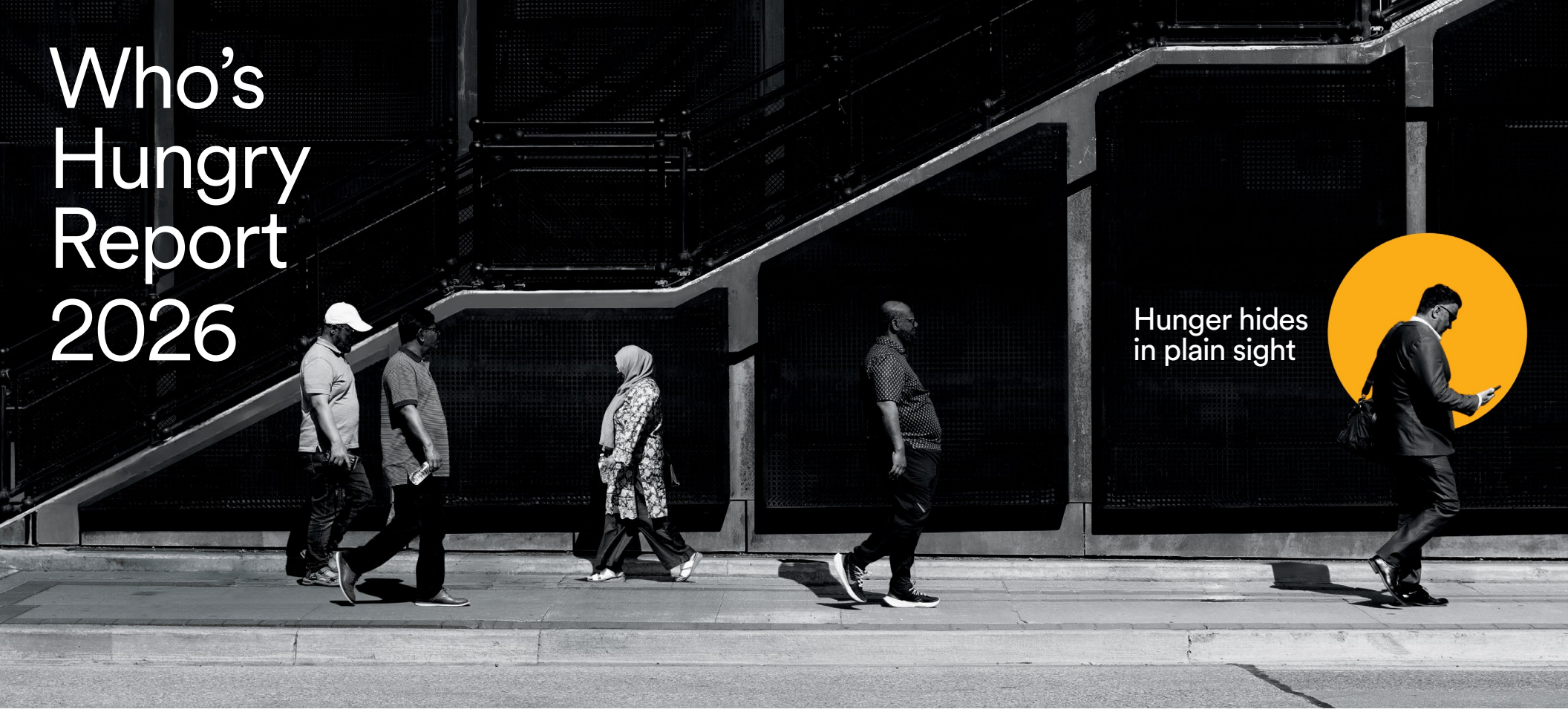
Who's Hungry Report 2026



2026 Key takeaways

Food insecurity is deepening

Food banks are no longer a short-term emergency support. They are now an entrenched part of how people survive—and even with our support, people are going hungry.

51%
missed a meal because they could not afford to eat



67%
of parents sacrificed their own food so their children could eat



84%
of food bank visits came from returning clients



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.

