



MOISSON
MONTREAL

2019 HUNGER COUNT
BY MOISSON MONTREAL



ABOUT MOISSON MONTREAL

Moisson Montréal is a registered charity founded in 1984 and is Canada's largest food bank. Our mission is to provide an optimal food supply for community agencies serving Montreal's most vulnerable people and to actively participate in the development of sustainable solutions to promote food security.

Thanks to the generosity of our volunteers and food donors, Moisson Montréal has an extraordinary multiplier effect in that for every dollar donated, \$15 worth of food is redistributed.

Moisson Montréal's Hunger Count 2019

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MOISSON MONTRÉAL IN NUMBERS



253 Moisson Montréal's
accredited organizations



12,180 volunteers in
2018-2019



more than **300** food donors
including **100** supermarkets



15 million kilos of food distributed
throughout the year

WHAT IS THE HUNGER COUNT?

The Hunger Count is an annual survey by all food bank members that are part of the Food Banks Canada (FBC) network. The purpose is to measure the extent of food assistance provided by community organizations across Canada.

METHODOLOGY

The data is collected annually, during the month of March, from local community organizations served by Moisson Montréal. Each member provides data to Moisson Montréal from within their own organization. The information is then compiled and analysed with the help of *l'Université de Montréal's Institut de recherche en santé publique*.

In March 2019, Moisson Montréal supplied 253 organizations, of those, 233 answered the Hunger Count survey.

The Response Rate = 92%

KEY HIGHLIGHTS

THERE WAS AN OVERALL REDUCTION OF ALMOST ALL TYPES OF FOOD AID REQUESTS IN 2019, AS COMPARED TO 2018

Requests for food aid fulfilled by accredited organizations
An 11.5% decrease from 2018.

▷ 567,317

Meals and snacks served
A 12.4% decrease from 2018

▷ 444,506

Visits to a food pantry program
An 8% decrease from 2018

▷ 122,811

Number of people using food pantry programs
An 8.2% decrease from 2018

▷ 68,237

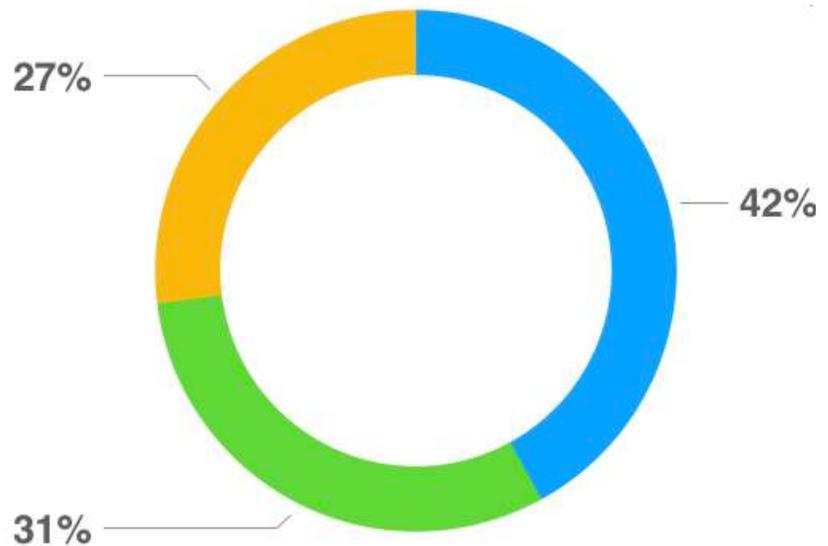
35.2% OF FOOD PANTRY USERS ARE CHILDREN, COMPARED TO **35.8%** IN 2018.



