

LOCAL ISSUES

FOOD INSECURITY



ISSUE

Food insecurity is rising across our community, with nearly 1 in 6 households struggling to afford food. Many families are turning to food banks for the first time, forced to choose between essentials like groceries, housing, and heat. Children living with food insecurity are more likely to face anxiety, behavioural challenges, and fall behind in school. For adults, it's linked to poor health, financial instability, and social isolation. With your support, we can help ensure local families have consistent access to nutritious food, restoring stability, dignity, and hope.

Food insecurity is rising in Hamilton, with food bank use up 42% since 2020 and over 900 people relying on them daily. In Halton, 14% of households face food insecurity.

IMPACT



23

Programs
Receiving Support



52,112

Individuals
Receiving Help

YOUR DONATION IN ACTION

**\$100/
MONTH**

provides 4 families with a month's supply of their infant essentials including diapers, formula, and baby food

**\$30/
MONTH**

provides food for two shared meals, helping youth in transitional housing celebrate together

**\$8/
MONTH**

provides 4 Indigenous families access to a community kitchen, fostering food skills and intergenerational knowledge

LEADERSHIP GIVING

With a gift of \$100+/month or \$1,200+/year, you can become a United Way Leadership donor.

Step up and lead with purpose, today!

LEARN MORE



Let's work together to turn compassion into action. **United in ACTION**, we can strengthen local support and create lasting change.

Scan the code to see the impact of your local love.