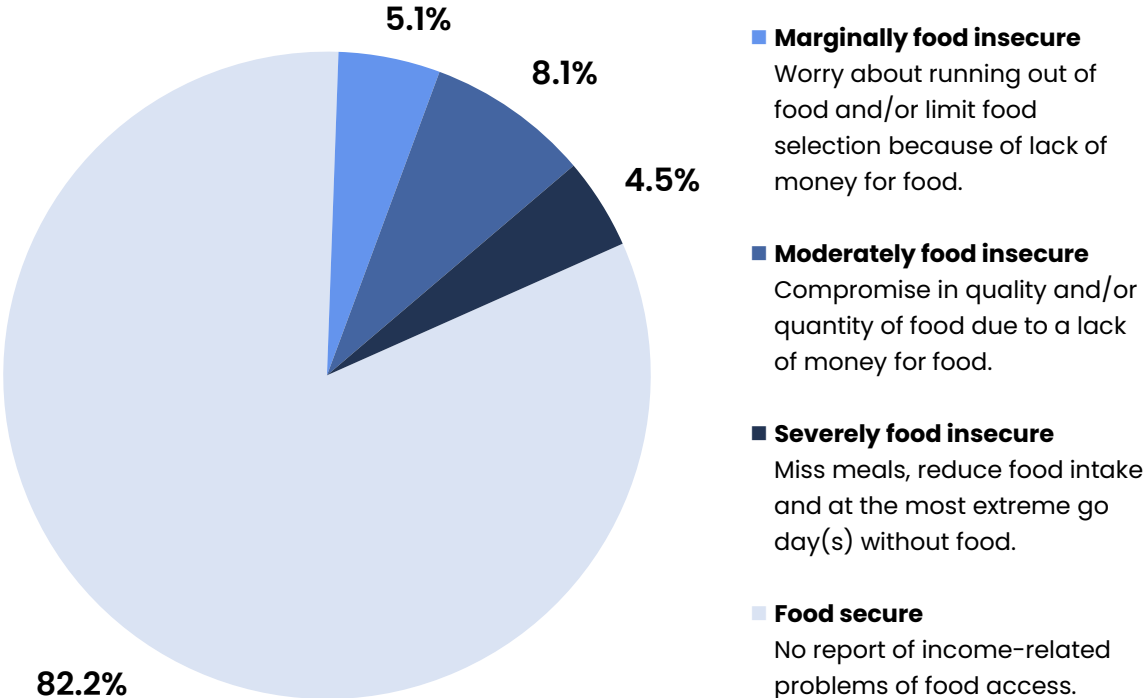
# Prevalence of food insecurity in the ten provinces in 2022

In 2022, 17.8% of households in the ten provinces experienced some level of food insecurity during the previous 12 months, the highest prevalence reported to date. This represents 2.7 million households, or 6.9 million individuals, including almost 1.8 million children under the age of 18. This means that 24.3% of children under 18, or one in four, lived in households who experienced food insecurity in 2022.

The levels of deprivation documented are substantial. 8.1% of households (i.e., 1.2 million households, amounting to 3.3 million individuals) were moderately food insecure, indicating compromises in the quality and possibly the quantity of food consumed over the past 12 months (Figure 4).

4.5% of households (i.e., 693,000 households, amounting to almost 1.5 million individuals) were severely food insecure, indicating compromises in the amount of food consumed. Severe food insecurity denotes an extreme level of deprivation that is strongly associated with multiple negative health outcomes, including premature mortality.<sup>10</sup>

Figure 4. Prevalence of household food insecurity in the ten provinces, 2022



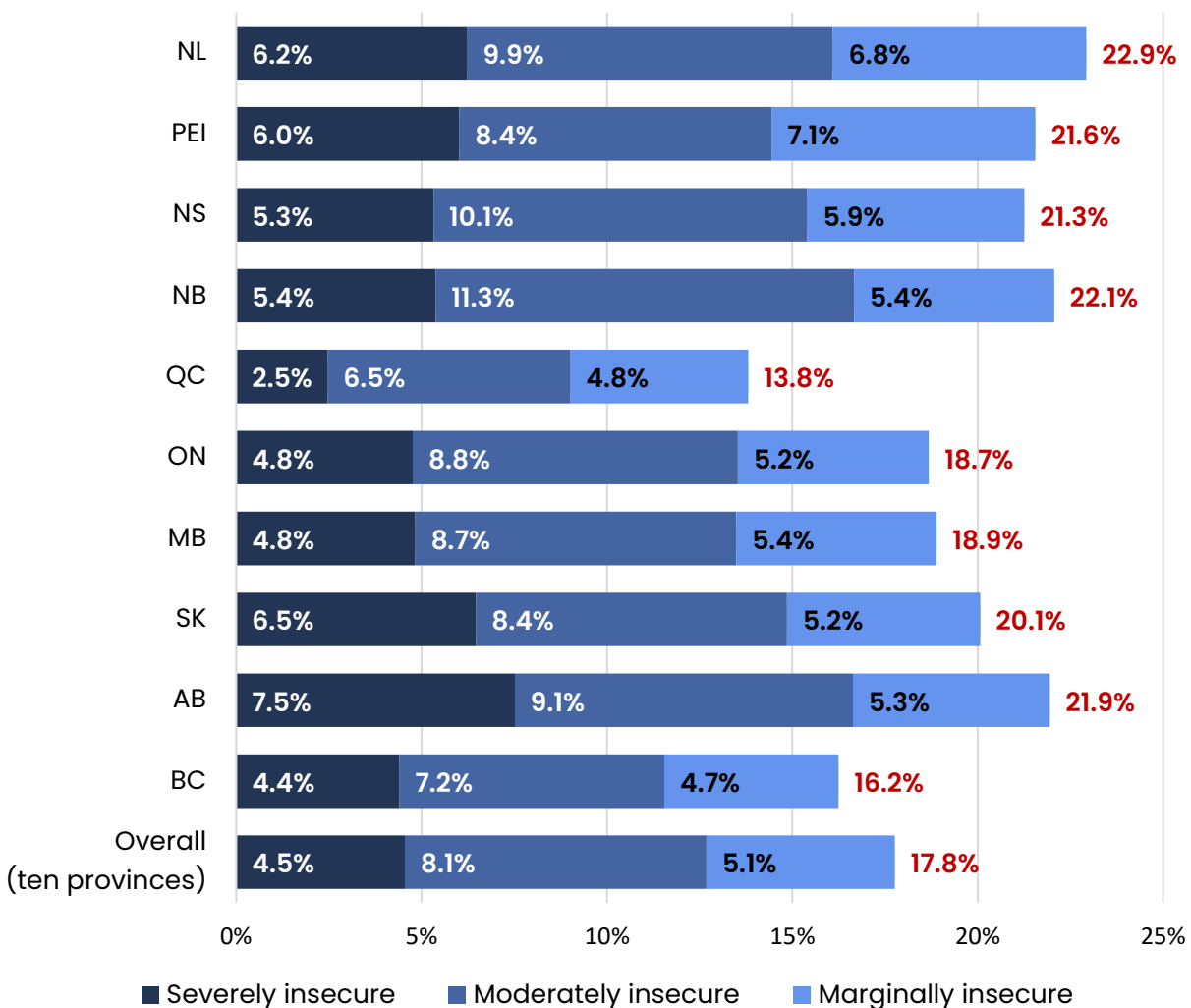
Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

## Household food insecurity by province, 2022

Household food insecurity varies across provinces. Newfoundland and Labrador had the highest rate of food insecurity at 22.9%, followed by New Brunswick (22.1%) and Alberta (21.9%). Quebec had the lowest prevalence of household food insecurity in 2022, at 13.8% (Figure 5).

**Of particular concern is the high prevalence of severe food insecurity in several provinces, including Alberta (7.5%), Saskatchewan (6.5%), Newfoundland and Labrador (6.2%) and Prince Edward Island (6.0%).** Severe food insecurity was lowest in Quebec (2.5%). (See Appendix D for a detailed breakdown of household food insecurity by province, 2022)

**Figure 5. Household food insecurity in Canada by province, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

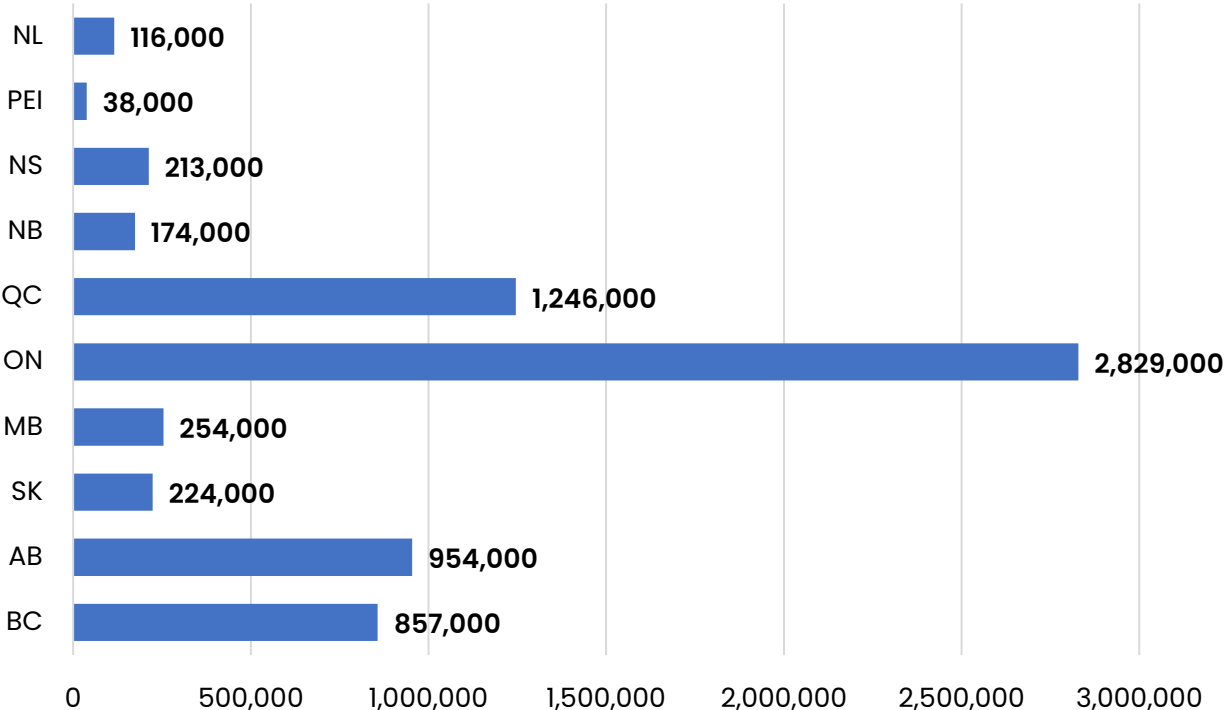
When we account for differences in households' socio-demographic and economic characteristics, Quebec again stands out from the other provinces. In addition to Quebec having the lowest prevalence of household food insecurity in 2022, our multivariable analysis revealed that households in Quebec are less likely to be food insecure than those in Ontario, even after accounting for sociodemographic and economic characteristics. (See Appendix E for multivariable analysis) The finding that living in Quebec provides some protection against household food insecurity has also surfaced in previous research using both CIS and CCHS data and it warrants further study.<sup>25-27</sup>

On the other hand, households in Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Alberta, and Saskatchewan are more likely to be food-insecure than those in Ontario, after accounting for other household characteristics. Differences in the macroeconomic conditions and policy landscapes in these provinces may help explain the elevated risk.<sup>28</sup>

### Distribution of household food insecurity across the provinces

Prevalence tells us the proportion of the population or subpopulation experiencing food insecurity. To understand how the problem of food insecurity affects Canadians, it is also instructive to examine the number of individuals living in food-insecure households and how they are distributed across the country (Figure 6).

**Figure 6. Number of people living in food-insecure households by province, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

## What do we know about the prevalence of household food insecurity in the territories?

The monitoring of household food insecurity in Canada has long shown high rates of food insecurity in the territories, particularly Nunavut. However, since the start of monitoring food insecurity on the Canadian Income Survey, Statistics Canada has reported data on the territories separately from the provinces and has not made the data available to researchers in the Research Data Centres yet.

Like other indicators for Canada's Poverty Reduction Strategy, including the poverty rate, Statistics Canada reports the national rate of food insecurity based on the 10 provinces. Although the small populations in the territories mean their exclusion has little effect on national estimates, food insecurity in the territories must still be a priority given the scale and severity of the problem.

In June 2023, Statistics Canada reported the percentage of people living in food-insecure households in the territories using CIS 2021.<sup>29</sup> Their report indicated that 46.1% of people in Nunavut, 22.2% of people in Northwest Territories, and 12.8% of people in Yukon lived in food-insecure households in 2022.

Due to unique challenges for data collection and small sample sizes in the North, caution needs to be taken when interpreting these prevalence estimates or comparing them with other statistics. The territorial estimates also cannot be compared to the provincial estimates in this report because they describe the percentage of people affected, not households.

Given the challenges of monitoring food insecurity in the territories in recent years, more comprehensive surveying is needed.



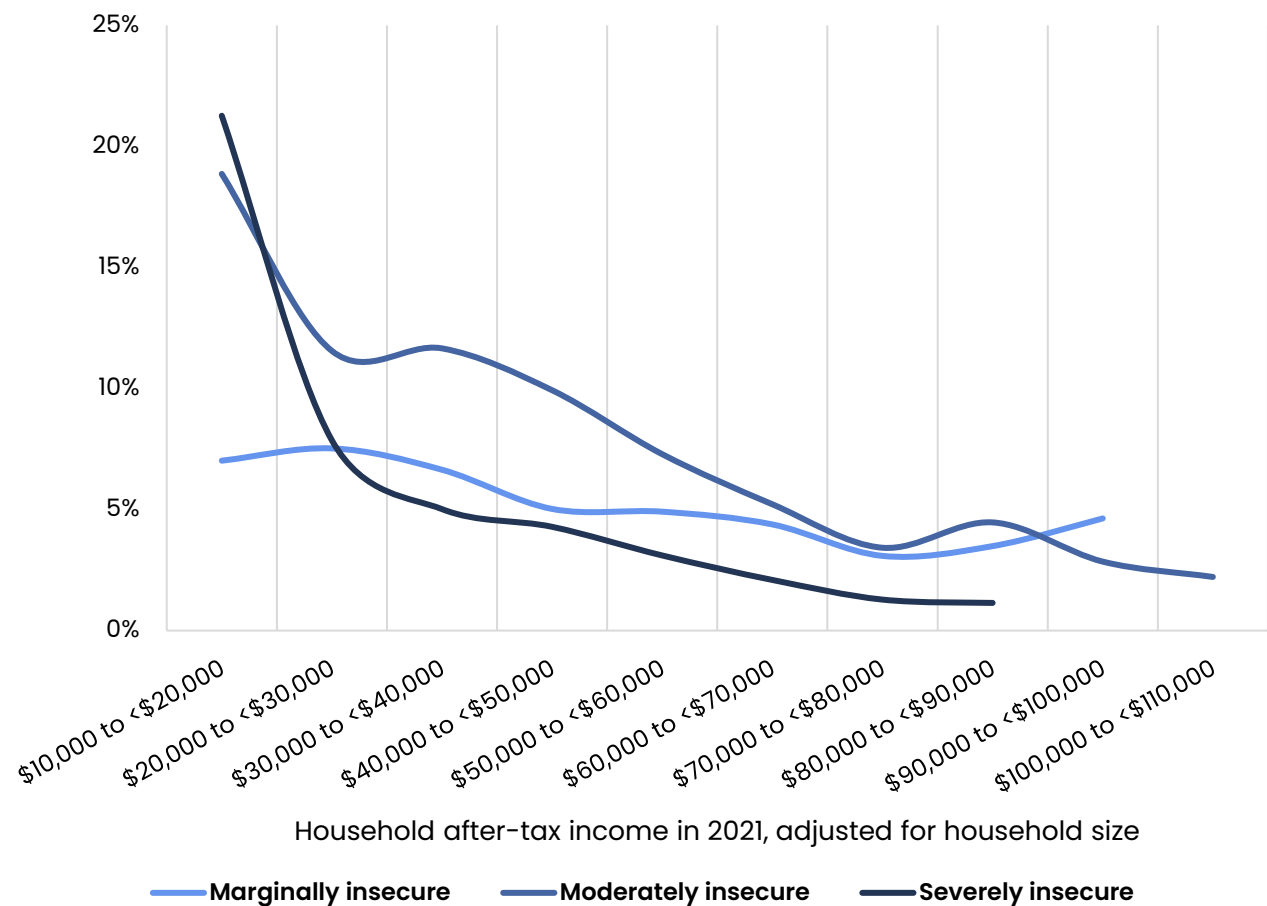
# Which households are most vulnerable to food insecurity?

Household food insecurity is driven by the inadequacy of household resources to meet basic needs or to endure shocks to household budgets, like a sudden loss of income or rise in basic costs of living, without compromising essentials.