BREAKDOWN OF FOOD SERVICES PROVIDED BY COMMUNITY ORGANIZATIONS WITH FOOD DONATIONS PROVIDED BY MOISSON MONTRÉAL

SEVERAL ORGANIZATIONS OFFER TWO SERVICES IN ORDER TO PROVIDE FOOD AID THAT RESPONDS TO THEIR PATRONS' NEEDS

- Food Pantry and Meals
- Food Pantry Only
- Meals and Snacks Only



ORGANIZATIONS HAVE A WIDE VARIETY OF MISSIONS

Main Services

Organizations with a food security mission	33%
<ul style="list-style-type: none"> • Food Pantries • Community Kitchens • Communal Grocery Stores 	
Organizations with missions other than food security	67%
<ul style="list-style-type: none"> • Community Centres • Shelters • Rehabilitation Centres • Youth Centres • Homeless Shelters • Immigration Welcome Centres 	

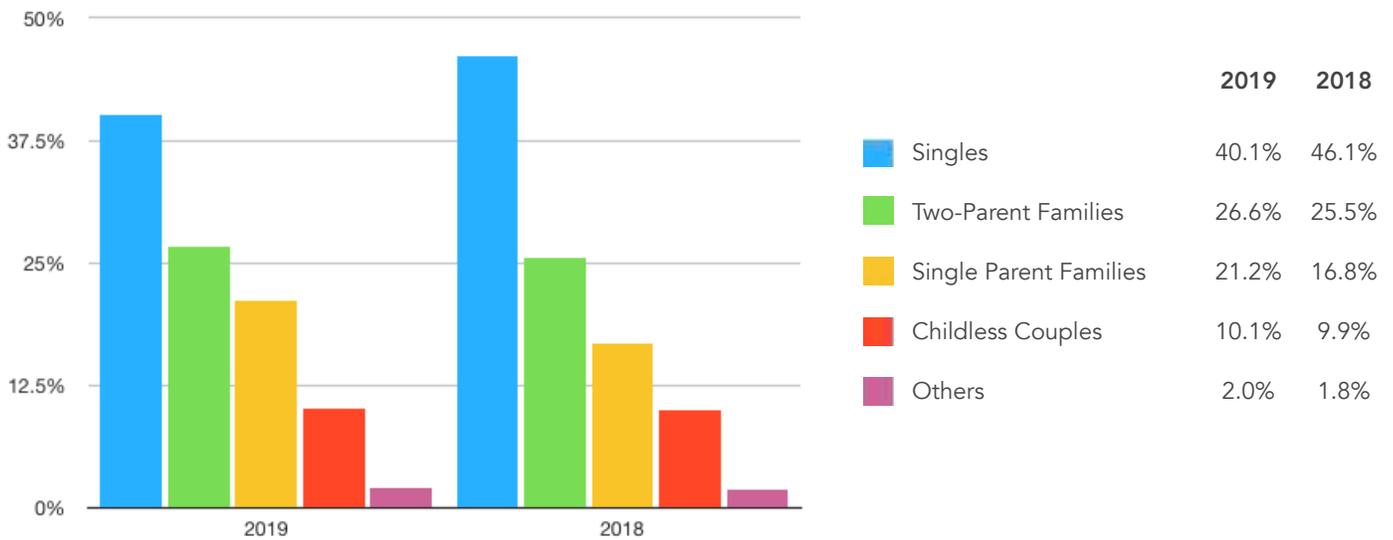
FOOD PANTRIES

FOOD PANTRIES MAINLY PROVIDE FOOD ASSISTANCE, SUCH AS: FOOD BASKETS, COMMUNITY GROCERY STORES OR EMERGENCY FOOD AID.

AGE GROUP OF FOOD PANTRY USERS

Age Group	2019	2018
Children under 17 years of age	24,047	26,642
Adults 18 years and over	44,190	47,727
Total	68,237	74,369

