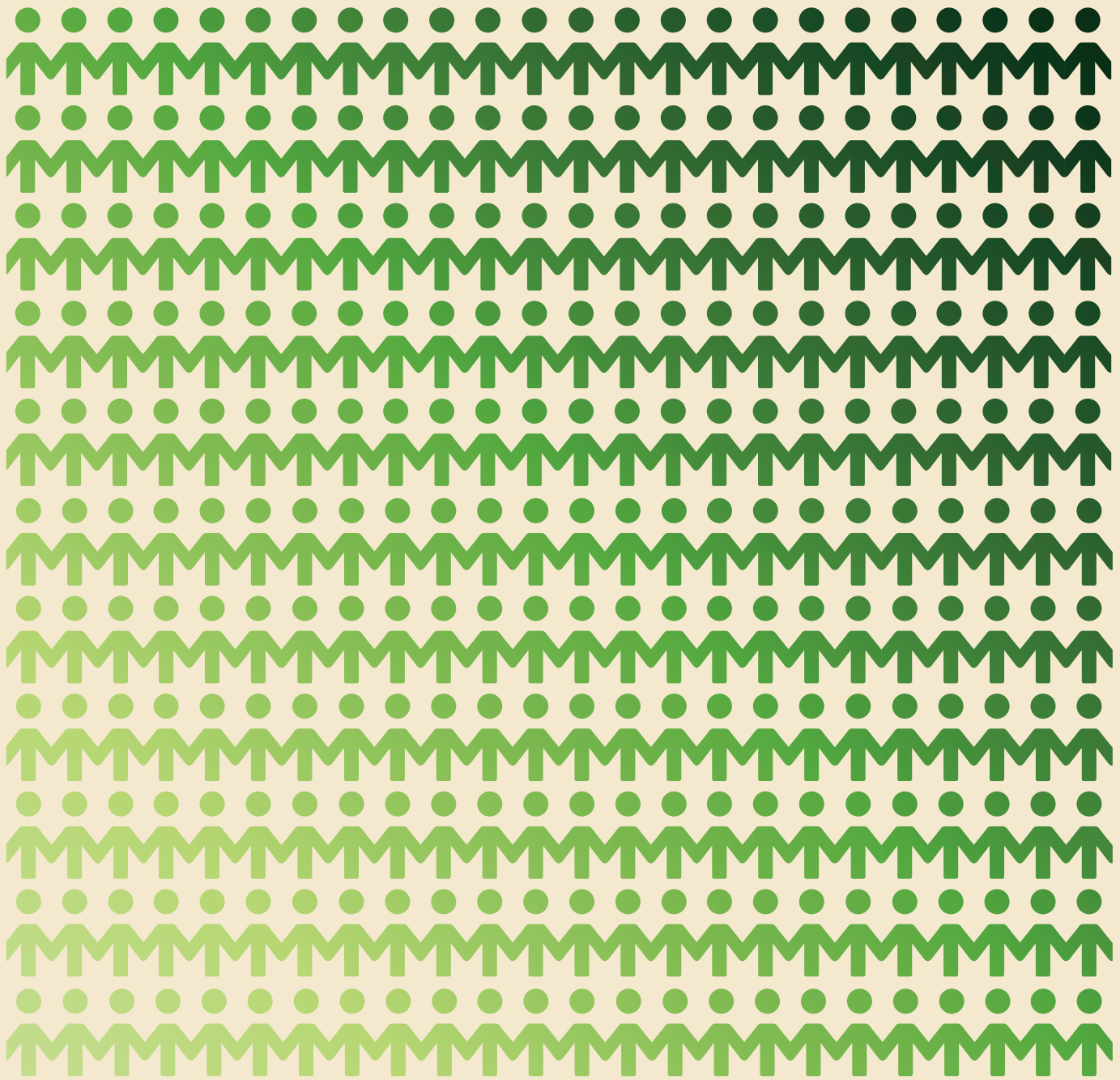


**Nearly one million requests for food assistance
fulfilled by community agencies each month in Montreal**



an alarming record

Moisson Montréal
2024 Hunger Count

40  **MOISSON
MONTREAL**
40 years strong and
still so much to do

About Moisson Montréal

Moisson Montréal, a registered charity founded in 1984, is **40 years old this year**. Originally established in a church basement, the organization now occupies an 11,000 m² warehouse in the borough of Saint-Laurent. With its 70 employees, about 50 volunteers needed daily, and **19.3 million kg of food distributed last year**, Moisson Montréal is the largest food bank in Canada. Its mission is to ensure an optimal food supply for Montreal community agencies working in food security, while developing sustainable solutions. It also acts as a key player in the food assistance ecosystem, encouraging synergies so that concrete action can be taken to reduce food insecurity.

