



Interaction Famille Hochelaga-Maisonneuve daycare



Families, working people, and inflation: the new face of hunger in Montreal

Moisson Montréal 2023 Hunger Count



About Moisson Montréal

Moisson Montréal is a registered charity founded in 1984 and the largest food bank in Canada. Its mission is to provide an optimal food supply for community agencies serving vulnerable people on the Island of Montreal while participating in the development of sustainable solutions. Thanks to the generosity of volunteers and food donors, Moisson Montréal benefits from an extraordinary leverage effect: for each dollar donated the organization redistributes more than \$15 worth of food. Moisson Montréal provides 18 million kg of food per year to the greater community network, including over 300 community agencies on the Island of Montreal that fulfill 907,597 monthly requests for food assistance.

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About the Hunger Count

The Hunger Count is a survey conducted by food bank members of Food Banks Canada (FBC). The purpose is to measure the extent of food assistance provided by community organizations across the country.

Methodology

The data is collected annually, from March 1 - 31, from the local community organizations served by Moisson Montréal. Each organization is responsible for collecting its own data and forwarding it to Moisson Montréal where it is compiled and analyzed with the support of the Centre de recherche en santé publique (CRéSP).

In 2023, 284 agencies accredited to Moisson Montréal participated in the Hunger Count.

Moisson Montréal 2023 Hunger Count

Research and writing:

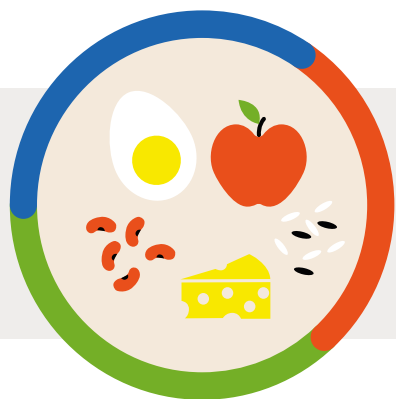
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Portrait of hunger in Montreal



47% increase in the number of people receiving food assistance

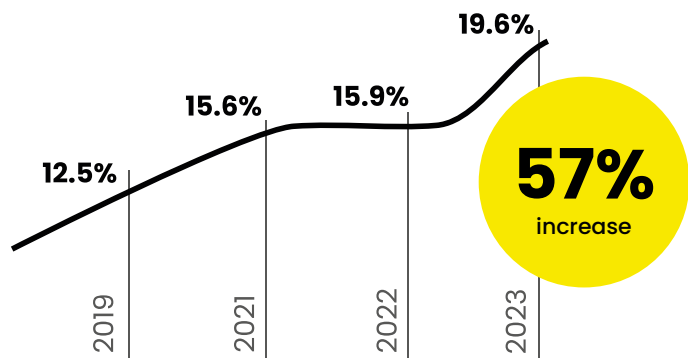
Families mostly affected

For the first time in 15 years, two-parent families represent the largest single group.

54% of people using food assistance are families (33.7% two-parent households and 20.2% single-parent households).

Types of housing

The majority of households using food pantries live in private rental accommodations (58.3%).



More and more working people:

The data show a significant increase in the percentage of beneficiary households having employment revenue as their main source of income, an increase of 57% compared to 2019.

A shift in the types of food aid

55% increase in the use of food pantries

17% drop in the number of meals and snacks served



Dominic, chef at PAS de la rue

Hunger Count Highlights



907,597

requests for food assistance fulfilled **per month** by agencies



345,576

Visits to food pantries per month
An increase of 55%



562,021

Meals and snacks served per month
A decrease of 17%

The data suggests that organizations have adapted their services in the context of a challenging economic climate. **They have reduced the number of meals and snacks to meet the growing demand for emergency services related to food assistance.**



145,463

Total number of people using food pantries
an increase of 46.7%

36.4 %
of food pantry users are **children**

More than 300 agencies accredited to Moisson Montréal

18.3 million kilos of food distributed in 2022-2023

Food pantries

Food pantries group together food assistance services such as food baskets, communal groceries, or emergency food assistance.

