

## Food bank use in Ontario

Between April 1, 2022 and March 31, 2023

800,822

unique individuals

**+38%** over last year  
(2021-2022)

**+60%** over pre-pandemic  
(2019-2020)

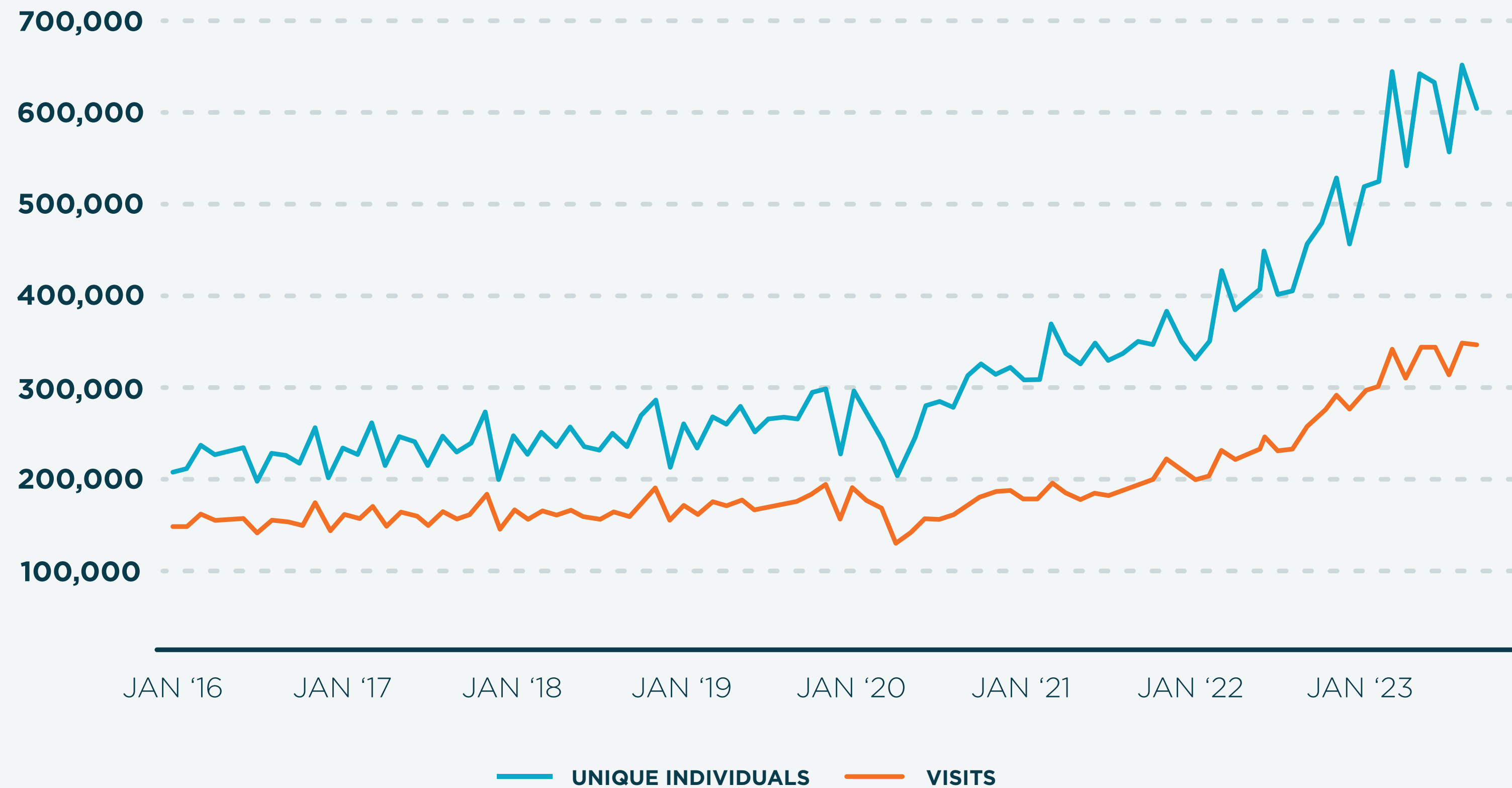
5,888,685

visits

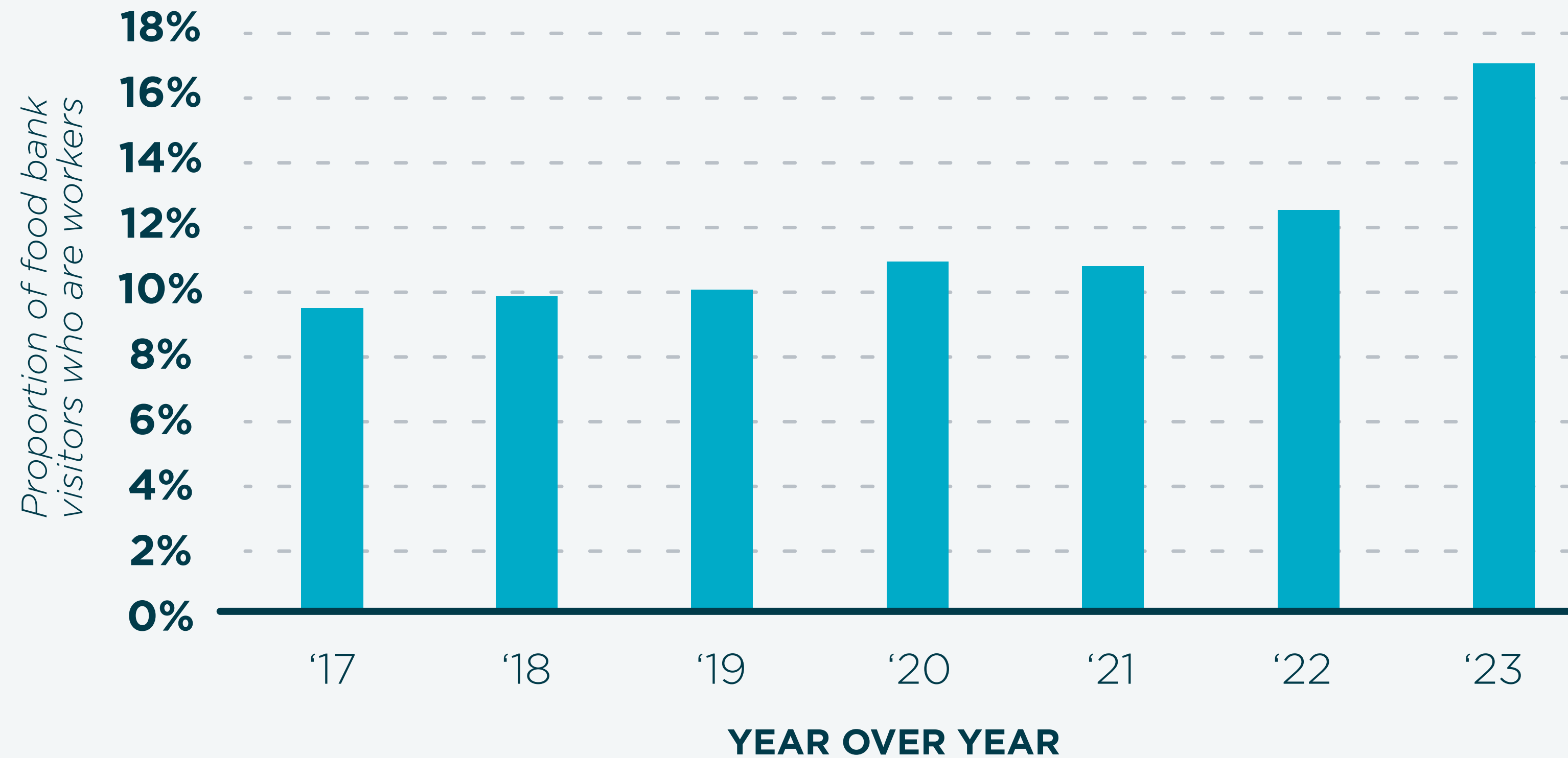
**+36%** over last year  
(2021-2022)

