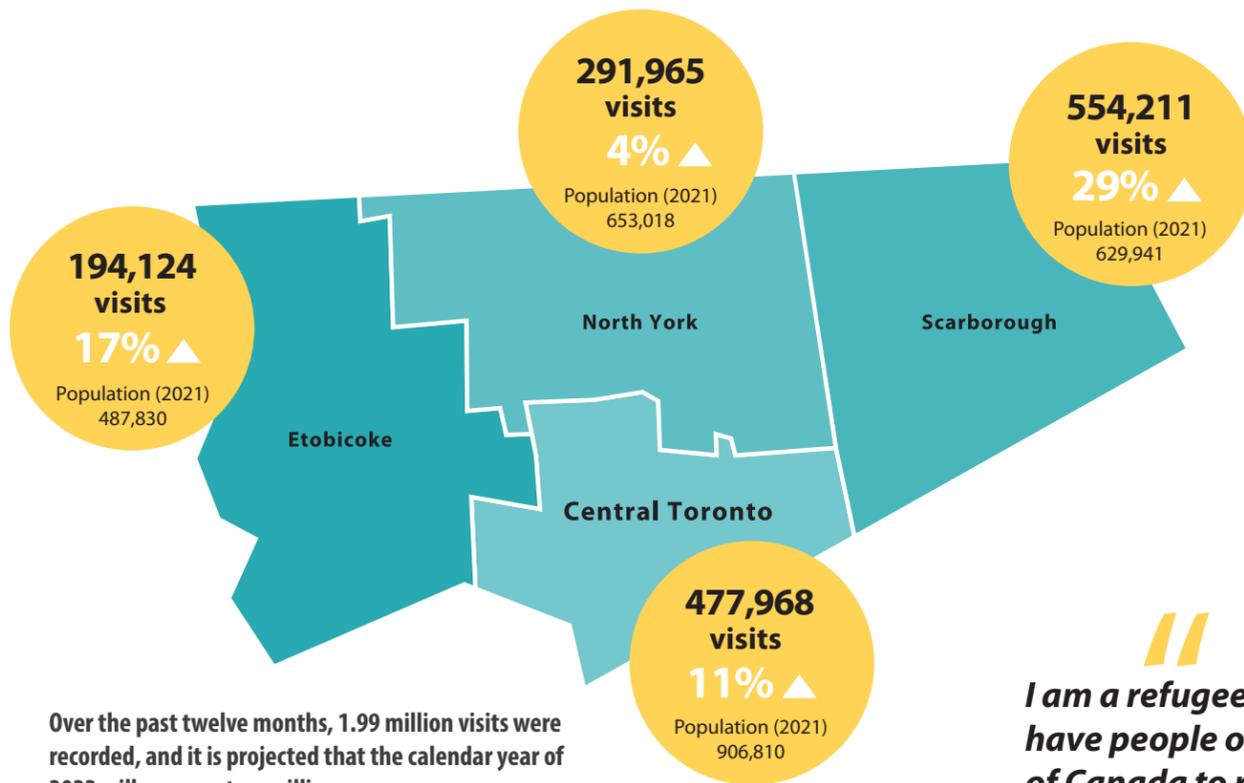


Record Number of Food Bank Visits

During the reporting period, a record **1.68 million** food bank visits were tracked in the City of Toronto, **up 16%** from the previous record of **1.45 million** the year prior.



Over the past twelve months, 1.99 million visits were recorded, and it is projected that the calendar year of 2022 will see over two million.

Based on the client food bank visits between April 1, 2021, to March 31, 2022, where data was available. The percent change was calculated by comparing to the same months in 2020-2021. Population data from the 2021 Statistics Canada Census.

People on the social and economic margins are the ones using food banks.

39% of clients report that they do not have people in their life to count on in times of need. This is 5 times higher than the general population at 8%.



- The portion of seniors who are food bank clients has risen from one in ten to one in six. 29% reported they sometimes/often did not have enough food to eat. 87% lived in housing considered unaffordable.
- 38% of food bank clients rely on social assistance.

I am a refugee. I have people outside of Canada to rely on, but no one here.

My job has suffered. Less hours. Prices have gone up with food while my salary went down. The food bank has taken some stress out of my life.

Insufficient income drives food insecurity. Most clients are trapped in deep poverty, reporting incomes that are half of Canada's official poverty line.