HOUSEHOLDS RELYING ON FOOD PANTRIES



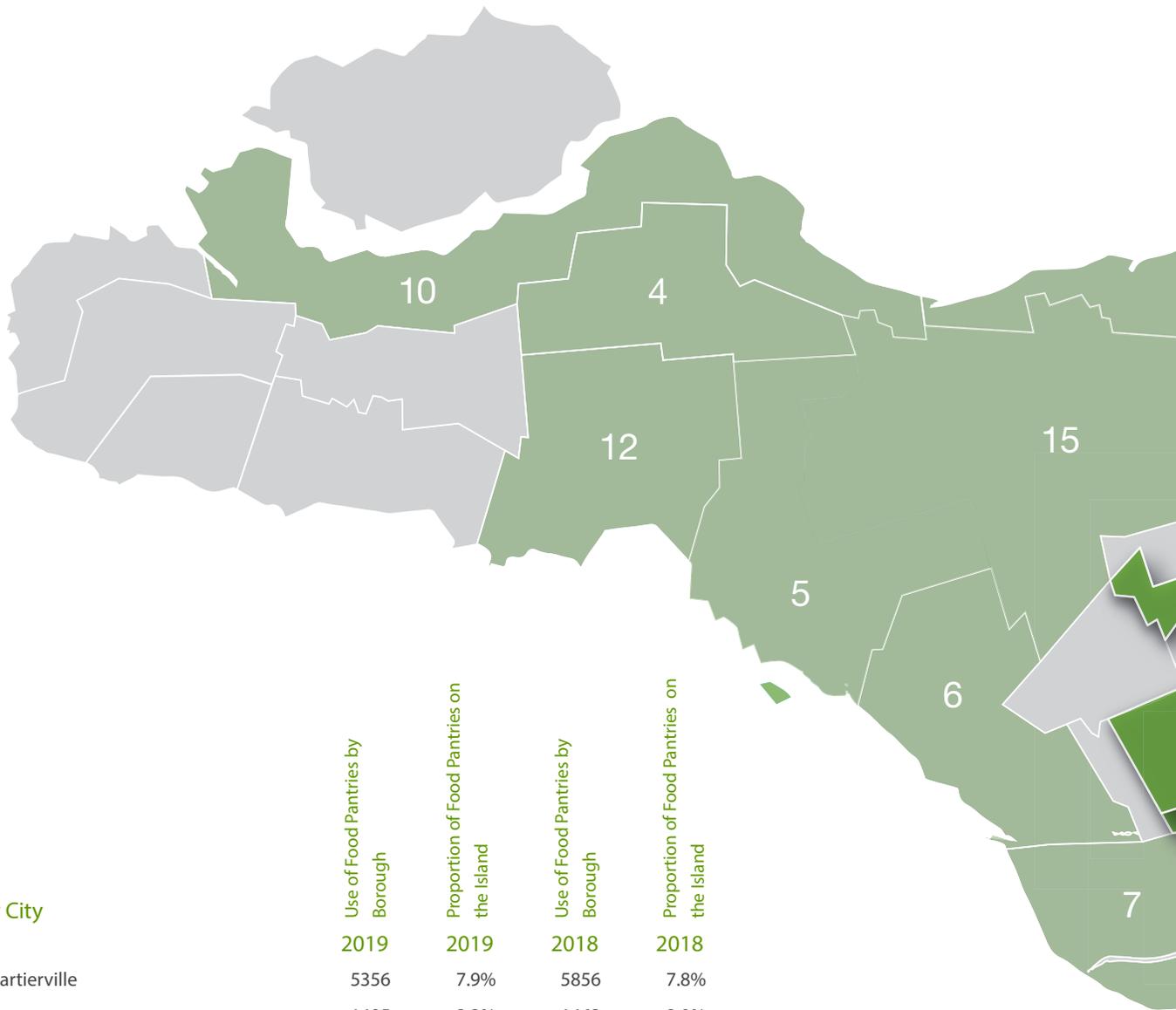
OVERALL THE NUMBER OF FOOD PANTRY USERS IN 2019 FELL BY **8.2%**.
9,013 CHILDREN UNDER THE AGE OF 5 RECEIVED FOOD PANTRY HELP EACH MONTH.
15.1% DECREASE FROM 2018.

SINGLE PEOPLE REPRESENT THE LARGEST HOUSEHOLD PROPORTION USING
FOOD PANTRIES, EVEN THOUGH THERE WAS A **6** POINT DECREASE IN THAT DEMOGRAPHIC
A DEVELOPPING TREND IN MONTREAL SINCE **2008**.

THE PROPORTION OF SINGLE PARENT HOUSEHOLDS HAS INCREASED
BY **5** POINTS.