**+101%** over pre-pandemic  
(2019-2020)

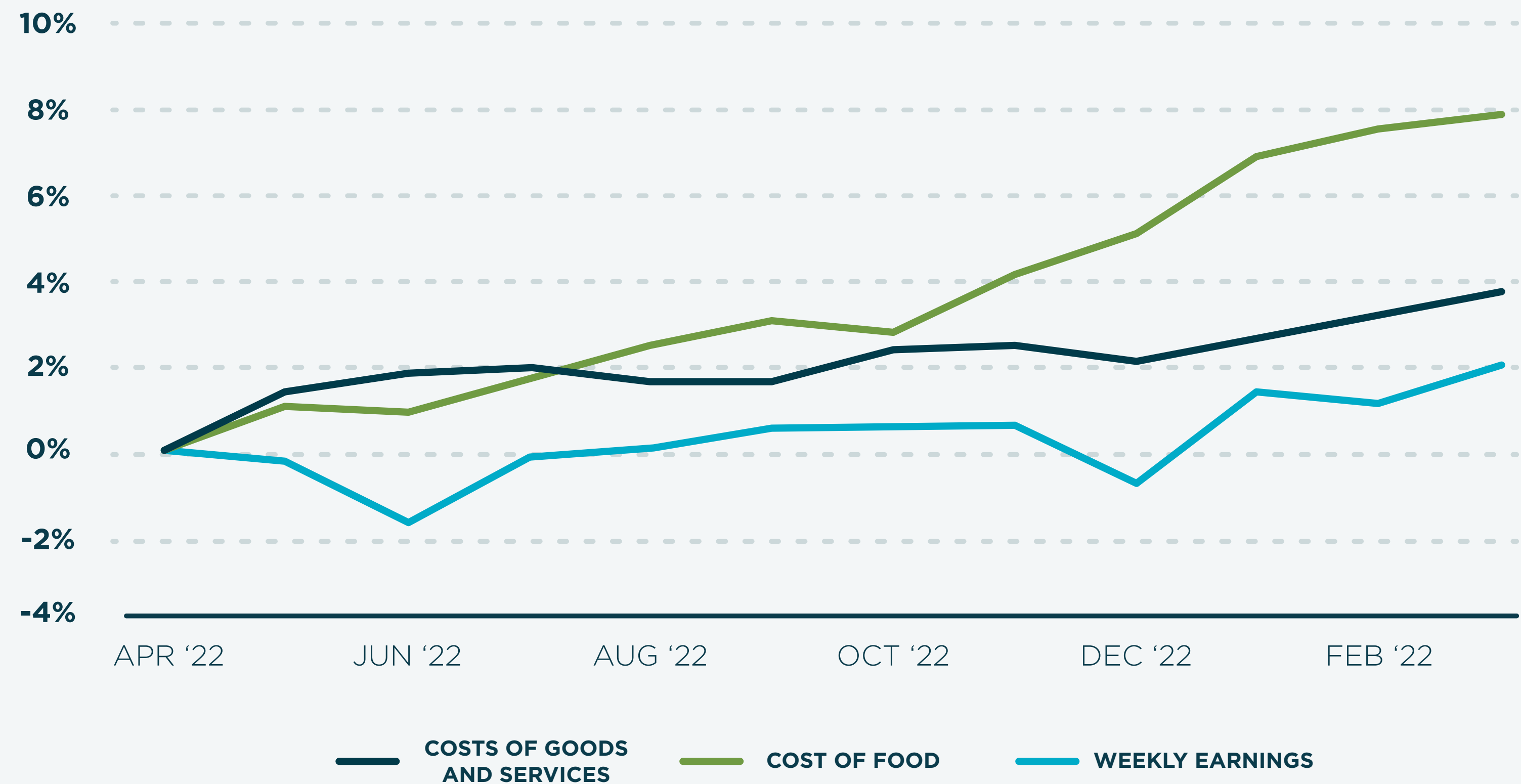
## Monthly food bank use in Ontario has more than doubled compared to pre-pandemic levels



