

Food Security in Edmonton

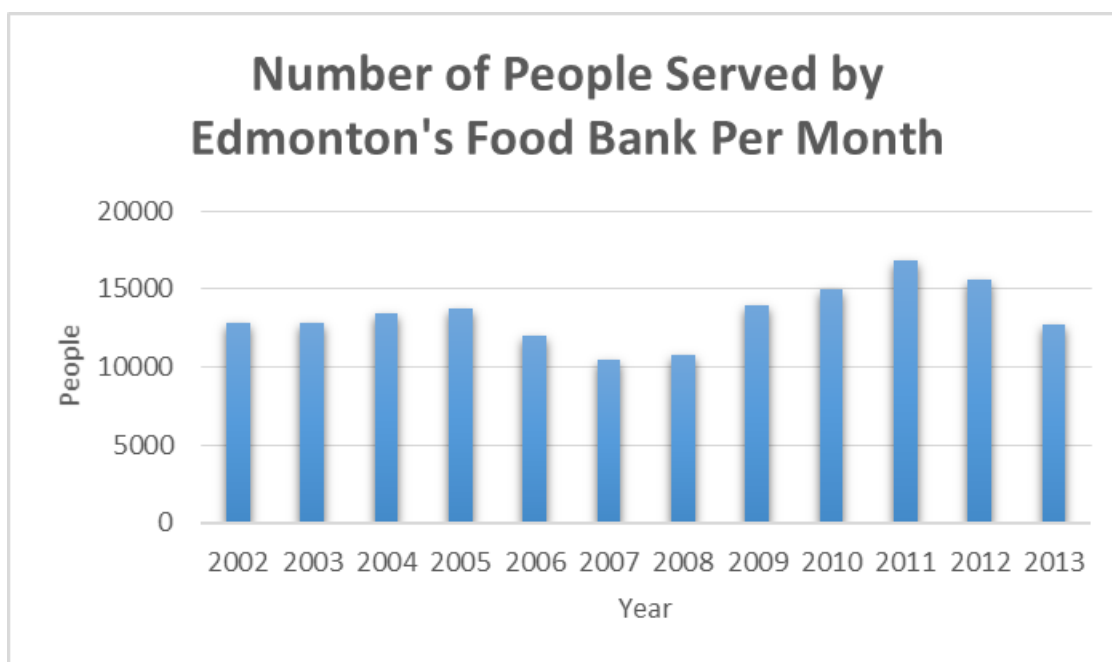
What is Food Security?

The United Nations defines food security as existing “when all people at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.” Alberta Food Matters defines food security as “the condition in which all people at all times can acquire safe, nutritionally adequate, and personally acceptable foods in a manner that maintains human dignity.”

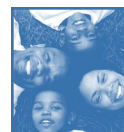
“... despite Canada’s economic recovery, the number of Canadians facing food insecurity – inadequate or insecure access to food because of financial constraints – is not abating. In fact, the problem has persisted or grown in every province and territory since 2005, with 2012 rates in Prince Edward Island, Nova Scotia, Quebec, Saskatchewan, and British Columbia, Nunavut and the Northwest Territories reaching their highest observed since Health Canada began monitoring the problem.” – Naomi Dachner, co-author of Household Food Insecurity in Canada.

Food Bank Use in Edmonton

Edmonton’s Food Bank works with more than 200 community agencies and serves more than 13,000 people each month through its hamper program. In addition, more than 350,000 meals and snacks are provided each month through affiliated agencies.



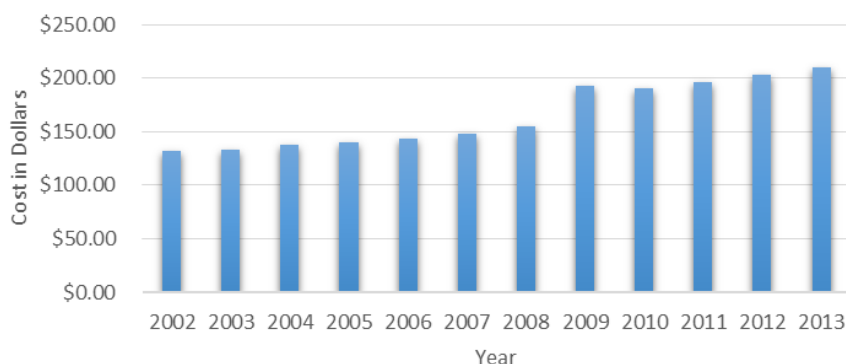
Source: Edmonton’s Food Bank



How Much Does it Cost to Eat Well?

A nutritious food basket is a tool used to measure the cost of healthy eating based on current nutrition recommendations. The cost for a family of four exceeds \$200 per week which creates financial hardship for those living on low income.

Average Weekly Cost of a Nutritious Food Basket for an Edmonton Family of Four



Source: [Alberta Agriculture and Rural Development](#)

Community Gardens

There are over 30 community garden groups in Edmonton and over 60 different garden sites. Throughout the Capital Region, there are more than 80 gardens. To find a community garden near you visit [Sustainable Food Edmonton](#)

Food Security in Alberta

- ♦ 11.5 per cent of households report food insecurity, or 164,700 households
- ♦ 17.2 per cent of children live in food insecure households

Source: [Household Food Insecurity in Canada 2012](#)

Food Security in Canada

- ♦ 7 million Canadian households experience food insecurity, or one in eight households, or four million people

Source: [Household Food Insecurity in Canada 2012](#)

Related Organizations and More Information

[City of Edmonton](#)
edmonton.ca

[E4C](#)
e4calberta.org/programs-services/food-security/community-garden

[Edmonton's Food Bank](#)
edmontonsfoodbank.com

[Food Security Alberta](#)
foodsecurityalberta.org

[Homeless Hub](#)
homelesshub.ca

[Land Stewardship Centre](#)
landstewardship.org

[Operation Fruit Rescue](#)
operationfruitrescue.org

[Sustainable Food Edmonton](#)
sustainablefoodedmonton.org/find-a-community-garden