Food destined for these community agencies is almost exclusively donated by producers, processors, and grocers. Moisson Montréal does not distribute food directly to people in need, but offers it **equitably** and **free** of charge to nearly **300 community agencies** across the Island of Montreal. They, in turn, respond to requests for food assistance from their beneficiaries.



**MOISSON
MONTRÉAL**

40 years strong and
still so much to do

About the Hunger Count

The Hunger Count is a survey in which members of Food Banks Canada (FBC) participate. The objective is to measure food support services provided by food banks across the country.

Methodology

Data is collected in April of each year from the local community agencies served by Moisson Montréal. Each member is responsible for collecting data within its organization from March 1 to 31 and forwarding it to Moisson Montréal. The data is then compiled and analyzed with the support of the Centre de recherche en santé publique (CRéSP). In 2024, 282 Moisson Montréal community agencies participated in the Hunger Count.

Moisson Montréal 2024 Hunger Count

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Follow us!



2024 Hunger Count highlights



382,403

visits to food pantries each month



440,719

meals served each month



176,333

snacks served each month

Grand total of
999,455

requests for food assistance fulfilled by community agencies each month.

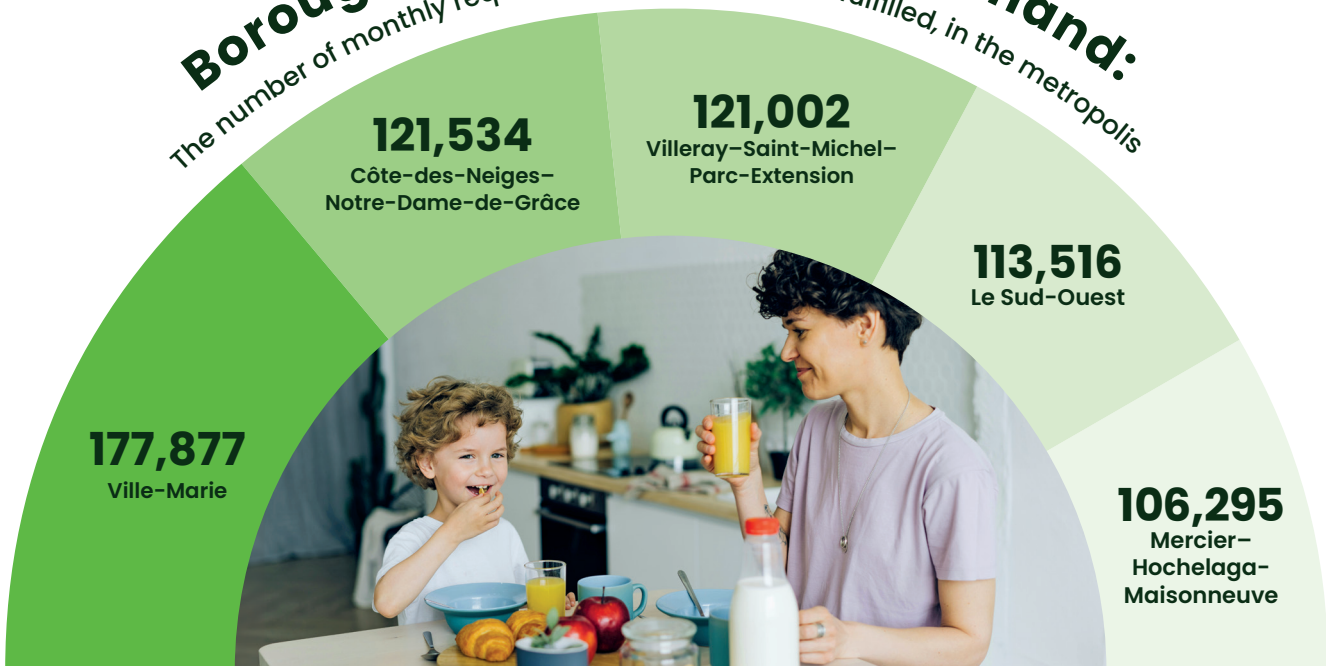
An increase of 10% since 2023.

239,481 Montrealers benefited from food assistance, more people than the entire population of Sherbrooke, Quebec's 6th largest city¹.

Although the Island of Montreal comprises 24% of the Quebec population², it has 43% of the province's food assistance recipients.

Boroughs with the highest demand:

The number of monthly requests for food assistance fulfilled, in the metropolis



¹ Institut de la statistique du Québec, « Estimations de la population des municipalités de 25 000 habitants et plus, Québec, 1^{er} juillet 2001 à 2023 ». <https://statistique.quebec.ca/fr/produit/tableau/estimations-de-la-population-des-municipalites-de-25-000-habitants-et-plus>

² Ibid.