52,937

children aged 0 - 17 received food pantry services

92,526

adults aged 18 and over received food pantry services

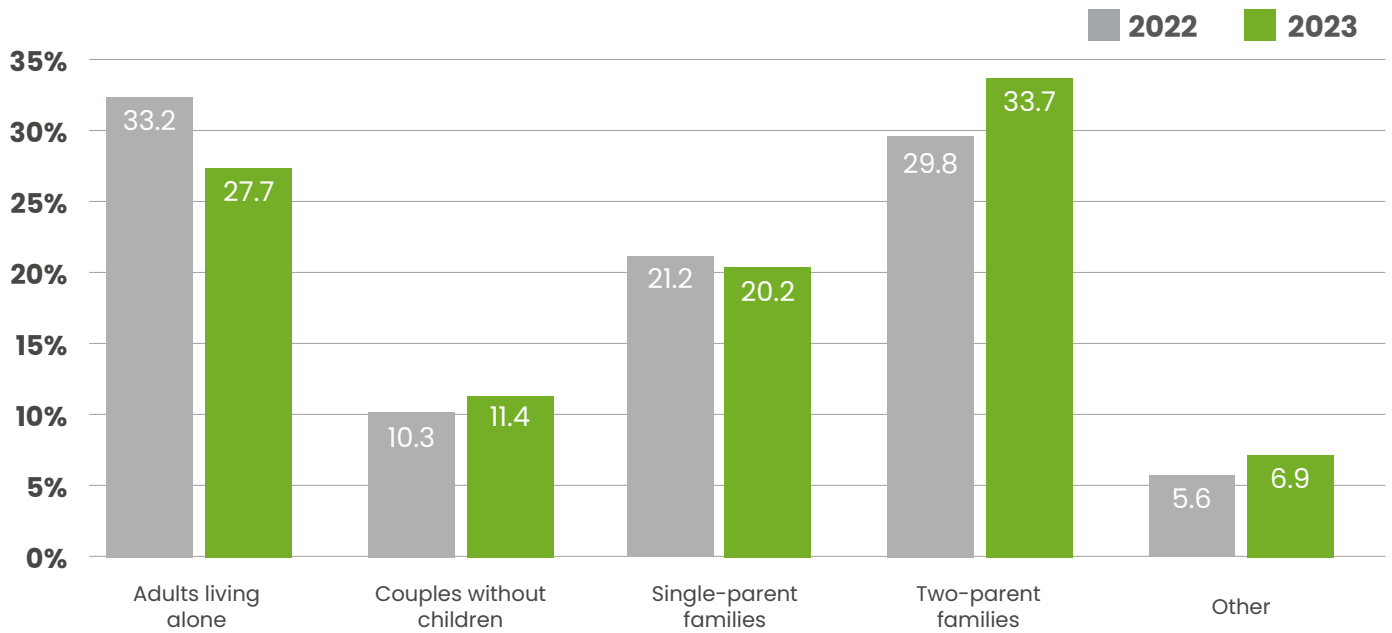
47% increase in the number of people receiving food pantry services between 2022 and 2023

The rising cost of living explain the increased demand by families for food assistance, placing them in a precarious situation regarding food security.



