

## Qanuippitaa? How are we doing?

# Food Security in Nunatsiavut

*This summary highlights key findings based on the QNIHS 2022-2023 Food Report.*

People are food insecure if they don't have access to enough nutritious food to meet their dietary needs and food preferences for an active and healthy life. This could mean that they can't afford a balanced diet, miss meals, or don't eat for days at a time. For Inuit, it can also mean that they don't have access to wild foods (also referred to as country foods), which are central to culture and way of life. QNIHS survey data shows high rates of food insecurity across Nunatsiavut.

Families in Nunatsiavut provide significant support one another when food is hard to get. Food sharing, harvesting, and a variety of community food programs are important ways people get through times when food is hard to afford or access. In Nunatsiavut, programs exist that address the emergency need for food, such as community freezers where residents can access wild foods donated to the freezer. Additionally, programs exist to help improve food literacy skills and access to food such as community kitchens, meal bags, food boxes, and label-reading support.

*For a full definition of food security and methods, see the QNIHS 2022-2023 Food Report.*

### Key Findings:

- Nearly 4 in 5 adults (18+ years) in Nunatsiavut experienced food insecurity in 2022–2023, including marginal (25%), moderate (28%), or severe (26%) food insecurity.
- Only 1 in 5 children (0-11 years) lived in a food-secure household (i.e., weren't living in a household with marginal, moderate, or severe food insecurity).
- Food insecurity was high in **every community**, with Hopedale and Nain experiencing the highest levels.
- Food insecurity in Nunatsiavut is much higher than provincial and national levels. Around 4 in 5 Labrador Inuit adults (18+ years) experienced food insecurity (marginal, moderate, or severe) in 2022-2023, according to the QNIHS. This can be **roughly** compared to around 1 in 5 adults (18+ years) in the 10 Canadian provinces and just over 1 in 5 adults in Newfoundland and Labrador who were living in a food-insecure household (marginal, moderate, or severe), according to data from Statistics Canada's 2022 Canadian Income Survey.
- Almost all (96%) people (12+ years) reported that another household shared wild food with their household, and sharing food is the first thing people do when food is running short.

### What Nunatsiavummiut Are Experiencing:

#### Adults' experiences (18+ years)

- **52%** worried food would run out before they could get more

*Statistics marked with an E should be interpreted with caution.  
All questions refer to the year prior to the time the survey was completed.*

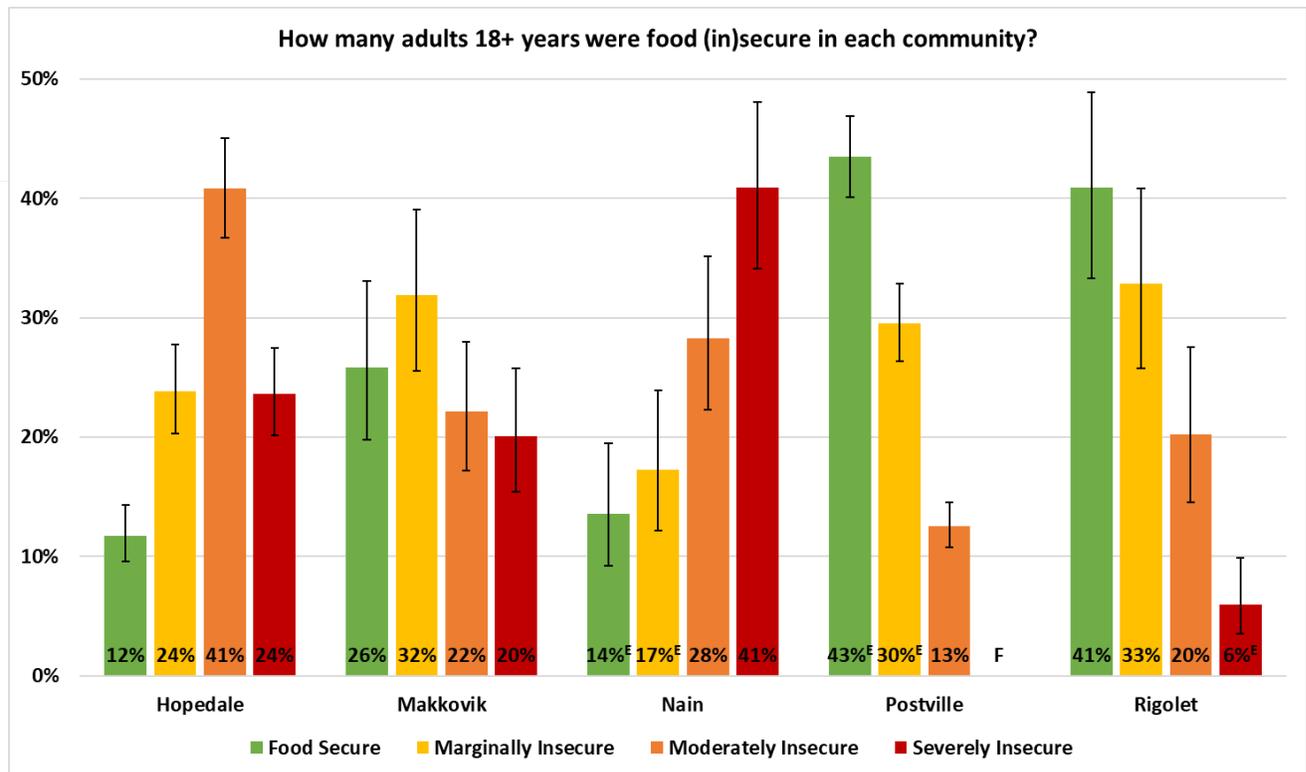
- 73% were unable to eat healthy foods
- 32% reduced meal size or skipped meals
- 15% went a whole day without food

### Children’s experiences within households

- 60% of caregivers of children worried food would run out
- 62% of children lived in households unable to eat healthy foods
- 32% lived in households where adults skipped meals
- 22% lived in households where children were not eating enough
- 4% lived in households where children went a whole day without food

### Differences Across Communities:

Food insecurity affects **all communities**. **Nain** and **Hopedale** had higher rates of food insecurity among both adults and children, though this issue is present across the region.



### How Nunatsiavummiut Deal with Food Insecurity:

When food runs low, adults experiencing food insecurity most commonly:

- Eat with or ask for help from family or friends (68%)
- Use food banks or community freezers (61%)
- Borrow money for food (58%)
- Buy the cheapest food that feeds the most people (52%)
- Hunt, fish, or gather wild food themselves (40%) or through *others* in their household (27%)

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