

# RISING PRICES AND THE WELL-BEING OF RESIDENTS IN CANADA

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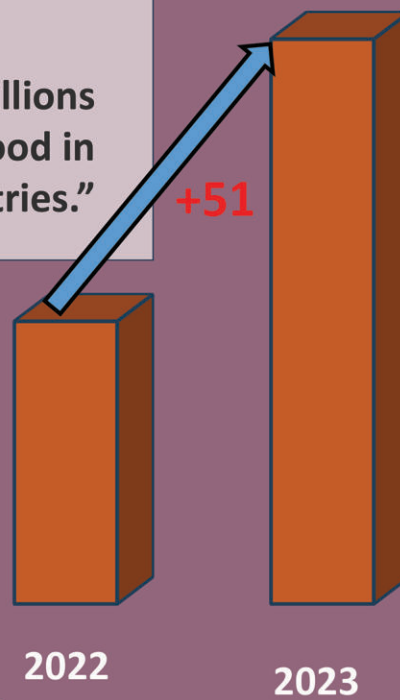


“ I don't think I can win in a race against Inflation...”

“We're talking about millions of people being unable to access food in one of the richest countries.”

In Toronto alone, there was a **51%** increase in the number of residents seeking out food banks to rely on their daily meals over the course of just one year.

When looking at Canada as a whole, we see a spike of **78%** when comparing the data of 2019 and 2023 in terms of food bank usage.



44% of the residents in **urban areas** were most affected by **rising food costs**.

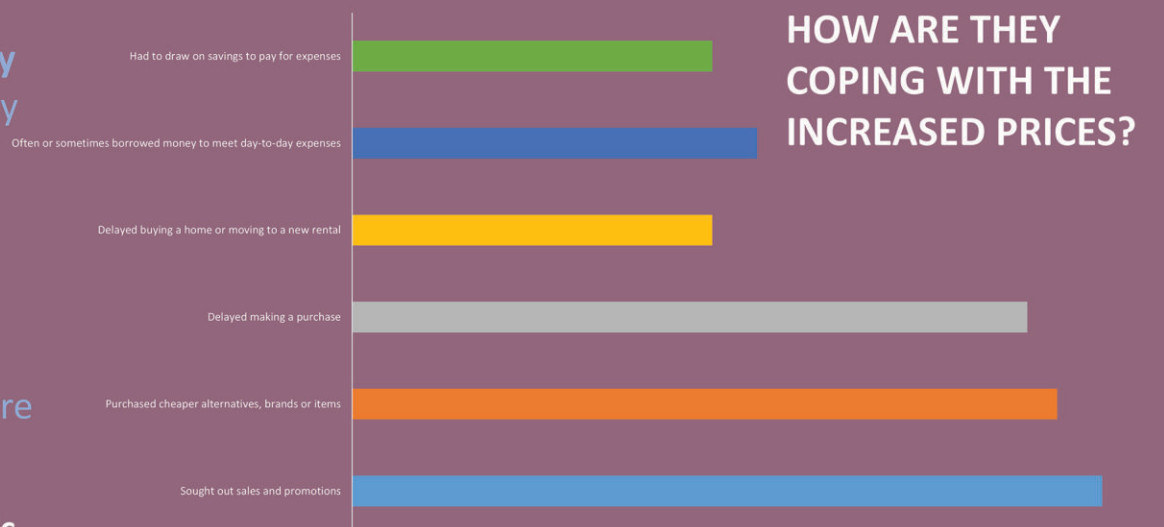
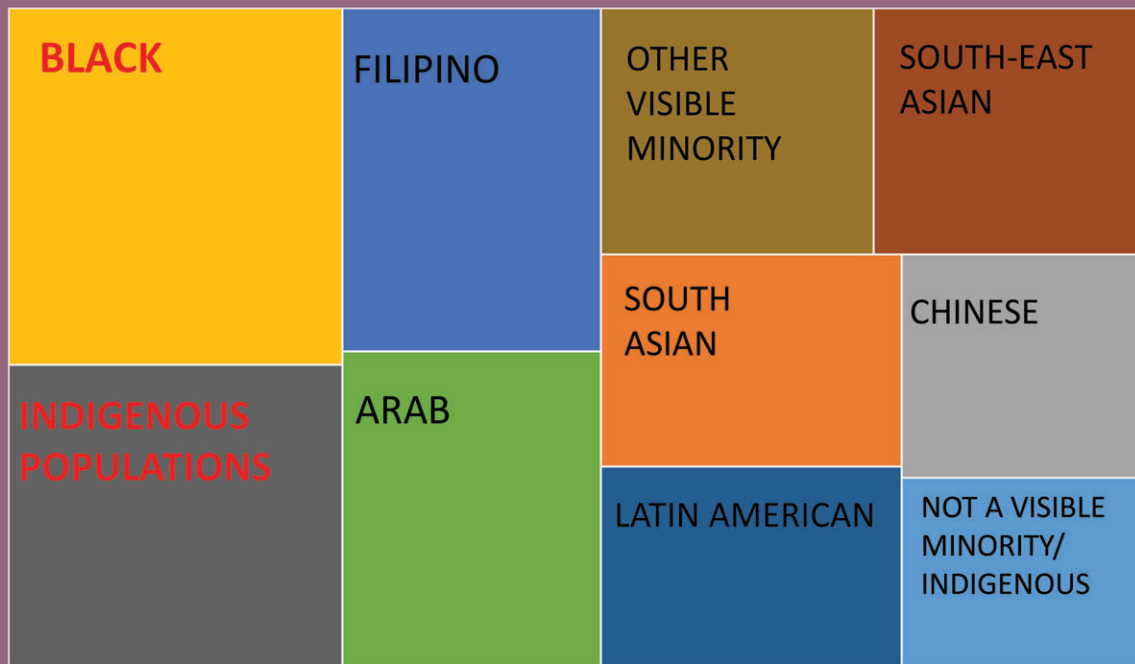
45% say that **cost** has become a **priority over nutrition** when it comes to grocery shopping

More than 2 out of 5 residents in **rural areas** said that **rising transportation costs** is what hit them the most

48% of residents across the country are **losing sleep** due to financial burdens



Does Food Insecurity due to rising prices affect some ethnic groups more than the others?



“We're seeing it play out in the health-care system with far worse health outcomes for people who are having to try to make these impossible choices between putting food on their table, paying rent or renewing their medication”

"So what, are you going to go cold or are you going to go hungry? -- I need a new winter jacket — it ain't gonna happen this year."

## RECOMMENDATIONS

- ❖ Implement policies to shield consumers from exploitation such as the implementation of price freeze for more commodities.
- ❖ Allow foreign markets to enter the market for fair competition, thus breaking down the current monopoly in grocery chains which are dictating high market prices.
- ❖ Increase funding of and establishing more food banks.
- ❖ Subsidized healthcare for those affected by cost of living.

## KEY STAKEHOLDERS FOR OUR RESEARCH:

- Department of Finance Canada
- Health Canada
- Department of Social Development and Poverty Reduction
- Employment and Social Development Canada

## SOURCES

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