Food security exists when all people at all times have physical, social and economic access to sufficient, safe and nutritious food.

Now we know the 5 components of Food Security how can we explain why some people in Canada cannot achieve Food Security.

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| --- | --- |
| Reasons for Food Insecurity | How does this affect food security? |
| Lack of access to safe drinking water in small communities or communities where the water filtration system is breaking down | Must buy bottled water, or drink other beveragesAffects cooking |
| Low income | Can’t afford the more expensive healthy foodsCan’t afford a variety of foods |
| Lack of knowledge of good nutrition or food preparation | But ready-made or convenience foods, more junk food, more fast foodMust rely on outside sources of food rather than shop and prepare their own |
| Poor growing conditions or low crop yields as a result of natural disasters ( floods, fires) or soil depletion | Poor quality food, then poor quality healthMust ship food from a distance then it is much more expensive |

Solutions?

**Availability:**

1. Provide food at school for everyone so lower income families that cannot send their children to school with food: breakfast clubs, food bowls in classes and other locations
2. Food banks people can visit. Organizing of food drives to help with donations (financially sponsored by local groups/gov’t?)

**Accessibility:**

1. Enough grocery stores within walking distance for people without transportation, or on public transit.
2. Delivery system people can afford if they cannot physically get to the shops themselves
3. Food banks are in neighbourhoods where they are needed

**Adequacy**: the quality of the food is nutritious, and there is enough. Need to ensure that the prices of nutritious food is within reach of lower income people.

**Acceptability:** The food available is approved by the people eating it. Matches their religious laws, dietary restrictions etc. It might be available but if they people don’t eat it (meat if vegetarian) it isn’t acceptable.

**Sustainability**: We need to consistently be able to supply enough nutritious food by growing/producing and distributing the food in a way that the supply will continue.

* Consistent employees to work and produce
* Consistent money to purchase seeds, ingredients
* Consistent ingredients available
* Consistent set prices so its affordable