Since the pandemic:

+ 2X

More than double the number of users

The number of food pantry users has more than **doubled since 2019**, now totaling **157,746 people**.



More families

Among households using food pantries, the proportion of families has risen from **47.8%** to **54.5%**.



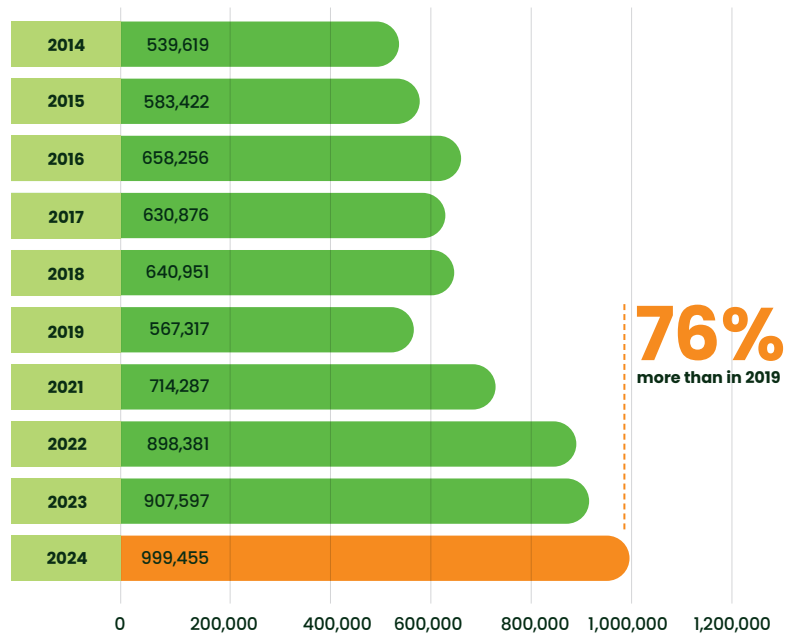
More wage earners

The proportion of households using food pantries with employment as their main source of income has risen from **12.5%** to **18.2%**.

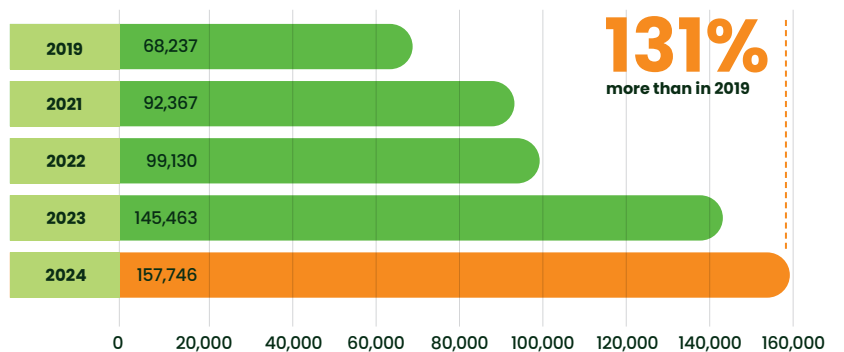


A clear increase in the demand for food assistance in Montreal in the last five years

Monthly requests for food assistance fulfilled by community agencies



Number of food pantry users



Data for 2020, corresponding to the first major year of the COVID-19 pandemic, are not available due to the absence of a HungerCount for that year.

The main reasons behind rising food demand in Montreal



The cost of living

Community agencies identify inflation, particularly rising housing and food costs, as the main factor behind this sharp increase. In this increasingly difficult economic climate, **many households are struggling to make ends meet** and are forced to turn to neighbourhood food banks.

Among households resorting to food assistance in 2024, **18.2%** reported employment as their main source of income, compared with **12.5%** in 2019. This suggests that, despite employment income, covering basic needs is becoming increasingly difficult for some households.



The job market

For some food pantry users the job market appears difficult to penetrate. In fact, **7.5%** of households receiving food assistance have no income, and **6.7%** rely on employment insurance as their main source of income.

Together, these households represent **14.2%** of users, compared to **10.8%** last year. This increase reflects a growing instability in these types of households.

Greater diversity in the type of beneficiaries

Food insecurity affects a growing diversity of vulnerable populations. **Families, working people, and students** are increasingly forced to turn to food pantry services.

At the same time, community agencies are seeing an increase in the number of **new immigrants**. These newcomers, often accompanied by their families, are looking and determined to integrate, work, and start a new life. However, the transition is not always easy. Due to complex situations, such as waiting for a work permit, ongoing studies, or the absence of a stable income, they need support that includes food assistance.

