

Poverty and Health

It can be very difficult for people living in poverty to meet their nutritional needs. Being in the lowest income group can increase a person's risk of getting chronic diseases such as diabetes, heart disease and certain types of cancers.

Food Insecurity = not having enough food or worrying that there is not enough to eat.

13.5% households in the Haliburton, Kawartha, Pine Ridge District are food insecure. This is higher than the Ontario rate of 11%.

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50% or more of people of all ages are not getting enough veggies and fruit.

The Reality for Low Income Earners:

- 59% struggle to put food on the table
- Many skip meals to pay their bills and end up hungry
- Often are forced to choose less healthy foods



A family of 4 in Haliburton County needs **\$6,358** a month to live with dignity and meet their basic needs.

Environment

When we grow and donate food for ourselves and local food banks, we reduce food waste, decrease pollution and protect the environment in the Haliburton Highlands.

Did you know?

40% of all food produced in Canada is wasted and contributes to greenhouse gas emissions such as methane when it breaks down. This amounts to \$31 billion dollars' worth of food each year.

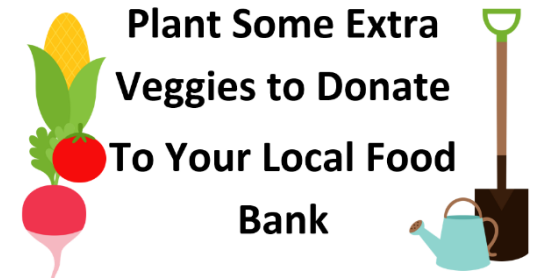
Partners

- Central Food Network
- Minden Community Food Centre
- 4Cs
- SIRCH
- Haliburton Kawartha Pine Ridge District Health Unit
- Haliburton County FoodNet
- Haliburton Highlands Community Garden Network
- Haliburton County Farmer's Association
- Abbey Gardens

Information in this brochure was sourced from Haliburton, Kawartha, Pine Ridge District Health Unit; PROOF Food Insecurity Policy Research; and Food Secure Canada.



Haliburton Highlands 2020



Grow a Row is a national program that encourages gardeners and farmers to plant an extra row of produce and donate the harvest to local food programs.



Contact your local food bank to find out what they can use and when to drop it off.



Member Food Programs

Minden Community Food Centre

24 Newcastle Street, Minden
Phone: 705 286-6838
mindencommunityfoodbank@bellnet.ca
www.mindenfoodbank.org
Monday & Wednesday, 11:00 am to 3:45 pm

Haliburton 4Cs Food Bank

Community Christian Concern Centre
26 York Street, Haliburton
Phone: 705 457-3331
www.haliburton4cs.org
Tue, Thurs or Sat, 11:00 am-1:00 pm

Highlands East Food Hub

2249 Loop Road, Wilberforce
Phone: 705 448-9711
www.centralfoodnetwork.org
Wednesday & Friday, 1:00 to 3:00 pm

Cardiff Food Bank

2278 Monck Road, Cardiff
Phone: 613 334-0803 or 613 339-2704
Email: cameron.mckenzie@sympatico.ca
1st Tuesday 6:00 to 8:00 pm
2nd and 4th Tuesday, 11:00 am to 1:00 pm
3rd Thursday 11:00 am to 1:00 pm

Kinmount Food Bank

4937 Monck Rd., at the Baptist Church
Phone: 705 455-3060
Email: kinmountfoodbank@gmail.com
www.kinmountfoodbank.ca
Two Thursdays a month, 11:00 am to 1:00 pm

SIRCH Community Kitchen

2 Victoria Street, Haliburton
Phone: 705 457-1742
Call to arrange drop off

Growing & Accessing Fresh Vegetables

- Haliburton Highlands Community Garden Network
<https://www.haliburtoncountyfoodnet.com/>
- Haliburton Master Gardeners
<http://www.haliburtonmastergardener.ca/>
- IncrEDIBLE Haliburton County Farmers' Markets
www.hhcfm.ca
- Abbey Gardens
www.abbeygardens.ca
- Haliburton County Farmers' Association
www.haliburtoncountymfarmersassociation.com
- Good Food Box
www.facebook.com/goodfoodboxhaliburtoncounty/

