

# Who's Hungry Report 2024

Trapped in poverty:  
Unprecedented hunger in Toronto

## About *Who's Hungry* 2024

45

data collection volunteers

67

participating food banks

1,398

food bank client surveys

10

in-depth interviews

“ I find myself having to go to food banks to get support with basic needs... I have a baby now, and when I go, at least I'm pretty sure I'm going to get some diapers for my baby. I'm going to get some formula.

—Food bank client

## Take action!

**1 Share this report**

Help us raise awareness by sharing this report with your friends, family, and network. If you're an educator, can you raise awareness among your students? If you are involved in a community group, can you mobilize together? If you're a writer or have a platform, can you amplify the stories in this report?

**2 Get involved with your local food bank**

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**

Most importantly, contact your Member of Parliament, Member of Provincial Parliament, and City Councillor and urge them to adopt the recommendations in this report.

Visit [fundthebenefit.ca](https://fundthebenefit.ca) to send a letter to government, calling for a fully funded Canada Disability Benefit

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

Published in partnership by Daily Bread Food Bank and North York Harvest Food Bank, this year's report highlights the multiple factors that are pushing more and more households into poverty. The report also provides concrete government recommendations to tackle the city's rapidly growing food insecurity crisis.

Key numbers

3.49M

food bank visits

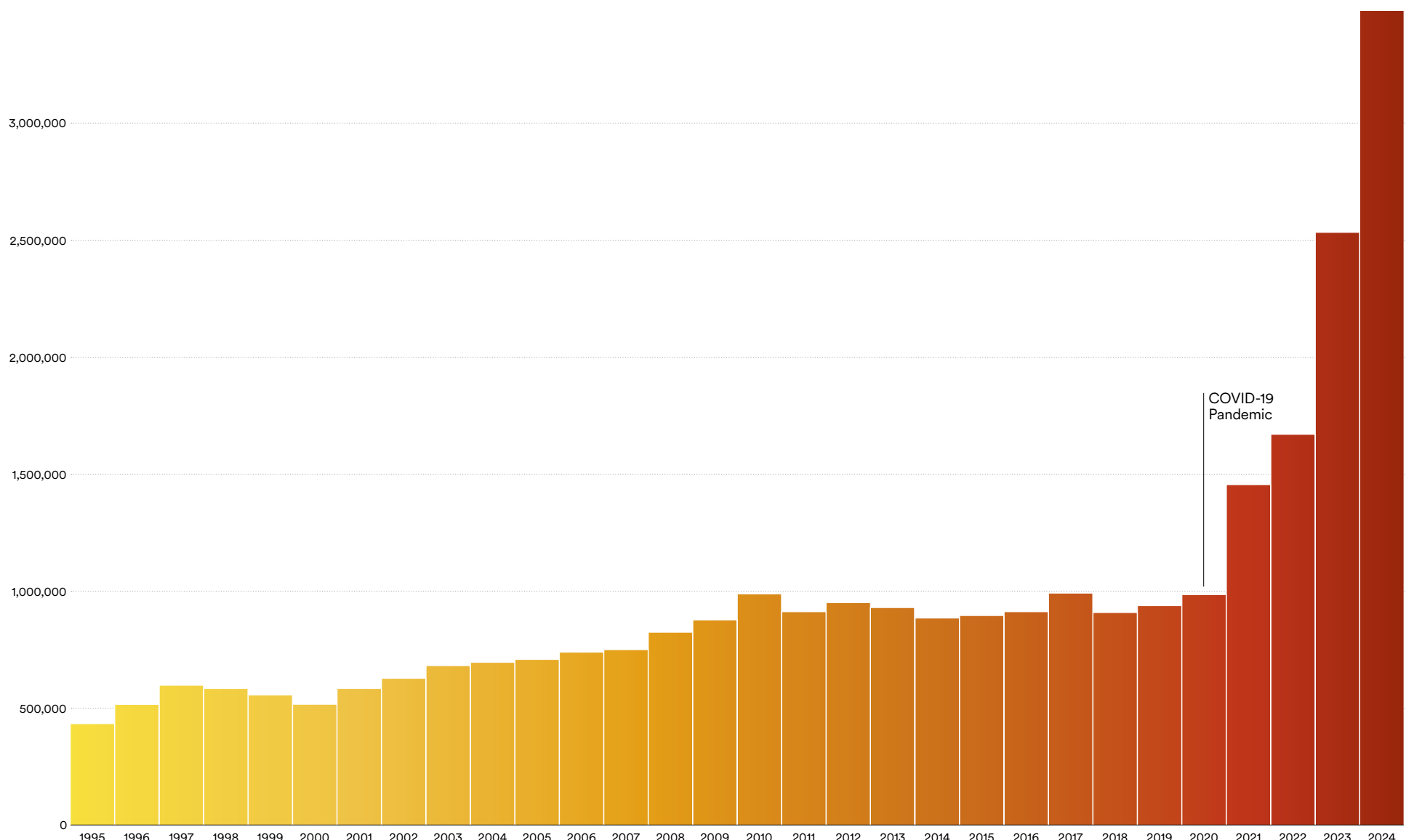
273% 

increase since pre-pandemic (2020)