As such, it is most prevalent among households with low, unstable incomes and limited, if any, financial assets or access to credit that could allow them to manage difficult financial circumstances.

The probability of food insecurity decreases as the prior year’s adjusted household after-tax income rises (Figure 7). Severe food insecurity is particularly sensitive to income. Households with very low incomes in the prior year are at much higher risk of being severely food insecure. At the upper end of the income spectrum, there is virtually no severe food insecurity.

**Figure 7. Food insecurity by prior year’s household income**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors’ calculations. The lines terminate at different points when there are too few food-insecure households at those income levels and beyond to generate reliable estimates.



There is measurement error in our mapping of the relationship between food insecurity and income in this report because of the use of the prior year's household income. (See *"Estimates based on the year of interview"* (pg 12) for more information).

Previous research using contemporaneous food insecurity and income data has shown that household income is a strong predictor of food insecurity.<sup>25</sup> In this report, we find that the prior year's household income also remains a robust predictor of food insecurity. Keeping all other sociodemographic and household economic characteristics constant, every \$1000 increase in a household's income in the prior year is associated with 2% lower odds of food insecurity. (See *Appendix E for details of multivariable analysis*)

The relationship between household income and food insecurity is not a perfect one-to-one relationship, with some level of food insecurity persisting among households with higher incomes and not all low-income households experiencing food insecurity.

Food insecurity reflects a household's broader material circumstances beyond just the amount of household income, including the stability of that income, assets like property, and other resources a household could draw upon, as well as the costs of living. As such, food insecurity also reflects the impact of unexpected income shocks throughout the year and the inability to manage drops in income or increases in expenses without compromising basic needs.

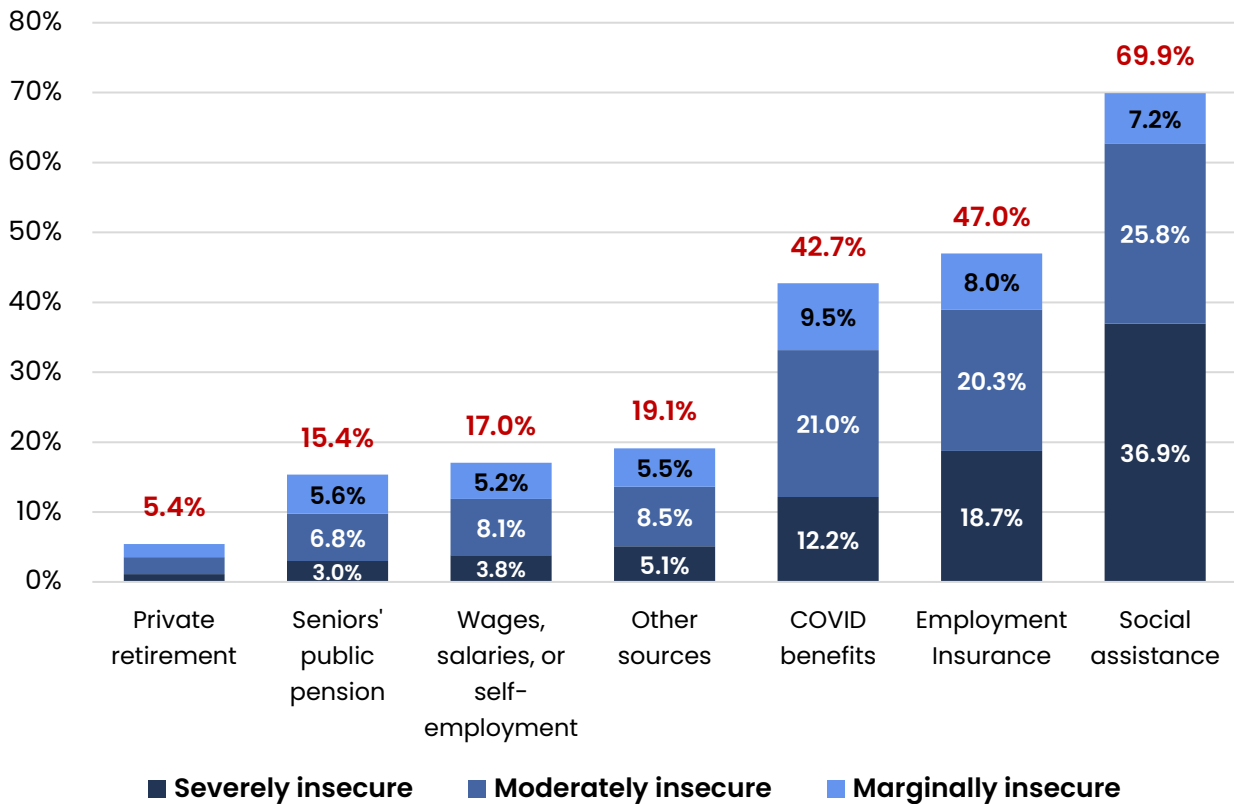
Research has shown that stressful life events like job loss, worsening finances, and serious injury or illness to self, family, or friends are associated with food insecurity, independent of income and other household characteristics.<sup>30</sup>

## Food insecurity and main source of income<sup>i</sup> in the prior year

As described in *"Estimates based on the year of interview"* (pg 12), we are only able to examine food insecurity in 2022 by the main source of income in the prior year (i.e., 2021).

**About one in six households reliant on wages, salaries, or self-employment in the prior year were food-insecure in 2022 (17.0%).** The prevalence of food insecurity for households reliant on public pensions (Old Age Security, Guaranteed Income Supplement, Canada Pension Plan, Quebec Pension Plan) in the prior year was similar to those reliant on employment incomes, at 15.4%. Households whose main source of income in the prior year was private retirement pensions had the lowest rate of food insecurity, at 5.4% (Figure 8). (See *Appendix F for a detailed breakdown of prevalence by main source of income in the prior year*)

**Figure 8. Food insecurity by main source of household income in the prior year, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

Although the prevalence of food insecurity is similar among households reliant on employment incomes and those reliant on public pensions in the prior year, once we take into account differences in households' socio-demographic characteristics and other economic circumstances, relying on public pensions is associated with 39% lower odds of food insecurity. (See Appendix E for details of multivariable analysis) This finding is consistent with the results of earlier population surveys and research demonstrating the protective effect of Canada's public pension system.<sup>25, 31</sup>

The lower odds of food insecurity remaining after adjusting for other economic characteristics, like household income, point to the importance of the stability of pension incomes, compared to employment incomes. Being a senior also comes with in-kind benefits that can reduce their cost of living. Relative to other public income support programs, public pensions provide both more adequate and more stable income indexed to inflation, allowing for a greater buffer against financial shocks.

The protective effect of being reliant on private pensions appears even greater than public pensions, with these households having 62% lower odds of food insecurity compared to those relying on employment incomes.

## Public Income Supports for Working-Age Adults

Being outside the workforce doesn't come with heightened food insecurity if you are a senior – it does only if you aren't.

**Food insecurity affected 47.0% of households whose main source of income in the prior year was EI. For households primarily reliant on pandemic-related benefits in the prior year, 42.7% were food insecure in 2022.**

Although the Canada Emergency Response Benefit (CERB) ended in 2020, some households still received money from this benefit in 2021. Several pandemic-related benefits for those impacted by COVID-19 and ineligible for EI also continued through 2021. These include the Canada Recovery Benefit (CRB), Canada Recovery Caregiving Benefit (CRCB), Canada Recovery Sickness Benefit (CRSB), Canada Worker Lockdown Benefit (CWLB), and some COVID-19 benefits administered by provincial governments. However, these benefits were the main source of income for very few households, only 1.6% of households in the ten provinces in 2021, compared to 4.2% in 2020.

After accounting for other socio-demographic and economic characteristics, relying on EI and pandemic benefits in the prior year was associated with 123% and 76% greater odds of food insecurity respectively, compared to relying on employment incomes. (*See Appendix E for details of multivariable analysis*).

**Households reliant on social assistance (i.e., provincial welfare and disability support programs) in the prior year had the highest prevalence of food insecurity at 69.9%.**

Among households reliant on social assistance in the prior year, the levels of deprivation were substantial, with 25.8% experiencing moderate food insecurity and 36.9% experiencing severe food insecurity. The rate of severe food insecurity among these households is eight times higher than the overall rate across the ten provinces (4.5%).

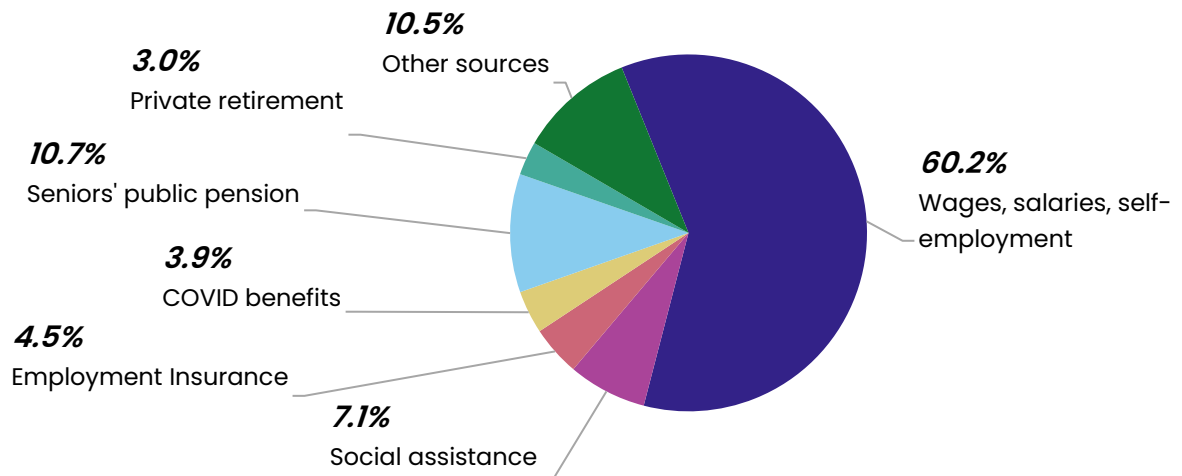
Relying on social assistance is associated with 316% greater odds of food insecurity after accounting for other socio-demographic and economic characteristics. The high risk of food insecurity remaining despite accounting for characteristics like household income and homeownership suggests there may be other aspects of social assistance determining households' financial circumstances. (*See Appendix E for details of multivariable analysis*).

For example, households relying on social assistance are likely unable to have a financial cushion to manage sudden expenses or rise in cost of living due to the programs' strict asset limits and the inability to build any savings from such low incomes. The CIS does not have data on households' savings and assets outside of homeownership to include in the models.

## Distribution of food insecurity across main sources of income

Although the prevalence of food insecurity among households reliant on wages and salaries in the prior year was relatively low, they made up the majority (60.2%) of food-insecure households. (Figure 9)

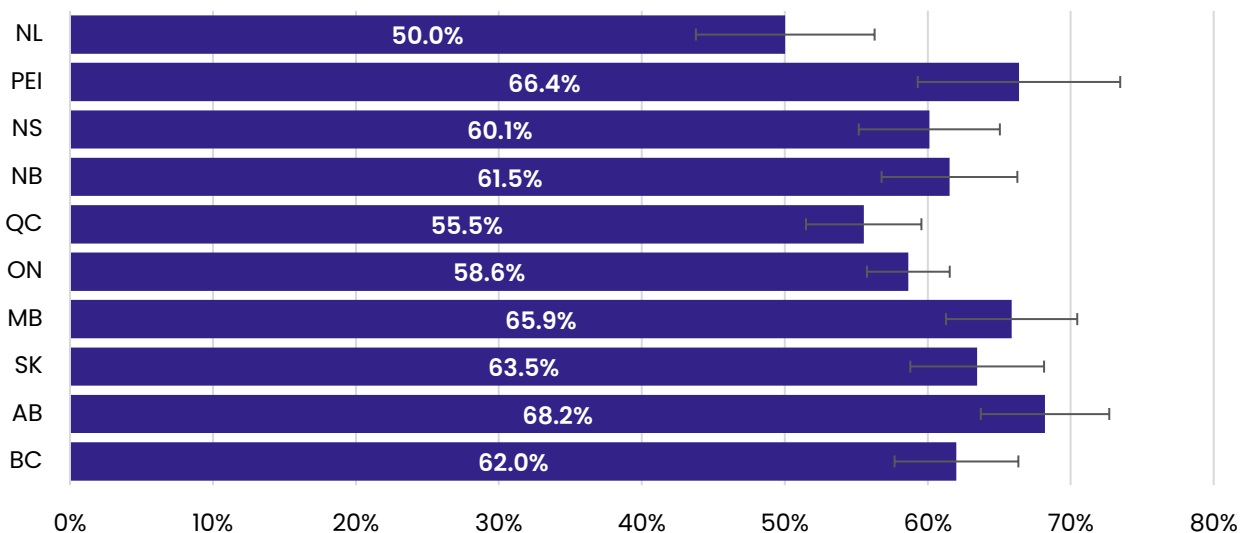
**Figure 9. Distribution of food-insecure households by main source of income in the prior year, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

The proportion of food-insecure households who were reliant on wages and salaries differed by province, ranging from 50.0% in Newfoundland and Labrador to 68.2% in Alberta (Figure 10). The thin black lines indicate the 95% confidence intervals, or the degree of uncertainty associated with each estimate. Where they do overlap, the estimates are considered essentially the same or not statistically significantly different. (See Appendix G for detailed breakdown)

**Figure 10. Proportion of food-insecure households who were reliant on wages, salaries, or self-employment in the prior year by province, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

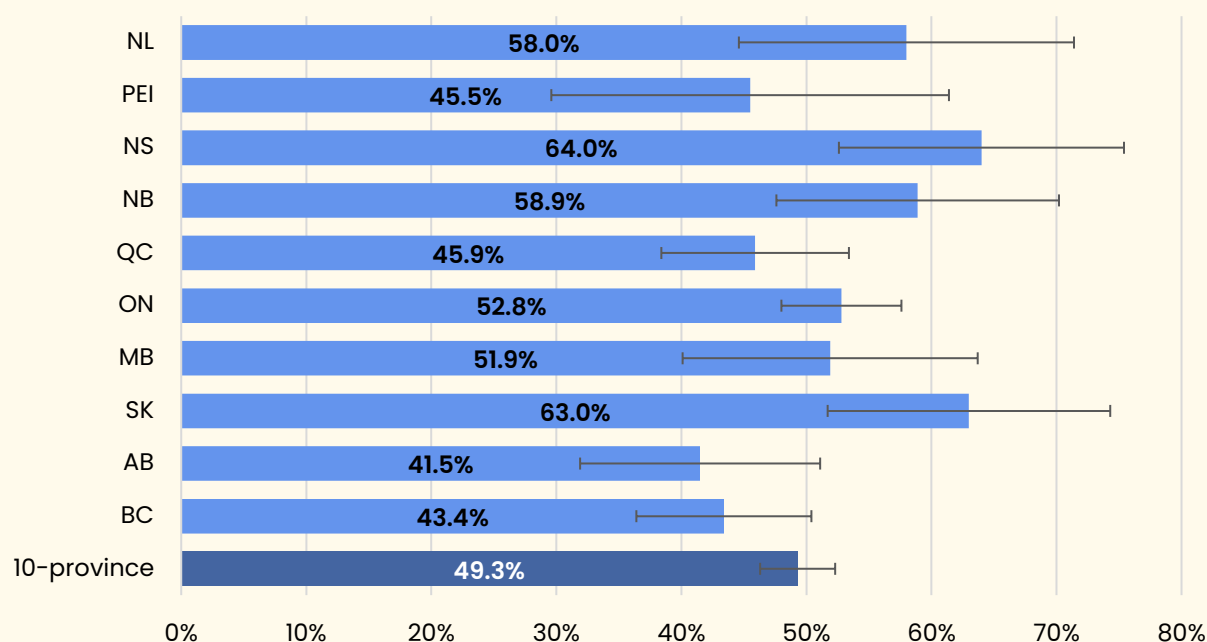
## A look at food insecurity among households receiving any income from social assistance

Unlike in previous reports, we are now reporting provincial estimates of the prevalence of food insecurity among households who received **any income** from social assistance in the prior year, instead of households reliant on social assistance. Doing so allows us to report on provincial differences related to social assistance; most provincial estimates of food insecurity among households reliant on social assistance are too unreliable to report due to small sample sizes.<sup>ii</sup> These estimates are not comparable to those in our previous reports.

Since households who received any income from social assistance include those with other primary income sources, like employment, the rates of food insecurity are lower than if we only look at households reliant on social assistance – across the ten provinces, 49.3% of households *receiving any social assistance* were food insecure, compared to 69.9% of household *reliant on social assistance*.

