

Who's Hungry Report 2023

A Call to Action From a City in Crisis



About Who's Hungry 2023

67

data collection volunteers

79

participating food banks

1,384

food bank clients surveys

10

in-depth interviews

“I have to be very careful with my money, budgeting everything, and it’s still not enough. I need to go to the food bank; otherwise, I wouldn’t have enough to pay the bills.”

—Food bank client

How You Can Help

1

Share This Report

Help us raise awareness by sharing this report with your friends and family.

2

Advocate for Change

Contact your Member of Parliament, Member of Provincial Parliament, and City Councillor to urge them to adopt the recommendations in this report.

3

Utilize Your Network and Skills

Think about what resources and skills you can use to make a difference. If you are involved in a community group, can you mobilize together? If you're a writer, can you amplify the stories in this report?



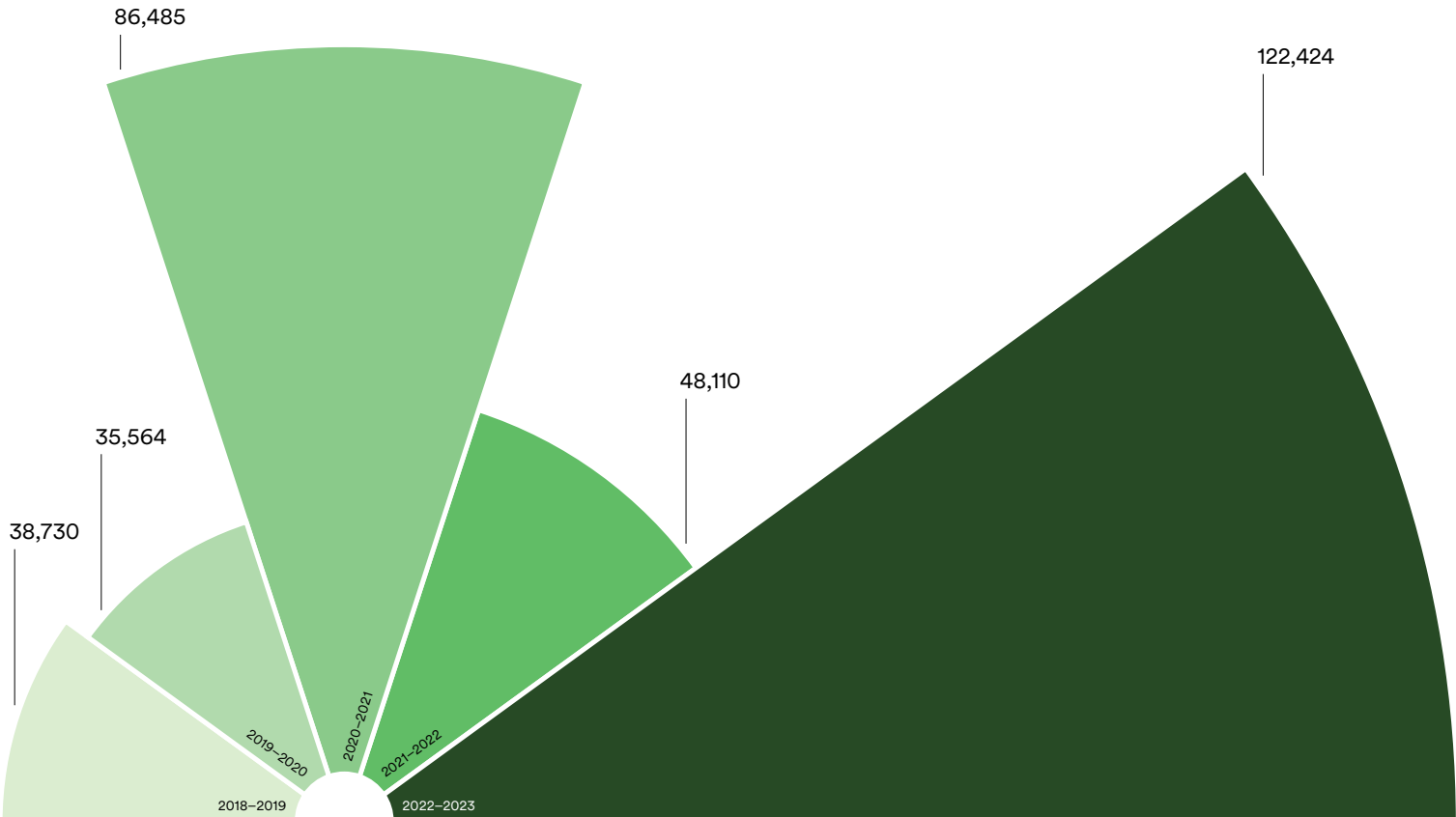
dailybread.ca/whoshungry



northyorkharvest.com/whoshungry

Who's Hungry is an annual profile of food insecurity and poverty published in partnership by Daily Bread Food Bank and North York Harvest Food Bank. Based on close to 1,400 food bank client surveys and 10 in-depth interviews, the report describes why skyrocketing housing costs, food inflation, stagnating wages, and insufficient income supports are pushing more and more households into poverty. *Who's Hungry 2023* provides concrete recommendations to tackle Toronto's growing food insecurity crisis.

New Food Bank Clients in Toronto by Year



154%
increase in new food bank clients in past year

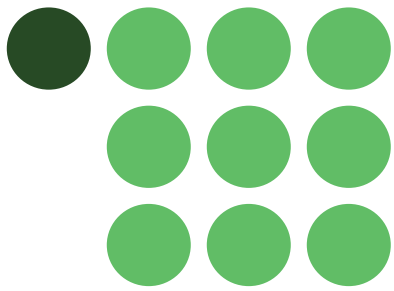
19-44
Fastest-growing group are people aged 19-44

A Growing Crisis

Rising Costs, Insufficient Incomes

1 in 10

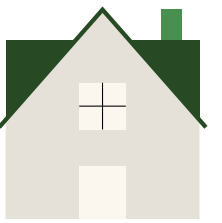
people in Toronto are relying on food banks, up from 1 in 20 last year



“The cost of living is outpacing my income, and I find myself making difficult choices every day.”

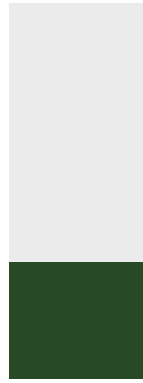
1 in 4

food bank clients are spending 100% of their income on housing, leaving nothing for food



31%

of food bank clients have gone an entire day without eating in the past year



47%

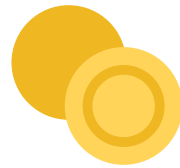
of food bank clients had at least 1 household member employed



“The government needs to do more for people like us. The system is failing us. There needs to be real change.”

\$6.67

is the median amount of money per person, per day that food bank clients have for food and all other necessities after paying their rent and utilities. Last year, it was \$8.01



1 in 4

food bank clients are children/youth



1 in 3

food bank clients have a disability



2.53M

food bank visits in the past year

51%

increase in visits compared to last year



Food Bank Visits in Toronto by Year