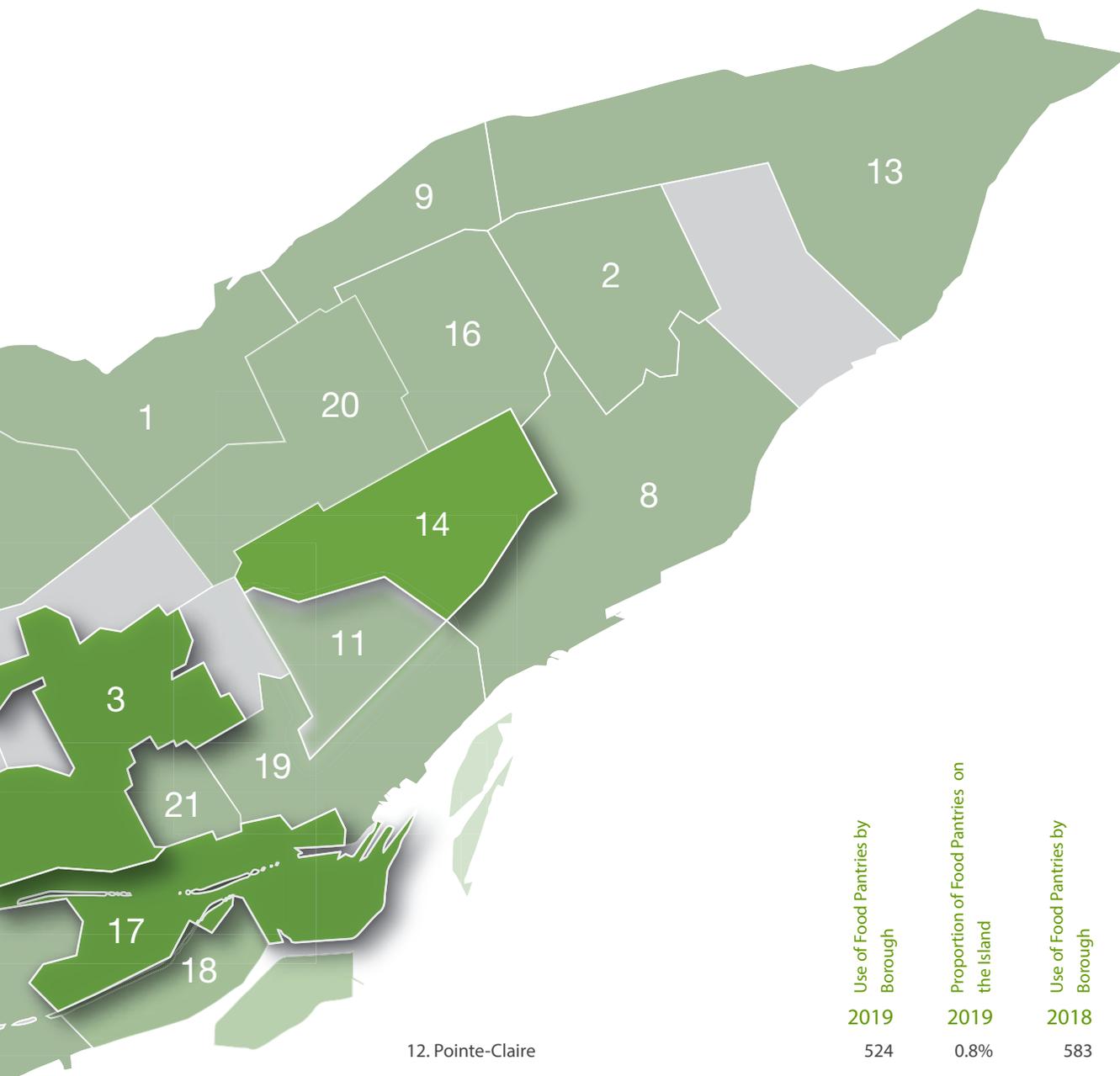


FOOD PANTRY DISTRI



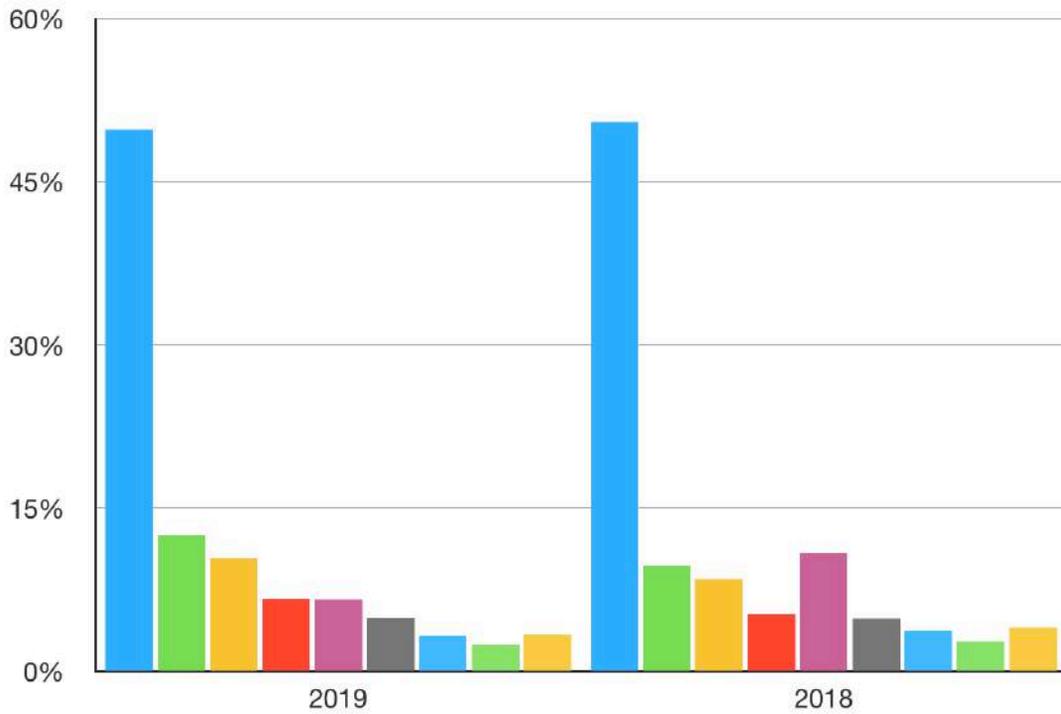
Borough or City	Use of Food Pantries by Borough	Proportion of Food Pantries on the Island	Use of Food Pantries by Borough	Proportion of Food Pantries on the Island
	2019	2019	2018	2018
1. Ahuntsic-Cartierville	5356	7.9%	5856	7.8%
2. Anjou	1495	2.2%	1463	2.0%
3. Côte-des-Neiges-Notre-Dame-de-Grâce	15160	22.3%	16584	22.2%
4. Dollard-des-Ormeaux	195	0.3%	346	0.5%
5. Dorval	115	0.2%	115	0.2%
6. Lachine	1426	2.1%	1168	1.6%
7. LaSalle	941	1.4%	1083	1.4%
8. Mercier-Hochelaga-Maisonneuve	3559	5.2%	3395	4.5%
9. Montréal-Nord	1165	1.7%	897	1.2%
10. Pierrefonds-Roxboro	1165	1.7%	4645	6.2%
11. Le Plateau-Mont-Royal	2574	3.8%	7838	10.5%

DISTRIBUTION BY BOROUGH



	Use of Food Pantries by Borough	Proportion of Food Pantries on the Island	Use of Food Pantries by Borough	Proportion of Food Pantries on the Island
