

HUNGERCOUNT 2022



Get the whole picture
Download our full HungerCount 2022 Report [here](#).

"It's been a tough year for those who struggle with hunger and we're fearful of what's ahead."

Read more

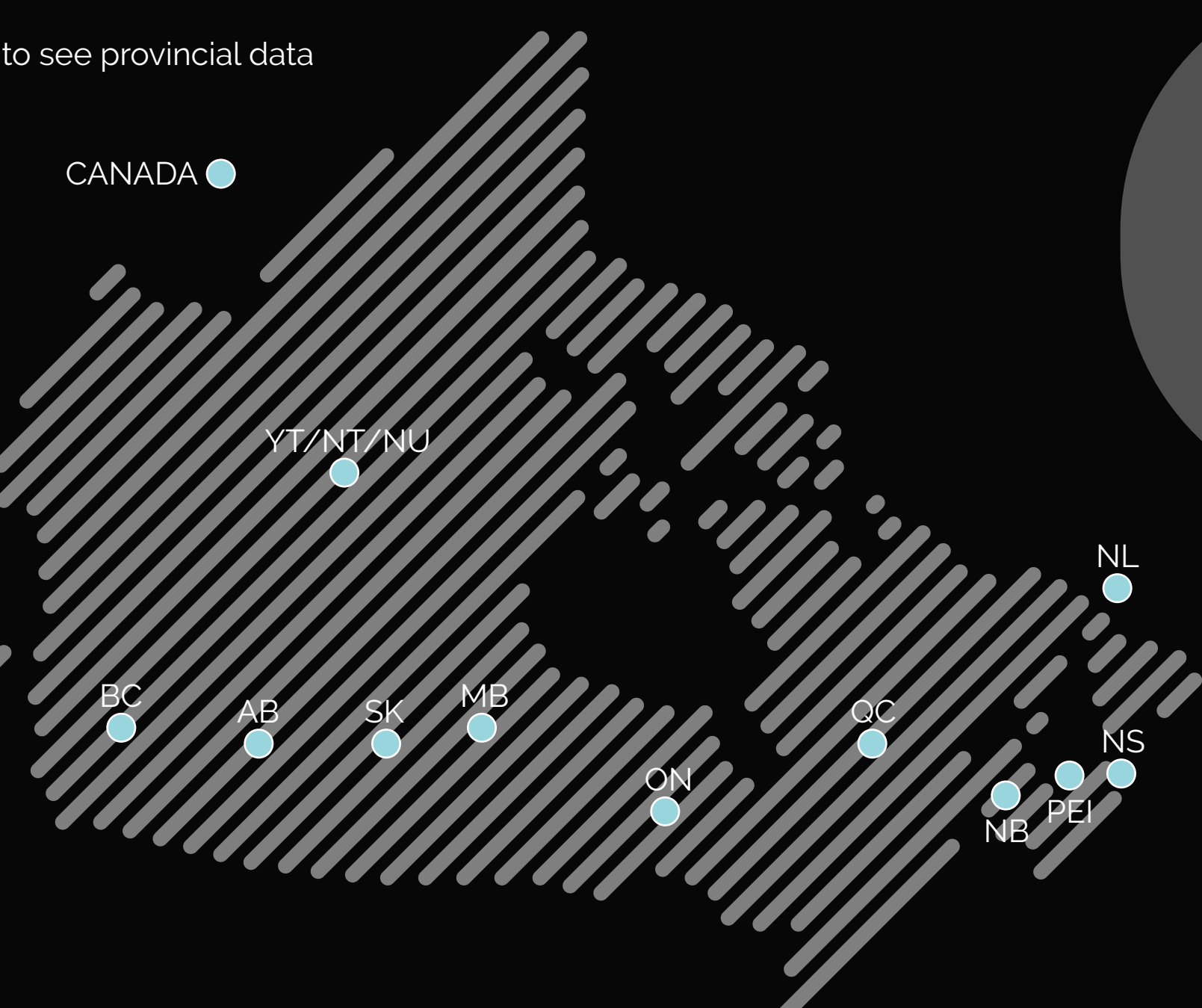
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THE DATA



Click to see provincial data



Canada	ALL
Total Visits	1,462,795
Total Visits (Child)	485,041
% Change in Total Visits 2021-2022	15
% Change in Total Visits 2019-2022	35
Total Meals and Snacks	4,045,013
Food Banks Reporting	2,381

Read more

Canada at a glance - Food Bank User Statistics

33.1%

are children

33.1% of food bank users are children while representing only 20% of the population

45.4%

are single adult households

Single adult households represent 45.4% of households accessing food banks, while representing only 29.3% of the population.