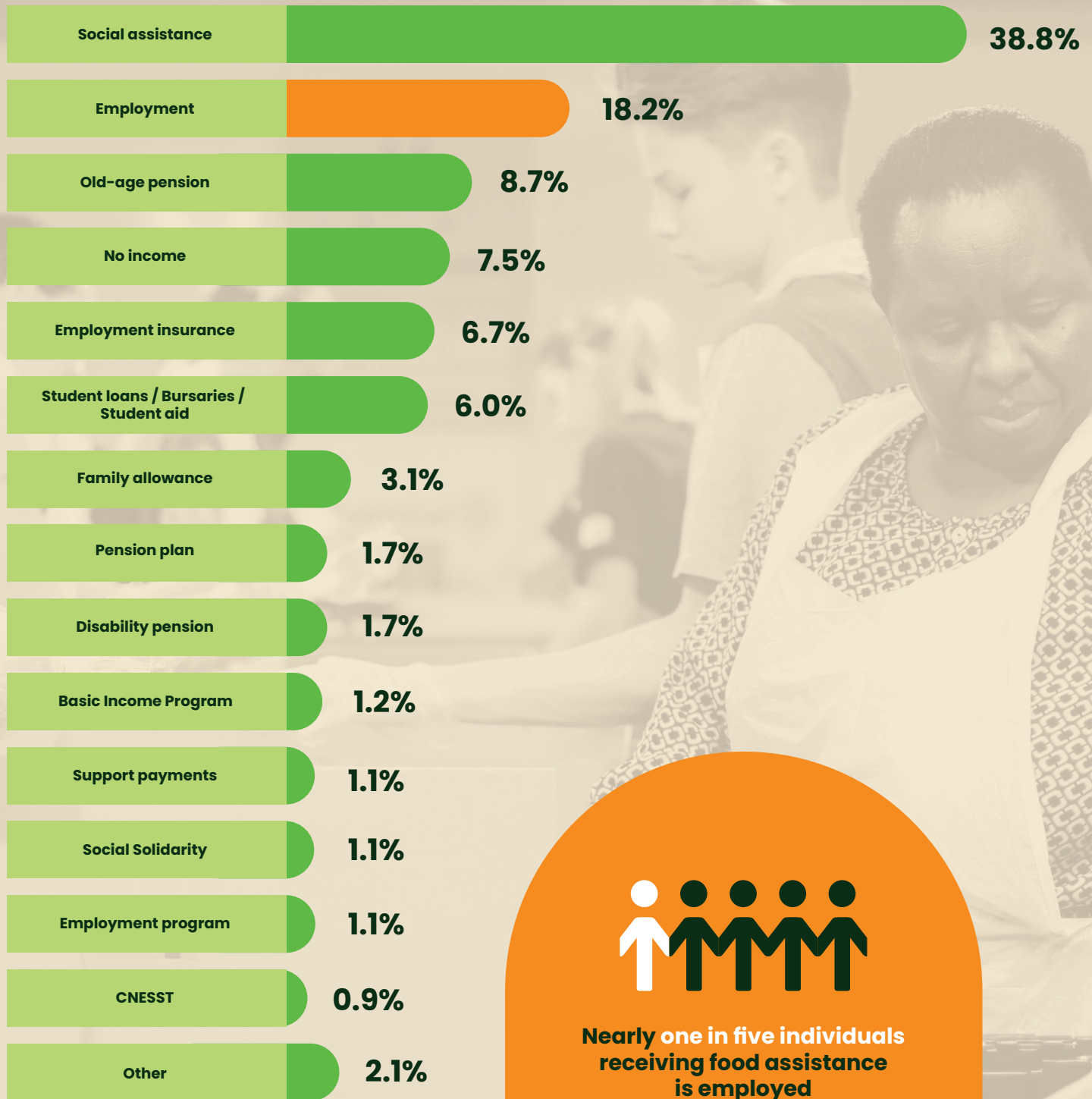
A few figures on food pantries users:

54.5% of households are families.

41% are immigrants or refugees who arrived in Canada within the last ten years.