**The highest rate of food insecurity among households who received any social assistance in the prior year was in Nova Scotia (64.0%), whereas the lowest rate was in Alberta (41.5%) (Figure 11).** (See Appendix H for detailed breakdown)

**Figure 11. Prevalence of household food insecurity among households who received any income from social assistance in the prior year, by province, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

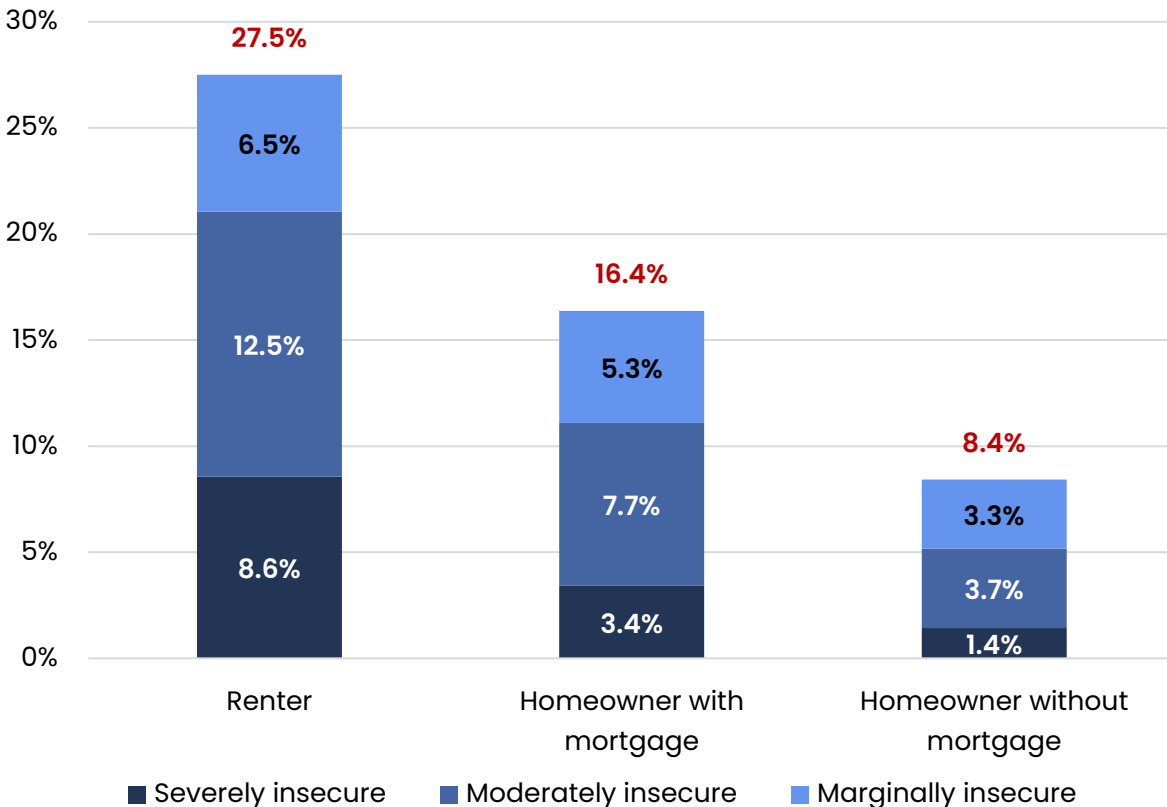
A household who receives social assistance in any province is very likely to be food insecure. The differences between the provinces reflect differences in the generosity of these social assistance programs (e.g., around benefit amounts, earnings exemptions, asset limits, etc.), eligibility, and handling of the interaction between pandemic benefits and social assistance.<sup>32</sup> Since social assistance was not the main source of income for some of these households, some of the differences may also reflect provincial differences related to employment or other sources of income.



## Food Insecurity and homeownership

Owning a home is an important source of assets and debts in Canada. Food insecurity is much more prevalent among households who rent rather than own their dwelling, with 27.5% of renters affected by some degree of food insecurity (Figure 12). However, the prevalence of food insecurity among homeowners with a mortgage (16.4%) is greater than that of mortgage-free homeowners (8.4%). (See Appendix F for a detailed breakdown)

**Figure 12. Household food insecurity by homeownership, 2022**

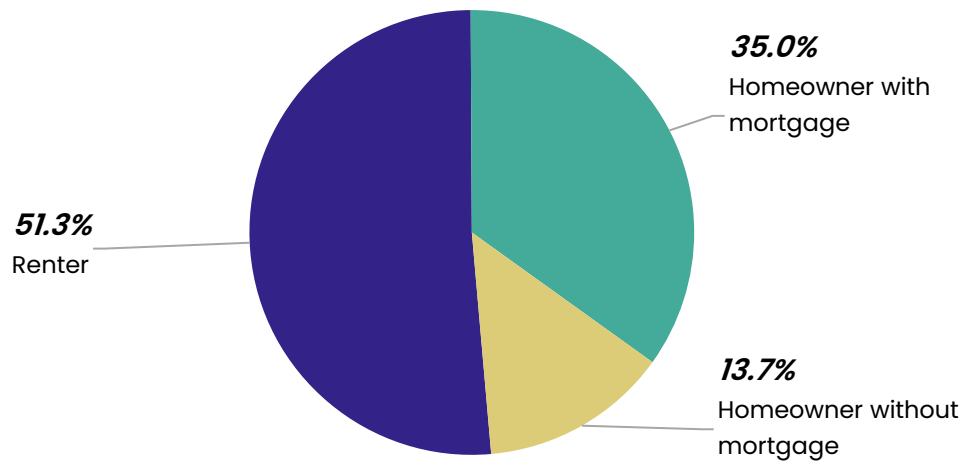


Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

After adjusting for other sociodemographic and economic characteristics, the same pattern persists – renters are more vulnerable to food insecurity than homeowners, while owning without a mortgage means lower risk of food insecurity than owning with a mortgage (See Appendix E for details of multivariable analysis). These findings are consistent with the results of Canadian studies examining the protective association of homeownership with food insecurity and our 2021 status report.<sup>25, 27, 33, 34</sup>

Renters made up the majority (51.3%) of food-insecure households in the ten provinces (Figure 13). Homeowners with mortgages made up 35.0% of food-insecure households and mortgage-free homeowners made up the remaining 13.7%. Previous research on the relationship between homeownership and food insecurity found that the most vulnerable among homeowners with and without mortgages were those with low-value homes.<sup>33</sup>

**Figure 13. Distribution of food-insecure households by homeownership, 2022**

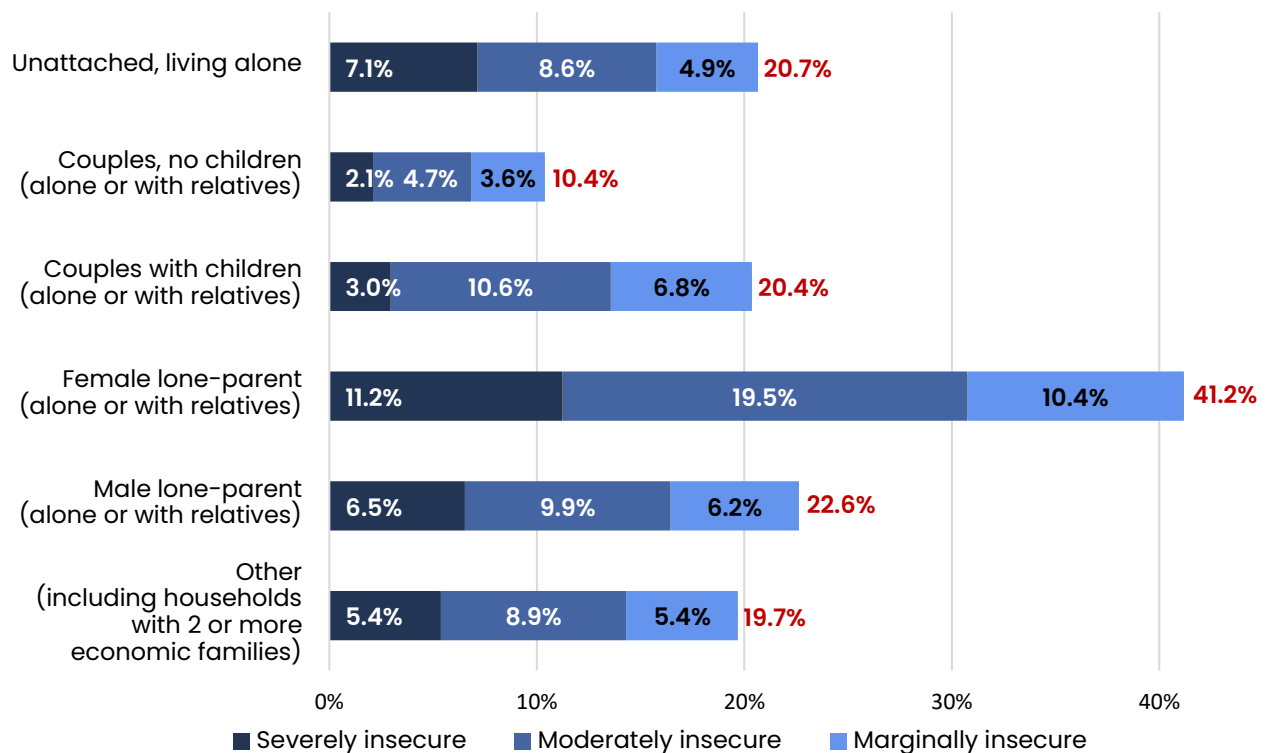


Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

### Food insecurity and household type<sup>iii</sup>

Female lone-parent households had the highest rate of food insecurity at 41.2%, followed by male lone-parent households at 22.6% and unattached individuals living alone at 20.7% (Figure 13). In 2022, 20.4% of couples with children were food insecure. Couples without children had the lowest rate of food insecurity at 10.4%. (See Appendix F for a detailed breakdown)

**Figure 13. Household food insecurity by household type, 2022**



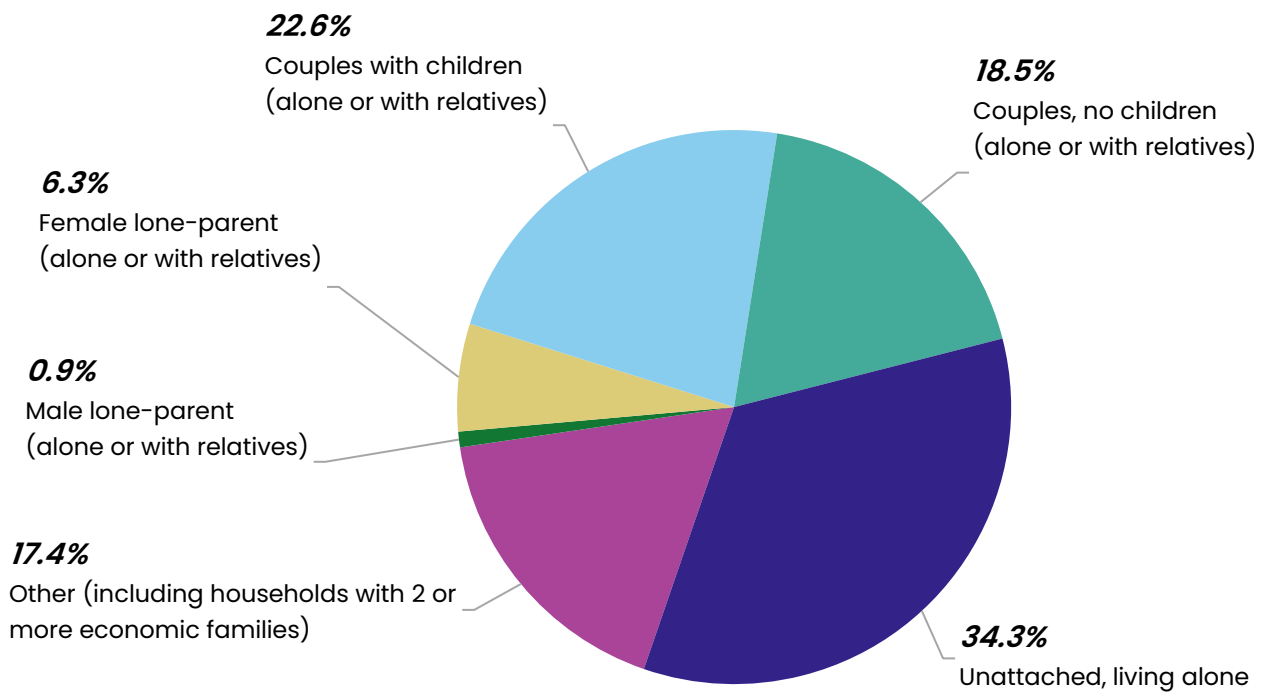
Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

Our multivariable analysis suggests that some of the differences in food insecurity rates between couples without children and the other household types can be explained by their economic circumstances.

However, after accounting for the full range of socio-demographic and economic characteristics, we still find that when compared to couples without children, couples with children have 42% higher odds of being food-insecure, and unattached individuals living alone have 23% higher odds. The odds of being food-insecure for a female lone-parent household is 118% more than the odds of a couple without children. (See Appendix E for details of multivariable analysis).

Unattached individuals living alone made up 34% of the food-insecure households, the largest share among all household types (Figure 14). When we consider all households with at least one child under the age of 18, including those in “other” household types (not shown in graph), households with children made up 33% of food insecure households.

**Figure 14. Distribution of food-insecure households by household type, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

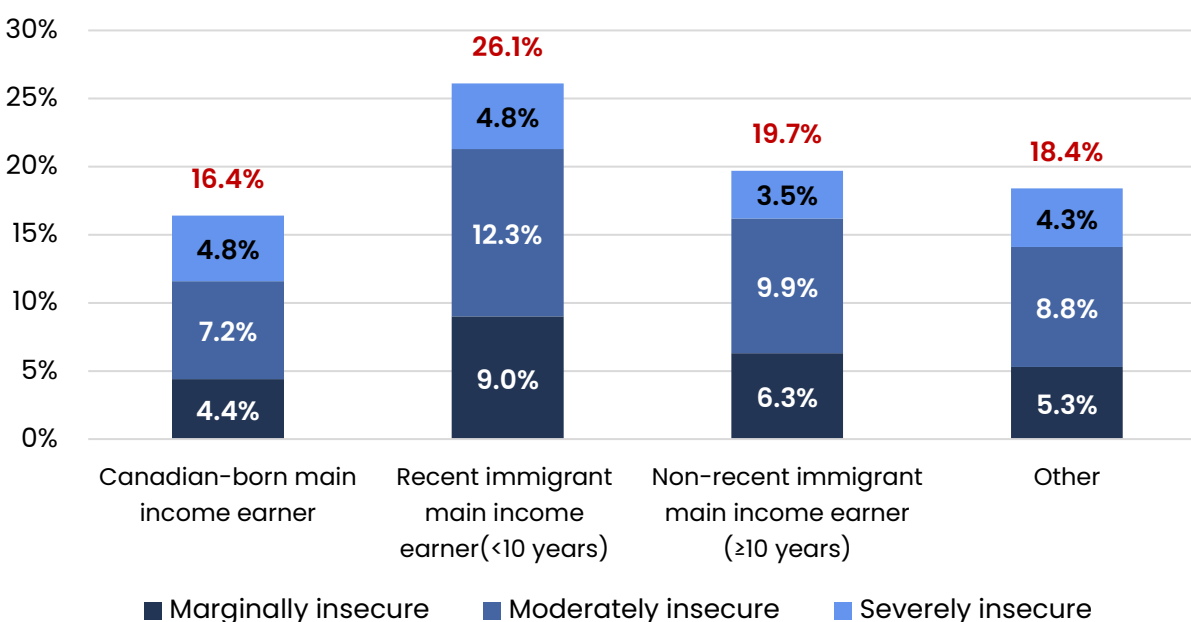
## Food insecurity and immigration status<sup>iv</sup> of main income earner

Household food insecurity is more prevalent among households whose main income earner is a recent immigrant (immigrated for less than 10 years) (Figure 15). (See Appendix F for a detailed breakdown). Immigrants<sup>iv</sup> refer to anyone who are, or who have ever been, landed immigrants or permanent residents and does not include those who have work or study or temporary resident permits, those who have claimed refugee status, or family members of immigrants who are not landed immigrants themselves (these groups are in the “Other: category”).

However, a household’s main income earner being a recent immigrant was not associated with increased vulnerability to household food insecurity, after accounting for differences in other sociodemographic and economic characteristics. (See Appendix E for details of multivariable analysis).

