

THE EFFECT OF FOOD INSECURITY ON • YOUTH

WHAT IS FOOD INSECURITY ?

FOOD INSECURITY IS A COMMON AND WORLDWIDE ISSUE THAT MANY FAMILIES FACE. FOOD INSECURITY IS THE LACK OF CONSISTENT ACCESS TO FOOD, NOT KNOWING WHEN OR WHERE YOUR NEXT MEAL WILL COME FROM, OR SIMPLY NOT BEING ABLE TO AFFORD GROCERIES AFTER ALL OTHER LIFE EXPENSES.



HOW DOES FOOD INSECURITY EFFECT YOUTH?

FOOD INSECURITY AFFECTS YOUTH IN MANY WAYS. OFTEN, IT IS NOT THE YOUTHS FAULT. OUTSIDE INFLUENCES IMPACT THEIR NEXT MEAL AND THIS CAN BECOME VERY UNFAIR. IT CAN AFFECT THEIR MOOD AND BEHAVIOURAL DEVELOPMENT, PHYSICAL DEVELOPMENT, COGNITIVE DEVELOPMENT, AND MORE. IT IS VITAL AND IMPORTANT FOR CHILDREN AND YOUTH TO GET THE PROPER FOOD INTAKE FOR THEIR GROWTH.



MENTAL/PHYSICAL EFFECTS OF FOOD INSECURITY

WEAKEND
IMMUNE
SYSTEM

ANXIETY

INADEQUATE INTAKE
OF DAILY VITAMINS

STUNTED
GROWTH

DEVELOPMENTAL
DELAYS

DEPRESSION

MALNUTRITION

DIFFICULTY
SLEEPING

DIFFICULTY
IN SCHOOL

CHILD OBESITY
(LEADING TO FUTURE
HEALTH PROBLEMS)

MAIN CAUSES



POVERTY

In Canada alone almost 10% of its population is living in poverty, and at a threat of food insecurity. Poverty is living below the living wage rate in your country, this can lead to not being able to afford your next meal.



INFLATION

Over the years, prices for groceries and food have increased, some items have increased so much people have had to cut them out completely. With struggling families, this inflation can cause them to become food insecure.



UNEMPLOYMENT

Many people struggle with keeping, landing, or staying at a job. 6.9% of Canadians are unemployed and may struggle to afford their next meal.

FOOD INSECURITY

Calgary is facing a major food insecurity issue. In 2023 it was noted that 32% of our population is facing this problem. more then 500,000 Calgarians dont know when or where there next meal will come.

“We are seeing DOUBLE the clients then we were 2 years ago. 19% of these clients work full time jobs and are still unable to afford food”

-Melissa From, CEO of Calgary Food Bank

IN CALGARY

Although a huge part in solving this issue would be a bigger response from the government; we as a community can respond with more power! There are solutions all around to help our neighbours stay happy AND healthy!

Simply just educating yourself and being aware is a start. Food banks are always taking donations. Some communities run after school or lunch programs, these things exist!! And they are created by neighbors like you!

