

328 people living with HIV in BC were surveyed*
72% reported being food insecure
compared to 8% in the general Canadian population†



Participants in the study who were food secure...

- Were 5 times more likely to take their HIV medication as prescribed
- Experienced 78% stronger immune function
- Scored 21% higher on measures of mental health
- Were almost 3 times less likely to report being depressed

Participants in the study who were food insecure...

- Were almost 3 times more likely to report significant substance use
- Were almost 6 times more likely to have difficulty meeting housing expenses
- Were almost 2 times more likely to use outreach services
- Were more likely to experience significant HIV-related stigma

For more information visit

foodsecuritystudy.ca

* sample from community-based AIDS service organizations

† Statistics Canada, Canadian Community Health Survey (2011-2012)



Tips!

- ✓ Chickpeas are a great alternative to meats because they are a good source of protein and fibre and low in fat
- ✓ Olive oil provides healthy fats that help lower your risk of heart disease
- ✓ Making meals at home can help with reducing salt, sugar, fat amounts, and also save money
- ✓ Try substituting different vegetables – mix up colours of vegetables for a variety of nutrients with different health benefits

RECIPE:

Mediterranean Chickpea Salad

Ingredients:

- 1 red pepper, chopped
- 1 cucumber, chopped
- 1/2 red onion, finely chopped
- 2 tomatoes cut into chunks
- 1 clove garlic, minced
- 2 tbsp parsley or cilantro, minced
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tbsp olive oil
- 3 tbsp red wine vinegar
- 1 can (540ml) chick peas, drained and rinsed



Instructions:

Mix all ingredients together and chill.



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RECIPE:

Mixed Fruit Smoothie

Ingredients:

- 1/2 cup milk
- 1/2 cup plain yogurt
- 1 cup frozen mixed fruit
- 1 Tbsp maple syrup or honey (optional)



Tips!

- ✓ Mix your colours of fruits for variety of nutrients to help with different aspects of your health
- ✓ Milk and yogurt are both good sources of protein which is important to keep your muscles strong and to support your immune system
- ✓ If you have room in your freezer try buying bulk fruit and yogurt and freeze them in already portioned ziplock bag packages – then just add milk or water when you're ready!
- ✓ If you don't have room to buy in bulk – try shopping with a friend and sharing bulk items

Instructions:

- Put berries, yogurt and milk into the blender
- Add maple syrup or honey
- Blend until smooth
- Enjoy!



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RECIPE:

Multi-Burrito

Ingredients:

- 30 grams cheddar cheese
- 1 multigrain tortilla
- 1 handful of spinach
- 1 handful of broccoli slaw
- Half an avocado



Tips!

- ✓ This burrito contains around 21 grams of protein – to help keep muscles strong and support your immune system
- ✓ Carbohydrates in the multigrain tortilla provide energy and help keep your weight stable
- ✓ Try shopping and cooking with friends – that way you can buy items in bulk which is normally less expensive, and share your food with each other for more variety
- ✓ Making meals at home can help with reducing salt, sugar, fat amounts, and also save money

Instructions:

- Take tortilla and cover half with a bed of spinach
- Cover the spinach with cheddar cheese
- Place flat in microwave oven for 1 minute and 45 seconds
- Cover melted cheese with a handful of broccoli slaw
- Cover the empty side of tortilla with half an avocado
- Fold up and eat!



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