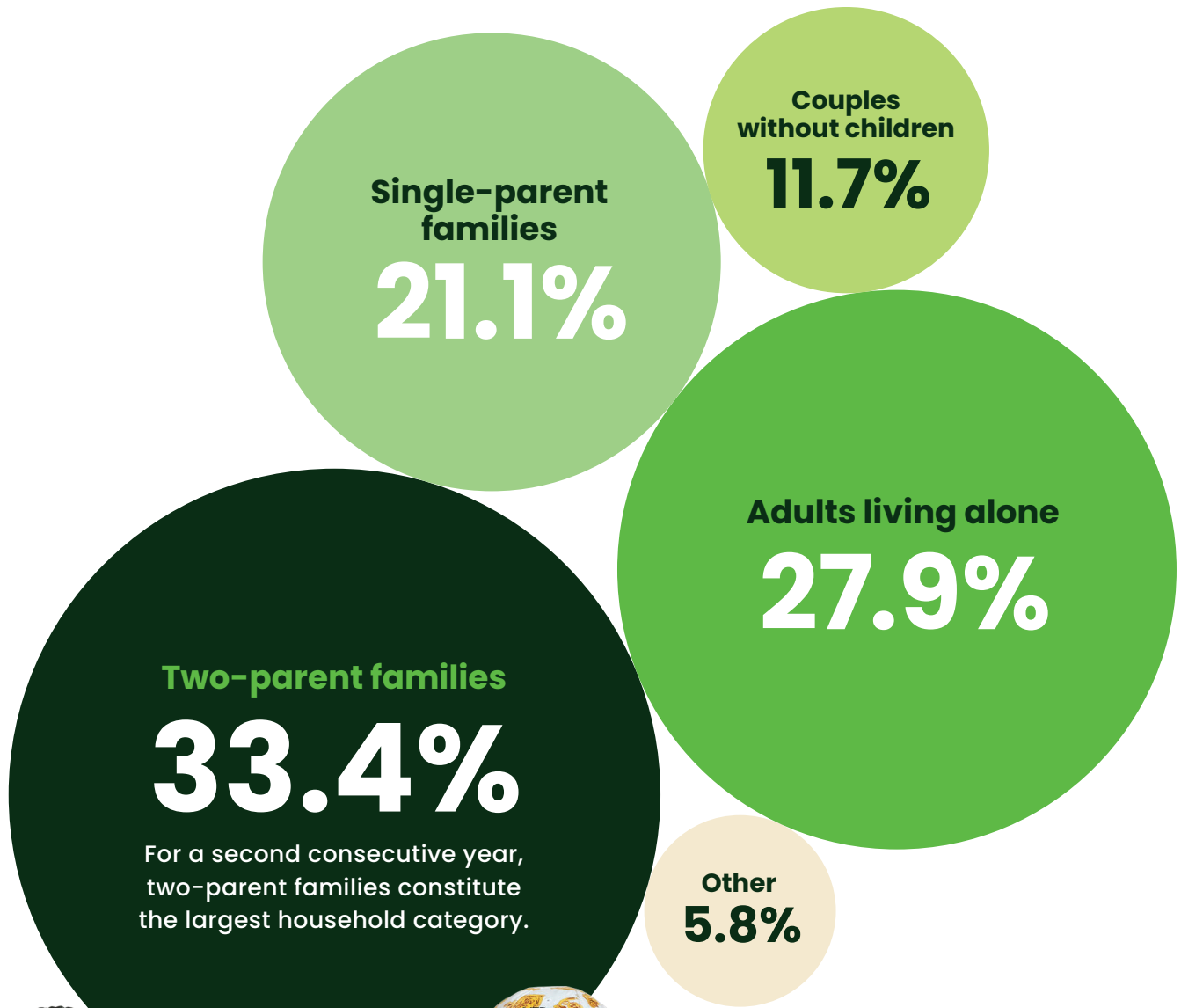
14.1% are CEGEP and university students.

Main source of income for households using food pantries



Nearly one in five individuals receiving food assistance is employed

Composition of households using food pantries



Two-parent families

33.4%

For a second consecutive year, two-parent families constitute the largest household category.

Single-parent families

21.1%

Couples without children

11.7%

Adults living alone

27.9%

Other
5.8%



◀ A family at **Alima**, Perinatal Social Nutrition Centre, one of Moisson Montréal's community agencies in the borough of Ville-Marie.

Food pantries

The vast majority of community agencies (77%) offer food pantry services in the form of communal groceries, food bag distribution, or emergency services. The number of monthly visits to food pantries now stands at **382,403**, up from **345,576** last year.

