

WHO'S HUNGRY REPORT 2025



RECORD-BREAKING HUNGER

2025 Key Takeaways

Food insecurity is rising

More than 1 in 10 Torontonians continue to rely on food banks.

The hunger crisis has deepened

Food insecurity has shifted from a short-term emergency to a long-term reality. More people are relying on food banks more frequently, and for longer periods of time.



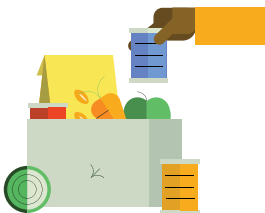
59%

of clients are existing users



54%

visited a food program 3+ times per month



Take action!

1 Share this information
Help raise awareness by sharing these findings with your friends, colleagues and network.

2 Get involved
If you are able, make a financial donation, raise food or funds, or volunteer your time at a local food bank.

3 Advocate for change
Scan this QR code and send a message to your elected officials, urging them to adopt the recommendations in the report.



Who’s Hungry is an annual profile of poverty and food insecurity in the City of Toronto.

The report illustrates that the hunger crisis has become more deeply entrenched, with Torontonians relying on food banks more frequently and for longer periods of time. Lasting solutions demand urgent, coordinated action from all levels of government to address the root causes of poverty.

4.1M

food bank visits

↑

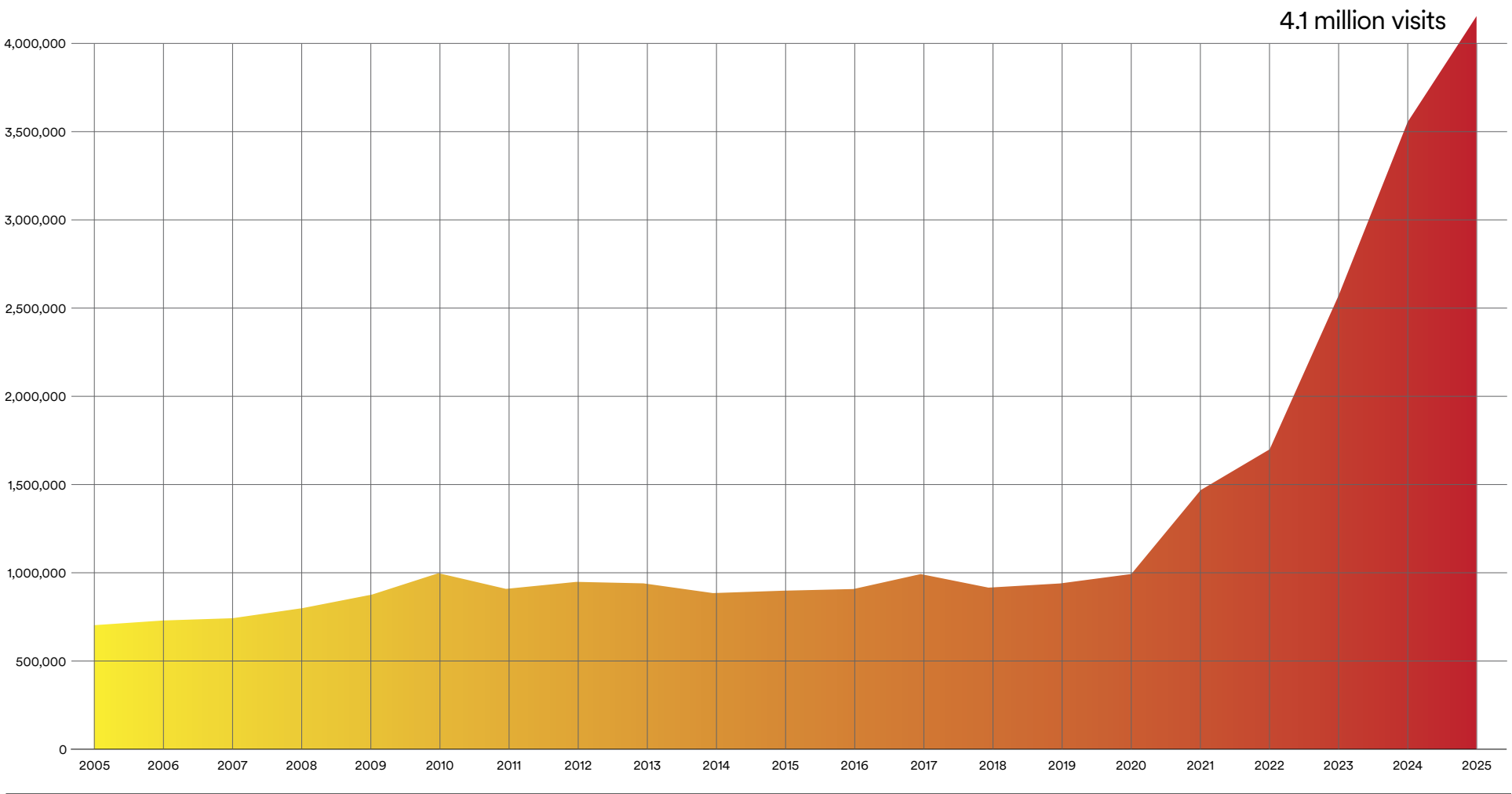
340%

increase in visits since 2019

↑

Food insecurity is rising

For a growing number of people, safe, affordable housing is out of reach, income supports fail to meet basic needs, and even full-time work no longer protects against food insecurity.



“Get us above the poverty line and we will be able to take care of ourselves. We would be more able to help with the food bank rather than consuming from the food bank.”

Poverty is becoming permanent

Hardship reaching all demographics