Types of households having used food pantries

177 out of 284 organizations responded to this Hunger Count question



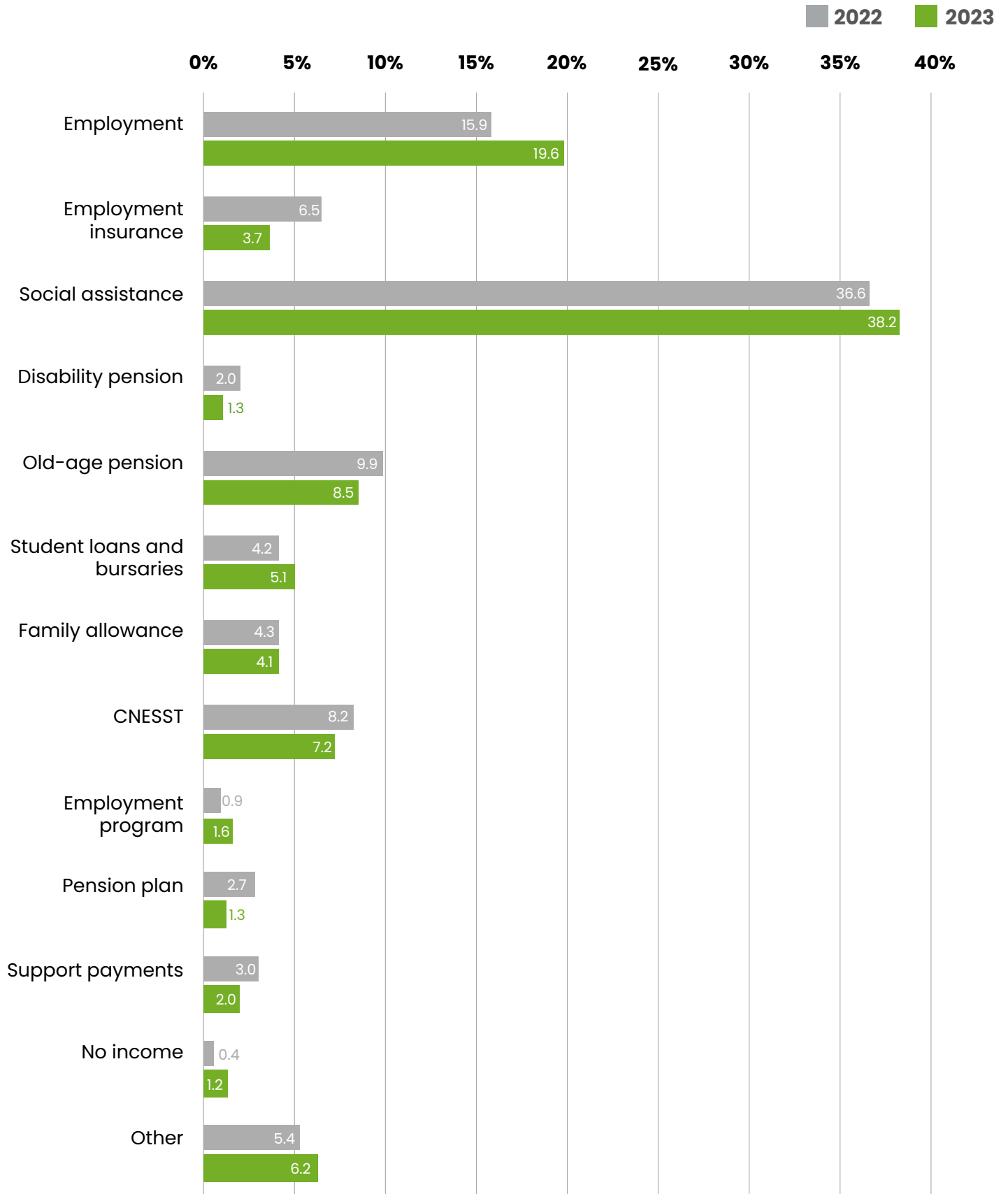
This year, for the first time since 2008, “two-parent families” is the largest category represented. Previously, “adults living alone” was the largest category represented.

This major shift in household composition is a significant sign of the changing face of hunger in Montreal.



Main source of income of households having used food pantries

146 organizations out of 284 responded to this question





More and more employed people are seeking food assistance. This is a worrying trend that may indicate that, despite having a job, a growing number of people are unable to meet their basic food needs.

“

“We’re seeing more two-parent families seeking food assistance. Among these families, Hubert is a parent who has been using our frigo-don for over a year. The family has three children. Both parents work, one of them part-time. Average salaries, one car, daycare expenses for two children, expensive rent. For this family, the use of our food pantry allows them to adequately feed their family.”

Carrefour Familial Hochelaga

Meals

Includes meals, snacks, meals-on-wheels, and communal kitchens.



“During the 2022-23 year, we noticed an increase in the demand for food pantries and also a change in our beneficiaries. In fact, 52.6% of new requests have come from asylum seekers. This change in clientele is reflected in the use of our other services.”

