



Centraide
of Greater Montreal

BUY FOOD OR PAY RENT?

FOOD IS ESSENTIAL

BUT THE MONTHLY BUDGET GOES FIRST TO



RENT AND BILLS



WHAT'S LEFT GOES TO GROCERIES

And when you have a low income... what's left isn't much.

In Greater Montreal

200,000 PEOPLE
suffer from food insecurity

WHAT IS FOOD INSECURITY?



Buying fewer groceries so that you can pay rent



Eating less food



Going without so that your kids can eat

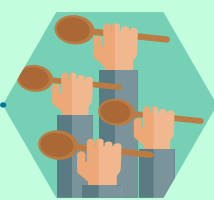


Lacking nutritious food

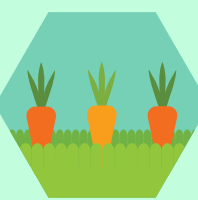


Worrying that you won't have enough food

WAYS TO TACKLE FOOD INSECURITY



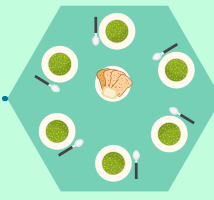
Cooking collectively at a lower cost



Growing food in a collective garden



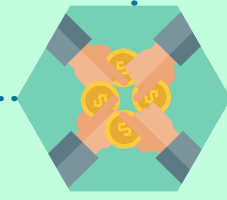
Learning to budget better



Sharing a community meal



Diversifying diets by learning new recipes



Pooling resources to save on purchases

THIS HAPPENS WHEN A NEIGHBOURHOOD GETS TOGETHER TO FIND SOLUTIONS FOR EVERYONE

This is why Centraide supports 89 agencies whose mission is to promote the food self-sufficiency of individuals and families

Annual investment of
\$4,700,000

#WeCentraide

Let's help build the biggest food security network in Greater Montreal

PLEASE GIVE