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Dried fruit on a shelf at the South Porcupine Food Bank. One indigenous woman who selected the fruit indicated to volunteers that she plans to use it to make bannock, a traditional Indigenous bread.
MCC Photo/Peter Davis

Indigenous Neighbours

FALL 2019

Increasing Access to Food in the North

In Ontario's north, food is very expensive. According to a 2016 study by Food Secure Canada, the average cost of groceries for a family of four in Attawapiskat was \$1,909 per month, while in Southern Ontario it was an average of \$861.80 per month. A recent 10-year study found that more than 50% of all First Nations people are food insecure (FNFNES: First Nations Food, Nutrition, and Environment Study).



In the Treaty Nine area in Ontario, where MCC works with a number of First Nations, 50-60% of people are food insecure.

Thank you for your support in providing healthy food for northern communities through the Niagara Christian Gleaners. With your help, MCC piloted a shipment of 80 boxes of dried vegetables and 40 boxes of dried fruit to Timmins. These donations were then distributed to nine organizations that support access to food in Northeastern Ontario: South Porcupine Food Bank, Timmins Food Bank, Lord's Kitchen,

Cochrane Food Bank, Hearst Food Bank, Kapuskasing Food Bank, Kirkland Lake Food Bank, Smooth Rock Falls, and Iroquois Falls. These food banks are strong partners that share large donations to ensure the region is well supplied with healthy and nutritious food. More than half of Indigenous people from remote First Nations communities have migrated to urban centres for employment, post-secondary education, clean water and affordable food. The map below shows the communities that will benefit from this shipment.



Thank you for supporting access to nutritious food for communities in Northern Ontario!