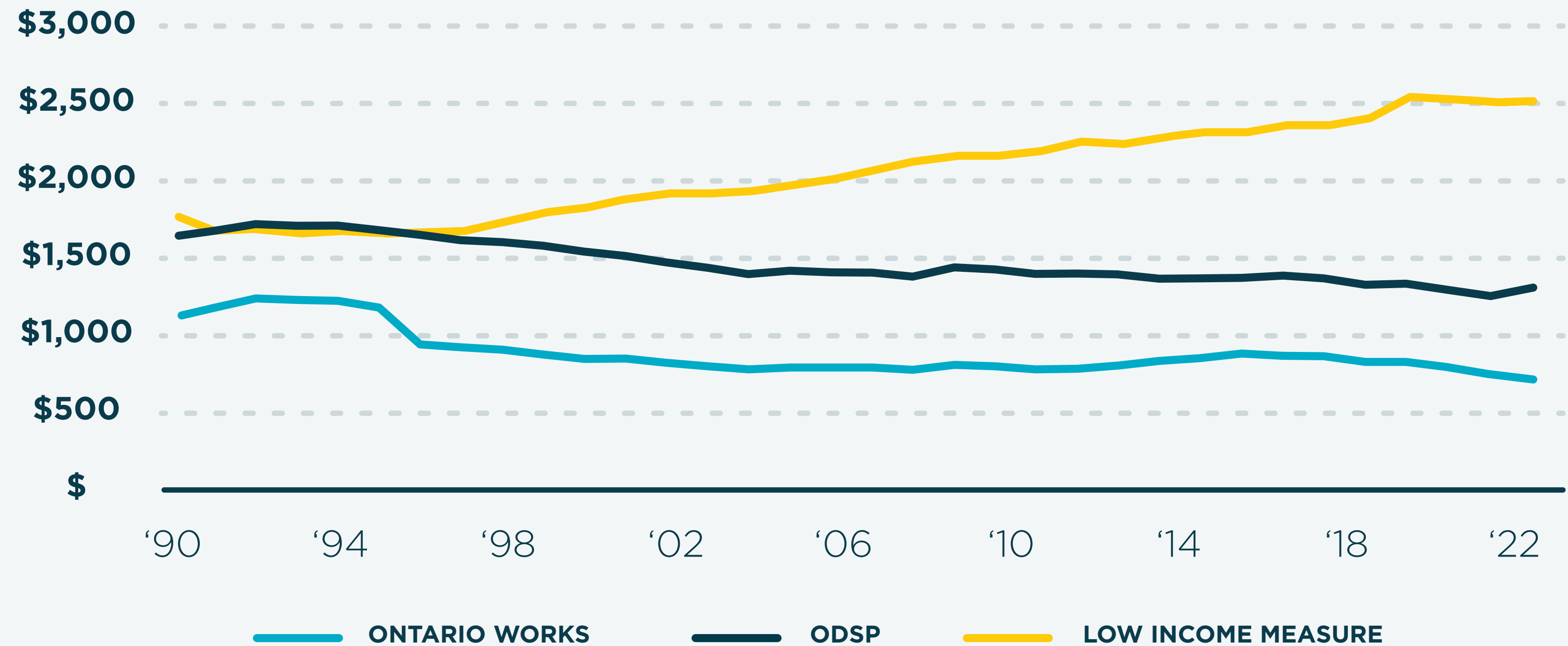
## Workers in Ontario are increasingly turning to food banks for help