Mon Resto Saint-Michel



Cooking workshop at Mon Resto Saint-Michel

MEALS	2022	2023
Breakfast	94,299	80,750
Lunch	167,799	155,036
Dinner	108,769	98,571
Communal kitchens	34,717	21,081
Meals delivered to home/ meals-on-wheels	88,074	63,435
Total number of meals served	493,658	418,873
Snacks	181,557	143,148
Total number of meals and snacks	675,215	562,021

As the number of meals served has decreased, Montrealers are turning to food pantries, the use of which increased by 55% in 2023



Kitchen, Le Chic Resto Pop

“

“I think we do magic every day, but we don't perform miracles. Inflation is hitting us hard and is having a direct impact on our our food supply. In addition, our customer traffic is increasing daily. On average, we are serving 30% more people this year than last year. We're working hard to maintain service quality and stability, but you should realize that it's a daily challenge.”

Le Chic Resto Pop

What do Moisson Montréal's agencies do?

With the food provided by Moisson Montréal, community agencies offer the following services:



Organizations have a wide variety of missions

24%

Organizations whose primary mission is food security

- Food pantries
- Community kitchens
- Community groceries, etc.

Moisson Montréal helps them fulfill their primary mission: to fight food insecurity.

76%

Organizations with a mission other than food security

- Community centers
- Shelters
- Addiction prevention, etc.

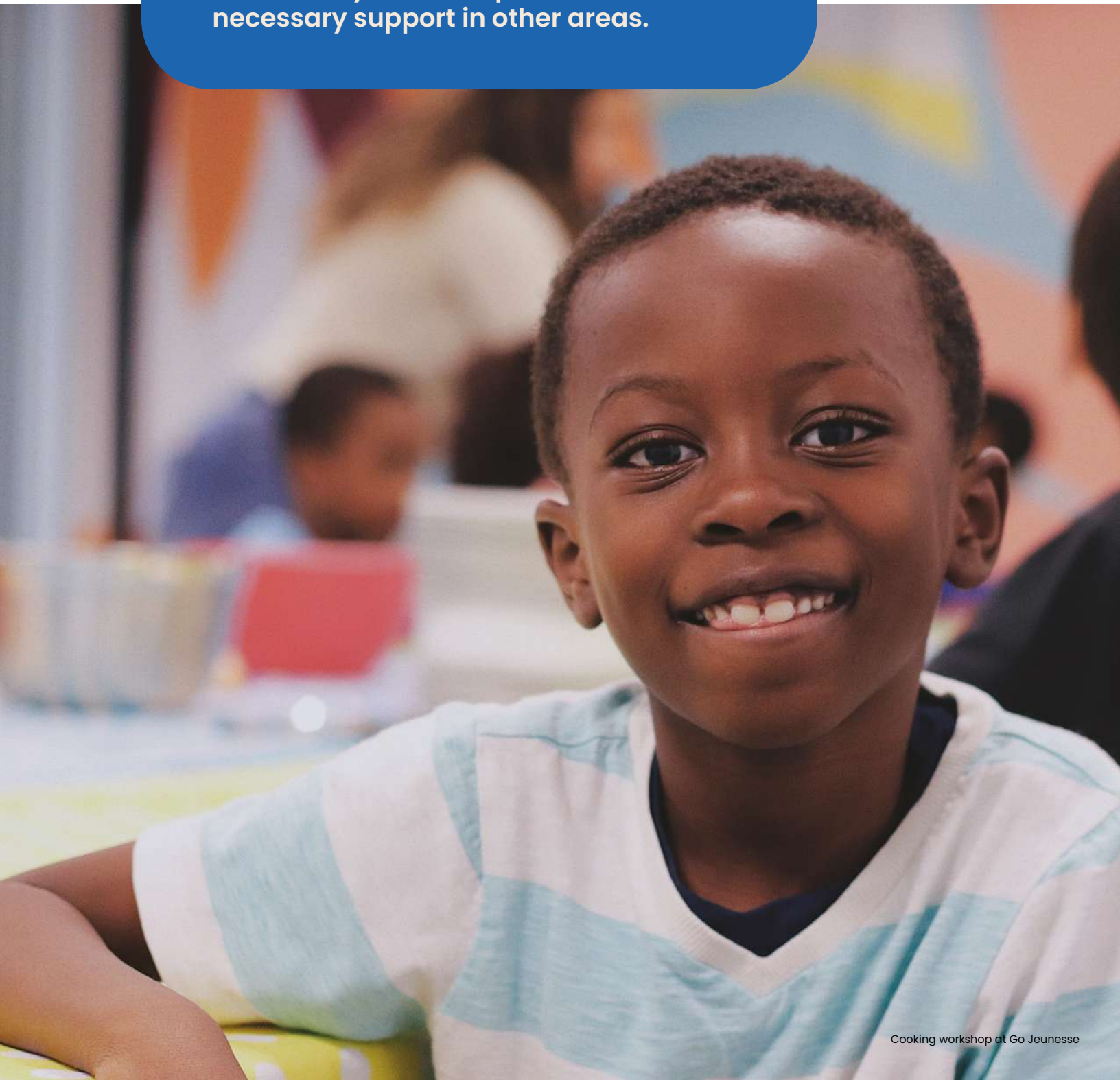
Moisson Montréal enables these organizations to concentrate their resources on their respective primary missions.