49%

are on social assistance or disability-related supports

Those receiving provincial social assistance as their main source of income represent 49% of households accessing food banks

Household income sources of those accessing food banks

1 in 7

are currently employed

16.7%

receive provincial disability support

1 in 9

receive pension income

17.9%

are single parent households

The percentage of single adults with children using food banks is 17.9% while representing only 8.7% of the population.

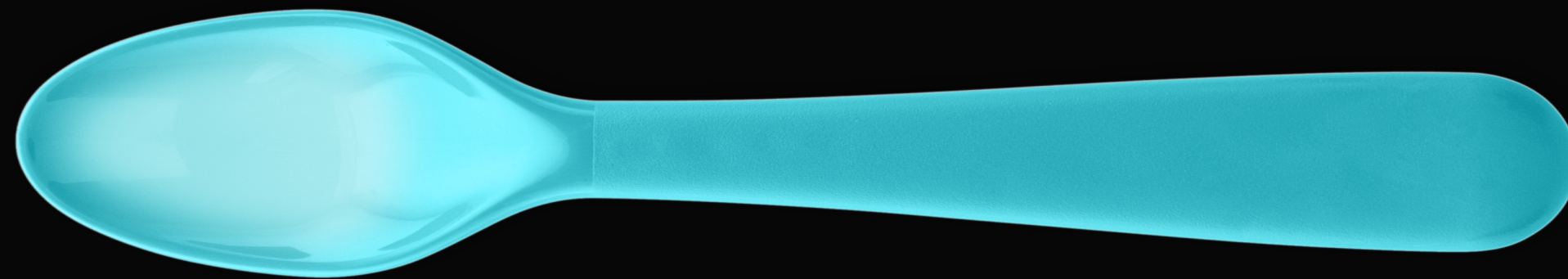
8.9%

are seniors

8.9% of food bank clients are seniors, a significant increase from 6.8% in 2019.

4,045,013

Is the total number of meals and snacks served in March 2022 (does not include hamper programs).



Our Mandate

Food Banks Canada provides national leadership to relieve hunger today and prevent hunger tomorrow in collaboration with the food bank network in Canada. We do this by maximizing the collective impact of the network, strengthening the local capacity of food banks, and advocating to reduce the need for food banks.

[Find a food bank in your area](#)

POLICY

RECOMMENDATIONS

- Overview**

A dual path toward a better road ahead
- Recommendation 1**

A Minimum Income Floor - planks are in place, but large cracks remain
- Recommendation 2**

Affordable Housing - a persistent problem that requires urgent solutions
- Recommendation 3**

Low-Income Workers - more supports needed for Canada's working poor
- Recommendation 4**

Northern and Remote Food Insecurity - an issue increasing at an alarming rate

For all our policy recommendations

Click here

Did you know?

Food banks across Canada offer more than food. One in five offer training, education, and/or help with finding employment. Find out more by reading the [full report](#).

Our vision is a Canada where no one goes hungry

Food Banks Canada is a national charitable organization dedicated to helping Canadians living with food insecurity. We support a network of Provincial Associations, affiliate food banks, and food agencies that work at the community level to relieve hunger. Our work is focused on maximizing collective impact, strengthening local capacity, and reducing the need for food banks.

Our Mandate

Food Banks Canada provides national leadership to relieve hunger today and prevent hunger tomorrow in collaboration with the food bank network in Canada. We do this by maximizing the collective impact of the network, strengthening the local capacity of food banks, and advocating to reduce the need for food banks.

ABOUT



[Find a food bank in your area](#)

OUR METHODOLOGY

The annual HungerCount is Food Banks Canada's signature report documenting food bank use in Canada. It is a cross-sectional census survey of most food bank agencies, organizations, and programs, within and outside of the Food Banks Canada network. The HungerCount provides a point in time snapshot of food bank use in Canada.

Food Banks Canada is always looking for ways to improve the HungerCount report. If you have questions about the report, or ideas on how we could improve it, we would like to hear from you. Please get in touch at info@foodbankscanada.ca and put HungerCount in the subject line of your message.

To learn more about our data collection and analysis processes for HungerCount 2022, [click here](#) to download the full PDF report.