57%  
of clients began  
accessing  
food banks in  
the past year

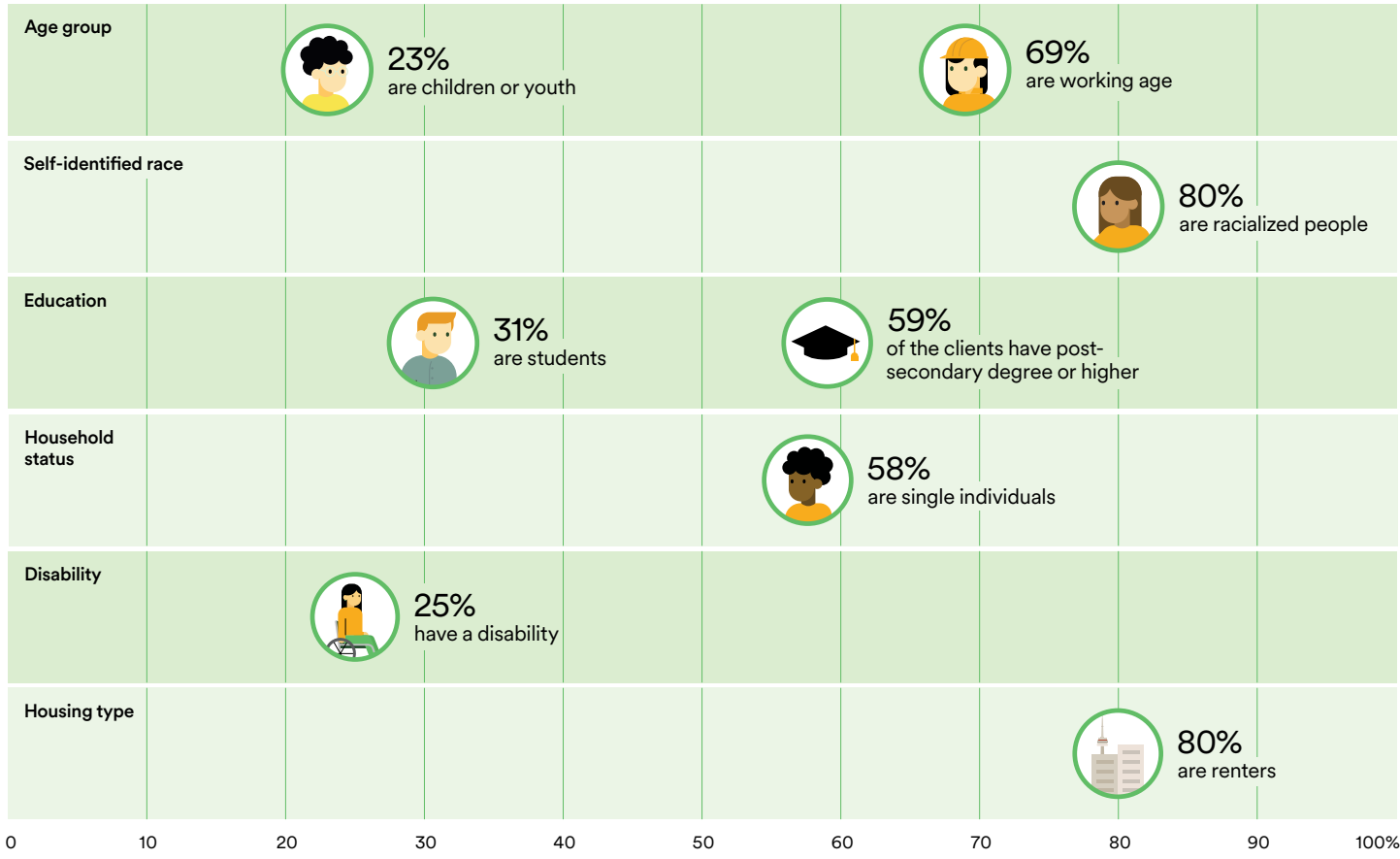
Food bank visits in Toronto by year



“ If I went and bought food for the month, I'd be broke. Then I can't travel. If I got bus fare, then I couldn't eat for the month. I live in frustration.

