

FOOD INSECURITY REDUCTION TARGET

Policy Primer



Nova Scotia's food insecurity crisis is one of the worst across Canada. The latest figures show that in the past year alone, more than 275,000 Nova Scotians were experiencing food insecurity – that's 26% of our population, or 1 in every 4 people[1].

This crisis requires not only focused action, but also accountability from our provincial government.

Although the Government of Nova Scotia runs various programs and provides various supports that are meant to respond to poverty and food insecurity, it currently has no clear targets for impact or change.

That's why Feed Nova Scotia is calling on the provincial government to commit to a target of reducing food insecurity by 50% by 2030.

Why we need action to reduce food insecurity:

- **Food insecurity signals an affordability crisis in Nova Scotia.** When people have limited income, food is often the first thing they cut. Research shows that people who can't afford food almost always also struggle to pay rent, household bills, and other essentials[2].
- **Food insecurity has heavy impacts on health and wellness.** People experiencing food insecurity are more likely to experience chronic health conditions, stress related health conditions, and skip essential medications[3].
- **Food insecurity is an equity issue.** Indigenous and Black communities, racialized people, 2SLGBTQIA+ and disability communities, renters, single parents, and youth are disproportionately impacted[4].

A food insecurity target would help:

- **Address underlying causes:** food insecurity is an income and affordability issue; a target to reduce food insecurity would mean the provincial government focusing on improving Nova Scotian incomes and income supports.
- **Coordinate action:** setting a target to address the food insecurity crisis in Nova Scotia would result in provincial government programs and departments leveraging their power to work together towards a shared goal.

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- **Ensure accountability:** a target to reduce food insecurity would create accountability for the provincial government to act and make meaningful change. Reporting to the public annually on progress would hold elected officials and policy makers to account.

What specific actions are needed?

We are calling on the provincial government to:

- Make legislative commitments to reduce food insecurity by 50% and to eradicate severe food insecurity by 2030 through explicit targets, data collection, and annual reporting.
- Establish a Food Security Secretariat to coordinate action across government departments and report annually to the public on progress and change.

Want to learn more?

Contact us at advocacy@feednovascotia.ca

References:

1. Food Banks Canada. 2025. [Hunger Count 2025](#).
2. Research to Identify Policy Options to reduce Food Insecurity (PROOF). 2022. [Food Insecurity: A problem of inadequate income, not solved by food](#).
3. PROOF. No date. [What are the implications of food security for health and healthcare?](#)
4. PROOF. No date. [Who are most at risk of household food insecurity?](#)