Daily Bread Food Bank

dailybread.ca/whoshungry

Who's Hungry is Daily Bread Food Bank's annual profile of poverty and food insecurity in the City of Toronto.

The report illustrates that the hunger crisis in Toronto has grown well beyond the need that food banks were designed to serve. What began as an emergency response for the most vulnerable is now a service used by over 240,000 Torontonians every year, from all neighbourhoods of the city. These numbers demand urgent action from all levels of government to make housing more affordable, employment more stable, and income supports more adequate—because no Torontonian should have to rely on food banks to survive.

4.1M

food bank visits
(this would fill the Roger's Stadium 100 times)

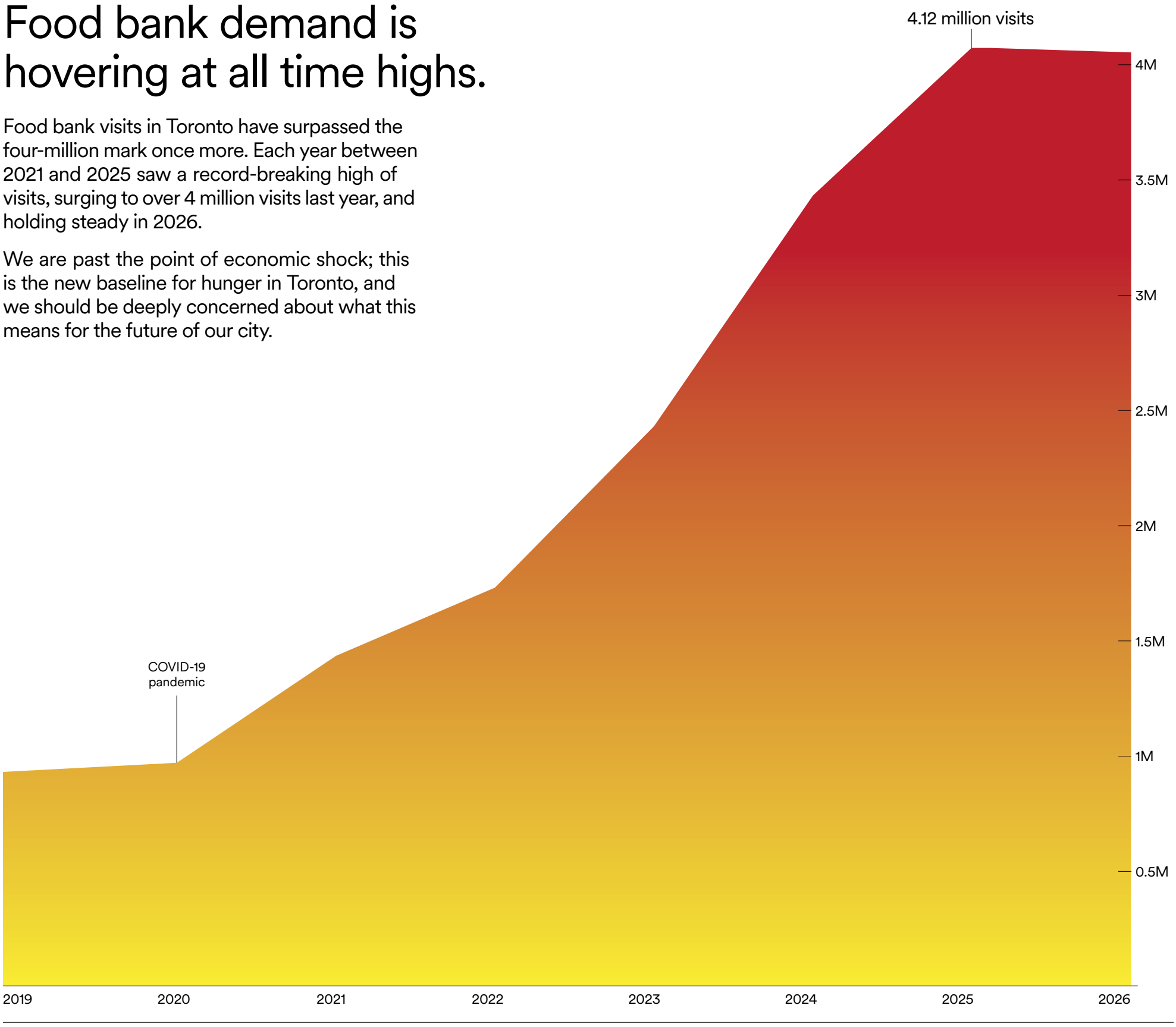
333%

increase in food bank visits since 2019

Food bank demand is hovering at all time highs.

