**Food Insecurity in Canada**

This short documentary focuses mainly in the province of Manitoba.

5%-8% live in food insecure households

Overall, 4 million Canadians live with food insecurity

Northern Canada - people skip meals due to lack of food. Pay twice as much as Southern Canadians due to transportation costs

850,000 people rely on food banks Canada-wide. 1/6 of those people are working

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| Average Canadian spends less than 10% of income on food  People in poverty can spend as much as 80% of income on food |

Prices are going up ☹ $345 in 2016. Why?

* Because we import much of our food supply, an those area are experiencing droughts, therefore less produced
* And the Canadian dollar has dropped in value there buying things at US prices costs us more

**What can we do?????**

We as Canadians need to support community efforts to support our Food banks: donate, volunteer, grow and tend to a community garden for fresh food for food bank