

**Food for All and Food for Health**  
*(Title of Petition)*

**A petition of:** The Atlantic Health Promotion Research Centre & NS Nutrition Council  
*(your group or organization)*

**Addressed to:** MP .....

**We the undersigned, ask that:**

Income Assistance rates in Nova Scotia be set to reflect the cost of a nutritious diet.

**We make this request because:**

Ensuring all citizens have access to nutritious diet is critical to healthy child development, healthy communities and environments and a strong economy. Food costing shows that the cost of purchasing a very basic nutritious diet for a family of four in NS is \$572.90/month. The income of people living on income assistance is too low for them to afford this healthy food as well as other necessities such as housing, heating, transportation, child care, personal care, education, and recreation. As a result many Nova Scotians are unable to eat a basic nutritious diet.