On the other hand, a household’s main income earner being a non-recent immigrant was associated with slightly greater odds of food insecurity, compared to being Canadian-born, after accounting for differences in other sociodemographic and economic characteristics. This finding differs from previous research using CCHS showing lower odds of food insecurity for households with non-recent immigrant respondents and warrants further examination.<sup>25</sup>

**Figure 15. Food insecurity by immigrant status of main income earner, 2022**



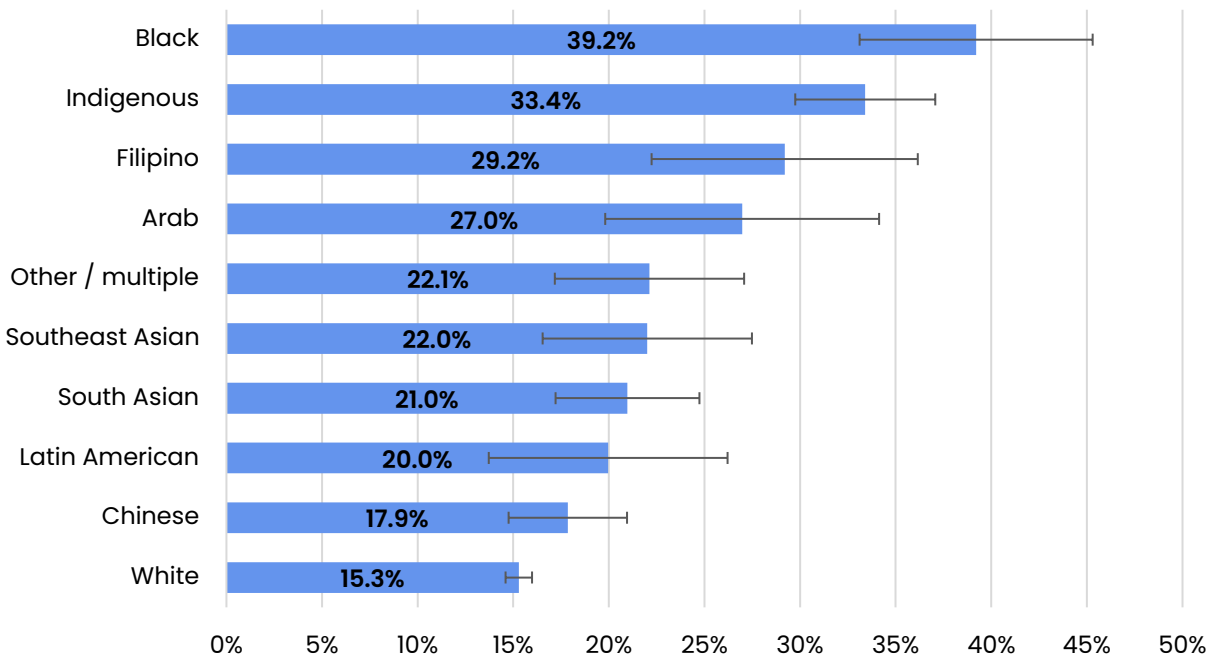
Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors’ calculations.

While having a lower prevalence of food insecurity, households with a Canadian-born main income earner made up 65.8% of food-insecure households in the ten provinces. Households with a non-recent immigrant main income earner made up 21.5% of food-insecure households. Households with a recent immigrant main income earner made up 9.9% of food-insecure households.

## Food insecurity and racial/cultural identity & Indigenous status

People identifying as white<sup>v</sup> have the lowest percentage of individuals living in food-insecure households (Figure 16). The highest percentage of individuals living in food-insecure households was found among Black people at 39.2%, followed by Indigenous Peoples at 33.4% and Filipino people at 29.2% (See Appendix I for a detailed breakdown).

**Figure 16. Percentage of individuals living in food-insecure households by racial/cultural identity & Indigenous status, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

After accounting for socio-demographic characteristics and economic circumstances, households whose main income earner is Black, Indigenous or Filipino remain more likely to be food-insecure than those with a white main income earner, with 107%, 93%, and 66% greater odds respectively.

The findings of such a high percentage of Black individuals living in food-insecure households and the greater odds of food insecurity for Black-led households are consistent with previous research using CCHS, but not the previous cycle of CIS reported in *Households Food Insecurity in Canada, 2021*.<sup>27, 35</sup>

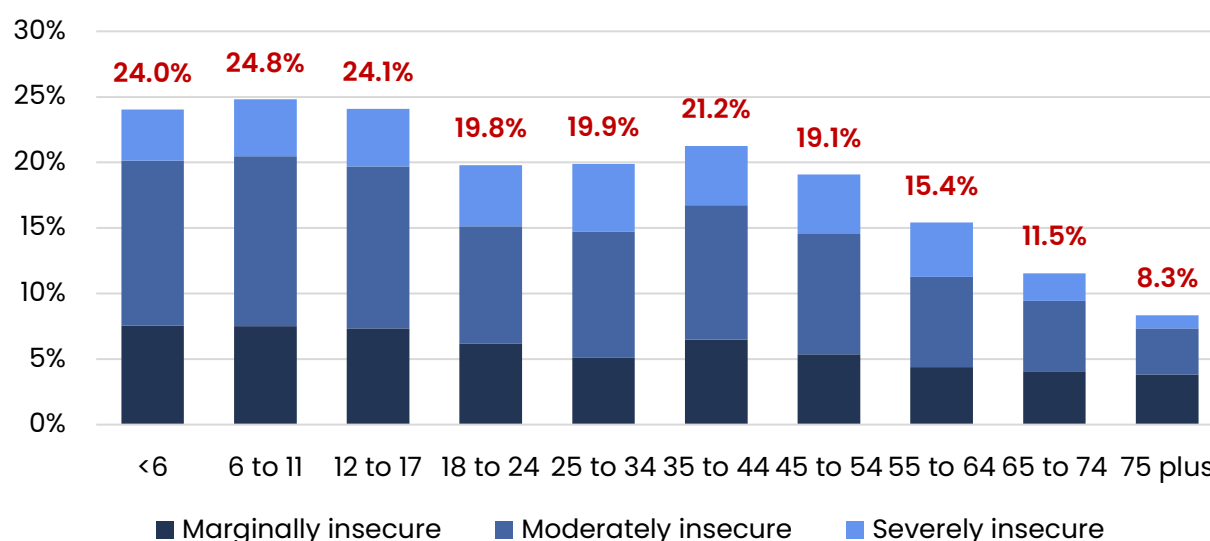
The CIS only began collecting race-based data on CIS 2020, making this the second year of data that we are able to look at the relationship between food insecurity and race using this data source. It will be important to continue examining this relationship through future cycles of the CIS and more detailed analyses.



## How does food insecurity relate to age?

The chance of someone living in a food-insecure household differs greatly depending on how old they are. Looking at the percentage of individuals living in food-insecure households across age groups, we can see the higher percentages among working-age adults and children, compared to seniors 65 years of age and older (Figure 17). The percentage of children living in food-insecure households is nearly triple the percentage for adults 75 and older. (See Appendix J for a detailed breakdown)

**Figure 17. Percentage of individuals living in food-insecure households by age group, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

It is especially concerning that so many children are living in food-insecure households, given the negative and long-lasting impacts that household food insecurity can have on their health.

**In 2022, 24.3% of children under 18 years of age in the ten provinces (an estimated 1,765,000 children) lived in households affected by some level of food insecurity.**

Over two-thirds (69%) of these children, amounting to 1.2 million children, lived in moderately or severely food-insecure households.

Approximately 306,000 children lived in severely food-insecure households. These children are far more likely to have poorer health and require more healthcare services, compared to those in food-secure households.

# 1 in 4

## children

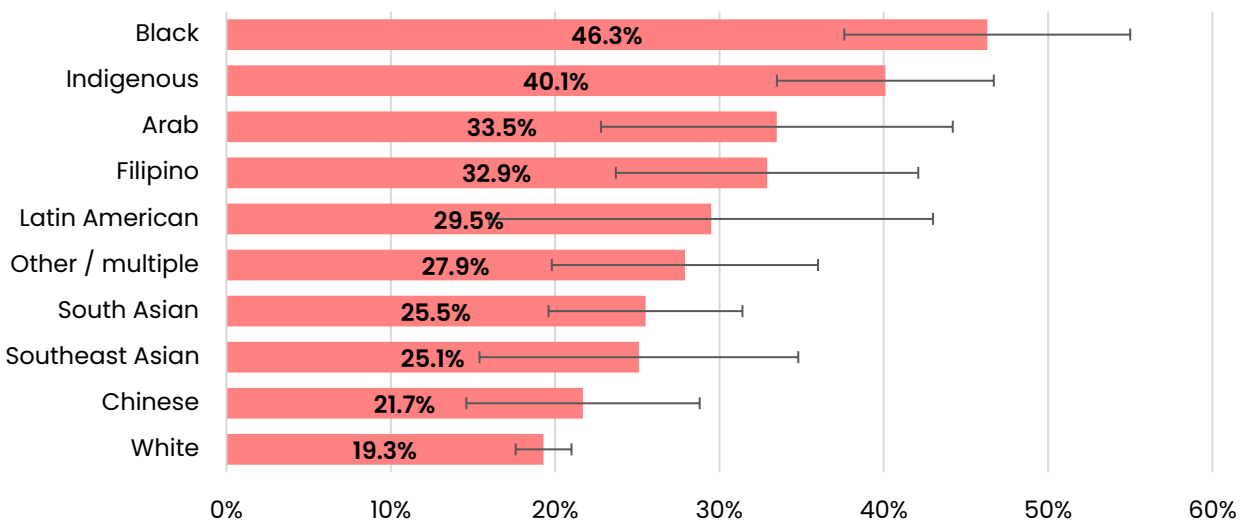


lived in food-insecure households.

The implications of living in a food-insecure household are far-reaching and long-lasting. Exposure to experiences of hunger has been linked to increased risk of developing depression and suicidal ideation in adolescence and early adulthood.<sup>36</sup>

The racialized nature of food insecurity is also apparent when examining the percentage of children under 18 living in food-insecure households. Almost half (46.3%) of Black children lived in a food-insecure household in 2022, compared to 19.3% of white children (Figure 18). (See *Appendix K for a detailed breakdown*). Research using the CCHS also found higher odds of household food insecurity among Black and Indigenous adolescents, after accounting for other household characteristics.<sup>37</sup>

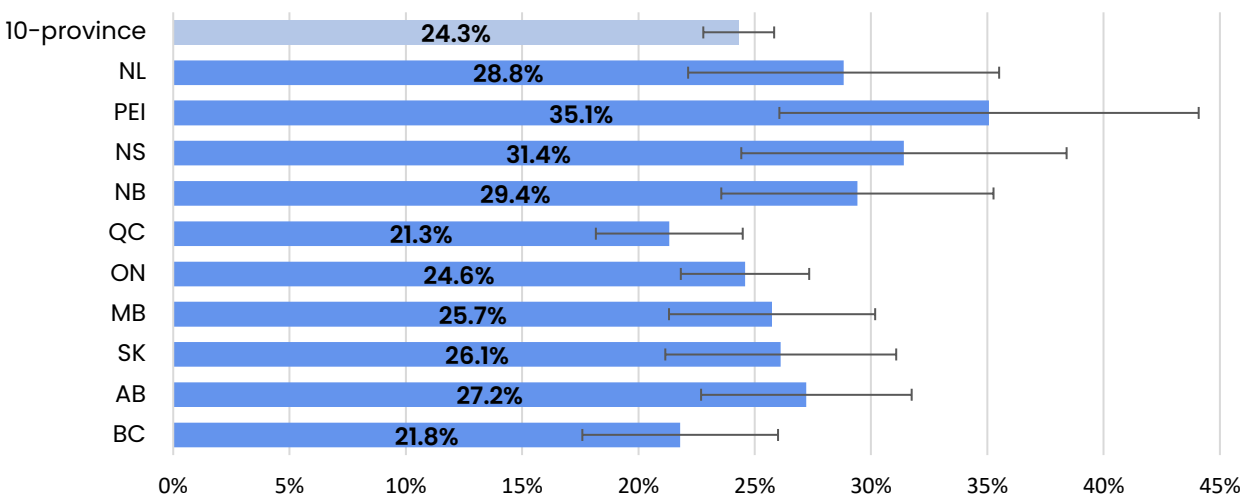
**Figure 18. Percentage of children under 18 living in food-insecure households by racial/cultural identity & Indigenous status, 2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

The prevalence of children living in food-insecure households differs across the provinces, ranging from 21.3% in Quebec to 35.1% in Prince Edward Island (Figure 19). (See *Appendix L for a detailed breakdown*)

**Figure 19. Percentage of children under 18 living in food-insecure households by province, 2022**

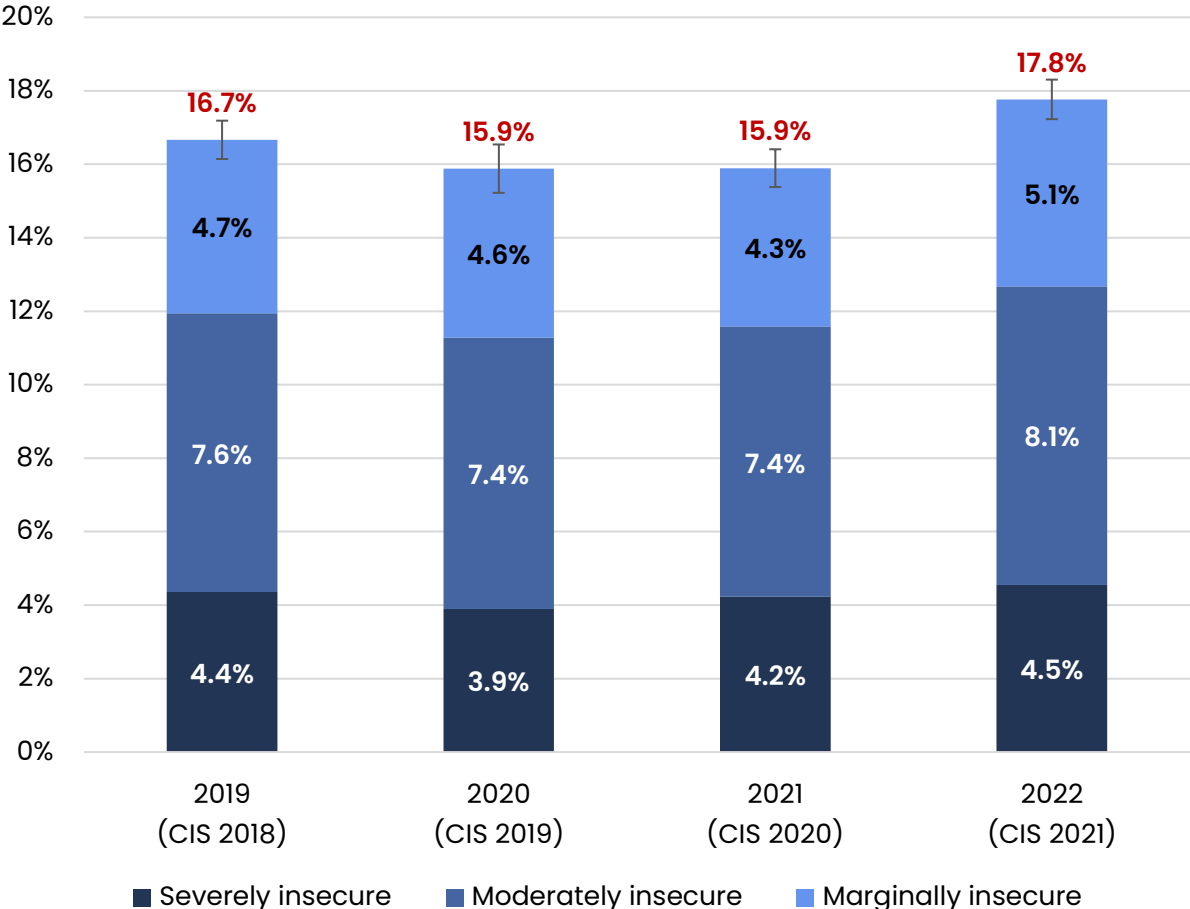


Data Source: Statistics Canada, Canadian Income Survey (CIS) 2021. Authors' calculations.

# How has food insecurity changed in 2022?

The prevalence of household food insecurity has increased from 15.9% in 2021 to 17.8% in 2022, after a period of relative stability from 2019 to 2021 (Figure 20). (See Appendix M for estimates and confidence intervals). This is the highest prevalence of household food insecurity recorded to date.