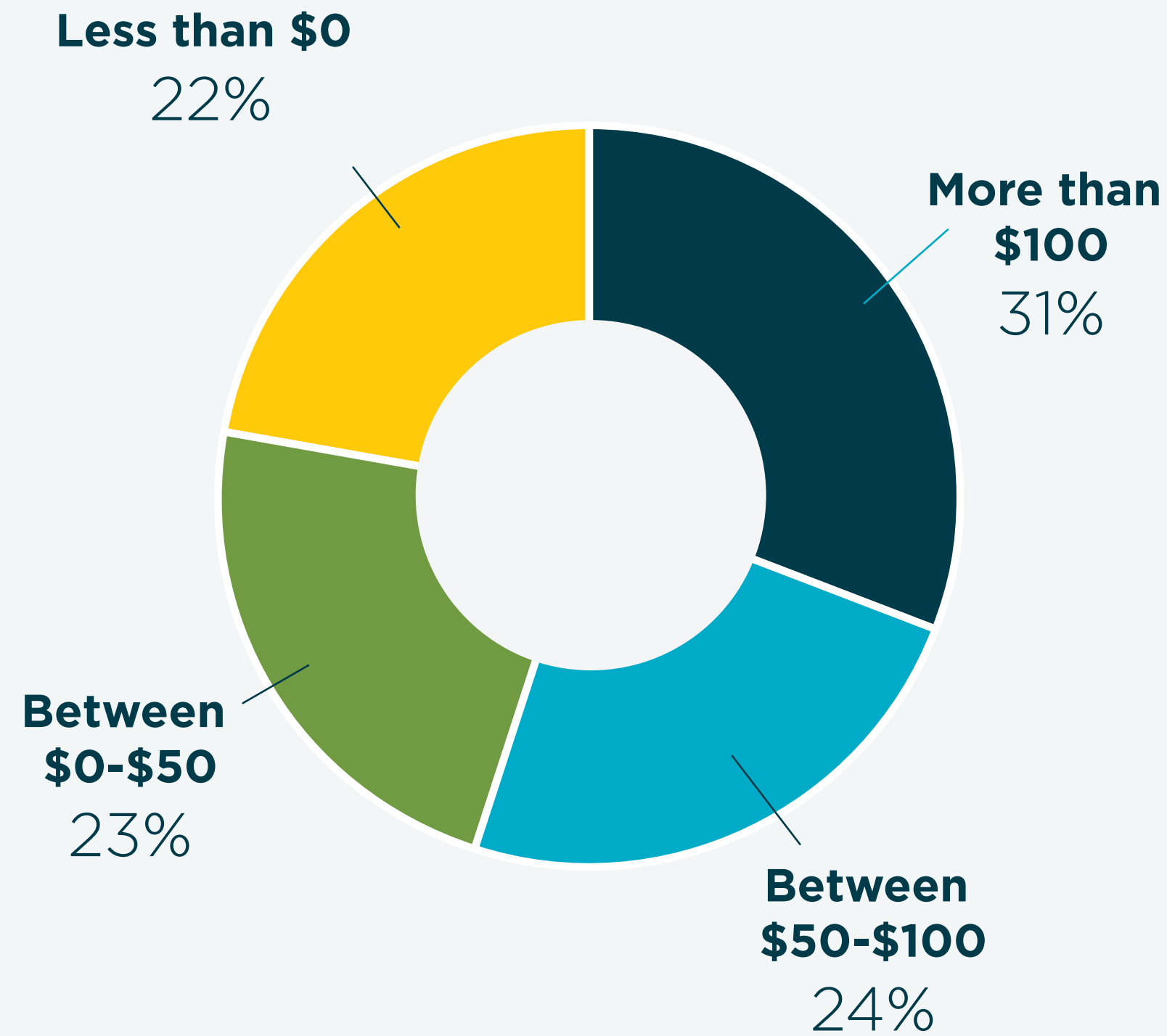
## Wages have not kept up with the cost of living



