

THE CITY OF  
**HAMILTON**  
OFFICE OF THE MAYOR

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October 22, 2010

File # C10-023

Honourable Dalton McGuinty  
Room 281, Legislative Building  
Queens Park  
Toronto ON M7A 1A1

Dear Premier McGuinty:

**Re: Item 9 of Board of Health Report 10-007 - Nutritious Food Basket (NFB) Report (BOH10024)**

The 2010 Nutritious Food Basket Report for Hamilton identifies the difficulty that individuals and families receiving social assistance or earning a minimum wage have in purchasing adequate food to meet their nutritional needs.

Nutritious food is a basic pre-requisite for health and well-being. Individuals in food insufficient households are more likely to report poor general health, major depression and distress, and multiple chronic conditions including heart disease, diabetes, high blood pressure, and food allergies.

Families need adequate incomes that allow them to buy nutritious food if they are to reduce their risk of health problems. Research shows that children who have access to nutritious food perform better in school, place less of a demand on the health system, and exhibit fewer negative psycho-social behaviours.

Food and income security are two critical elements of a poverty reduction strategy. Children and families who have adequate and sustainable levels of financial resources have the increased capacity to live a healthier quality of life.

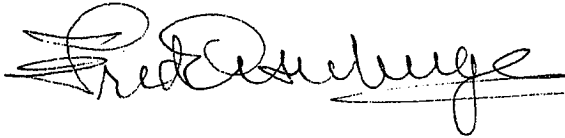
The City of Hamilton Board of Health respectfully requests your support to act on the following recommendations for a Poverty Reduction Strategy as soon as possible:

- (i) Introduce a \$100 Healthy Food Supplement and a Housing Benefit for those receiving Social Assistance; and,

- (ii) Implement Ontario Works and Ontario Disability Support Program rates that reflect the real cost of healthy living, including nutritious food, and adjust index rates annually to reflect the current rate of inflation

The Medical Officer of Health concurs with this recommendation. Your consideration of the Board of Health's request is appreciated. We would ask that you reference File # C10-023 when responding to this correspondence.

Sincerely,



Fred Eisenberger  
Mayor

cc: The Honourable Deb Matthews, Minister of Health and Long-Term Care  
The Honourable Margaret Best, Minister of Health Promotion and Sport  
The Honourable Carol Mitchell, Minister of Agriculture, Food and Rural Affairs  
The Honourable Laurel Broten, Minister of Children and Youth Services  
The Honourable Madeleine Meilleur, Minister of Community and Social Services  
The Honourable Dwight Duncan, Minister of Finance  
The Honourable Peter Fonseca, Minister of Labour  
The Honourable Sophia Aggelonitis, Minister of Revenue, Minister Responsible for Seniors, MPP Hamilton Mountain  
Dr. Arlene King, Chief Medical Officer of Health, Ministry of Health and Long-Term Care  
Ms. Linda Stewart, Executive Director, Association of Local Public Health Agencies  
Ms. Carol Timmings, President, Ontario Public Health Association  
Ontario Boards of Health  
Mr. Ted McMeekin, MPP Ancaster-Dundas-Flamborough-Westdale  
Mr. Tim Hudak, Leader, Progressive Conservative Party of Ontario, MPP Niagara West-Glanbrook  
Ms. Andrea Horwath, Leader, New Democratic Party of Ontario, MPP Hamilton Centre  
Mr. Paul Miller, MPP Hamilton East - Stoney Creek  
Mr. Tom Cooper, Director, Hamilton Roundtable for Poverty Reduction