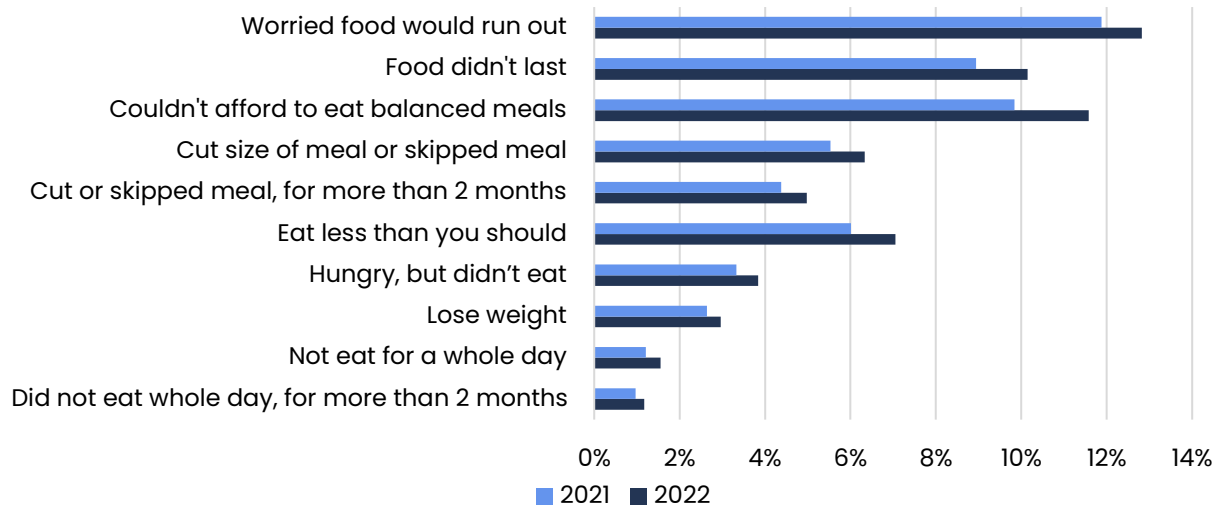
Figure 20. Prevalence of household food insecurity in the ten provinces, 2019–2022



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2018–2021. Authors’ calculations.

To further explore the change in food insecurity prevalence between 2021 and 2022, we compared responses to the individual questions that comprise the Household Food Security Survey Module (Figure 21). Recognizing that 2022 was a period of considerable inflation, we hypothesized that the increase in food insecurity between 2021 and 2022 might be partly explained by more people affirming questions related to the affordability of food (e.g., relying on low-cost foods, not being able to afford balanced meals). What we found, however, were higher rates of affirmative responses across all questions. (See Appendix N for more detailed breakdown).

**Figure 21. Percentage of households reporting each indicator of food insecurity (10-item adult scale), 2021–2022**

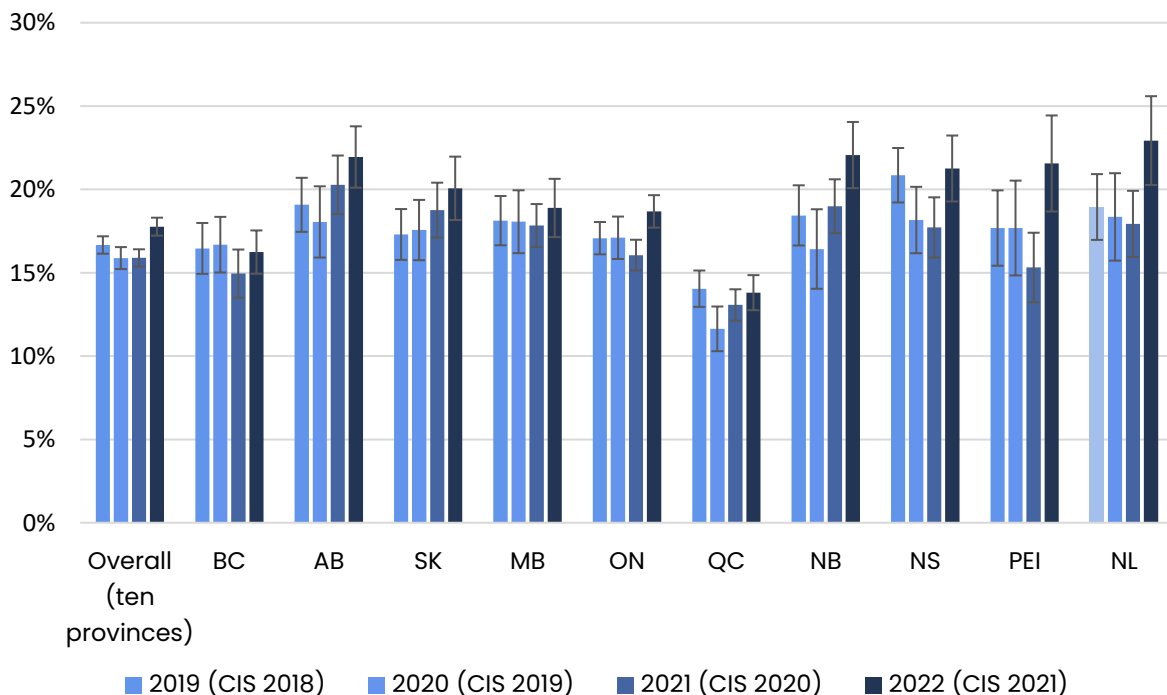


Data Source: Statistics Canada, Canadian Income Survey (CIS) 2020, 2021. Authors' calculations.

### Change in food insecurity within each province, 2019–2022

From 2021 to 2022, the household prevalence of food insecurity increased in every province (Figure 22). (See Appendix O for estimates and confidence intervals). The year-to-year increases range from 6.2 percentage points in Prince Edward Island to 0.7 percentage points in Quebec.

**Figure 22. Prevalence of household food insecurity by province, 2019–2022**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2018–2021. Authors' calculations.

# Where are we seeing most of the increase in food insecurity?

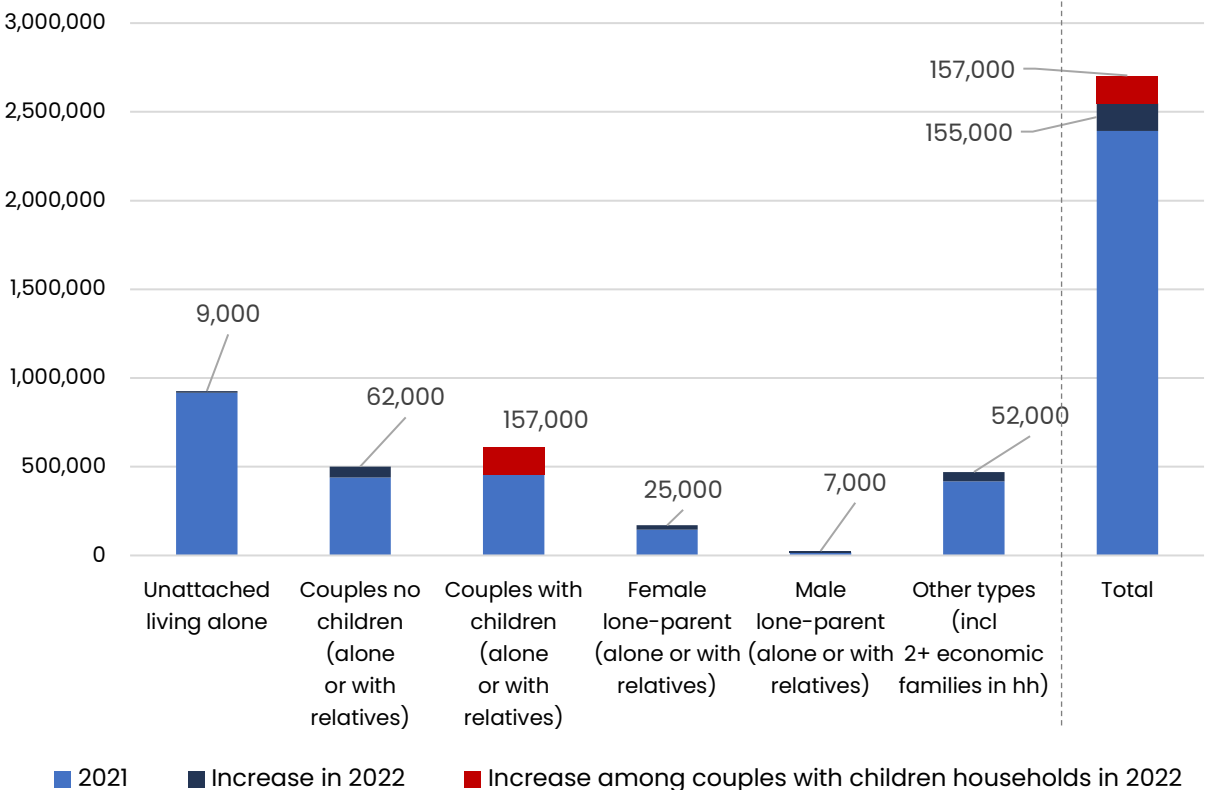
The increase in the prevalence of household food insecurity in the ten provinces amounts to 312,000 more food-insecure households in 2022 than in 2021. During this period, the total number of households in Canada increased by 170,000.

When we compare our findings to the results in our 2021 report, we can see increases in the rate of food insecurity across all jurisdictions and almost every population subgroup between 2021 and 2022. However, the increases have been more substantial among some groups than others. Here we examine which groups comprise the majority of the increase.

## Households led by couples with children

**Of the 312,000 more food-insecure households in 2022 (shown in darker blue in Figure 23), half (50.4%) were households led by couples with children (shown in red in Figure 23) (Figure 23).** The labels indicate the number of additional food-insecure households in 2022 for each household type, compared to 2021.

**Figure 23. Number of food-insecure households in 2022, by household type.**



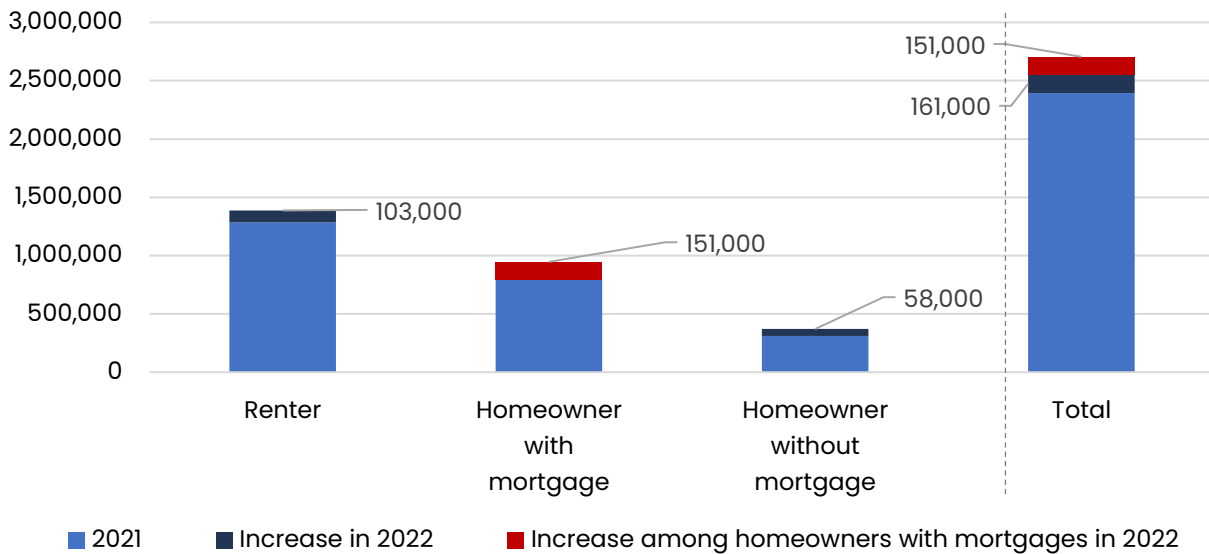
Data Source: Statistics Canada, Canadian Income Survey (CIS) 2020-2021. Authors' calculations.

Households with at least one child under the age of 18, including those in "other" household types (not shown in graph) made up 62.8% of the additional food-insecure households in 2022, despite only making up 34.2% of all the households living in the 10 provinces.

## Homeowners with mortgages

Of the 312,000 more food-insecure households in 2022, nearly half (48.4%) were households who owned their home with a mortgage (Figure 24).

**Figure 24. Number of food-insecure households in 2022, by homeownership.**

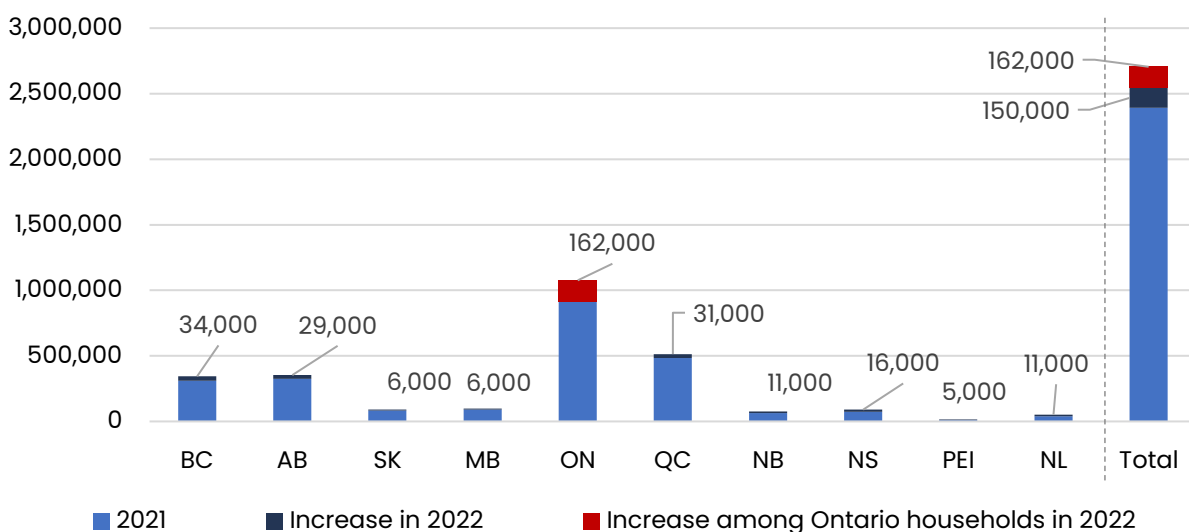


Data Source: Statistics Canada, Canadian Income Survey (CIS) 2020-2021. Authors' calculations.

## Households in Ontario

**Of the 312,000 more food-insecure households in 2022, half (52.0%) were in Ontario (Figure 25).** Yet, the province comprises only 37.8% of the total number of households living in the 10 provinces in 2022, so Ontario households are over-represented in the increase observed in 2022.

**Figure 25. Number of food-insecure households in 2022, by province**



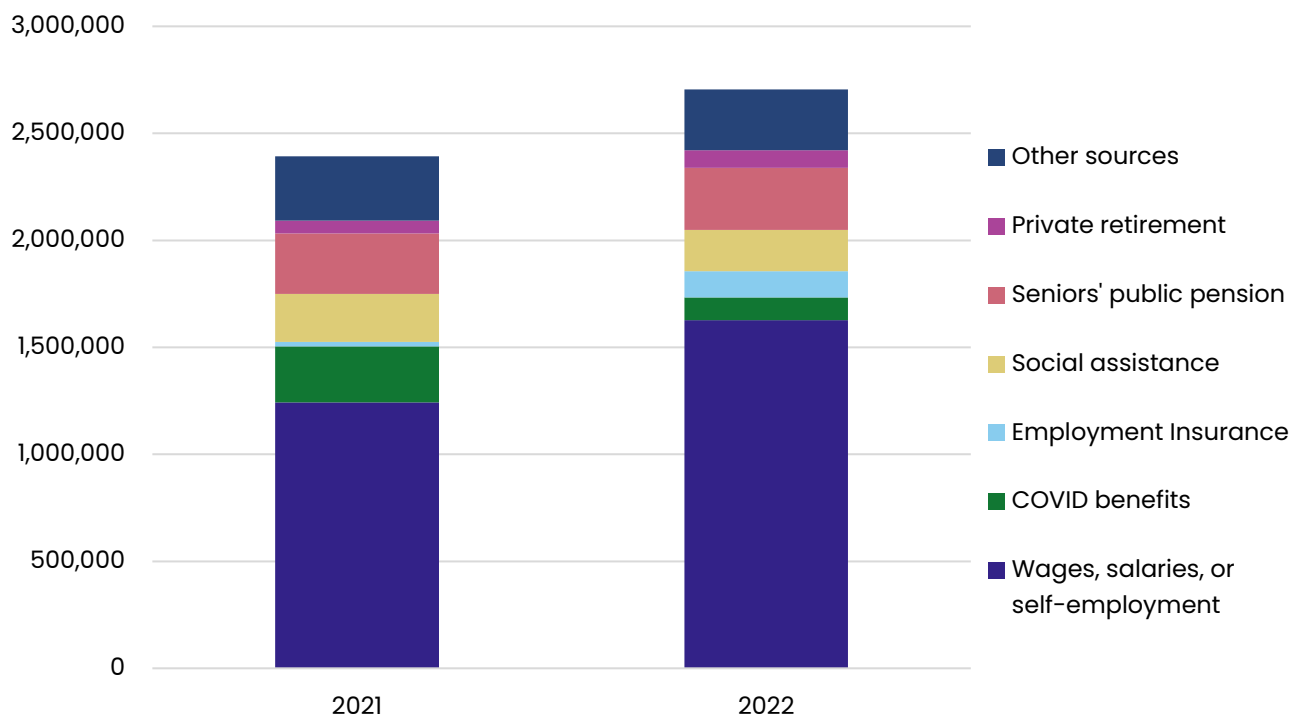
Data Source: Statistics Canada, Canadian Income Survey (CIS) 2020-2021. Authors' calculations.



