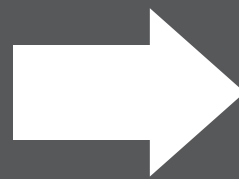
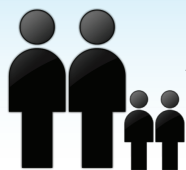


Food Insecurity

is not having enough food or worrying there is not enough to eat because of a lack of money

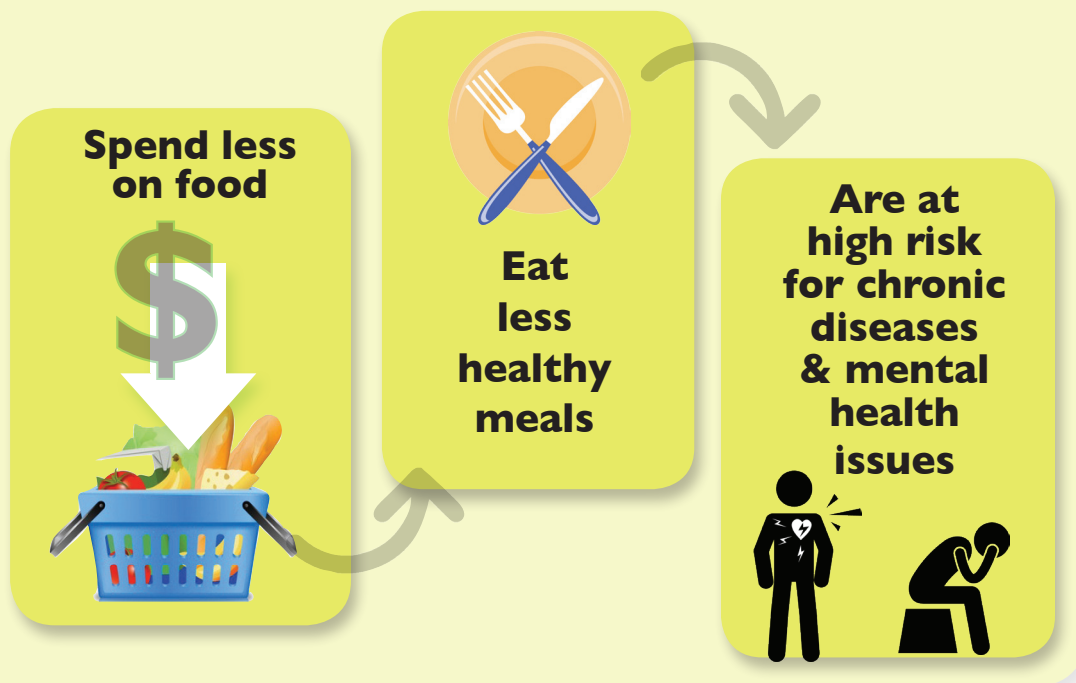


Food Banks Cannot End Food Insecurity



A family of four in Northumberland County needs \$6182 a month to live with dignity and meet their basic needs

When families don't earn enough to meet their basic needs, they:



Be kind, don't judge.

Speak up for income solutions...

- Increase minimum wage
- Improve employment standards
- Increase social assistance rates
- Provide a basic income guarantee