

FOOD SECURITY IMPACTS OUR ABILITY TO EAT HEALTHY



Caroline lives in
FOOD SECURITY

For Caroline,
eating healthy
is **an accessible
option.**

AVAILABILITY

Caroline lives in a community where the local grocery store offers a variety of produce and healthy food options. There's also a farmers' market and a community garden in her neighbourhood.

STABILITY

The local businesses in Caroline's community have a regular and reliable supply of fresh, quality food. There are various choices and new foods to try.

KNOWLEDGE AND SKILLS

Growing up, Caroline learned about nutrition and food preparation at home. She knows how to read food labels to identify foods that are high in fat and sugar and how to make a healthy meal from scratch.

ACCESS

Caroline has a reliable income that allows her flexibility when it comes to grocery shopping. She's also joined a bulk-buying club that provides her with a regular supply of affordable fruits and vegetables.

STABILITY

The store in Jeremy's community doesn't carry a regular supply of fresh, quality food. When healthy options are available, they're not fresh or appealing. Jeremy works odd jobs and irregular hours so his budget and the time he has to cook often vary.

AVAILABILITY

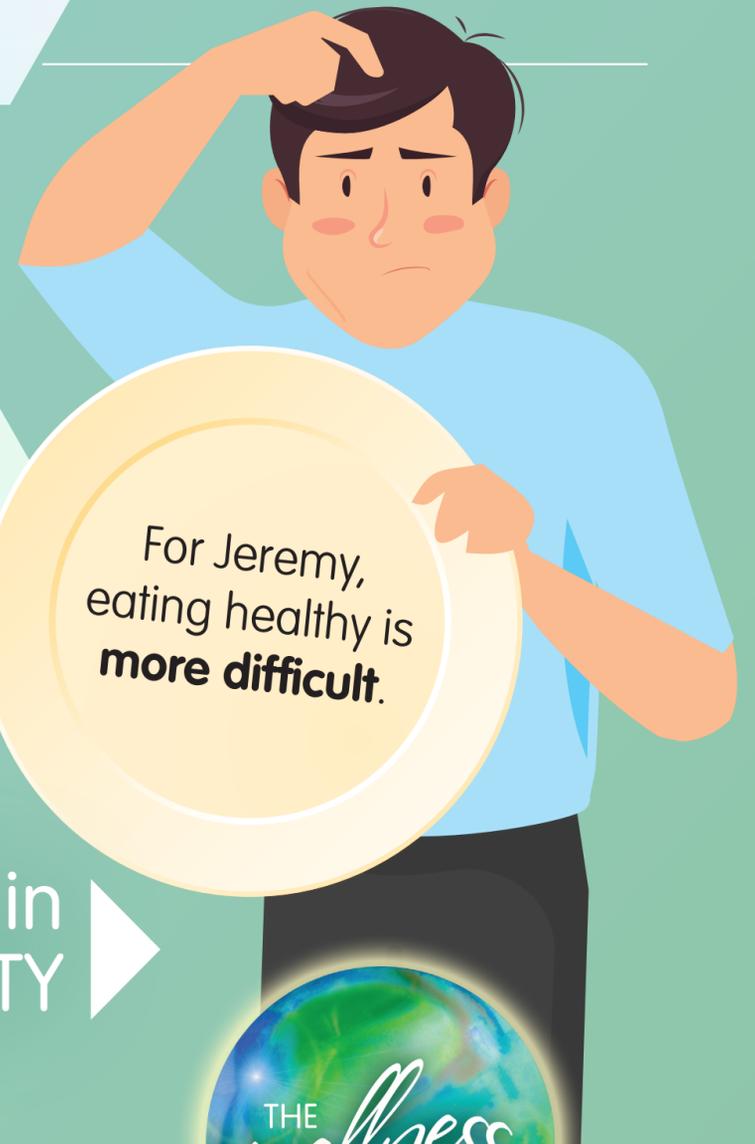
Jeremy lives in a community where there is only one small grocery store that's not in walking distance. Deliveries are less frequent, meaning there are fewer fresh, healthy options to choose from.

KNOWLEDGE AND SKILLS

Growing up, Jeremy's parents worked long hours, didn't know a lot about healthy food choices and didn't eat together. He doesn't feel confident making meals so he relies on prepared or pre-packaged food that is often high in fat and salt.

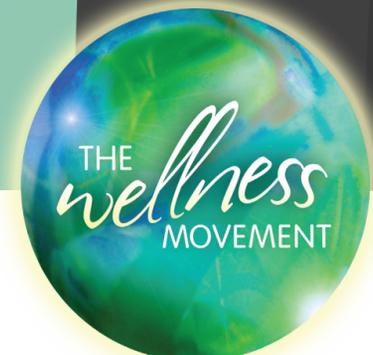
ACCESS

Jeremy has a modest income. After rent, electricity and heat, he doesn't have much room left in his monthly budget for food. He finds it hard to know what to buy to make meals.



Jeremy lives in
FOOD INSECURITY

For Jeremy,
eating healthy is
more difficult.



See how New Brunswickers across the province have improved food security in their community at wellnessnb.ca/start-your-story