

<b>SECTION 1: FOOD INSECURITY</b>		<b>(N=1010)</b>
<b>4. How long have you been regularly getting food from a food bank? <i>Please select one option</i></b>		
Less than one year		42.1% (n=407)
One to two years		29.0% (n=280)
Three to five years		15.4% (n=149)
More than five years		13.5% (n=130)
<b>5. What made you start coming to a food bank? Click all the boxes that apply (Individual response recorded for each option separately)</b>		
Lost job		25.5% (n=258)
Income too low		58.2% (n = 588)
New to area		12.3% (n=124)
Family breakup		3.8% (n=38)
Disability		23.8% (n=215)
Not enough income		6.7% (n=68)
Ineligible for benefits		6.6% (n=67)
<b>6. Including yourself, how many people live in your household?</b>		
1 (I live alone)		35.3% (n=354)
2 (I live with someone else)		21.7% (n=218)
3		15.2% (n=152)
4		14.2% (n=142)
5		8.0% (n=80)
6 or more		5.7% (n=57)
<b>7. There are people in my life I can count on if I needed help</b>		
Yes		61.1% (n=506)
No		38.9% (n=322)
<b>8. Which of the following statements best describes your household in the past twelve (12) months? (please select one option)</b>		
You always had enough food to eat		18.8% (n=177)
You had enough food to eat, but not always the kinds of food you wanted to eat		41.4% (n=390)
You sometimes did not have enough food to eat		29.3% (n=276)
You often did not have enough food to eat		10.6% (n=100)
<b>9. In the past 12 months, did you and/or other adults in your household not eat for a whole day because there was not enough money for food?</b>		
Yes		28.4% (n=256)
No		71.6% (n=644)
<b>10. In the past twelve (12) months, how often did you and/or the adults in your household not eat for a whole day? (if you have answered 'Yes' to question 9)</b>		
Almost every month		42.6% (n=83)
Some months but not every month		43.1% (n=84)
Only one or two months		14.4 (n=28)
<b>11. During the past three (3) months, how often were you hungry because there was not enough money for food?</b>		
At least a couple of days a week		13.7% (n=119)
At least one day a week		15.2% (n=132)
At least one day a month		13.7% (n=119)
Rarely		21.3% (n=185)

Never	36.1% (n=314)
<b>SECTION 1: FOOD INSECURITY [continued]</b>	<b>(N=1010)</b>
<b>12. During the past three (3) months, how often were the children (under 18) in your household hungry because there was not enough money for food? (Please select one option)</b>	
There are not children under 18 in my household	47.1% (n=411)
At least a couple of days a week	3.2% (n=28)
At least one day a week	3.1% (n=27)
At least one day a month	3.3% (n=29)
Rarely	9.5% (n=83)
Never	33.8% (n=295)
<b>13. During the past three (3) months, have you had to miss a meal to pay for something else?</b>	
Yes	48.5% (n=422)
No	51.5% (n=449)
<b>Section 2: Income and Expenses</b>	<b>(N = 1010)</b>
<b>14. How much will your household pay for each of the following this month?</b>	
Rent and Utilities (Median \$)	\$1000.00
Phone and Internet (Median \$)	\$100.00
<b>15. Are you, or is anyone in your household, currently employed?</b>	
Yes	39.9% (n=350)
No	60.1% (n=528)
<b>16. What is the primary source of income for your household? (please select one option)</b>	
Ontario Works (OW)	15.5% (n=133)
Ontario Disability Support Program (ODSP)	22.4% (n=192)
Full-time employment	15.6% (n=134)
Part-time Employment	16.9% (n=145)
Employment Insurance (EI)	2.0% (n=17)
Pandemic related benefits (CERB)	1.0% (n=9)
Old age security (OAS)	11.2% (n=96)
Canada Pension plan (CPP)	7.6% (n=65)
Worker safety and insurance benefit (WSIB)	0.2% (n=2)
Canada Pension plan Disability (CPPD)	0.8% (n=7)
No Primary source of income	6.9% (n=59)
<b>17. What <u>other</u> sources of income will your household get income from this month? (Select all the options that apply)</b>	
Ontario works (OW)	2.2% (n=16)
Ontario Disability Support Program (ODSP)	3.0% (n=22)
Employment	11.4% (n=84)
Employment Insurance (EI)	1.5% (n=11)
Pandemic related benefits (e.g. Canada Recovery Benefit (CRB), Canada Worker Lockdown Benefit (CWLb))	1.8% (n=13)
Child Tax benefit	16.1% (n=118)
Old age security (OAS)	8.9% (n=65)
Canada Pension Plan (CPP)	12.5% (n=92)