“Food assistance, as well as community kitchens, are activities that provide a great opportunity to exchange, create a sense of belonging to the organization and the community, and also fulfill the concerns of healthy eating and a better quality of life for participants and their families.”

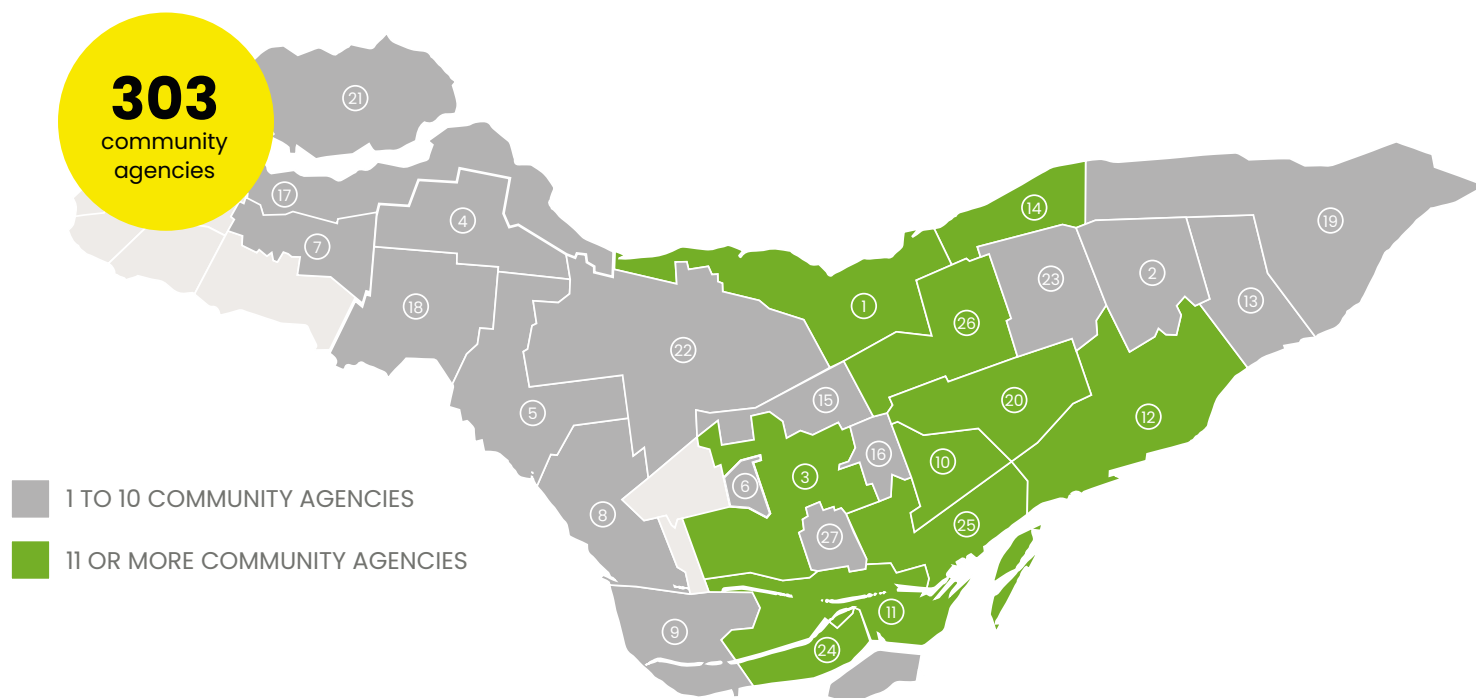
La Maisonnée

Faced with rising food needs, organizations whose primary mission is not food security must first be able to meet the food needs of their beneficiaries so that they can then provide the necessary support in other areas.