## Social assistance is falling further below the poverty line



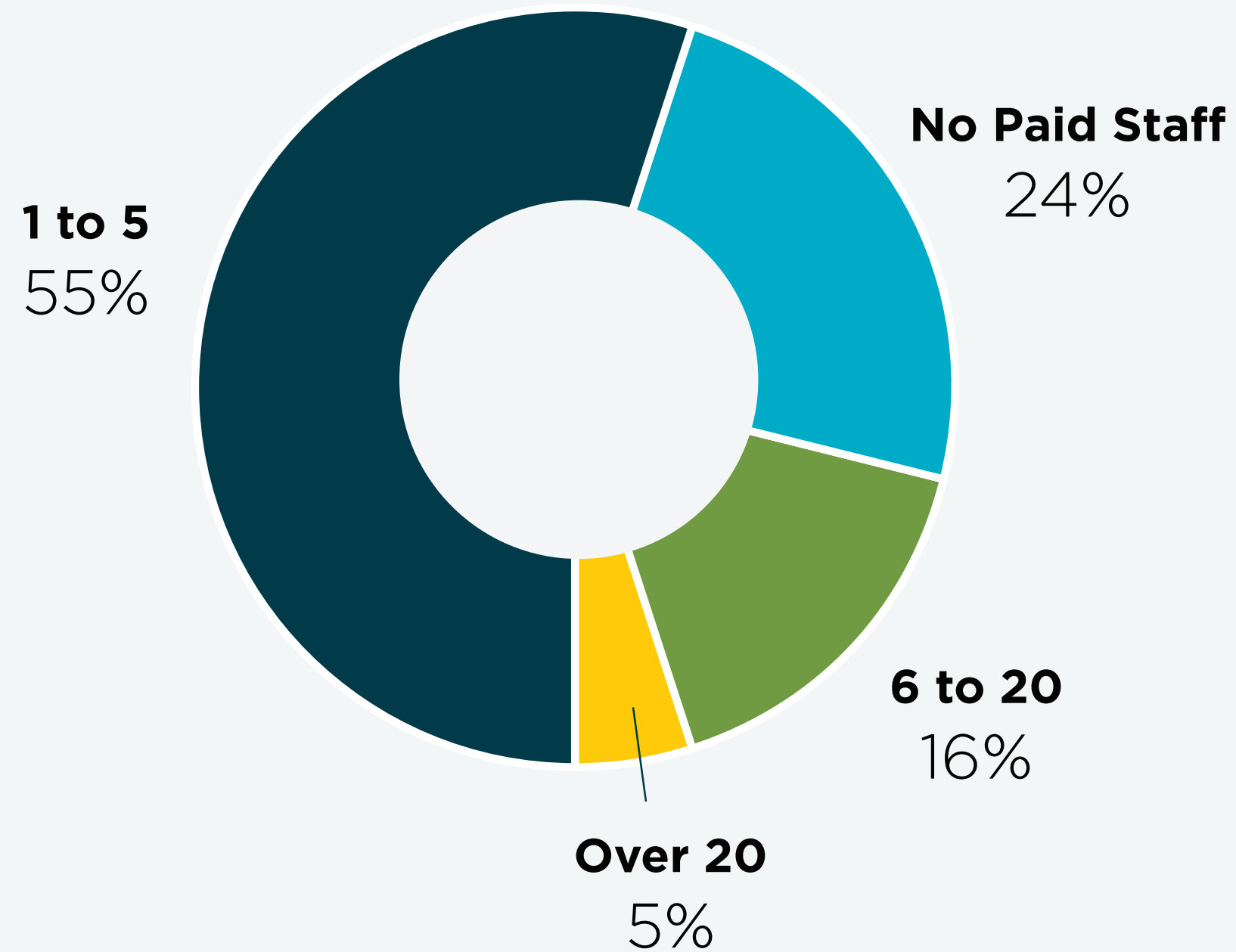
## Food bank visitors have little or no money left after housing costs



2/3

visitors **had less than \$100 left** each month after paying for housing costs

## A quarter of Feed Ontario member food banks are entirely volunteer-run



More than  
**1/2**  
of food banks  
employ **5 or fewer**  
paid staff