<b>Section 2: Income and Expenses [continued]</b>		<b>(N = 1010)</b>
<b>17. What <u>other</u> sources of income will your household get income from this month? (Select all the options that apply) [continued]</b>		
Canada Pension Plan Disability (CPPD)		2.0% (n=15)
Worker Safety and Insurance Benefit		0.1% (n=1)
No other sources of income		51.6% (n=379)
<b>18. How much total income will your household receive this month?</b>		
\$ Median income		\$ 1060.67
<b>19. Did you file a tax return last year</b>		
Yes		81.4% (n=699)
No		18.6% (n=160)
<b>20. How much does it pay per hour (before tax)</b>		
Pay per hour (\$ Median)		\$16.00 (n=240)
<b>21. How many hours a week is this job?</b>		
Median hours per week		30 (n=240)
<b>22. Is this job....</b>		
Permanent		40.1% (n=110)
Temporary contractual		39.0% (n=112)
Casual/Seasonal		16.4% (n=46)
Self-employed		4.6% (n=13)
<b>23. Does this job have any of the following benefits?</b>		
Health benefits		20.0% (n=70)
Paid sick days		16.0% (n=56)
No benefit		44.6% (n=158)
<b>24. If you wanted to work, what barriers would you face</b>		
Do not want to work		3.1% (n=31)
Could not find suitable work		12.7% (n=128)
Personal family responsibilities		10.9% (n=109)
Health condition or disabilities		28.7% (n=290)
Workplace injury		2.2% (n=22)
Lack employer's requirements		9.1% (n=92)
Do not know how or where to seek work		4.4% (n=44)
Employer discrimination		4.6% (n=46)
Fear of losing social assistance benefits		3.6% (n=36)
COVID-19		5.3% (n=54)
<b>25. What items do you have access to in your home?</b>		
Microwave		78.2% (n=599)
Hot plate		11.5% (n=88)
Stove		88.8% (n=680)
Refrigerator		95.0% (n=728)
Kitchen cabinets		84.9% (n=650)
Cooking utensils (e.g. pots, pans, etc.)		84.5% (n=647)
Small appliances		58.9% (n=451)
Computer		47.8% (n=366)
Tablet		28.2% (n=216)
Phone		85.8% (n=657)
Internet		77.9% (n=597)

<b>Section 2: Income and Expenses [continued]</b>		<b>(N = 1010)</b>
<b>26. If you had an appointment outside of your neighbourhood (2km away or more), which way would you most likely get to your appointment?</b>		
Walking or rolling		38.6% (n=297)
Cycling		9.0% (n=69)
Public Transportation (e.g., subway, bust etc.)		68.6% (n=528)
Ride with family and/or friends		8.6% (n=66)
Borrow a car from family or friends		1.3% (n=10)
Get a ride from a community or charitable agency (e.g., Toronto ride)		1.9% (n=15)
Taxi or ride share		5.6% (n=43)
Household auto (driver or passenger)		9.2% (n=71)
<b>SECTION 3: GENERAL INFORMATION</b>		
<b>27. What is your age</b>		
Under 18		0.9% (n=8)
18-29		11.7% (n=106)
30-44		28.3% (n=257)
45-64		35.4% (n=322)
65 and above		23.8% (n=216)
<b>28. What is your gender (select all options that apply)</b>		
Woman		61.0% (n=556)
Man		36.8% (n=336)
Trans		0.4% (n=4)
Gender non-binary (including gender fluid, genderqueer, androgynous)		0.8% (n=7)
Two-Spirit		0.2% (n=2)
<b>29. How do you describe your sexual orientation, for example straight, gay, lesbian?</b>		
Straight/Heterosexual		89.1% (n=677)
Queer		1.2% (n=9)
Gay		4.6% (n=35)
Lesbian		1.7% (n=13)
Bisexual		2.4% (n=18)
Other		1.1% (n=8)
<b>30. What is the highest level of education you have completed?</b>		
Some high school or less		15.3% (n=134)
High school or equivalent		29.3% (n=256)
Degree or diploma from a college or university		46.1% (n=403)
Graduate or professional degree		9.3% (n=81)
<b>31. What is your current status in Canada (please select one option)</b>		
Canadian citizen/ First Nations/Inuit/Metis		64.9% (n=583)
Permanent resident/landed immigrant		20.8% (n=187)
Refugee claimant		3.6% (n=32)
Temporary status (student/visitor/worker)		9.8% (n=88)
<b>32. Were you born in Canada?</b>		
Yes		28.4% (n=257)
No		71.6% (n=648)