	2019	2019	2018	2018
12. Pointe-Claire	524	0.8%	583	0.8%
13. Rivière-des-Prairies-Pointe-aux-Trembles	2382	3.5%	2026	2.7%
14. Rosemont-La Petite-Patrie	7013	10.3%	2276	3.0%
15. Saint-Laurent	2440	3.6%	4098	5.5%
16. Saint-Léonard	2926	4.3%	2110	2.8%
17. Le Sud-Ouest	10157	14.9%	10390	13.9%
18. Verdun	2405	3.5%	2377	3.2%
19. Ville-Marie	3310	4.9%	3700	4.9%
20. Villeray-Saint-Michel-Parc-Extension	3775	5.5%	3780	5.1%
21. Westmount	45	0.1%	40	0.1%

SOURCES OF INCOME OF FOOD PANTRY USERS



2019 2018

■ Welfare	49.8%	50.5%
■ Employment	12.5%	9.7%
■ Old Age Pension	10.4%	8.5%
■ No Income	6.7%	5.2%
■ Family Allowance	6.6%	10.9%
■ Student Loans / Bursaries	4.9%	4.8%
■ Employment Insurance	3.3%	3.7%
■ Disability Income	2.4%	2.7%
■ Other	3.4%	4.0%

WELFARE RECIPIENTS REPRESENT THE LARGEST PROPORTION (**49.8%**) OF PEOPLE USING FOOD PANTRIES.