## Households reliant on employment incomes in the prior year

**The greatest increase in the number of food-insecure households was among households reliant on employment incomes in the prior year (Figure 26).** The main sources of income for food-insecure households shifted with the end of the Canada Emergency Response Benefit (CERB); more households were reliant on employment incomes and Employment Insurance, and fewer households relied on pandemic benefits. Although a few pandemic benefits continued into 2021, they had smaller benefit sizes and stricter eligibility.

**Figure 26. Number of food-insecure households in 2022, by main source of income in the prior year.**



Data Source: Statistics Canada, Canadian Income Survey (CIS) 2020–2021. Authors' calculations.

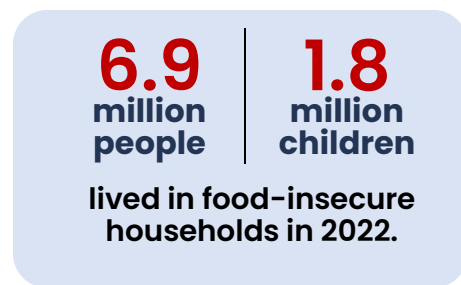
The slight reduction in the number of food-insecure households reliant on social assistance the prior year reflects the revision in how CIS determines who actually received income from social assistance using tax filer data.<sup>ii</sup>

The 2021 CIS introduced several updates to address the overestimation of social assistance receipt in previous survey years and to separate out provincial seniors' supplements previously grouped with social assistance.<sup>38</sup> These changes make information about social assistance receipt more accurate but means caution should be taken when interpreting changes among social assistance recipients from previous surveys.

## Conclusion

In 2022, 6.9 million Canadians lived in food-insecure households across the ten provinces. This is a marked increase from 2021, following three years of relatively unchanged rates of food insecurity.

Canada has systematically monitored household food insecurity since 2005. We began reporting the statistics from this monitoring through this series of reports with the goal of providing a tool to track trends and identify priorities for intervention.



**The patterns of vulnerability have not changed since monitoring began.** In fact, the same household circumstances and demographic characteristics associated with heightened risk of food insecurity have been observed since indicators of household food insecurity were first included on population surveys in the 1990s.

The households most at risk of food insecurity remain households with low income and limited assets, those reliant on public income supports other than public pensions, renters, those with Black, Indigenous, and Filipino main income earners, and those led by female lone parents. The social conditions fostering food insecurity in Canada are deeply rooted and enduring.

**What has changed in 2022 from previous years of the CIS is the prevalence of household food insecurity. The marked increase from 15.9% in 2021 to 17.8% in 2022 brings the prevalence to the highest recorded and heightens the urgency of addressing this serious public health problem.**

While some other indicators of Canadians' well-being, like the poverty measure, suggest a trajectory of improvement since 2015, the systematic monitoring of food insecurity through the CCHS and now CIS tells a very different story. Food insecurity has been a persistent problem that worsened in 2022 and has likely been exacerbated further by the continued rise in costs of living and insufficient responses from provincial and federal governments through 2023.

Over the decade that we've produced these reports, we've seen public awareness of food insecurity statistics grow. However, we have yet to see widespread recognition of food insecurity as a potent social determinant of health that is only alleviated by improvements to households' broader financial circumstances.

**Policymakers need to prioritize food insecurity reduction and implement interventions that target the root causes of household food insecurity, and not its symptoms.**

## Recommendations

Household food insecurity is driven by the inadequacy of household resources to meet basic needs or to endure shocks to household budgets, like a sudden loss of income or rise in basic costs of living. As such, it is most prevalent among households with low, unstable incomes and limited, if any, financial assets or access to credit that could allow them to manage difficult financial circumstances without compromising essentials.

### **The solutions lie in improving the financial circumstances of food-insecure households.**

The primary way for policymakers to do this is by re-examining the programs that make up our social safety net and ensuring that they enable households to afford enough food. There is strong evidence to support making existing income supports, like child benefits and social assistance, more generous or establishing an income floor through a basic income program, to reduce food insecurity.<sup>28, 31, 39-45</sup>

The Canada Child Benefit is one of the main policy levers of the federal poverty reduction strategy and has been long hailed for its success in reducing child poverty. However, it is apparent that the benefit needs to be doing more to insulate children and their families from food insecurity; 1 in 4 children under 18 lived in a food-insecure household in 2022 and households with children made up the majority of the increase in food insecurity from 2021 to 2022.

Research has shown that a more generous CCB for low-income households would be more effective at reducing food insecurity.<sup>45</sup> Restructuring the amounts, clawbacks, and eligibility to focus on those most in need could even be cost-neutral. While its annual indexation to inflation has been widely highlighted by policymakers during this past year of record inflation, quarterly indexation, like OAS and GIS has, could make the benefit more responsive to changes in the costs of living. Otherwise, the increases end up lagging behind.

The design of our public income supports, except for seniors' public pensions, is not only failing to insulate households in need from these dire circumstances but is also institutionalizing food insecurity.

The high risk of food insecurity for households receiving social assistance documented in our reports demands urgent attention by provincial governments. Increasing benefit amounts and indexing them to inflation, increasing earning exemptions and asset limits, and increasing low-income tax thresholds are all measures that could reduce the risk of food insecurity by providing households with stability and a basic standard of living while in these programs of last resort.<sup>28, 42</sup>

There are several other income support programs at the federal and provincial levels that currently reach groups at greater risk of food insecurity — provincial child benefits, financial assistance for renters like the Canada Housing Benefit and its provincial counterparts, and other tax credits for low-income households. As part of a dedicated plan to reduce food insecurity, policymakers could leverage them to provide a more effective social safety net, one that protects households from food insecurity.

Given the increased vulnerability of renters and the historic rise in cost of rent, better integration of housing and income policies to improve housing affordability and stabilize household budgets is also needed.<sup>46</sup>

Although the prevalence of food insecurity among households relying on employment income remains relatively low, they make up most of the food-insecure households in Canada because that's how most Canadians earn money. It is clear that simply having a job is not enough to ensure adequate income for basic needs. Policies that expand employment opportunities and improve the quality and stability of employment (e.g., increasing minimum wage, supporting collective bargaining, etc.) play an important role for reducing food insecurity, with opportunities at all levels of government.<sup>28, 47, 48</sup>

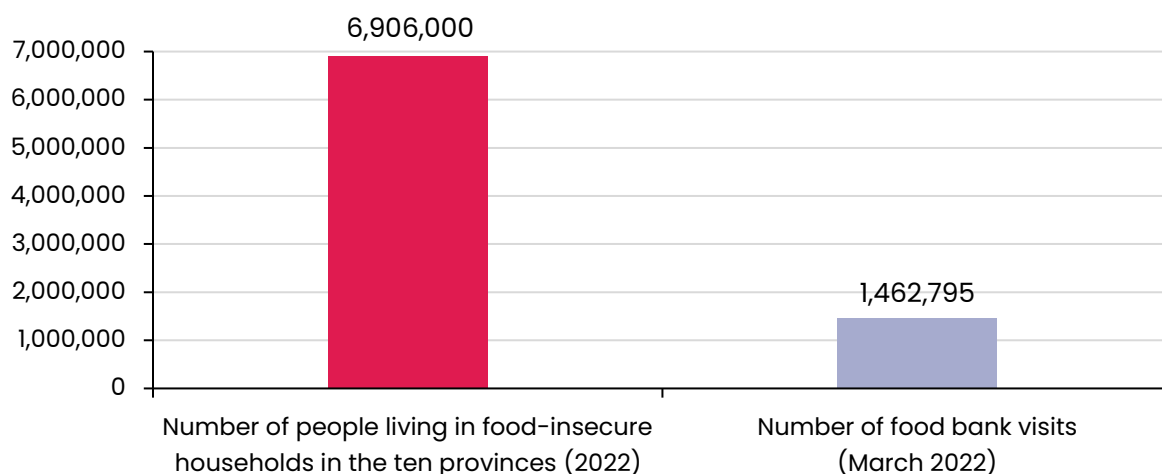
**Reducing food insecurity will require concerted, collaborative efforts by federal and provincial governments to reconcile incomes, and other financial resources like assets, with the actual costs of living.**

Despite strong political and public support for the provision of food as a solution for food insecurity, there is no evidence that households are moved out of food insecurity by charitable food provision or other kinds of food-based programs like food literacy education, alternative food retail, food prescriptions, school food programs, or community gardens.<sup>49-57</sup>

While visiting food banks can provide temporary food relief for those who use them, the scale of food insecurity far exceeds that of food bank usage (Figure 25). Using a food bank does not make people food secure because food charity does not address the serious financial hardships that give rise to food insecurity.<sup>58-61</sup>

Policymakers must focus on ensuring employment and social protections enable households to afford basic needs, and not download their responsibility for Canadians' well-being to charities by funding their expansion.

**Figure 25. Comparison between the number of people living in food insecure households and number of visits made to food banks in 2022.**



Data source: Statistics Canada, Canadian Income Survey (CIS) 2021. Statistics on food bank usage represent the total number of visits made to food banks in March 2022 reported by Food Banks Canada in its 2022 HungerCount report.<sup>62</sup>

## Looking beyond 2022

Although the pace of overall inflation began slowing down in the second half of 2022, Canadians have continued to face with record-setting increases in the prices of food, rent, and mortgage interest costs through late 2022 and 2023.

More research is needed to determine the contribution of inflation to the rise in food insecurity documented in this report and onwards, but we can expect food insecurity to have worsened since 2022, given the continued rise in the costs of living and lack of comparable increases to the incomes of lower-income households.

Through 2022 and 2023, the federal and provincial governments introduced various direct income supports as “affordability measures” in response to inflation. These include the one-time increase to the GST credit and top-up to the Canada Housing Benefit for renters in the 2022 federal Affordability Plan, the one-time Grocery Rebate in 2023, and various time-limited benefits and/or top-ups to existing social programs across the provinces. Some were better than others at reaching households most at risk of food insecurity, like low-income households, families with children, renters, and social assistance recipients.

Providing cash directly to low-income households through targeted benefits is an evidence-supported approach. However, those interventions were small, piecemeal, limited in duration, and likely insufficient to compensate for the recent rise in costs of living, let alone address the challenges that food-insecure households already faced before.<sup>63</sup>

With the potential for a recession on the horizon, we can also take lessons from international research demonstrating that higher levels of social protection can mitigate rises in food insecurity during periods of major economic downturn and rising costs of living.<sup>64, 65</sup>

**Now more than ever, we need federal and provincial governments to take deliberate, evidence-based policy interventions to reduce food insecurity. The data in this report and research cited throughout provide an impetus for urgently needed action.**

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## APPENDIX A

# Household Food Security Survey Module (HFSSM)

### STAGE 1: Questions 1 - 5 — ask all households

Now I'm going to read you several statements that may be used to describe the food situation for a household. Please tell me if the statement was often true, sometimes true, or never true for you and other household members in the past 12 months.

**Q1.** The first statement is: you and other household members worried that food would run out before you got money to buy more. Was that often true, sometimes true, or never true in the past 12 months?

1. Often true
2. Sometimes true
3. Never true
- Don't know / refuse to answer

**Q2.** The food that you and other household members bought just didn't last, and there wasn't any money to get more. Was that often true, sometimes true, or never true in the past 12 months?

1. Often true
2. Sometimes true
3. Never true
- Don't know / refuse to answer

**Q3.** You and other household members couldn't afford to eat balanced meals. In the past 12 months was that often true, sometimes true, or never true?

1. Often true
2. Sometimes true
3. Never true
- Don't know / refuse to answer

IF CHILDREN UNDER 18 IN HOUSEHOLD, ASK Q4 AND Q5; OTHERWISE, SKIP TO FIRST LEVEL SCREEN

Now I'm going to read a few statements that may describe the food situation for households with children.

**Q4.** You or other adults in your household relied on only a few kinds of low-cost food to feed the child(ren) because you were running out of money to buy food. Was that often true, sometimes true, or never true in the past 12 months?

1. Often true
2. Sometimes true
3. Never true
- Don't know / refuse to answer

**Q5.** You or other adults in your household couldn't feed the child(ren) a balanced meal, because you couldn't afford it. Was that often true, sometimes true, or never true in the past 12 months?

1. Often true
2. Sometimes true
3. Never true
- Don't know / refuse to answer

**FIRST LEVEL SCREEN (screener for Stage 2):** If AFFIRMATIVE RESPONSE to ANY ONE of Q1-Q5 (i.e., "often true" or "sometimes true"), then continue to STAGE 2; otherwise, skip to end.

**STAGE 2: Questions 6-10 – ask households passing the First Level Screen**

IF CHILDREN UNDER 18 IN HOUSEHOLD, ASK Q6; OTHERWISE SKIP TO Q7

**Q6.** The child(ren) were not eating enough because you and other adult members of the household just couldn't afford enough food. Was that often, sometimes or never true in the past 12 months?

1. Often true
2. Sometimes true
3. Never true
- Don't know / refuse to answer

The following few questions are about the food situation in the past 12 months for you or any other adults in your household.

**Q7.** In the past 12 months, since last [current month] did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

1. Yes
2. No (Go to Q8)
- Don't know / refuse to answer

**Q7b.** How often did this happen?

1. Almost every month
2. Some months but not every month
3. Only 1 or 2 months
- Don't know / refuse to answer

**Q8.** In the past 12 months, did you (personally) ever eat less than you felt you should because there wasn't enough money to buy food?

1. Yes
2. No
- Don't know / refuse to answer

**Q9.** In the past 12 months, were you (personally) ever hungry but didn't eat because you couldn't afford enough food?

1. Yes
2. No
- Don't know / refuse to answer

**Q10.** In the past 12 months, did you (personally) lose weight because you didn't have enough money for food?

1. Yes
2. No
- Don't know / refuse to answer

**SECOND LEVEL SCREEN (screener for Stage 3):** If AFFIRMATIVE RESPONSE to ANY ONE of Q6–Q10, then continue to STAGE 3; otherwise, skip to end.

**STAGE 3: Questions 11–15 – ask households passing the Second Level Screen**

**Q11.** In the past 12 months, did you or other adults in your household ever not eat for a whole day because there wasn't enough money for food?

1. Yes
2. No (IF CHILDREN UNDER 18 IN HOUSEHOLD, ASK Q12; OTHERWISE SKIP TO END)
- Don't know / refuse to answer

**Q11b.** How often did this happen?

1. Almost every month
2. Some months but not every month
3. Only 1 or 2 months
- Don't know / refuse to answer

IF CHILDREN UNDER 18 IN HOUSEHOLD, ASK Q12–15; OTHERWISE SKIP TO END

Now, a few questions on the food experiences for children in your household.

**Q12.** In the past 12 months, did you or other adults in your household ever cut the size of any of the children's meals because there wasn't enough money for food?

1. Yes
2. No
- Don't know / refuse to answer

**Q13.** In the past 12 months, did any of the children ever skip meals because there wasn't enough money for food?

1. Yes
2. No
- Don't know / refuse to answer



**Q13b.** How often did this happen?

1. Almost every month
2. Some months but not every month
3. Only 1 or 2 months
- Don't know / refuse to answer

**Q14.** In the past 12 months, were any of the children ever hungry but you just couldn't afford more food?

1. Yes
2. No
- Don't know / refuse to answer

**Q15.** In the past 12 months, did any of the children ever not eat for a whole day because there wasn't enough money for food?

1. Yes
2. No
- Don't know / refuse to answer

**End of module**

## APPENDIX B

# Determining food security status based on 18-item module (HFSSM)

Status	Interpretation	10 item adult food security scale	8 item child food security scale
Food secure	No report of income-related problems of food access.	No items affirmed	No items affirmed
Marginally food insecure	Some indication of worry or an income-related barrier to adequate, secure food access	Affirmed no more than 1 item on either scale	
Moderately food insecure	Compromise in quality and/or quantity of food consumed by adults and/or children due to a lack of money for food.	2 to 5 affirmative responses	2 to 4 affirmative responses
Severely food insecure	Disrupted eating patterns and reduced food intake among adults and/or children	6 or more affirmative responses	5 or more affirmative responses

Note: In cases where a household meets the condition of two different classifications (that is, different status on the child and adult scales), the household is given the more severe classification).

Adapted 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/determining-food-security-status-food-nutrition-surveillance-health-canada.html>

## APPENDIX C

# Data gaps in the Canadian Income Survey

### Food insecurity and disability

Although the CIS includes questions about disability status, they are only asked of one person in the household at random, among those aged 16 years or older. It is currently not possible to identify all households with a person living with a disability or the presence of multiple people with a disability in the household. There is also limited information about the household's receipt of disability benefits; the receipt of provincial/territorial disability benefits can not be distinguished from other social assistance programs. Only receipt of income from Registered Disability Savings Plan (RDSP) and the disability component of the Canada Pension Plan or Québec Pension Plan can be identified in the CIS. However, these are largely unavailable to working-age adults.

These data gaps preclude analyses to determine how disability status and access to related benefits relate to households' food insecurity status. Understanding the intersection between disability and other characteristics like household income, main source of income, or homeownership is important for informing the development of policy interventions, like the Canada Disability Benefit currently being designed.

