

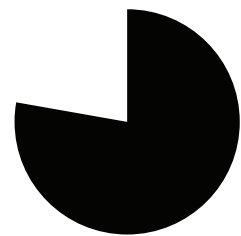
# Poverty and Food Insecurity

## Older adults living in social housing in Ontario

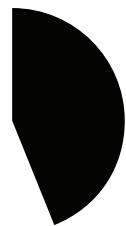


### Study Participants

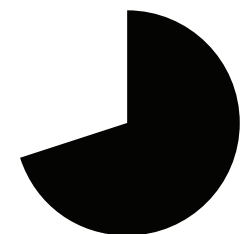
**806**  
older adults living in social housing buildings in Ontario



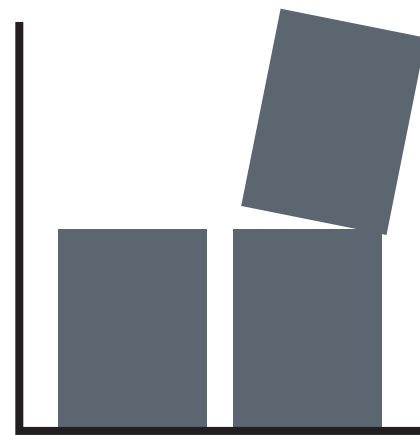
78% live alone



44% have not completed high school



70% are female

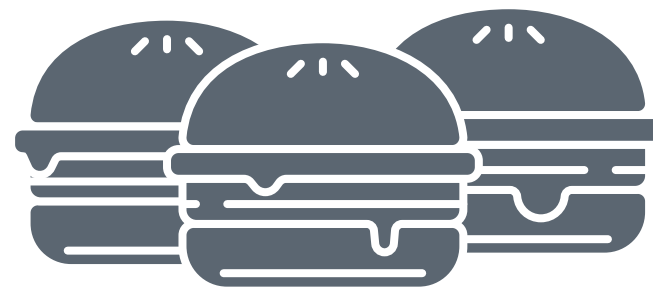


People living in social housing face

**Double**  
food insecurity rates

compared to older adults in the general public

People who did report being food secure were still more likely to report poor dietary habits than the general public.



**Most** eat high-fat or fast food at least once a week

**10%** eat it more than 3 times per week

Experience of Poverty

**14%**  
have trouble making ends meet at the end of the month