



GOGB Quick Reference Guide

QUICK LINK: [Oakville Rangers GOGB web page](#)

STAPLE ITEMS MOST NEEDED

Canned fish/meat
Canned vegetables
Canned fruit
Cereal
Pasta
Baked beans
Dried beans
Soup
Tomato products
Peanut butter
Boxed macaroni & cheese
Rice



FOOD SECURITY STATISTICS

- ONE million Ontarians have used a food bank in the past year (via Feed Ontario)
- Over 50% of Canadian families are concerned about feeding their families (Food Banks Canada)
- Since June 2024 the average number of daily visitors to the Burlington Food Bank has increased from 30-35 to 40-50 compared to this time last year. 25% of these households have children. (Feed Halton)
- The Halton Learning Foundation (HLF) has seen a 49% increase in need this past school year compared to the previous school year across Halton. **894 of those students were from Oakville - @ 30% of all applications – includes elementary and secondary students.** During the month of September, HLF doubled the number of students they helped, compared to September 1-20th of last year.
 - [CDH - Income Equality & Poverty Report 2023 - Oct1 compressed.pdf - Google Drive](#)
 - Page 33 of the report: “**Over 50% of Halton's population in poverty lived in Oakville**”
- 19,000 people in Oakville live below the Low Income Cut Off (LICO) which represents approx. 9% of the population
 - LICO (After Tax) for Family of Four (4) - \$38,930 annually or \$3,244/mo.
 - Ave. cost of One Bedroom apartment in Oakville is \$2,300

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