Research from the US has shown that households with adults with disabilities are more likely to be food insecure, especially those with multiple people with disabilities and those with adults whose disabilities prevented them from being able to work.<sup>66-69</sup> Increased risk of food insecurity persists for households with adults with disabilities even after accounting for differences in income and other sociodemographic characteristics, pointing to the impact of higher cost of living, medical expenses, less savings, and fewer assets due to their disabilities.

Canadian research has shown that mobility-impaired adults in Canada have higher odds of food insecurity even after taking into account differences in socio-demographic characteristics.<sup>70</sup> A study of Canadian renter households in government-subsidized housing found that the presence of a household member whose daily activities are limited by physical condition or mental condition was independently associated with higher odds of food insecurity.<sup>71</sup> An analysis of CIS 2019 found that the percentage of persons aged 16 years and over with a disability living in food-insecure households was higher than that for persons 16 and over without a disability.<sup>72</sup> However, it is important to note that the surveys drawn upon for these studies used different measures and conceptualizations of disability.

While outside of the scope of this report and complicated by challenges presented by the CIS design, the relationship between food insecurity and disability is a critical frontier for future investigation. The inclusion of the 18-item HFSSM on other surveys like the Canada Survey of Disability, which includes all people aged 15 and over who reported some level of difficulty with daily living on the Census, would be a valuable step forward.

## **Food insecurity, gender identity, and sexual orientation**

The CIS does not include any questions about gender identity and sexual orientation, so it is not possible to examine their relationship with food insecurity and other household characteristics. An analysis of CCHS 2005–2018 found that a larger percentage of homosexual and bisexual people lived in food-insecure households than heterosexual people, but to our knowledge, there have not been any multivariable analyses to determine how much of the higher percentages in Canada is a function of differences in household and economic characteristics like income or employment.<sup>73</sup>

## APPENDIX D

### Prevalence of household food insecurity by province, 2022

Province	Total households	Food secure		Total Food insecure			Marginally food insecure		Moderately food insecure		Severely food insecure	
		Number of households	Percent of households	Number of households	Percent of households	95% CI	Number of households	Percent of households	Number of households	Percent of households	Number of households	Percent of households
<b>Overall</b>	15,226,000	12,521,000	82.2%	2,705,000	17.8%	17.2% - 18.3%	774,000	5.1%	1,238,000	8.1%	693,000	4.5%
<b>NL</b>	225,000	173,000	77.1%	52,000	22.9%	20.3% - 25.6%	15,000	6.8%	22,000	9.9%	14,000	6.2%
<b>PEI</b>	69,000	54,000	78.4%	15,000	21.6%	18.7% - 24.4%	5,000	7.1%	6,000	8.4%	4,000	6.0%
<b>NS</b>	422,000	333,000	78.7%	90,000	21.3%	19.3% - 23.2%	25,000	5.9%	43,000	10.1%	22,000	5.3%
<b>NB</b>	340,000	265,000	77.9%	75,000	22.1%	20.1% - 24.0%	18,000	5.4%	38,000	11.3%	18,000	5.4%
<b>QC</b>	3,722,000	3,209,000	86.2%	514,000	13.8%	12.8% - 14.9%	178,000	4.8%	244,000	6.5%	92,000	2.5%
<b>ON</b>	5,760,000	4,684,000	81.3%	1,076,000	18.7%	17.7% - 19.7%	297,000	5.2%	505,000	8.8%	274,000	4.8%
<b>MB</b>	513,000	416,000	81.1%	97,000	18.9%	17.1% - 20.6%	28,000	5.4%	44,000	8.7%	25,000	4.8%
<b>SK</b>	447,000	357,000	79.9%	90,000	20.1%	18.2% - 22.0%	23,000	5.2%	37,000	8.4%	29,000	6.5%
<b>AB</b>	1,609,000	1,256,000	78.1%	353,000	21.9%	20.1% - 23.8%	85,000	5.3%	147,000	9.1%	121,000	7.5%
<b>BC</b>	2,117,000	1,773,000	83.8%	344,000	16.2%	14.9% - 17.5%	99,000	4.7%	151,000	7.2%	93,000	4.4%

Numbers may not necessarily add up due to rounding.

## APPENDIX E

# Adjusted odds of food insecurity in relation to sociodemographic and economic characteristics

### How to interpret

Multivariable analysis is a statistical tool that allows us to consider several different household characteristics simultaneously to determine how food insecurity differs within each characteristic while holding others constant. This is important because characteristics, such as income, family structure, race and ethnicity, housing circumstances, province of residence, etc., are often interrelated with one another. By considering the independent contribution of these characteristics, we are able to better identify predictors of food insecurity.

We ran a multivariable logistic regression model to estimate odds ratios of food insecurity for a particular characteristic, accounting for the variation in others. The model shows the odds of food insecurity related to socio-demographic characteristics (province of residence, household type, highest level of education, racial/cultural identity and Indigenous status of the main income earner, and immigrant status of the main income earner) and economic characteristics of the household (homeownership, prior year's income, main source of income in the prior year), when all characteristics are considered simultaneously.

The reference group for each analysis was the largest group within that characteristic. For example, the odds ratios of food insecurity in relation to the province of residence are all comparisons with Ontario, the province with the most households.

An adjusted odds ratio greater than 1.0 means that the category is more vulnerable to food insecurity, compared to the reference group for that characteristic, independent of other sociodemographic and economic circumstances. Where the 95% confidence intervals include the value of 1.0, the difference between the group in question and the reference is not statistically significant.

For example, the adjusted odds ratio for household food insecurity for Quebec vs Ontario is 0.62 (95% CI: 0.55 – 0.70), after adjusting for socio-demographic and economic characteristics. That means the odds of being food insecure are 31% lower for households living in Quebec compared to those living in Ontario.

<b>Sociodemographic and economic characteristic</b>	<b>Adjusted odds ratio</b>	<b>95% CI</b>
<b>Province</b>		
Ontario (reference group)	1.00	
Newfoundland & Labrador	1.32	1.09 - 1.61
Prince Edward Island	1.24	1.01 - 1.51
Nova Scotia	1.21	1.04 - 1.40
New Brunswick	1.30	1.12 - 1.51
Quebec	0.62	0.55 - 0.70
Manitoba	0.86	0.74 - 1.00
Saskatchewan	1.03	0.88 - 1.21
Alberta	1.30	1.13 - 1.49
British Columbia	0.88	0.78 - 1.00
<b>Household type</b>		
Couples with no children* (reference group)	1.00	
Unattached living alone*	1.23	1.09 - 1.38
Couples with children*	1.42	1.24 - 1.62
Female lone-parent*	2.18	1.76 - 2.70
Male lone-parent*	1.25	0.84 - 1.87
Other types†	1.35	1.15 - 1.57
<b>Highest education level in the household</b>		
Bachelor degree or more (reference group)	1.00	
Less than high school	1.41	1.18 - 1.69
High school completed	1.39	1.19 - 1.62
Some post-secondary, no certificate	1.39	1.10 - 1.77
Post-secondary, below bachelor	1.51	1.35 - 1.69
<b>Racial/cultural identity and Indigenous status of main income earner</b>		
White (reference group) <sup>1</sup>	1.00	
Black	2.07	1.61 - 2.65
Indigenous <sup>2</sup>	1.93	1.57 - 2.37
Filipino	1.66	1.17 - 2.36
Arab	1.17	0.77 - 1.76
Other / multiple <sup>3</sup>	1.10	0.79 - 1.51
Southeast Asian <sup>4</sup>	1.20	0.82 - 1.77
South Asian <sup>5</sup>	1.10	0.87 - 1.39
Latin American	1.04	0.69 - 1.58
Chinese	1.05	0.81 - 1.35
<b>Immigration status of main income earner</b>		
Canadian born (reference group)	1.00	
Recent immigrant (<10 years)	1.16	0.93 - 1.45
Non-recent immigrant (≥10 years)	1.19	1.03 - 1.38
Other	0.71	0.52 - 0.96
<b>Homeownership</b>		
Owner with mortgage (reference group)	1.00	
Owner without mortgage	0.52	0.46 - 0.59
Renter	1.29	1.15 - 1.44
<b>Main source of income in the prior year</b>		
Wages, salaries, self-employment (reference group)	1.00	
Social assistance	4.16	3.17 - 5.45
Employment Insurance	2.23	1.69 - 2.94
COVID benefits	1.76	1.25 - 2.48
Seniors' public pension	0.61	0.52 - 0.71
Private retirement	0.38	0.32 - 0.47
Other sources	0.81	0.68 - 0.95
<b>Household income</b>		
After-tax household income, adjusted for household size (\$1000 increment)	0.98	0.98 - 0.98

\* living alone or with relatives, † including 2+ economic families in household. <sup>1</sup> See Endnote v. <sup>2</sup> Includes persons who reported having an Indigenous identity, that is, First Nations (North American Indian), Métis or Inuk (Inuit), or those who reported more than one identity. Excluded from the survey's coverage are persons living on reserves and other Indigenous settlements in the provinces. <sup>3</sup> Includes visible minority groups not included elsewhere. These include West Asian, Korean, Japanese, persons with a write-in response such as Guyanese, West Indian, Tibetan, Polynesian, Pacific Islander, and persons who gave more than one visible minority group by checking two or more mark-in responses, for example, Black and South Asian. <sup>4</sup> For example, Vietnamese, Cambodian, Laotian, Thai. <sup>5</sup> For example, East Indian, Pakistani, Sri Lankan.

## APPENDIX F

# Prevalence and number of household food security and insecurity, by selected household characteristics, 2022

	Total households	Food secure		Food insecure		Marginally insecure		Moderately insecure		Severely insecure	
		Number of households	Percent of households	Number of households	Percent of households	Number of households	Percent of households	Number of households	Percent of households	Number of households	Percent of households
<b>Household type</b>											
Unattached living alone	4,485,000	3,558,000	79.3%	927,000	20.7%	197,000	4.9%	354,000	8.6%	288,000	7.1%
Couples no children <sup>1</sup>	4,825,000	4,324,000	89.6%	501,000	10.4%	150,000	3.6%	200,000	4.7%	84,000	2.1%
Couples with children <sup>1</sup>	3,006,000	2,394,000	79.6%	612,000	20.4%	178,000	6.8%	287,000	10.6%	71,000	3.0%
Female lone-parent <sup>1</sup>	412,000	242,000	58.8%	170,000	41.2%	32,000	10.4%	64,000	19.5%	35,000	11.2%
Male lone-parent <sup>1</sup>	109,000	84,000	77.4%	25,000	22.6%	3,000	6.2%	6,000	9.9%	2,000	6.5%
Other types <sup>2</sup>	2,389,000	1,919,000	80.3%	471,000	19.7%	105,000	5.4%	182,000	8.9%	103,000	5.4%
<b>Highest education level in the household</b>											
Less than high school	1,006,000	777,000	77.2%	229,000	22.8%	61,000	6.0%	100,000	10.0%	68,000	6.8%
High school completed	1,889,000	1,483,000	78.5%	407,000	21.5%	99,000	5.3%	168,000	8.9%	139,000	7.3%
Some post-secondary, no certificate	547,000	415,000	75.8%	133,000	24.2%	27,000	4.9%	63,000	11.4%	43,000	7.8%
Post-secondary, below bachelor	5,493,000	4,391,000	79.9%	1,101,000	20.1%	320,000	5.8%	513,000	9.3%	268,000	4.9%
Bachelor degree, or more	6,291,000	5,455,000	86.7%	836,000	13.3%	267,000	4.2%	393,000	6.3%	175,000	2.8%



	Total households	Food secure		Food insecure		Marginally insecure		Moderately insecure		Severely insecure	
		Number of households	Percent of households	Number of households	Percent of households	Number of households	Percent of households	Number of households	Percent of households	Number of households	Percent of households
<b>Main source of income</b>											
Wages, salaries, self-employment	9,544,000	7,917,000	83.0%	1,627,000	17.0%	495,000	5.2%	770,000	8.1%	363,000	3.8%
Social assistance	276,000	83,000	30.1%	193,000	69.9%	20,000	7.2%	71,000	25.8%	102,000	36.9%
Employment Insurance	262,000	139,000	53.0%	123,000	47.0%	21,000	8.0%	53,000	20.3%	49,000	18.7%
COVID benefits <sup>3</sup>	247,000	142,000	57.3%	106,000	42.7%	24,000*	9.5%*	52,000	21.0%	30,000	12.2%
Seniors' public pension	1,888,000	1,598,000	84.6%	290,000	15.4%	105,000	5.6%	128,000	6.8%	56,000	3.0%
Private retirement pension <sup>4</sup>	1,525,000	1,442,000	94.6%	82,000	5.4%	28,000	1.8%	38,000	2.5%	17,000	1.1%
Other sources <sup>5</sup>	1,484,000	1,200,000	80.9%	284,000	19.1%	82,000	5.5%	126,000	8.5%	76,000	5.1%
<b>Homeownership</b>											
Renter	5,045,000	3,657,000	72.5%	1,388,000	27.5%	326,000	6.5%	630,000	12.5%	432,000	8.6%
Owner with mortgage	5,779,000	4,833,000	83.6%	947,000	16.4%	306,000	5.3%	443,000	7.7%	198,000	3.4%
Owner without mortgage	4,402,000	4,031,000	91.6%	371,000	8.4%	143,000	3.3%	164,000	3.7%	63,000	1.4%
<b>Immigration status of main income earner<sup>6</sup></b>											
Canadian-born	10,822,000	9,042,000	83.6%	1,780,000	16.4%	475,000	4.4%	783,000	7.2%	522,000	4.8%
Recent immigrant (<10 years)	1,020,000	754,000	73.9%	267,000	26.1%	92,000	9.0%	125,000	12.3%	49,000	4.8%
Non-recent immigrant (≥10 years)	2,958,000	2,377,000	80.4%	581,000	19.6%	185,000	6.3%	293,000	9.9%	103,000	3.5%
Other	425,000	347,000	81.6%	78,000	18.4%	23,000	5.3%	37,000	8.8%	18,000	4.3%

Numbers may not necessarily add up due to rounding.

\*Use with caution due to small sample size.

<sup>1</sup> Living alone or with relatives.

<sup>2</sup> Including 2+ economic families in the household. An economic family is defined as a group of two or more persons who live in the same dwelling and are related to each other by blood, marriage, common law, adoption, or a foster relationship.

<sup>3</sup> COVID benefits include: Canada Emergency Response Benefit (CERB), Canada Emergency Student Benefit (CESB), Canada Recovery Benefit (CRB), Canada Recovery Caregiving Benefit, Canada Recovery Sickness Benefit, or COVID-19 benefits administered by provincial governments in 2021. Although some programs like CERB and CESB ended in 2020, a few people received an amount from them in 2021.

<sup>4</sup> Includes income from OAS, GIS, CPP, and QPP, but not disability benefits from QPP or CPP.

<sup>5</sup> Other sources include alimony, investment incomes, Workers' Compensation, disability benefits from QPP & CPP, or other government transfers.

<sup>6</sup>See Endnote iv

## APPENDIX G

# Proportion of food-insecure households who were reliant on wages, salaries, or self-employment in the prior year, by province, 2022

	Total number of food-insecure households	Reliant on wages, salaries, or self-employment in the prior year		
		Number of households	Percentage of households	95% CI
<b>NL</b>	52,000	26,000	50.0%	43.8% - 56.3%
<b>PEI</b>	15,000	10,000	66.4%	59.3% - 73.5%
<b>NS</b>	90,000	54,000	60.1%	55.2% - 65.0%
<b>NB</b>	75,000	46,000	61.5%	56.8% - 66.3%
<b>QC</b>	514,000	285,000	55.5%	51.5% - 59.6%
<b>ON</b>	1,076,000	631,000	58.6%	55.8% - 61.5%
<b>MB</b>	97,000	64,000	65.9%	61.3% - 70.5%
<b>SK</b>	90,000	57,000	63.5%	58.8% - 68.1%
<b>AB</b>	353,000	241,000	68.2%	63.7% - 72.7%
<b>BC</b>	344,000	213,000	62.0%	57.7% - 66.3%

Numbers may not necessarily add up due to rounding.

## APPENDIX H

### Prevalence of household food insecurity among households who received any income from social assistance in the prior year, by province, 2022

	Total number of households	Food secure		Food insecure		
		Number of households	Percentage of households	Number of households	Percentage of households	95% CI
<b>10-province</b>	1,000,000	507,000	50.7 %	493,000	49.3 %	46.2 % - 52.3 %
<b>NL</b>	13,000	5,000	42.0	8,000	58.0	44.7% - 71.4%
<b>PEI</b>	4,000	2,000	54.5	2,000	45.5	29.6% - 61.4%
<b>NS</b>	17,000	6,000	36.0	11,000	64.0	52.6% - 75.4%
<b>NB</b>	17,000	7,000	41.1	10,000	58.9	47.5% - 70.2%
<b>QC</b>	185,000	100,000	54.1	85,000	45.9	38.4% - 53.4%
<b>ON</b>	441,000	208,000	47.2	233,000	52.8	47.9% - 57.6%
<b>MB</b>	23,000	11,000	48.1	12,000	51.9	40.1% - 63.7%
<b>SK</b>	24,000	9,000	37.0	15,000	63.0	51.7% - 74.3%
<b>AB</b>	103,000	60,000	58.5	43,000	41.5	31.9% - 51.1%
<b>BC</b>	175,000	99,000	56.6	76,000	43.4	36.5% - 50.4%

Numbers may not necessarily add up due to rounding.

