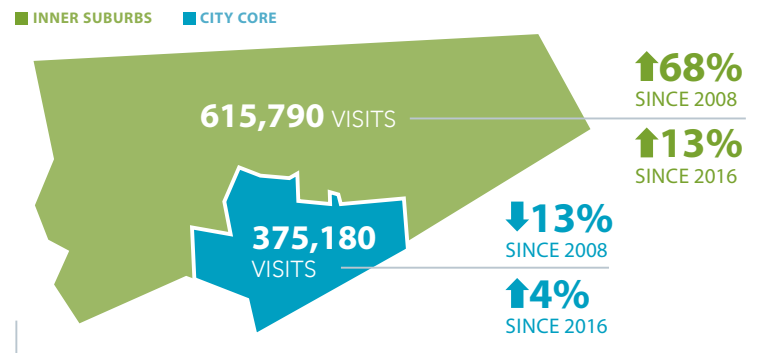


## HUNGER BY THE NUMBERS

**Food bank visits in Toronto are back to levels seen during the height of the recession, and people are having to access them twice as long as before.**

Over the last year there were a total of 990,970 client visits to Daily Bread Food Bank and North York Harvest Food Bank member agencies. This is the highest annual client visit number in Toronto since 2010, when the effects of the 2008 recession hit Torontonians with full force. The average length of time people need to access them has also increased from an average of 1 year in 2010 to 2 years in 2017.

2017 TOTAL CLIENT VISITS IN TORONTO **990,970**



■ OVERALL TORONTO VISITS  
**↑24%** SINCE 2008  
**↑9%** SINCE 2016

■ DAILY BREAD FOOD BANK MEMBER AGENCIES (excludes North York)  
**825,180** VISITS TO FOOD BANKS  
**2.6 MILLION** MEALS SERVED THROUGH MEAL PROGRAMS

### AVERAGE LENGTH OF TIME ACCESSING A FOOD BANK



## WHAT CAN YOU DO?

**Stay informed about your city.** Start with the *Who's Hungry Report* to learn the extent of hunger in Toronto, and the driving forces behind it.

**Make your voice heard.** Governments must take action to help fight hunger in our communities, and they need to hear that ending poverty is a priority for you. Connect with your city councillor, MPP, and MP, and make sure they know you want action on poverty in your community.

**Vote.** Your ballot counts!

**Donate.** Many vulnerable people still need Daily Bread's services. With your help, we can provide food and other resources to those in need, and continue our research and advocacy to have an impact at all levels of government.



