

For Immediate Release

Youth With Lived Experience Launch Provincial-Wide Youth Food Survey
Understanding the Experience of Food Security for Youth in NL.

June 15, 2023 (St. John's, NL) – Choices for Youth's (CFY) Youth Leadership and Advisory Council (YLAC) has developed and launched a survey on food security for youth ages 12-29 in Newfoundland and Labrador (NL). At CFY, we know that many young people face unique barriers when it comes to obtaining housing, mental health supports, employment, and food security. The youth demographic in our province is diverse and the barriers to food access they face are often not appropriately captured in standard assessments of food security.

In response, CFY's YLAC, a group of young people currently or previously involved in CFY programs, worked together to develop a survey that will allow us to get a point-in-time profile of food security for youth ages 12-29 across NL. The data collected through this survey will help CFY better understand the barriers to food access and the potential solutions that would best support youth across the province. The YLAC agrees that having this data is an essential step toward enhancing food security for youth in NL.

"[The survey] gets the word out that, us youth, we're struggling. If the cost of food went down, it would help us a lot more, and the stress would go away." – Choices for Youth's Youth Leadership and Advisory Council Member.

CFY's NL Youth Food Security Survey is available for youth ages 12-29 until Monday, July 31st. To complete the survey, visit <https://bit.ly/3PcgwNN>.

Background Information:

PROOF's report on Food Insecurity in Canada found that **17.9% of households** (approximately 90,000 individuals) **in NL were experiencing some form of food insecurity**, with 4.8%, 8.6% and 4.5% of households experiencing marginal, moderate, and severe food insecurity respectively. At the time of the survey, 26.4% of children under 18 in NL lived in a food-insecure household ([Food First, Blog Post, 2022](#)).

In NL, **68.8% of households rely on social assistance as a primary source of income experience food insecurity** ([PROOF Report on Household Food Insecurity in Canada, p. 13, 2021](#)). In 2021, Food Banks Canada conducted a survey called HungerCount, which showed that **24.4% of all food bank users were youth aged 12-30** ([Food Banks Canada HungerCount, 2021](#))

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