***Who’s Hungry* 2022 – Shareable Content**

**Email template:**

Dear \_\_\_\_,

Today, Daily Bread Food Bank and North York Harvest Food Bank have released [*Who’s Hungry* 2022](http://www.dailybread.ca/whoshungry) - profile of food insecurity in the City of Toronto. This year's report illustrates the deep strain faced by food banks and those accessing them.

The need for food banks is at crisis levels with no signs of slowing down. **Over the past twelve months, there have been 1.99 million visits to food banks, and demand is projected to push that number to over two million for the calendar year of 2022.**

Here are some of this year’s sobering findings:

**Food bank clients’ incomes have dropped, despite higher numbers of employed food bank clients.**

* After rent and utilities are paid, **food bank clients have a median of $8.01 left per person, per day**, for food and all other necessities. This is a drop from last year’s median of $9.17 per day.

**Rents are absorbing an unbearable part of peoples’ incomes.**

* 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.
* 18% of food bank clients report spending 100% of their income on housing costs.

**Food bank clients are socially and economically isolated.**

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

What can you do today to make an impact?

* Read and share *Who’s Hungry* 2022. Raise awareness about food insecurity so everyone knows the situation we face, and the path forward.
* Advocate for change! Write to your elected officials and let them know you want to see real, meaningful change, and poverty reduction at the top of their agendas.
* If you are able, please consider donating time, food or funds to help our neighbours experiencing food insecurity.

Visit [dailybread.ca/whoshungry](http://www.dailybread.ca/whoshungry) to learn more, and take action today!

Sincerely,

P.S. To support the release of *Who’s Hungry* 2022, and to raise awareness on the issue of food insecurity, the **CN Tower and Toronto sign at Nathan Phillips Square,**will be lit up in Daily Bread’s colours of yellow and green on November 14.

**Social Media Content:**

**Tweet #1**

Today @DailyBreadTO & @nyhfb have released #WhosHungry2022 – a profile of food insecurity in #Toronto. The report reveals low incomes, high #housing costs & #inflation are pushing people to crisis-level food bank use. dailybread.ca/whoshungry #RighttoFood #onpoli #cdnpoli

**Tweet #2**

The annual #WhosHungry2022 report released by @DailyBreadTO & @nyhfb illustrates the deep strain faced by #Toronto #foodbanks & those accessing them. Watch to learn more https://www.youtube.com/watch?v=dyLx9AP-z1c Please RT

**Tweet #3**

After paying for rent & utilities, #Toronto #foodbank clients have a median of $8.01 left per person per day for food & all other essentials. If they take a TTC trip in the morning & one at night, they only have $1.51 left. dailybread.ca/whoshungry #WhosHungry2022 #onpoli RT

**Tweet #4**

Keep an eye on @TourCNTower & #TorontoSign at Nathan Phillips Square tonight. Both will be lit up in @DailyBreadTO colours of yellow & green to raise awareness about food insecurity & support the release of the #WhosHungry2022 #RighttoFood #onpoli #Toronto

**LinkedIn / Instagram / Facebook**

Today, Daily Bread Food Bank and North York Harvest Food Bank have released #WhosHungry2022 — a profile of food insecurity in the City of Toronto. This year's report illustrates the deep strain faced by food banks and those accessing them.

**👉 Over the past twelve months, there have been 1.99 million visits to food banks, and demand is projected to push that number to over two million for the 2022 calendar year.**

**👉** After their rent and utilities are paid, food bank clients have a median of $8.01 left per person, per day, to pay for food and all other necessities. This is a drop from last year’s median of $9.17 per day (a $540 drop annually).

**👉** 18% of clients were paying 100% of their income on housing costs.

**👉** The portion of seniors who are food bank clients has risen from one in ten to one in six.

Action is needed now! All levels of government must prioritize poverty reduction strategies. The report provides clear policy recommendations on guaranteed income security and the elimination of systemic poverty, solutions to Toronto’s housing affordability crisis, and the mitigation of steep increases in the cost of living.

Learn more at [dailybread.ca/whoshungry](http://www.dailybread.ca/whoshungry) and please share with your networks. **#advocacy #onpoli #endpoverty #RighttoFood**