Food bank visits in Toronto have surpassed the four-million mark once more. Each year between 2021 and 2025 saw a record-breaking high of visits, surging to over 4 million visits last year, and holding steady in 2026.

We are past the point of economic shock; this is the new baseline for hunger in Toronto, and we should be deeply concerned about what this means for the future of our city.

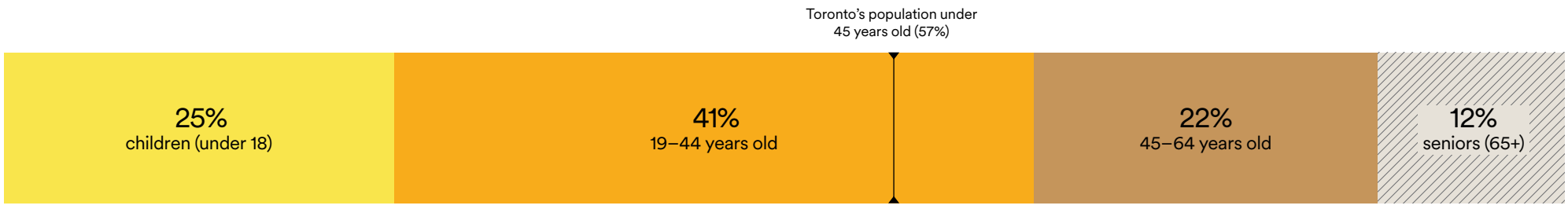


> There shouldn't be that many people on food banks. People should be able to live that they shouldn't have to keep struggling and coming to food banks.

SNAPSHOT

Hunger hides in plain sight

Crisis reaches all demographics



34%
of clients have a disability

1 in 8
children living in Toronto now rely on food banks



25%
of clients are children



61%
of clients have a post-secondary degree or higher

Employment barriers

38%
of clients are employed



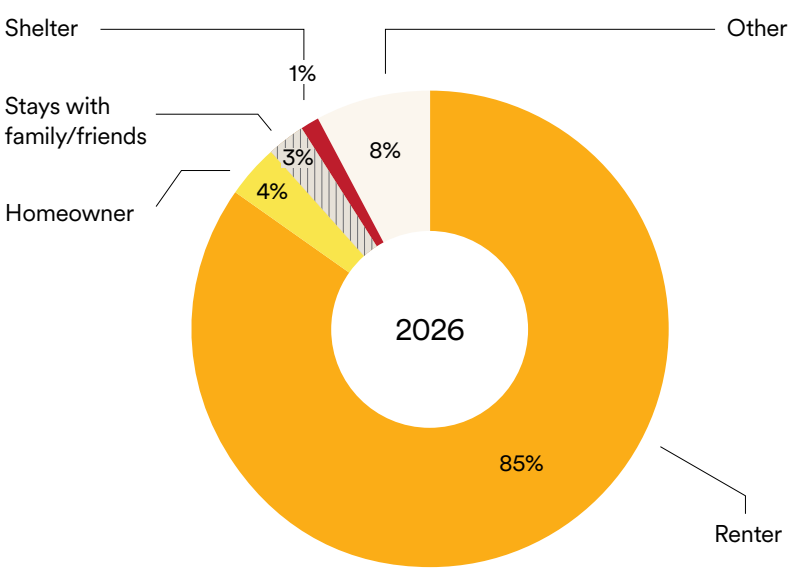
66%
of workers are in precarious jobs



39%
of clients are looking for a job



Most clients are renters; the system is failing them



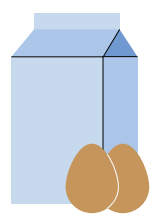
1 in 4
clients spend *all (100%)* of their income on housing