THE EMPLOYED OR THOSE WHO RECEIVE AN OLD AGE PENSION MAKE UP **12.5%** AND **10.4%** OF ALL PATRONS, RESPECTIVELY.

BOTH THESE CATEGORIES HAVE INCREASED FROM 2018.

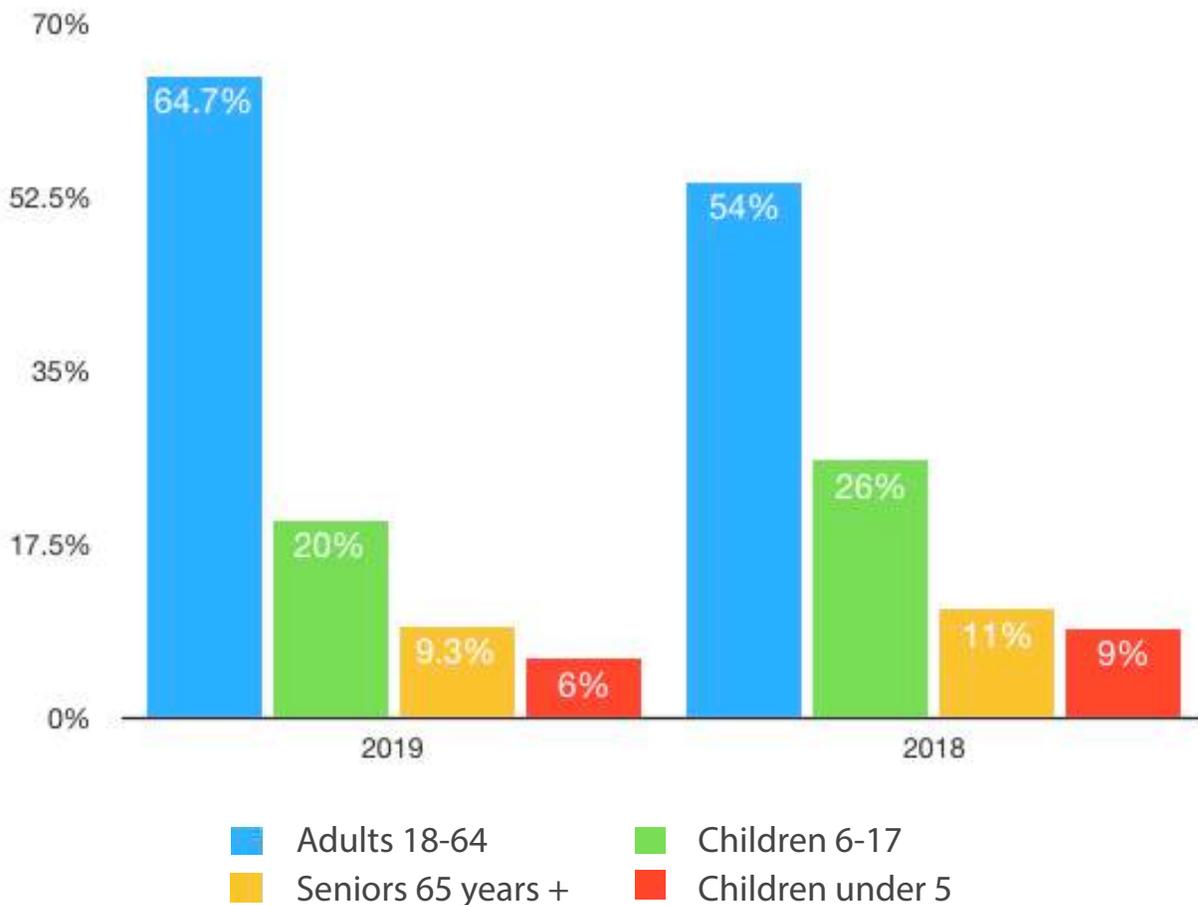
MEALS

THE MEAL PROGRAMS CONSIST OF THE FOLLOWING SERVICES: SNACK DISTRIBUTION, COOKING WORKSHOPS, MEALS-ON-WHEELS AND COMMUNAL KITCHENS.

