

# Fact Sheet

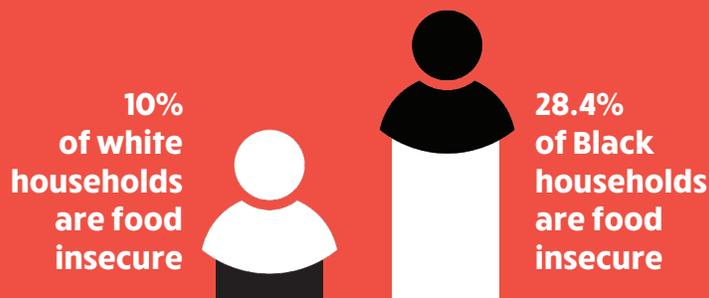
## Race and Food Insecurity

a research collaboration between **PROOF** and **FoodShare**  
FOOD INSECURITY POLICY RESEARCH

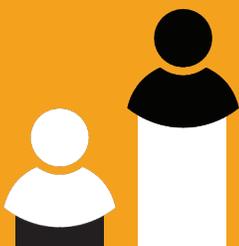
Black households are  
**3.56 times more likely**  
to be food insecure than white households

### WHAT'S RACE GOT TO DO WITH IT?

In Canada, 1 in 8 households are food insecure. People living in food-insecure households cannot always afford enough to eat. Food insecurity disproportionately affects Black households.



12.4% of white children live in food insecure households



36.6% of Black children live in food insecure households

### WHAT ABOUT HOUSEHOLDS WITH KIDS?

Over time, food insecurity in families takes a serious toll on children's physical and mental health.

+ **Primary Household Income Source:** Black and white households have similar probabilities of food insecurity if they are reliant on social assistance or child support, but the effect of a reliance on seniors' income sources differs by race. White seniors are more protected. The probability of food insecurity among Black households reliant on seniors' incomes is the same as that of white working households reliant on wages/salary or self-employment.

## **HOMEOWNERSHIP**

Owning rather than renting one's home protects against food insecurity. But the benefits of homeownership differ by race. White renters and Black homeowners have the same risk of household food insecurity, suggesting that Black homeowners may have other financial burdens such as mortgage and/or their homes are worth less.

+ **Immigration Status:** While it was protective to be an immigrant among white households (i.e. they have lower risk of food insecurity), it does not matter if one is born in Canada or born abroad for Black households – the risk remains consistently high.

**The overriding factor determining vulnerability to household food insecurity is whether one is racialized as Black.**

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Data Source: Statistics Canada, Canadian Community Health Survey (CCHS), 2005, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014.

