



MEDIA RELEASE
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United Way BC Urges Donations to Tackle Rising Food Insecurity

Central Office, Burnaby, BC - British Columbians are struggling to put food on the table as grocery prices continue to soar. In 2025, the average Canadian household will spend **\$800 more on food than last year**. For low-income families, seniors, and people with disabilities, that's not just a number. It's skipped meals, empty cupboards, and impossible choices between rent, food, and transportation.

"Imagine having to choose between paying rent or buying food, affording a bus ride to work or walking an hour and a half before and after an eight-hour shift. For many, it means leaving young children alone to work an evening job or being unable to leave home for necessities," said Alžběta Sabová, Director, Food Security, United Way British Columbia. With inflation, layoffs, rising food prices, too many people are struggling to stay afloat. Through it all, United Way BC is committed to supporting people in need."

Half a million people in BC don't have enough to eat every day, and that number is growing. That's why **United Way BC is launching a Food Appeal**, supporting communities across the province through a network of **108 partner organizations in 23 regions**. Last year alone, United Way BC Food Hubs provided over **3.2 million meals** and **936,000 food hampers**.

Donations to United Way BC's Food Appeal will directly support:

- **Local Food Programs;**
- **Regional Community Food Hubs**, which bring together local community organizations to support the unique food needs of the area they are in;
- **Food Link**, an innovative program that supports the delivery of food and basic necessities.

With inflation, job losses, and economic uncertainty, we need to step up for our neighbours. Let's pull together and help our most vulnerable citizens during this difficult time.

> **TO DONATE OR LEARN MORE:** uwbc.ca/fullerplates

About United Way British Columbia

United Way BC helps build healthy, caring, and inclusive communities across our province. We strengthen vital connections that support people in need with a focus on emergency response, kids and youth, seniors, mental health, and food security.

uwbc.ca

Interviews are available with Alžběta Sabová, Director, Food Security, United Way British Columbia

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for people in need