**Daily Bread**  
Food Bank

191 New Toronto St., Toronto, ON M8V 2E7  
 416-203-0050 | [www.dailybread.ca](http://www.dailybread.ca)

f /DailyBreadFoodBank

@DailyBreadTO

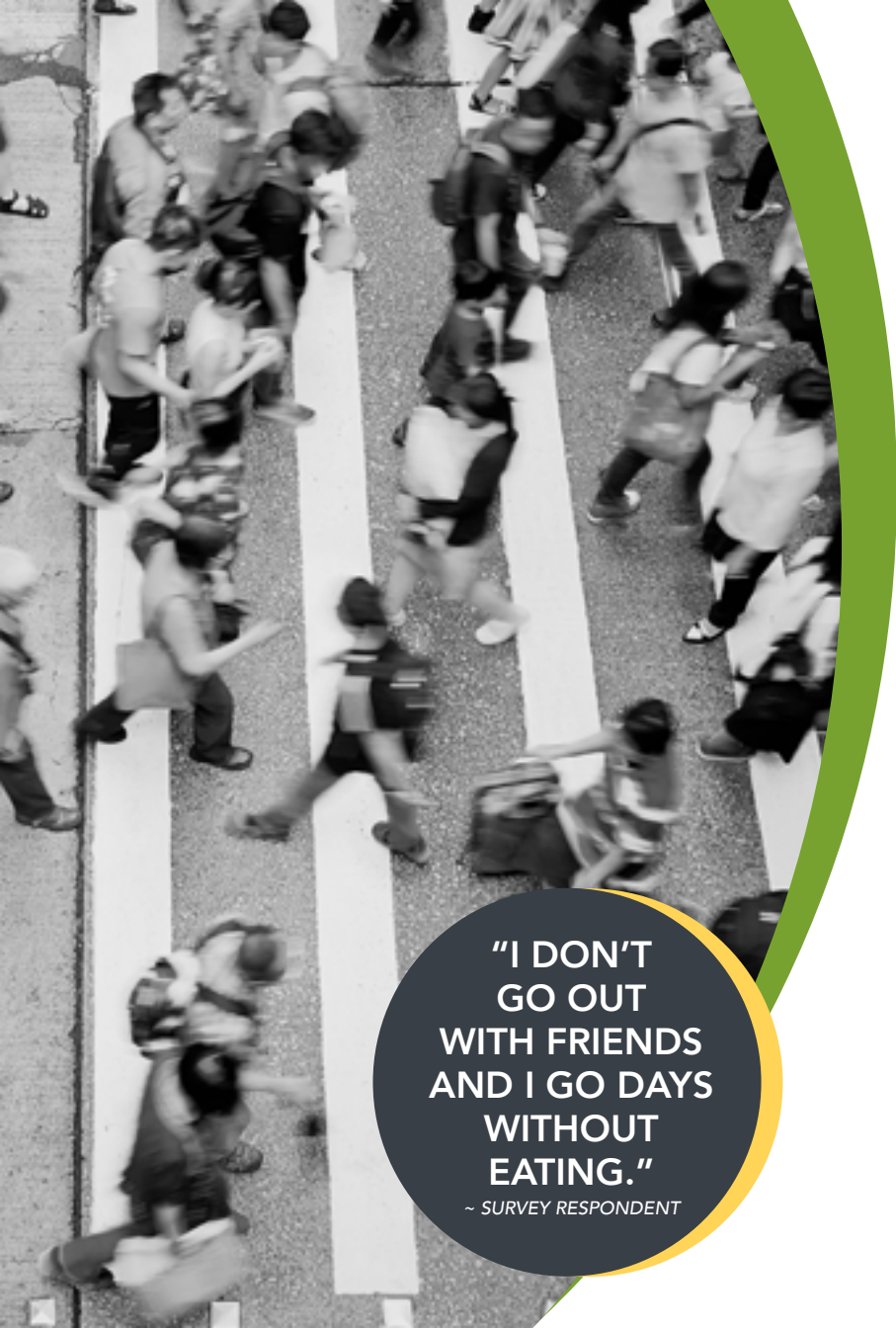
/DailyBreadTO



Daily Bread is a registered charitable organization.  
 Registered Charity Number: 11888 1549 RR0001

**WHO'S HUNGRY**  
 2017 Profile of Hunger in Toronto

**Daily Bread**  
Food Bank



**"I DON'T GO OUT WITH FRIENDS AND I GO DAYS WITHOUT EATING."**  
 ~ SURVEY RESPONDENT

## A RAPIDLY FRAYING SOCIAL SAFETY NET

The main driver of the need for food banks in Toronto is lack of income: provincial social assistance rates have fallen so far behind inflation that it is almost impossible to both eat and keep a roof over one's head.





<b>\$816.50</b>	<b>69%</b>	<b>64%</b>	<b>\$7.33</b>
AVERAGE MONTHLY INCOME	INCOME SPENT ON RENT AND UTILITIES	RECEIVE SOCIAL ASSISTANCE AS MAIN SOURCE OF INCOME	MONEY AVAILABLE PER PERSON AFTER RENT AND UTILITIES

## HUNGER, TRADE-OFFS & THE HIDDEN COSTS OF LIVING ON A LOW INCOME

Many households often found themselves in situations where they had to make the tough decision to forgo eating in order to pay for other daily necessities.

<b>34%</b> ADULT FOOD BANK CLIENTS WHO GO HUNGRY AT LEAST ONCE PER WEEK	<b>41%</b> CLIENTS WHO HAVE NOT EATEN FOR AN ENTIRE DAY DUE TO LACK OF MONEY
<b>14%</b> CHILDREN COMING TO A FOOD BANK WHO GO HUNGRY AT LEAST ONCE PER WEEK	<b>52%</b> CLIENTS WHO GAVE UP A MEAL TO PAY FOR SOMETHING ELSE IN THE LAST THREE MONTHS

### Top things meals were skipped for:

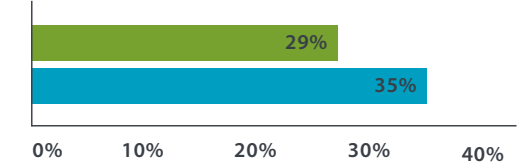
			
Rent <b>31%</b>	Phone <b>21%</b>	TTC/ Transportation <b>16%</b>	Utilities (gas/hydro/water) <b>16%</b>

## THE AGING FACE OF HUNGER

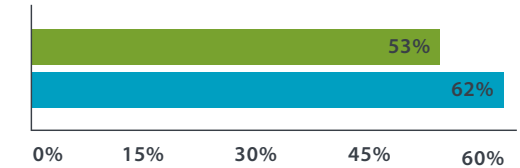
**The trend of more people 45 and over accessing food banks continued in 2017.** In the last year alone, seniors 65 and over have been the fastest rising age group accessing food banks.

Clients also have higher levels of education than they did 10 years ago, and a greater percentage have a disability or serious illness.

### CLIENTS 45 AND OLDER 2007 / 2017



### CLIENTS WITH A DISABILITY OR SERIOUS ILLNESS 2007 / 2017



### CLIENTS WITH POST-SECONDARY EDUCATION 2007 / 2017