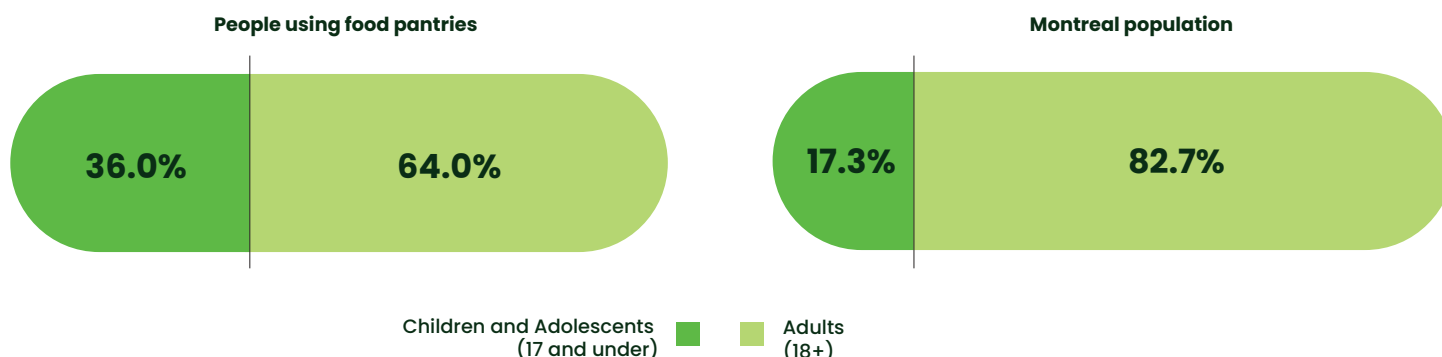
Among food aid recipients, **36%** are children or teenagers. By way of comparison, **17.3%** of the Montreal population is under the age of 18.³ Clearly, young people are particularly vulnerable to food insecurity.

“In Montreal, nearly 158,000 people benefit from this support.”



◀ Food pantry preparation at the **Centre d'appui aux communautés immigrantes (CACI)**, one of Moisson Montréal's community agencies in the borough of Ahuntsic-Cartierville.

Proportion of food pantry users compared to Montreal residents by age



³ Institut de la statistique du Québec, « Estimations de la population des régions administratives selon l'âge et le genre, âge médian et âge moyen, Québec, 1^{er} juillet 1996 à 2023 ». https://statistique.quebec.ca/fr/produit/tableau/estimations-population-regions-administratives-selon-age-sexe-age-median-age-moyen#tri_tertr=06&tri_pop=7

Meals and snacks

66% of community agencies offer meals to their clients. Some deliver meals to the home, while others prepare them on site in the form of a community restaurant. In some cases, communal kitchen activities are organized.

Having access to snacks is also popular; 59% of community agencies distribute them.

66%
of community
agencies
offer meals

Type of meals offered	2023	2024
Breakfast	80,750	86,830
Lunch	155,036	160,708
Dinner	98,571	111,443
Communal kitchen portions	21,081	15,643
Home-delivered meals/ meals-on-wheels	63,435	66,095
Number of meals served monthly	418,873	440,719

59%
of community
agencies
distribute snacks

Snacks	2023	2024
Number of snacks served monthly	143,148	176,333

Meal preparation at **Projaide**, one of Moisson Montréal's community agencies in the borough of Villeray-Saint-Michel-Parc-Extension.



What do Moisson Montréal's community agencies do?

29%

have a food-related service as their primary mission

For example:

- > Food pantries
- > Home-delivered meals
- > Communal kitchens

71%

have other activities as their primary mission

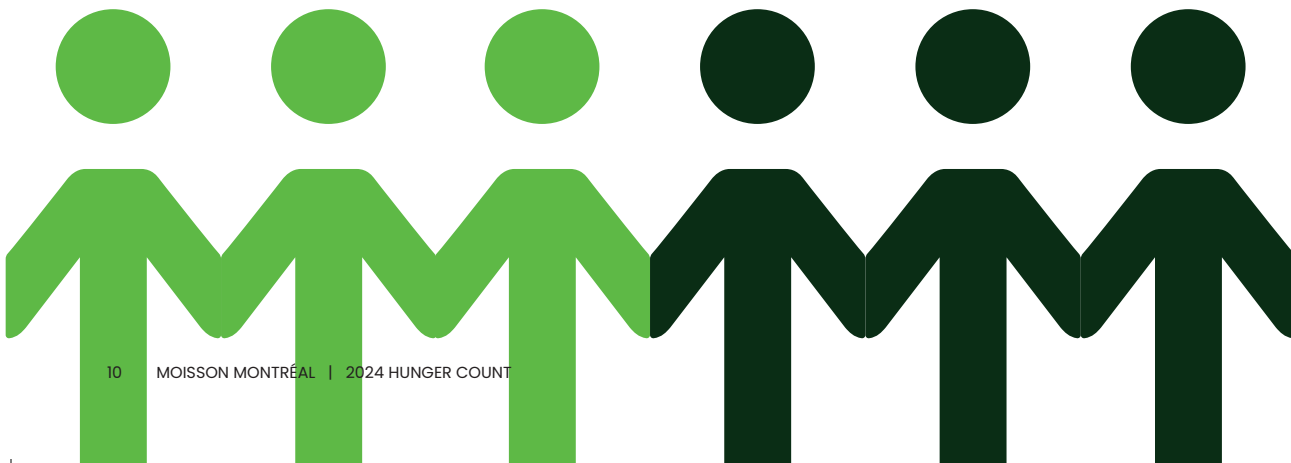
For example:

- > Community centres
- > Shelters
- > Integration of recent immigrants

In their case, food-related services are secondary, but remain essential.



