

Exploring the relationships between housing and food for Latinx newcomers in Toronto

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A housing unaffordability crisis is currently impacting many Torontonians. In 2016, it was found that an estimated one in five Canadian adults between the ages of 25 and 34 lived in unaffordable housing, defined as spending 30% or more of their pre-tax income on housing. Although the housing reality for Latinx immigrants in Toronto is unknown, research studying this population in other regions has found them to be at an increased risk of experiencing economic insecurity and unemployment. This, in turn, increases their risk of living in precarious housing, experiencing homelessness, and displacement. Given this increased risk and the current housing challenges in Toronto, it is important to start to uncover how housing precarity impacts important downstream factors like food behaviours. The objectives of this research will be the following: 1) to understand the original obstacles to finding housing when first migrating to Canada, and 2) to explore how precarious housing conditions (including access to food storage and preparation facilities) influence food behaviours, including food shopping, mealtimes, meal frequency, and preparation methods. In the presentation, I will expand upon the methodologies used and our preliminary data analysis results.

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