

Week 1 - Hungry for knowledge



Shifting perspectives: Talking points

Is hunger a problem here? Many people assume that hunger is only a problem in other parts of the world, and that Canada isn't affected by this. This is not true.

- In Canada, 4,000,000 people don't have access to the food they need.
- In Toronto, 1 in 8 people have trouble with food access.

Source: PROOF Toronto

Right to Food: Canada is a signatory to the UN's 1948 Declaration of Human Rights, which includes all citizens' right to food, and to feed themselves with dignity. Other countries like the United States, chose not to sign onto this document. This means that our government intentionally took on the responsibility of ensuring Canadians' access to food.

Source: Food Secure Canada

Enough supply? Globally, we produce more than 1.5 times enough food to feed everyone on the planet. In Canada, almost 2.2 million tonnes of edible food is wasted each year. The issue is not the amount of food being produced, but the ways that it is distributed and accessed inequitably.

Source: Holt-Giménez et al., 2012

Employment: 62% of people in Canada who have trouble with accessing food are working. There are a number of factors that keep people in poverty even when they are employed. These include poor working conditions, precarious work, lack of health benefits, etc.

Source: PROOF Toronto

Is hunger an isolated problem? No! Not having access to the food you need impacts every part of your life. People who live in food insecure households report having poorer mental and physical health, higher levels of stress, and are more likely to suffer from chronic conditions (diabetes, asthma, anxiety disorders).

Source: PROOF Toronto

Can it be solved? We are hopeful! Recognizing the impact and the causes (i.e.: poverty) of hunger here in Canada is the first step. To make real progress, we need to create solutions that address these broader systems, and push for structural changes that support people most impacted.