◀ **L'Auberge Madeleine**, founded in the same year as Moisson Montréal, is one of our longest-standing community agencies. It welcomes, shelters, and supports homeless women or those at risk of becoming homeless.



Recommendations by community agencies

Increased affordable housing

More mental health support

Higher provincial minimum wage

More support for recent immigrants



Les Grands Échanges – June 2024

Les Grands Échanges take place **twice a year**. Initiated by Moisson Montréal, this event is an opportunity for community agencies to meet, have discussions, and share best practices.

180,000

0

Monthly requests for food assistance fulfilled by Moisson Montréal community agencies and their distribution in the metropolis

Excluding community agencies whose location is confidential





Number of community agencies by region

40th anniversary and still so much to do

In 1984, Pierre Legault founded Moisson Montréal, **Quebec's first food bank**, which he led as founding executive director until 1990. The idea was born during his work as a psycho-educator. He noticed that some of the young people he worked with were suffering from hunger. Inspired by a food recovery organization in New York, he decided, with the support of friends, to replicate the concept in Montreal. Moisson Montréal was thus born, a unique model for recovering unsold food and redistributing it to community agencies.



From 1984...

8,096 kg
of food distributed

Some **twenty community agencies** served

Moisson Montréal began operations
in the basement of the Holy Family
Church in Villeray.



to today!

19,3 millions kg
of food distributed

Nearly **300 community agencies** served

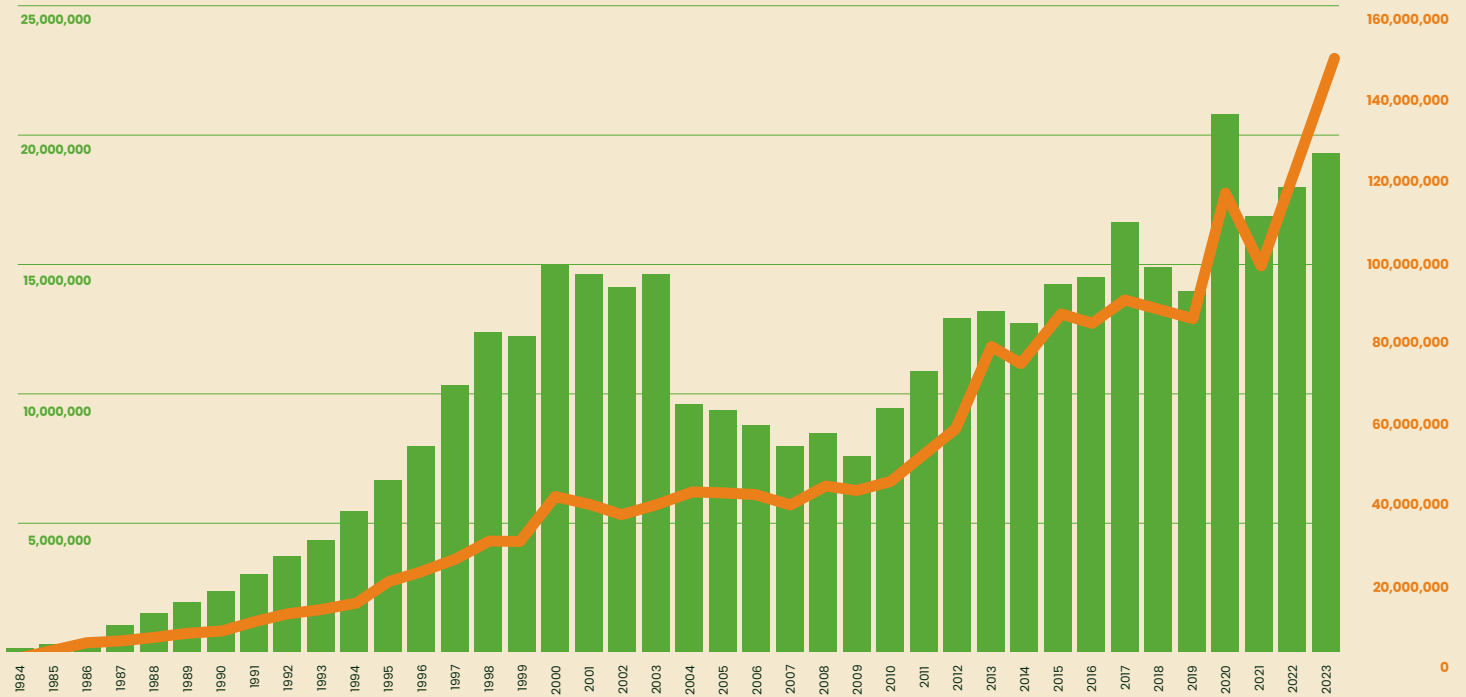
Since 1997, Moisson Montréal's
warehouse has been located
in Saint-Laurent.

