



Hunger Snapshot

2014 Profile of Hunger in the GTA



Daily Bread
Food Bank

For the 6th year in a row GTA food banks have seen over one million visits, with an increase of nearly 40 per cent in Toronto's inner suburbs since 2008. There are more families with children visiting food banks in the inner suburbs and 905 region, whereas in the city core there are more single people, the majority of them having a disability.



31%

are children



49%

have a disability



45%

are single-person households



34%

have a college diploma, bachelor's degree or higher

Overall GTA visits

1,040,400

9%



905

156,500

2%



Inner Suburbs

505,200

38%



City Core

378,700

-12%



Overall Toronto

883,900

11%



Daily Bread Food Bank
Member Agency Visits

700,700

4%



Total Client Visit Numbers,
Change from 2008

For those living in poverty in the GTA, food unfortunately becomes a “flexible” expense. In order to afford more fixed expenses such as rent and utilities, people will sacrifice their meals.

People are coming to food banks for longer periods than they used to

18 months

2014

12 months

2010

Average length of time coming to a food bank

What hunger looks like in Toronto for survey respondents

41%

of adults go hungry at least once per week

16%

of children go hungry at least once per week

For more than a third of clients, hunger means not eating for an entire day due to lack of money

1%

General Canadian population*

36%

Food bank clients

*General Canadian population data from Statistics Canada, Canadian Community Health Survey, 2012

People go hungry in the GTA because of lack of money. After rent is paid people are left with \$6.13 per person per day. With income this low people have little money left to spend on food, and have to come to food banks in order to eat while being able to afford rent.



\$750

Average monthly income of a food bank client



71%

Percentage of income spent on rent and utilities



65%

Percentage of respondents receiving social assistance as their main source of income



\$6.13

Money available per person per day after rent is paid

59%

of survey respondents gave up
a meal to pay for something else
in the last three months



33%
Bills/Utilities—
hydro, gas,
water



32%
Rent



19%
Transportation



14%
Phone



9%
Child or child-
related needs



8%
Health/medical
needs

Half of food bank clients across the GTA report having a disability or serious illness, with that percentage being close to 60 per cent in the city core.

**Median length of time coming:
How long people come varies by demographic.**



24 months
Person with a disability



21 months
Single parent



12 months
Working poor



7 months
Recently laid off and receiving
E.I. as main source of income

Providing people food, on its own, will not solve hunger in the long term. However food banks are most often anti-poverty, multiservice organizations working on long term solutions. A long-term solution includes a transformed income security system that can help people pay their rent as well as eat.

As the province moves forward with its next Poverty Reduction Strategy, attention will need to continue to be paid to implement some of the key recommendations of the Social Assistance Review Commission as outlined in their “Brighter Prospects: Transforming Social Assistance in Ontario” report. Any transformation of the social assistance system also needs to seriously look at improved income supports for people with disabilities.



Daily Bread
Food Bank

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