AMOUNT OF MONEY LEFT PER PERSON PER DAY AFTER HOUSING COSTS



- 96% of food bank clients live below the poverty line of \$24,720 annually for single individuals.
- The median annual income of food bank clients was \$12,732, down \$540 from \$13,272 in 2021.
- Food bank clients have a median monthly income of \$1,061, leaving a median of \$8.01 left per person, per day after rent and utilities for all other essentials.
- Among food bank clients reporting employment income, 80% are living in deep poverty (defined as 75% of poverty line).
- Of those employed, 60% report holding a precarious job with low wages and little to no benefits.

The Right to Food will never be realized until the systemic issues that perpetuate inequities in our communities are fixed. Poverty reduction needs to be addressed by government as the duty-bearers. We call for the following:

- Guaranteed Income Security and the Elimination of Systemic Poverty
- Solutions to Toronto's Housing Affordability Crisis
- Mitigations for the Steep Increases in the Cost of Living



dailybread.ca/whoshungry



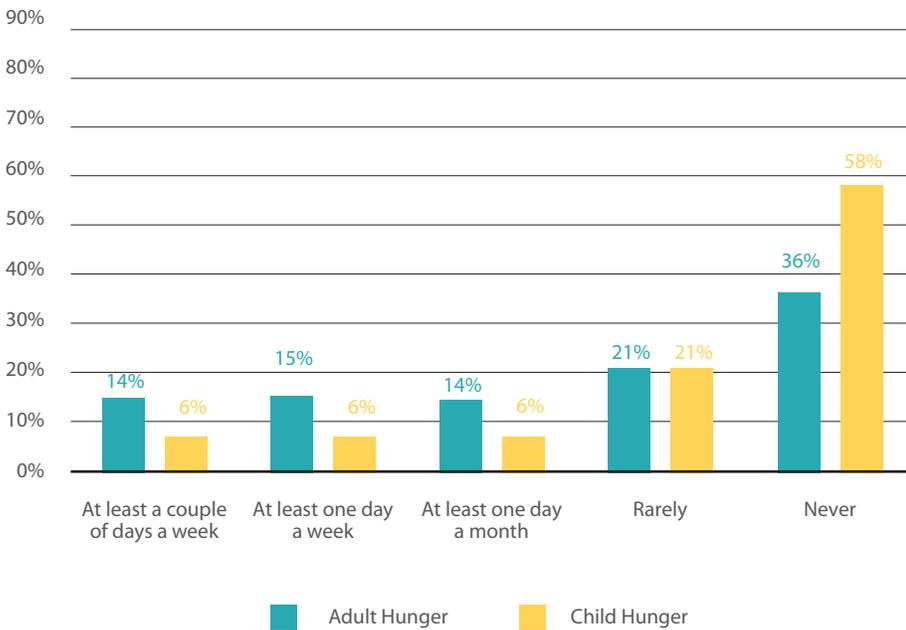
northyorkharvest.com/whoshungry

My two kids don't eat breakfast and lunch anymore; they only eat dinner. My eldest son and I eat a breakfast of two eggs each and slices of bread and no lunch and dinner.

71% report sometimes or always feeling depressed, and 86% reported sometimes or always experiencing stress

Household Food Insecurity

FREQUENCY OF RESPONDENTS EXPERIENCING HUNGER



Housing and utility costs emerged as a core issue affecting food bank clients' ability to afford food and other necessities. Food banks act as a stopgap in their household budgets.

- **87%** of food bank clients live in unaffordable housing. As defined by the Canadian Mortgage and Housing Corporation, this means that they are paying 30% or more of their income on housing, compared to 45% of residents overall in Toronto.
- **69%** of food bank clients pay at least half of their income on housing, putting them at risk of homelessness.
- **18%** report all of their income goes to housing and utilities.

28%

of adults report missing a whole day's meals because they did not have money for food.

43%

of those respondents report this occurred on a monthly basis.

Who's Hungry Report 2022

A Story of A System Under Strain



About Who's Hungry 2022

Drawing on survey and interview data, as well as data from Daily Bread and North York Harvest's member agencies, this year's report examines trends in food bank use and food insecurity over the past year, in relation to three core areas: income and employment, housing, and the cost of living.

What can you do?

Stay informed about poverty and food insecurity: Read the *Who's Hungry* report to learn about the extent of hunger in Toronto and the driving forces behind it.

Make your voice heard: Government must take action to tackle poverty and food insecurity. Connect with your elected representatives to make sure they know that you want to see poverty and food insecurity eliminated in your community.

Donate: With your help, we can provide immediate food relief and other resources to relieve hunger.

Volunteer: Contact your local food bank to find out how you can get involved. If you would like to help conduct surveys for next year's *Who's Hungry*, please contact research@dailybread.ca.