40th
MOISSON
MONTREAL

MOISSON
MONTREAL



Quantity and value of food distributed annually



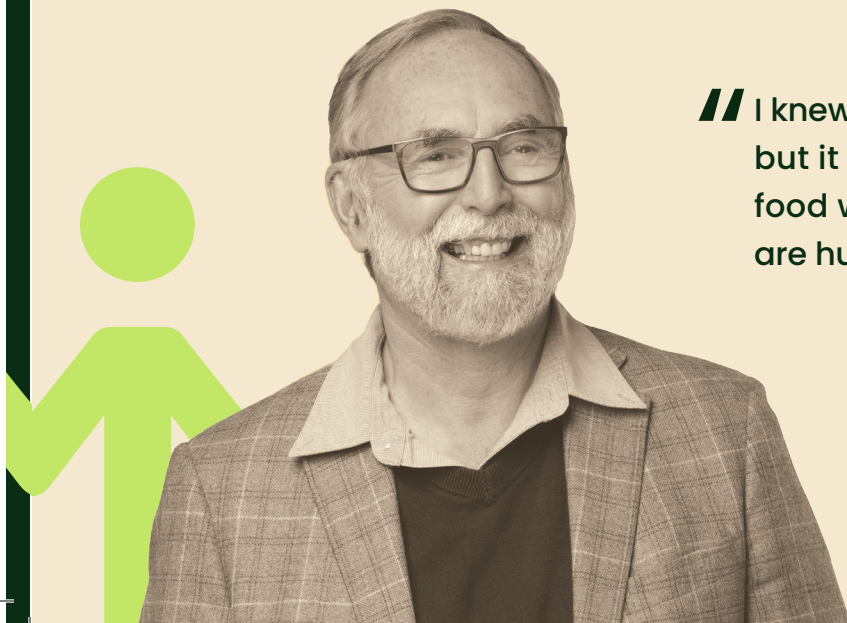
Quantity of food distributed (Kg)

Value of food distributed (\$)

Since its founding, **Moisson Montréal** has distributed equitably and without cost a total of:

392 million kg
of food

A value of more than
\$1.8 billion



// I knew we were wasting a lot of food, but it doesn't make sense to waste food when there are children who are hungry."

Pierre Legault,
founder of Moisson Montréal

Conclusion

Growing food insecurity

Demand for food assistance in Montreal reached a **new record in 2024**, approaching one million requests fulfilled requests each month. This unprecedented increase of **76%** compared to 2019 highlights the combined impact that inflation, the housing crisis, and economic difficulties have had on vulnerable populations.

The cost of living, particularly rising rents and food costs, remains the principal factor behind this growing insecurity. The labor market, though theoretically vibrant, has left many households in a fragile situation.

Broadening of the beneficiary profile

People seeking food assistance are no longer limited to those traditionally perceived as vulnerable. A growing number of employed households are also turning to these services, unable to meet their basic needs despite a regular income. **For the past two years, two-parent families have constituted the largest household category.** The increase in the number of new immigrants also reflects the diversification of the beneficiary profile.

An urgent need for sustainable solutions

Moisson Montréal will continue its ongoing efforts to adapt its services and support its community agencies. However, in the face of this staggering increase, action is urgently needed. **One in three community agencies must turn people away** due to a lack of food, resources, or adequate infrastructure.⁴ Even with **19 million kg** of food distributed annually, Moisson Montréal is struggling to meet growing needs.

Filling nearly a million requests for food assistance is both an impressive logistical achievement and a wake-up call about the precarious state of our city. Collectively, we need to find sustainable solutions. We have a duty to change things by working together. We need to take concrete action and work together to find long-term solutions to food inequality.



Moisson Montréal exists to meet needs, but is also determined to play a decisive role in building a more resilient and equitable society.

“Thanks to the dedication of our community agencies, food assistance reaches those who need it the most.”

Chantal Vézina,
Executive Director of Moisson Montréal

⁴ According to an internal survey conducted with 233 community agencies in May and June 2024.