## APPENDIX I

# Number and percentage of individuals living in food-insecure households by racial/cultural identity and Indigenous status

	Total individuals	Food secure		Food insecure		
		Number of individuals	Percent of individuals	Number of individuals	Percent of individuals	95% CI
<b>Black</b>	1,556,000	946,000	60.8%	610,000	39.2%	33.1% - 45.3%
<b>Indigenous<sup>1</sup></b>	994,000	662,000	66.6%	332,000	33.4%	29.7% - 37.1%
<b>Filipino</b>	1,149,000	814,000	70.8%	336,000	29.2%	22.2% - 36.2%
<b>Arab</b>	892,000	652,000	73.0%	241,000	27.0%	19.8% - 34.1%
<b>Other / multiple<sup>2</sup></b>	1,202,000	936,000	77.9%	266,000	22.1%	17.2% - 27.1%
<b>Southeast Asian<sup>3</sup></b>	593,000	463,000	78.0%	131,000	22.0%	16.5% - 27.5%
<b>South Asian<sup>4</sup></b>	2,763,000	2,184,000	79.0%	580,000	21.0%	17.2% - 24.7%
<b>Latin American</b>	597,000	477,000	80.0%	119,000	20.0%	13.7% - 26.2%
<b>Chinese</b>	2,105,000	1,729,000	82.1%	376,000	17.9%	14.8% - 21.0%
<b>White<sup>5</sup></b>	25,613,000	21,696,000	84.7%	3,916,000	15.3%	14.6% - 16.0%

Numbers may not necessarily add up due to rounding.

\*Use with caution due to small sample size.

<sup>1</sup> Includes persons who reported having an Indigenous identity, that is, First Nations (North American Indian), Métis or Inuk (Inuit), or those who reported more than one identity. Excluded from the survey's coverage are persons living on reserves and other Indigenous settlements in the provinces.

<sup>2</sup> Includes visible minority groups not included elsewhere. These include West Asian, Korean, Japanese, persons with a write-in response such as Guyanese, West Indian, Tibetan, Polynesian, Pacific Islander, and persons who gave more than one visible minority group by checking two or more mark-in responses, for example, Black and South Asian.

<sup>3</sup> For example, Vietnamese, Cambodian, Laotian, Thai.

<sup>4</sup> For example, East Indian, Pakistani, Sri Lankan.

<sup>5</sup> See Endnote v

## APPENDIX J

# Number and percentage of individuals living in food-insecure households by age group

Age group	Total individuals	Food secure		Food insecure		Marginally insecure		Moderately insecure		Severely insecure	
		Number of individuals	Percent of individuals	Number of individuals	Percent of individuals	Number of individuals	Percent of individuals	Number of individuals	Percent of individuals	Number of individuals	Percent of individuals
<6	2,255,000	1,713,000	76.0%	542,000	24.0%	171,000	7.6%	283,000	12.6%	88,000	3.9%
6 to 11	2,433,000	1,829,000	75.2%	604,000	24.8%	183,000	7.5%	315,000	12.9%	106,000	4.3%
12 to 17	2,573,000	1,953,000	75.9%	620,000	24.1%	189,000	7.3%	318,000	12.4%	113,000	4.4%
18 to 24	3,113,000	2,498,000	80.2%	616,000	19.8%	193,000	6.2%	278,000	8.9%	144,000	4.6%
25 to 34	5,228,000	4,188,000	80.1%	1,040,000	19.9%	266,000	5.1%	504,000	9.6%	270,000	5.2%
35 to 44	5,092,000	4,010,000	78.8%	1,082,000	21.2%	330,000	6.5%	522,000	10.3%	229,000	4.5%
45 to 54	4,697,000	3,801,000	80.9%	896,000	19.1%	252,000	5.4%	431,000	9.2%	213,000	4.5%
55 to 64	5,182,000	4,382,000	84.6%	799,000	15.4%	228,000	4.4%	357,000	6.9%	215,000	4.2%
65 to 74	4,128,000	3,652,000	88.5%	477,000	11.5%	168,000	4.1%	221,000	5.4%	88,000	2.1%
≥75	2,763,000	2,532,000	91.7%	231,000	8.3%	106,000	3.8%	97,000	3.5%	28,000	1.0%

Numbers may not necessarily add up due to rounding.

## APPENDIX K

# Number and percentage of children under 18 who lived in food-insecure households by racial/cultural identity and Indigenous status

	Total number of children under 18	Food secure		Food insecure		
		Number of children under 18	Percentage of children under 18	Number of children under 18	Percentage of children under 18	95% CI
<b>Black</b>	477,000	256,000	53.7%	221,000	46.3%	37.6% - 55.0%
<b>Indigenous<sup>1</sup></b>	291,000	174,000	59.9%	117,000	40.1%	33.5% - 46.7%
<b>Arab</b>	295,000	196,000	66.5%	99,000	33.5%	22.8% - 44.2%
<b>Filipino</b>	267,000	179,000	67.1%	88,000	32.9%	23.8% - 42.1%
<b>Other / multiple<sup>2</sup></b>	101,000	71,000	70.5%	30,000	29.5%	19.8% - 36.0%
<b>Southeast Asian<sup>3</sup></b>	340,000	245,000	72.1%	95,000	27.9%	15.4% - 34.8%
<b>South Asian<sup>4</sup></b>	623,000	464,000	74.5%	159,000	25.5%	19.5% - 31.4%
<b>Latin American</b>	124,000	93,000	74.9%	31,000	25.1%	16.0% - 43.0%
<b>Chinese</b>	381,000	298,000	78.3%	83,000	21.7%	14.6% - 28.8%
<b>White<sup>5</sup></b>	4,363,000	3,519,000	80.7%	844,000	19.3%	17.7% - 21.0%

Numbers may not necessarily add up due to rounding.

\*Use with caution due to small sample size.

<sup>1</sup> Includes persons who reported having an Indigenous identity, that is, First Nations (North American Indian), Métis or Inuk (Inuit), or those who reported more than one identity. Excluded from the survey's coverage are persons living on reserves and other Indigenous settlements in the provinces.

<sup>2</sup> Includes visible minority groups not included elsewhere. These include West Asian, Korean, Japanese, persons with a write-in response such as Guyanese, West Indian, Tibetan, Polynesian, Pacific Islander, and persons who gave more than one visible minority group by checking two or more mark-in responses, for example, Black and South Asian.

<sup>3</sup> For example, Vietnamese, Cambodian, Laotian, Thai.

<sup>4</sup> For example, East Indian, Pakistani, Sri Lankan.

<sup>5</sup> See Endnote v

## APPENDIX L

### Number and percentage of children under 18 who lived in food-insecure households by province

	Total number of children under 18	Food secure		Food insecure		
		Number of children under 18	Percentage of children under 18	Number of children under 18	Percentage of children under 18	95% CI
<b>10-province</b>	7,261,000	5,496,000	75.7%	1,765,000	24.3%	22.8% - 25.8%
<b>NL</b>	82,000	58,000	71.2%	24,000	28.8%	22.1% - 35.5%
<b>PEI</b>	30,000	20,000	64.9%	11,000	35.1%	26.1% - 44.1%
<b>NS</b>	166,000	114,000	68.6%	52,000	31.4%	24.4% - 38.4%
<b>NB</b>	137,000	97,000	70.6%	40,000	29.4%	23.6% - 35.3%
<b>QC</b>	1,627,000	1,280,000	78.7%	347,000	21.3%	18.2% - 24.5%
<b>ON</b>	2,799,000	2,111,000	75.4%	688,000	24.6%	21.8% - 27.3%
<b>MB</b>	296,000	220,000	74.3%	76,000	25.7%	21.3% - 30.2%
<b>SK</b>	254,000	188,000	73.9%	66,000	26.1%	21.2% - 31.1%
<b>AB</b>	985,000	717,000	72.8%	268,000	27.2%	22.7% - 31.7%
<b>BC</b>	884,000	692,000	78.2%	193,000	21.8%	17.6% - 26.0%

Numbers may not necessarily add up due to rounding.

## APPENDIX M

### Household food insecurity in the 10-provinces, 2019–2022

	Total households	Food secure		Food insecure			Marginally insecure		Moderately insecure		Severely insecure	
		Number of households	Percent of households	Number of households	Percent of households	95% CI	Number of households	Percent of households	Number of households	Percent of households	Number of households	Percent of households
<b>2019</b>	14,754,000	12,296,000	83.3%	2,459,000	16.7%	16.1%-17.2%	697,000	4.7%	1,119,000	7.6%	643,000	4.4%
<b>2020</b>	14,930,000	12,559,000	84.1%	2,371,000	15.9%	15.2%-16.5%	686,000	4.6%	1,103,000	7.4%	582,000	3.9%
<b>2021</b>	15,056,000	12,663,000	84.1%	2,393,000	15.9%	15.4%-16.4%	649,000	4.3%	1,108,000	7.4%	636,000	4.2%
<b>2022</b>	15,225,841	12,521,000	82.2%	2,705,000	17.8%	17.2%-18.3%	774,000	5.1%	1,238,000	8.1%	693,000	4.5%

Numbers may not necessarily add up due to rounding.



## APPENDIX N

# Percentage of households reporting each indicator of food insecurity, 2021–2022

	All households		Households with children		Households without children	
	2021	2022	2021	2022	2021	2022
<b>Adult Scale</b>						
<b>Worried food would run out</b>	11.88%	12.82%	13.77%	16.93%	11.26%	11.43%
<b>Food didn't last</b>	8.94%	10.15%	10.02%	12.57%	8.58%	9.33%
<b>Couldn't afford to eat balanced meals</b>	9.84%	11.58%	9.53%	12.74%	9.94%	11.19%
<b>Cut size/skip meal-not enough money for food</b>	5.53%	6.33%	4.96%	5.82%	5.72%	6.50%
<b>How often? (cut size/skip meal)</b>	4.38%	4.98%	3.45%	4.34%	4.69%	5.19%
<b>Eat less than you should- not enough money for food</b>	6.01%	7.05%	5.93%	7.96%	6.04%	6.74%
<b>Hungry didn't eat-couldn't afford enough food</b>	3.33%	3.84%	2.96%	3.95%	3.46%	3.81%
<b>Lose weight-not enough money for food</b>	2.64%	2.96%	2.13%	2.80%	2.81%	3.01%
<b>Not eat for a whole day- not enough money for food</b>	1.21%	1.55%	0.82%	1.09%	1.34%	1.70%
<b>How often-not eat for a whole day</b>	0.97%	1.17%	0.64%	0.83%	1.09%	1.29%
<b>Child Scale</b>						
<b>Relied on low-cost food for children-running out of money for food</b>	2.36%	2.84%	9.52%	11.18%		
<b>Couldn't feed children balanced meal- couldn't afford it</b>	1.49%	1.81%	6.03%	7.11%		
<b>Children not eating enough-couldn't afford enough food</b>	0.64%	0.80%	2.57%	3.13%		
<b>Cut size of children's meals-not enough money for food</b>	0.19%	0.25%	0.79%	0.99%		
<b>Children skip meals- not enough money for food</b>	0.07%	0.16%	0.30%	0.63%		
<b>How often- children skip meals</b>	0.04%	0.12%	0.18%	0.48%		
<b>Children hungry- couldn't afford more food</b>	0.16%	0.25%	0.66%	0.97%		
<b>Children not eat for whole day- not enough money for food</b>	0.01%	0.07%	0.03%	0.27%		

Numbers may not necessarily add up due to rounding.

## APPENDIX O

### Provincial rates of household food insecurity, 2019–2022

	2019 (CIS 2018)		2020 (CIS 2019)		2021 (CIS 2020)		2022 (CIS 2021)	
Province	Total food insecure (%)	95% CI	Total food insecure (%)	95% CI	Total food insecure (%)	95% CI	Total food insecure (%)	95% CI
NL	18.9%	17.0% - 20.9%	18.4%	15.7% - 21.0%	17.9%	15.9% - 19.9%	22.9%	20.3% - 25.6%
PEI	17.7%	15.4% - 19.9%	17.7%	14.8% - 20.5%	15.3%	13.2% - 17.4%	21.6%	18.7% - 24.4%
NS	20.9%	19.2% - 22.5%	18.2%	16.2% - 20.2%	17.7%	15.9% - 19.5%	21.3%	19.3% - 23.2%
NB	18.4%	16.6% - 20.2%	16.4%	14.0% - 18.8%	19.0%	17.4% - 20.6%	22.1%	20.1% - 24.0%
QC	14.0%	13.0% - 15.1%	11.6%	10.3% - 13.0%	13.1%	12.1% - 14.0%	13.8%	12.8% - 14.9%
ON	17.1%	16.1% - 18.0%	17.1%	15.8% - 18.4%	16.1%	15.1% - 17.0%	18.7%	17.7% - 19.7%
MB	18.1%	16.7% - 19.6%	18.1%	16.2% - 19.9%	17.8%	16.6% - 19.1%	18.9%	17.1% - 20.6%
SK	17.3%	15.8% - 18.8%	17.6%	15.8% - 19.4%	18.8%	17.1% - 20.4%	20.1%	18.2% - 22.0%
AB	19.1%	17.5% - 20.7%	18.1%	15.9% - 20.2%	20.3%	18.5% - 22.0%	21.9%	20.1% - 23.8%
BC	16.5%	14.9% - 18.0%	16.7%	15.0% - 18.4%	14.9%	13.5% - 16.4%	16.2%	14.9% - 17.5%

Numbers may not necessarily add up due to rounding.

## Endnotes

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<sup>i</sup> Main source of income refers to the income source, or group of sources, that contributes the largest share to a household's total income.

COVID benefits include Canada Emergency Response Benefit (CERB), Canada Emergency Student Benefit (CESB), Canada Recovery Benefit (CRB), Canada Recovery Caregiving Benefit, Canada Recovery Sickness Benefit, or COVID-19 benefits administered by provincial governments in 2021. Although some programs like CERB and CESB ended in 2020, a few people received an amount from them in 2021.

Seniors' public pensions include income from OAS, GIS, CPP, and QPP, but not disability benefits from QPP or CPP.

Other sources include alimony, investment incomes, Workers' Compensation, disability benefits from QPP & CPP, or other government transfers.

<sup>ii</sup> The 2021 CIS introduced several updates to the determination of income from social assistance to address the overestimation of social assistance receipt in previous survey years and to separate out provincial seniors' supplements previously grouped as social assistance.<sup>38</sup> These changes make information about social assistance receipt more accurate but may have contributed to the smaller sample of households reliant on social assistance.

<sup>iii</sup> A household refers to any individual or group of people residing in a single dwelling and can include a single person living alone, one or more families, or a group of unrelated individuals who share the dwelling.

Household type in this report is based on Statistics Canada's concept of 'Economic family', defined as a group of two or more persons who live in the same dwelling and are related to each other by blood, marriage, common law, adoption, or a foster relationship, with the main income earner (highest income before tax) serving as the reference point.

For example, if a household consists of a female lone parent who is the main income earner, her children, and her brother, his partner, and their children, it is still categorized as 'female lone-parent household (alone or with relatives)'.

<sup>iv</sup> Immigrants refer to anyone who are, or who have ever been, landed immigrants or permanent residents, including Canadian citizens by naturalization.<sup>74,75</sup> The 'Other' category includes anyone who is not born in Canada or an immigrant, including those who have work or study or temporary resident permits, those who have claimed refugee status, family members of immigrants who are not landed immigrants themselves, or Canadian citizens by descent who were born elsewhere. There is insufficient information collected to distinguish between different circumstances with the 'Other' category.

<sup>v</sup> The categories for racial and cultural identity have been changed from our previous report to match those now reported by Statistics Canada in public releases and data tables.

Anyone not identified as a visible minority or Indigenous was considered 'white' for the purpose of this report. Visible minority status is defined by the Employment Equity Act as "persons, other than Aboriginal peoples, who are non-Caucasian in race or non-white in colour".

Based on the derivation of visible minority status by Statistics Canada, persons identified as white in this report include person responding to questions regarding racial/cultural identity with: the response 'white'; a response that is only not associated with a group designated as a visible minority, such as 'Israeli', 'Italian', 'Polish', 'Scottish' or 'Swedish'; or a response that is only a combination of 'white' and 'Arab', 'white' and 'Latin American', 'White' and 'West Asian', or associated combinations (for example, 'white' and 'Iranian').