

FOOD INSECURITY AND FOOD DESERTS IN TORONTO



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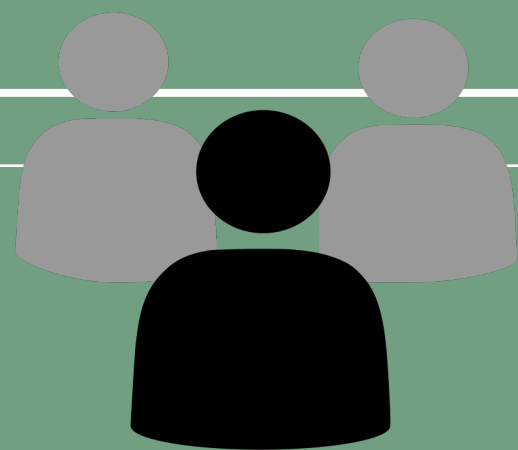
Abstract

Food has become more industrialized in recent decades but not more accessible for Torontonians. Limited access to healthy food is due to a layering of disadvantages including socioeconomic status, access to transportation, proximity to supermarkets and other social disadvantages. Supermarkets and other grocery stores that provide access to healthy foods are normally absent from low-income people of colour communities in Toronto, leading to diet-related diseases such as diabetes. Policy should address the cause of food insecurity and food deserts for more positive community health outcomes.

1. Thesis

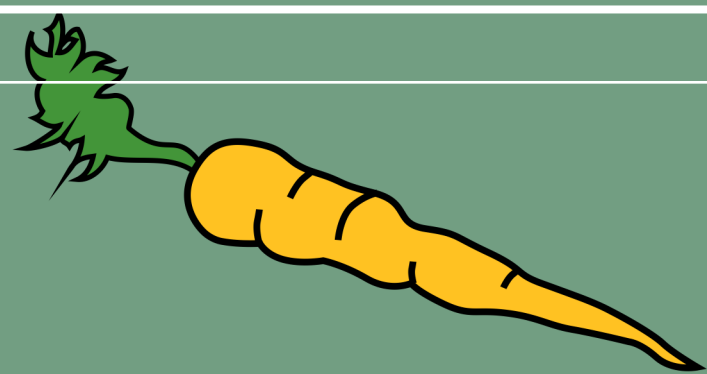
Food deserts in the City of Toronto are connected to the bigger issue of food insecurity. This can be examined through the lens of Urban Environmental Justice.

2. Methodology



A review of current literature from various editions of government publications written by the City of Toronto was analyzed to find how food insecurity/deserts are assessed and the current solutions in place. The use of newspaper articles was also used to get a sense of what the communities experiencing food deserts thought about them.

3. Key Terms



Urban Environmental Justice- shows that there is a link between food deserts and low-income people of colour in cities, putting them at an increased risk for an unhealthy diet.

Food security- all people having physical, social and economic access to sufficient, safe and nutritious food that meets their food preferences and dietary needs for an active and healthy life. There is no shortage of food generated by industrial agriculture but rather poor distribution methods that contribute to food insecurity.

4. Results:

Main causes of food deserts

- ❖ The location of supermarkets is mostly based on economic interests which contributes to the uneven distribution of healthy and affordable food options.
- ❖ Accessibility and having access to a personal vehicle; individuals may rely more on public transportation



5. Conclusions

The current solutions in place to address food deserts in Toronto include urban agriculture, food trucks and community fridges. However, **these are not enough to address the fundamentals needed to solve food deserts/insecurity.**

There need to be drastic changes regarding retail food environments in low-income communities, more specifically convenience stores.

6. References

<https://www.ifpri.org/topic/food-security>

<https://publicdomainvectors.org/en/free-clipart/Carrot-vector-graphics/1412.html>

<https://publicdomainvectors.org/en/free-clipart/Vegetables-vector-graphics/1405.html>

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