Meal Distribution	2019	2018	VARIATION
Breakfast	72 453	84 381	-14.1%
Lunch	135 191	159 856	-15.4%
Dinner	79 729	104 220	-23.5%
Communal Kitchens	28 113	14 945	88.1%
Meals-on-Wheels	22 533	14 012	60.8%
Total Meals Served	338 018	377 414	-10.4%
Snacks	106 488	129 943	-18.1%
TOTAL MEALS AND SNACKS SERVED	444 506	507 357	-12.4%

45% OF THE **106,488** SNACKS DISTRIBUTED WERE GIVEN TO CHILDREN

AGE RANGE OF MEAL PROGRAM USERS



RECOMMENDATIONS

We also gather, as part of the Hunger Count, our accredited community organizations' opinions on government initiatives and public policies that would have the largest impact on the fight against food insecurity.

The following issues have been identified as priorities:

- Develop a national strategy to fight poverty
- Increase the number of affordable housing units
- Increase support for mental health issues
- Increase the provincial minimum wage
- Increase old age pensions



CONCLUSION

We have noticed a marked decrease in the number of people relying on food pantries. However, the data collected in this survey does not precisely identify the factors that enabled the decrease. On the other hand, it is possible to theorize that a probable correlation may exist between the decrease and two other variables. During the survey month, Montreal's unemployment level was at 7% and with the number of social assistance recipients at 4%, demand dropped as compared to 2018.¹

Furthermore, according to the Quebec Government's report on Social Assistance Programs Statistics "Statistique sur la clientèle des programmes d'assistance sociale"¹, **more than 50% of recipients of employment programs and last-resort financial aid programs are single people**. In addition, our survey indicates that food pantry use is most prevalent within single households (40%).

Food assistance demand has diminished most notably at food pantries as well as at meal & snack programs. Geographically, the demand level is similar to last year across the City of Montreal.

Moisson Montréal is pleased that the Hunger Count indicates a decrease in demand for food assistance across the city. Although 500,000 requests for food aid were received by neighbourhood organizations. Though the trend is encouraging, we should nonetheless continue our efforts, despite a favourable economy. **The second largest group requesting assistance are the employed (12.5%) and those receiving old age pensions (10.4%).**

The Montreal food bank network seems to function well, however there are still unmet needs within the city. In fact, 68,237 people needed food assistance in 2018. According to survey results from our organizations, 49% of households indicated that social assistance was their primary source of income. Therefore, despite a favourable economy, too many people are having difficulty making ends meet.

¹ - Rapport statistique sur la clientèle des programmes d'assistance sociale août 2019 - Ministère du Travail, de l'Emploi et de la Solidarité sociale. <https://www.mtess.gouv.qc.ca/statistiques/prestataires-assistance-emploi/index.asp>

Increases in the cost of living (food and rent) and difficulty accessing public transportation add pressure on household income for the most vulnerable in society. They are therefore obliged to cut food purchases - the most elastic category of household expenses that is often affected.

Even if full employment has improved the living conditions of many, the labour market is not easily accessible for those with severely limited capacity for employment and many are often compelled to use social assistance programs in order to meet their basic needs. Whether their situation or vulnerability is temporary or permanent, the availability of proper nutrition is an indispensable part of a healthy life and human dignity.

Furthermore, two-thirds of our accredited organizations offer additional services to help people reintegrate into society. **Food aid is a gateway toward overall support and assistance for the most vulnerable among us.** We therefore continue to offer services and activities, for they provide the disadvantaged access to, and the ability to re-enter, the workplace.

Moisson Montréal is committed to its mission and hopes the decrease demand for food assistance continues over the next several years.