1 in 2
young people (25 and under) are unemployed and looking for work

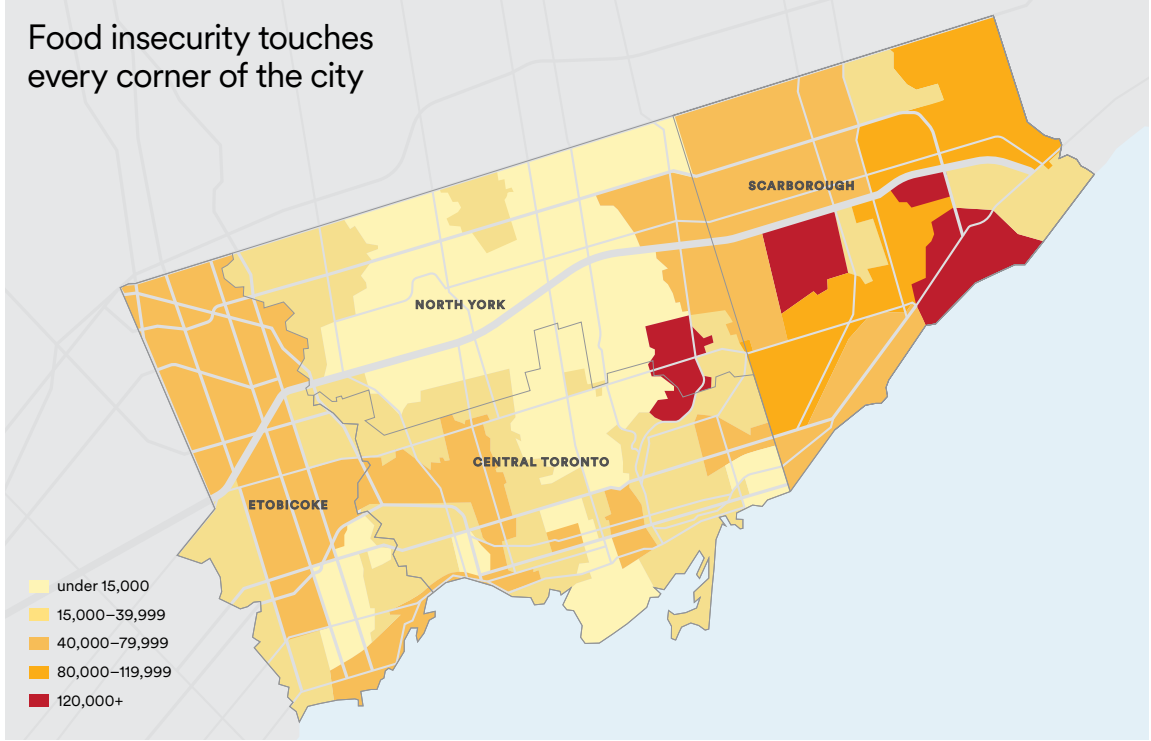


59%
of clients missed a rent, credit, or loan payment in the past month

$8.33
median amount left over per person per day after paying for housing



Food insecurity touches every corner of the city



> "I often had to borrow to keep afloat so that I didn't get evicted or have a bad credit score; I had nothing left to purchase food.

Key recommendations

Government of Canada

Renew the National Housing Strategy with:

- A new Canada Renters Credit for low-income renters, to prevent people from entering homelessness;
- A stronger Canada Housing Benefit to reduce homelessness; and,
- Clear targets and timelines for reducing homelessness and inadequate housing.

Government of Ontario

Establish a Shelter Allowance Reserve Fund for social assistance recipients that lose their housing to ensure they can pay expenses required to regain housing.

Increase the Ontario Works earned income exemption from $200 to $600 and index social assistance earned income exemptions to inflation.

City of Toronto

Commit to an ongoing annual investment of $100 million in the Multi-Unit Residential Acquisition program to preserve Toronto's affordable housing stock.

Extend RentSafeTO to all rental units in Toronto to hold landlords accountable for adequate housing.

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