



The Demographics of Hunger

Key Statistics from The Stop Community Food Centre's Food Bank 2006

Scope of Hunger at the Stop

73%	of respondents go hungry sometimes, if not often, because they cannot afford to eat
48%	have used food banks for more than 12 months
17%	of children go hungry at least once a week
47%	of adults go hungry at least once a week
65%	of households use a food bank on planned monthly basis
35%	of households use a food bank as a last minute emergency measure
68%	of households report they need more food than they receive at the food bank most of the time, if not, all of the time
68%	of respondents feel there are foods that they should be eating for their health and well-being but cannot afford. They are:
65%	> meat
71%	> vegetables and fruit
53%	> milk products
18%	> grain products
12%	> other

Hunger: The Cost of Living

\$843	median household income per month
\$10,116	the net income of the average size family – much lower than the poverty line of \$19,948 for a family of two or \$25,230 for a family of 3
\$512	median market-value rent paid
61%	of income is spent on rent (market rent only) Note: anything above 50% places someone at risk of homelessness
23%	live in subsidized housing
\$5.80	the amount the average food bank client has left per person, per day for expenses after paying rent and utilities
45%	receive Ontario Works social assistance
\$250	the median amount the average household needs to avoid using a food bank

Populations Relying on Food Banks

55%	of households of singles
39	average age of survey respondent (in yrs)
30%	of respondents aged 16-30
56%	of respondents aged 31-50
10%	of respondents aged 51-60
4%	of respondents aged 61+

Children

29%	of food bank clients are children
26%	of households relying on food banks that are caring for children
20%	of this group have been prevented from working due to the cost or a lack of access to daycare

Working Poor

48%	of households using food banks have at least one person working
58%	of working food bank clients earn at least \$10/hour
10	median number of hours per week worked by food bank clients

People with Disabilities

53%	of those surveyed say they have a disability or serious illness
19%	cite ODSP as their principal source of income

Immigrants

45%	of clients were born outside Canada
47%	of this group have been in Canada for four years or less
39%	of newcomers* have graduated from college/university and 8% have a post-graduate degree. *individuals living in Canada for 4 years or less
Overall 19%	of clients have graduated from college/university and 1% of this group have earned post-graduate degrees

Alternative Food Programs

53%	of respondents have used alternative food programs in the last year. Programs used were:
24%	> Community Meals
16%	> Community Cooking/kitchens
13%	> Food Vouchers
5%	> Good Food box
2%	> Community Gardens

Advocacy

36% of respondents have used advocacy services in the past year. Main issues were: Legal (14%) and Social Assistance (13%).