<b>SECTION 3: GENERAL INFORMATION [continued]</b>	
<b>33. How long have you lived in Canada?</b>	
Less than one year	10.6% (n=91)
1 to 5 years	15.7% (n=135)
6 to 10 years	9.3% (n=80)
More than 10 years	64.5% (n=556)
<b>34. Do you have a disability or health condition that limits your ability to perform daily activities and is expected to last more than one year?</b>	
Yes	44.3% (n=376)
No	55.7% (n=473)
<b>35. In the past month, how often did you experience:</b>	
<i>Difficulty to sleep</i>	
Always	31.6% (n=271)
Sometimes	48.1% (n=412)
Never	20.3% (n=174)
<i>Stress (pressured/tense/nervous)</i>	
Always	39.6% (n=335)
Sometimes	45.9% (n=389)
Never	14.5% (n=123)
<i>Depression (low energy/sad/hopeless)</i>	
Always	25.6% (n=206)
Sometimes	45.6% (n=367)
Never	28.8% (n=232/805)
<b>36. Which race or ethnicity are you? (select all options that apply)</b>	
Arab, Middle Eastern or West Asian (examples: Afghan, Armenian, Iranian, Lebanese, Persian, Turkish)	7.5% (n=85)
Black (examples: African, African-Canadian, Afro-Caribbean)	17.7% (n=153)
East Asian (examples: Chinese, Japanese, Korean)	10.0% (n=86)
First Nations (status, non-status, treaty or non-treaty), Inuit or Métis	2.8% (n=24)
Latin American (examples: Brazilian, Colombian, Cuban, Mexican, Peruvian)	9.4% (n=81)
South Asian or Indo-Caribbean (examples: Indian, Indo-Guyanese, Indo-Trinidadian, Pakistani, Sri Lankan)	13.4% (n=116)
Southeast Asian (examples: Filipino, Malaysian, Singaporean, Thai, Vietnamese)	10.0% (n=86)
White (examples: English, Greek, Italian, Portuguese, Russian, Slovakian)	26.8% (n=231)
Mixed	2.4 (n=21)
<b>37. What type of housing do you live in (please select one option)</b>	
Subsidized housing (e.g TCHC, RGI)	24.1% (n=214)
Rent an apartment or house (alone or with roommates)	53.3% (n=473)
Rent a room in a house where the landlord rents out rooms (e.g., boarding house, rooming house)	9.3% (n=83)
Own a house or condo	7.2% (n=64)
Shelter	0.7% (n=6)
Stay in someone else's home	3.3% (n=29)
Other	2.1% (n=19)

=

SECTION 3: GENERAL INFORMATION <i>[continued]</i>	
38. Which option best describes your household? (please select one option)	
Single individual	44.4% (n=387)
Couple with no dependents	12.5% (n=109)
Single parent/guardian (dependent(s) at home)	16.3% (n=142)
Two parents/guardians (dependent(s) at home)	20.3% (n=177)
Other	6.4% (n=56)