



Who's Hungry 2021

From Crisis to Resilience:
A City's Call to Action

About Who's Hungry 2021

Each year, *Who's Hungry* captures and amplifies the voices of food bank clients to identify trends in food insecurity and poverty in Toronto.

While we were unable to conduct our annual survey in-person this year due to COVID-19, *Who's Hungry 2021* features data and stories from our online and phone-based data collection.

This year's report also includes a special follow-up to Daily Bread Food Bank's *Hunger Lives Here: Risks and Challenges Faced by Food Bank Clients during COVID-19* report that was released in July 2020.



1,347 online and phone surveys



17 in-depth phone interviews



164 follow up surveys with last year's *Hunger Lives Here* participants

What can you do?

Stay informed about poverty and food insecurity: Read the *Who's Hungry* report to learn about the extent of hunger in Toronto and the driving forces behind it.

Make your voice heard: Government must take action to tackle poverty and food insecurity. Connect with your elective representatives to make sure they know that you want to see poverty and food insecurity eliminated in your community.

Donate: With your help, we can provide immediate food relief and other resources to relieve hunger.

Volunteer: Contact your local food bank to find out how you can get involved. If you would like to help conduct surveys for next year's *Who's Hungry*, please contact research@dailybread.ca.



dailybread.ca/whoshungry

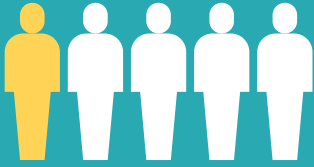


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See findings inside

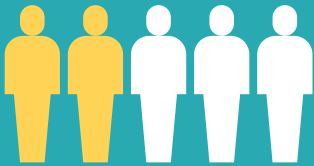


Accessing a food bank is often a last resort for people experiencing food insecurity.



1 in 5

food bank clients reported coming to a food bank because they had lost their job in the past year.



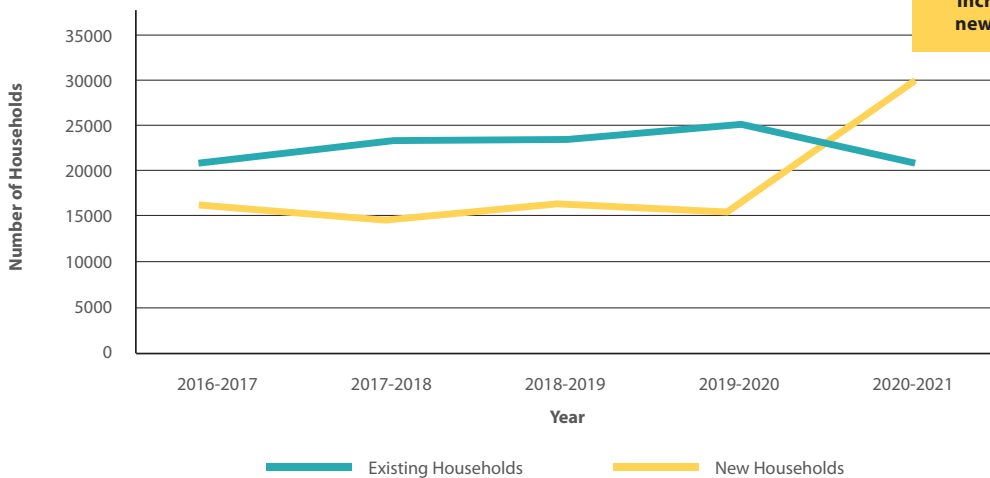
2 in 5

food bank clients reported coming to a food bank because their income was too low.

I can't pay for my food, I can't pay for my transport. I mean, I have to be very, very careful what I spend ... I don't spend anything ... I don't have a TTC card ... I don't go to supermarket at all. Everything comes from the food bank. Still, I have difficulty, even the day-to-day expenses, unfortunately. – Food bank client

For the first time, new clients accessing Toronto food banks outnumbered existing clients.

NEW VS. EXISTING HOUSEHOLDS ACCESSING FOOD BANKS



▲ 61%
increase in
new clients

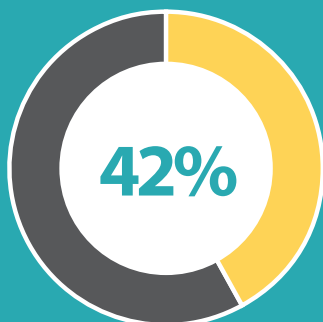
Clients who have come to food banks for a year or more reported more severe food insecurity.

New Clients
44% did not eat for a whole day almost every month

Existing Clients
58% did not eat for a whole day almost every month

Food bank clients face significant challenges affording basic necessities, like food.

Insufficient Income Supports



rely on social assistance as their primary income, but social assistance rates fall well below the poverty line.

Precarious Employment

20% report their employment will not last more than a year.

49% have no employer-provided benefits such as dental, drug, or paid sick days.

Lack of Affordable Housing

65% live in private market rentals (i.e. do not live in subsidized housing).

Of these respondents, **80%** are at high risk of homelessness.