# The growing depths of poverty

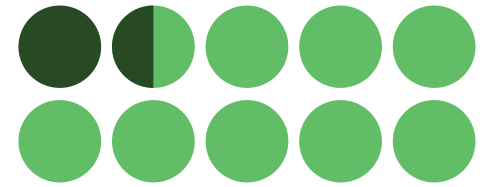
## Hardship reaching all demographics



Over

# 1 in 10

Torontonians rely on food banks



51% of new clients have someone in their household who is employed



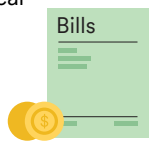
4 in 5 new clients are newcomers (in Canada for less than 5 years)



## A cost-of-living crisis

57% listed cost of living as their main reason for coming to food banks

50% missed a meal to pay for something else



Over 1 in 5 food bank clients are spending all of their income on housing, leaving nothing for food



# \$7.78

is the median amount of money per person, per day that food bank clients have for food and all other necessities after paying their rent and utilities



Why is it SO bad now? The government needs to make a change. They need to make a difference.

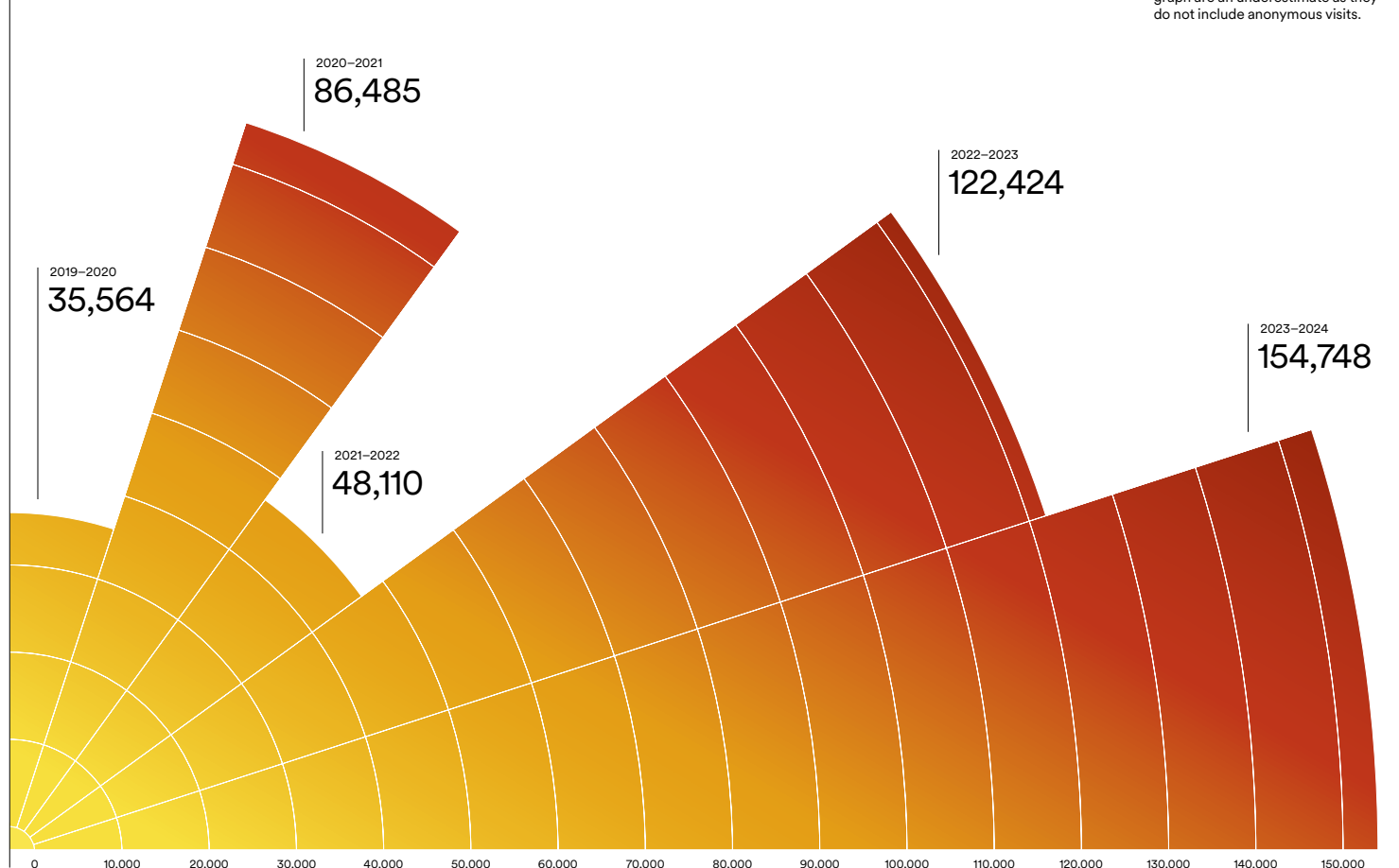
420% increase in unhoused clients



90% increase in clients from emergency shelters

“Particularly in Toronto, it’s not easy. Some people are getting only the minimum wage... so they’re not able to live a good and a healthy life. Because after making housing payments, you have so little to take care of your other needs.”

New food bank clients in Toronto by year\*



\*The numbers presented in the graph are an underestimate as they do not include anonymous visits.