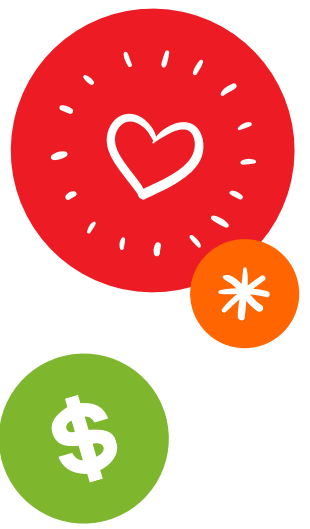


# FOOD INSECURITY & HEART DISEASE AWARENESS



## FOOD INSECURITY IN OTTAWA

Food insecurity is evidenced by any of:

- Being concerned about running out of food before being able to buy more (marginal food insecurity)
- Compromising quantity and/or quality of food needed for a balanced diet (moderate food insecurity)
- Eating less, skipping meals and/or not eating for an entire day (severe food insecurity)



**30,9 %** of households living below the low-income cut off in Ottawa report being moderately to severely food insecure

## FOOD INSECURITY AND HEART DISEASE



Food insecurity often results in poor nutrition which can increase the chance of having chronic health issues, such as heart disease.

Ottawa Public Health

### HOW TO PREVENT HEART DISEASE?

**"One way to start improving your heart health immediately is to eat more vegetables and fruit."**

- Heart and Stroke Foundation of Canada

### Facts on vegetables & fruits

Important part of a healthy eating pattern

Offer many nutrients such as fibre, vitamins and minerals

Usually low in calories, fat and sodium

May help decrease the risk of heart disease



Heart and Stroke Foundation of Canada

## HOW THE OTTAWA FOOD BANK HELPS ADDRESS FOOD INSECURITY?



Ottawa Food Bank  
La Banque d'Alimentation d'Ottawa

### The Black Family Farm

Grows fresh produce on their own eight acre farm near Stittsville, which help them deliver such a high proportion of fresh food



### Community Harvest Program

Grows and collects nutritious, local produce for clients served by their agencies programs thanks to local farmers, volunteers and funders

### Adopt A Crop (presented by Mondeau Bathroom & Kitchen)

Invites local businesses to get involved with the Ottawa Food Bank's community harvest by planting a crop and championing it over the course of the growing season



**In 2021, 21 crops were planted including potatoes, watermelon, squash and cantaloupe and over 165,000 lbs of produce were harvested!**

Ottawa Food Bank