



The Human Right to Food

What is Food Insecurity?

Food insecurity exists when people struggle to afford the food that they need and want. Poverty is the root cause of food insecurity, which is why more money is the solution and food charity is not. Roughly one in five households in Newfoundland and Labrador is experiencing food insecurity.

Food as a Human Right?

Food is a fundamental human right. The right to food is about more than having enough to eat. It is also about a world where everyone can have food as a source of joy, and a part of connecting with their culture, each other, and the land. It means that everyone has the right to dignity, joy, and choice when accessing food.

The right to food is enshrined in several international documents, including the Universal Declaration of Human Rights. Although the declaration was used to develop human rights legislation across Canada, that legislation does not protect or guarantee the right to food. **This means a person cannot file a human rights complaint when food is not accessible.** The failure to ensure that the right to food is upheld in legislation has left many people in this province, and across Canada, food insecure with no way to take action.

Policy Interventions & Recommendations

Lots of people contact our office looking for food support. Food insecurity does not need to exist. It is the result of decades of federal, provincial, and territorial government policies. The only way to address food insecurity and ensure a right to food is to change these policies to allow all Canadians to have enough money to afford their basic needs. We join Food First NL in recommending that the federal and provincial governments:

- Provide more short-term cost-of-living relief for people with low income.
- Index social supports to match the increasing inflation rates.
- Establish a guaranteed basic income.
- Raise the minimum wage to a living wage.

To find out more ways you can help tackle food insecurity, please visit:
<https://www.foodfirstnl.ca>

Community Resources Across NL

For assistance accessing food or other social supports in Newfoundland and Labrador, please call or text 211. For more information about Food First NL, please visit www.FoodFirstNL.ca