

# Put Food in the Budget

Promote health and fight poverty

## ***Questions and answers on Put Food in the Budget Campaign***

### **Q. Is it realistic to expect the government to act in the upcoming budget?**

A. The budget will be presented on March 26<sup>th</sup>. There is lots of time for the Premier and the Finance Minister to get the message that now is precisely the time to make a down payment on reducing poverty. The Premier has made a promise to reduce poverty – the 2009 budget is the first real test of whether he intends to keep this promise.

### **Q. Why now? Isn't this a bad time to spend more on social assistance?**

A. It is long past the time to address the poverty experienced by people who live on social assistance. Benefit rates are worth 60% what they were 15 years ago. As more people lose their jobs, the costs of poverty will become greater. Investing in a healthy food supplement will be paid back to the provincial treasury as spending in local economies is stimulated across Ontario.

### **Q. How did you choose the amount of \$100 for the Healthy Food Supplement?**

A. This amount is a down payment toward establishing adequate income supports that are based on the real cost of living and that enable people to purchase healthy food. \$100 represents a round number to help focus attention on the issue and express the need in real terms.

### **Q. How do you guarantee the money will be spent on food?**

A. You trust people to know their own needs and to take care of themselves as best they can in difficult circumstances. People in all income levels make poor choices when it comes to healthy eating. The cost of eating fresh fruit and vegetables makes it a luxury for people on social assistance. They should be entitled to the dignity of a healthy diet.

### **Q. Will there be public support for this initiative?**

A. Canadians believe in a just society where human rights are respected and everyone has equitable access to opportunity. In Ontario, the Premier aspires to a society where "everyone is at their best." The public will support a government that keeps its promises and delivers on fairness and justice.

### **Q. Why are Medical Officers of Health advocating on this?**

A. The government requires all public health units to collect annual information on the cost of nutritious food in their local areas. The gap between what it costs to eat a healthy diet and the income received by people who live on social assistance is unacceptably wide and is getting wider. Medical Officers of Health are providing advice to the government on closing the gap on health inequalities.

### **Q. What are some of the health impacts?**

A. People who experience chronic food insecurity and a lack of access to a healthy diet suffer from numerous negative effects on their health, including higher risk of chronic illness, depression, heart disease, diabetes, and high blood pressure. Fighting poverty is the best medicine money can buy.