Distribution of community agencies by borough or city

Excluding 12 confidential organizations



1. Ahuntsic-Cartierville
4.6% (14 agencies)

2. Anjou
0.7% (2 agencies)

3. Côte-des-Neiges-Notre-Dame-de-Grâce
5.6% (17 agencies)

4. Dollard-des-Ormeaux
0.7% (2 agencies)

5. Dorval / L'Île Dorval
0.7% (2 agencies)

6. Hampstead
0.3% (1 agency)

7. Kirkland
0.3% (1 agency)

8. Lachine
3.3% (10 agencies)

9. LaSalle
3.3% (10 agencies)

10. Le Plateau-Mont-Royal
7.3% (22 agencies)

11. Sud-Ouest
8.9% (27 agencies)

12. Mercier-Hochelaga-Maisonneuve
12.9% (39 agencies)

13. Montréal-Est
0.3% (1 agency)

14. Montréal-Nord
3.6% (11 agencies)

15. Mont-Royal
0.3% (1 agency)

16. Outremont
0.3% (1 agency)

17. Pierrefonds-Roxboro
1% (3 agencies)

18. Pointe-Claire
0.7% (2 agencies)

19. Rivière-des-Prairies-Pointe-aux-Trembles
2.3% (7 agencies)

20. Rosemont-La Petite-Patrie
5.6% (17 agencies)

21. L'Île-Bizard-Sainte-Genève
0.3% (1 agency)

22. Saint-Laurent
3.3% (10 agencies)

23. Saint-Léonard
2.3% (7 agencies)

24. Verdun
3.6% (11 agencies)

25. Ville-Marie
15.5% (47 agencies)

26. Villeray-Saint-Michel-Parc-Extension
8.6% (26 agencies)

27. Westmount
0.3% (1 agency)

Confidential organizations
4% (12 agencies)



Recommendations from agencies

As part of the Hunger Count, we also seek the opinions of community agencies as to which government initiatives and public policies would have the greatest impact in fighting food insecurity.

These issues are considered to be priorities:

- Increasing affordable housing
- Increasing support for mental health
- Raising the provincial minimum wage
- Increasing aid for immigrants
- Establishing a guaranteed annual or basic income



Kitchen, Le Chic Resto Pop



Conclusion

Change in the type of requests

While the number of food requests fulfilled rose to 907,597, there was a marked increase in the use of food pantries.

Meal production of all types is declining, while the use of food pantries is up 55% this year. Despite this decrease in meal production, the number of meals distributed remains higher than the number of meals distributed pre-pandemic (2019).

This underscores the challenges faced by organizations in meeting the growing demand for food pantries.

Food assistance within the context of inflation

Inflation is making itself felt and its repercussions can be seen in the changing demographics of those asking for food assistance. For the first time in 15 years, two-parent families comprise the largest group using food pantries.

Another indicator of the impact of the cost of living on people in need of food aid is the steady growth in the number of working people among them. Their share now stands at 19.6%, compared with 15.9% last year.

Inflation is at the heart of the concerns expressed by organizations who single out housing prices, the price of groceries, and insufficient wage increases as the main causes of food insecurity.



Kitchen, Le Chic Resto Pop

Help that goes beyond food security

Increasing economic insecurity is leading to a growing demand for food assistance, and is an initial point of entry to organizations with diverse missions.

In recent years, organizations having a mission unrelated to food security have become increasingly important. Indeed, these organizations are offering many other services to support Montrealers.

In these cases, food assistance is the first step that enables organizations to make contact with these people and provide them with the support they need for job search assistance, health services, nutrition, advocacy, housing, and other social issues.

Consultation is the key

Combating food insecurity in Montreal requires a comprehensive approach, targeted policies, and close cooperation between community and government agencies to effectively meet the growing needs of the population.