



MOISSON
MONTREAL

MONTREAL HUNGER COUNT 2018

REPORT ON FOOD
AID SERVICES FOR
THE ISLAND OF
MONTREAL



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2018 Montreal Hunger Count

Published by :
Moisson Montréal
6880, chemin de la Côte-de-Liesse
Montréal QC H4T 2A1
514 344-4494
info@moissonmontreal.org
www.moissonmontreal.org

Research by: Marie-Noëlle Routhier-Beaulé
Written by: Frédérique Gagnier
Graphic Design: Ariane Savard
Translation: Cora MacDonald

ABOUT THE HUNGER COUNT

Conducted in March all across Canada, the Hunger Count is an annual survey completed by all food banks that are members of the Food Banks Canada (FBC) network. The purpose of this survey is to ascertain the extent of food assistance provided by community organizations all across Canada. Within this national framework, we at Moisson Montréal produce our very own Hunger Count based on data compiled from the community organizations we serve across the Island of Montreal.

► In March 2018, the majority of organizations surveyed as part of our Hunger Count responded, more specifically **225** out of 257.



ABOUT MOISSON MONTRÉAL

MOISSON MONTRÉAL IS THE LARGEST FOOD BANK IN CANADA, THANKS TO ITS FOOD RECOVERY AND DISTRIBUTION PROGRAMS.

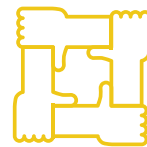
Moisson represents:

257 

accredited organizations across the island of Montreal



More than **300** agri-food suppliers and **96** supermarkets



11,012

volunteers during the 2017-2018 year



An answer to more than **640,951** requests for food aid per month



15,6 million kilos of food distributed throughout the year. A value of **\$86 million**

KEY RESULTS



640 951

640,951 requests for food aid were fulfilled by Moisson Montréal's accredited organizations, an increase of **1,6% compared to 2017**.



507 357

MEALS AND SNACKS SERVED,
an increase of **5,3%**



133 594

USES OF FOOD PANTRY
PROGRAMS



74 369

TOTAL INDIVIDUALS BENEFITTING FROM FOOD PANTRY PROGRAMS, an increase of **1,6%**

35,8%

OF THOSE BENEFITTING FROM FOOD PANTRY PROGRAMS ARE CHILDREN

BREAKDOWN OF ORGANIZATIONS BASED ON SERVICES OFFERED

- Meals and snacks only
- Food Pantry only
- Food pantry and meals/snacks



ORGANIZATIONS DISTRIBUTING FOOD IN MONTREAL HAVE A WIDE VARIETY OF MISSIONS

| MISSION | Food security | Other than food security |
|---------|---|---|
| | <ul style="list-style-type: none"> • Food aid • Collective Kitchens • Community groceries, gardens etc <p>Moisson Montréal helps them fulfill their primary mission: fighting food insecurity.</p> | <ul style="list-style-type: none"> • Community Centers • Shelters • Rehabilitation centers, etc <p>Moisson Montréal allows these organizations to concentrate their resources on their main missions</p> |
| 2018 | 33% | 67% |
| 2017 | 53,5% | 46,5% |

FOOD PANTRY PROGRAMS

FOOD PANTRY PROGRAMS MAINLY ENCOMPASS FOOD ASSISTANCE IN THE FORM OF FOOD BASKETS, COMMUNITY GROCERY STORES OR PROVISIONS OFFERED AS EMERGENCY FOOD AID.

AGE RANGE OF INDIVIDUALS USING THE FOOD PANTRY PROGRAMS

| Age Group | 2018 | 2017 |
|-------------------------------|---------------|---------------|
| Children 0 to 17 years old | 26,642 | 25,401 |
| Adults 18 years old and older | 47,727 | 44,281 |
| TOTAL | 74,369 | 69,682 |



10 611

Children between the ages of **0 and 5** years old benefit from Food Pantry Programs each month

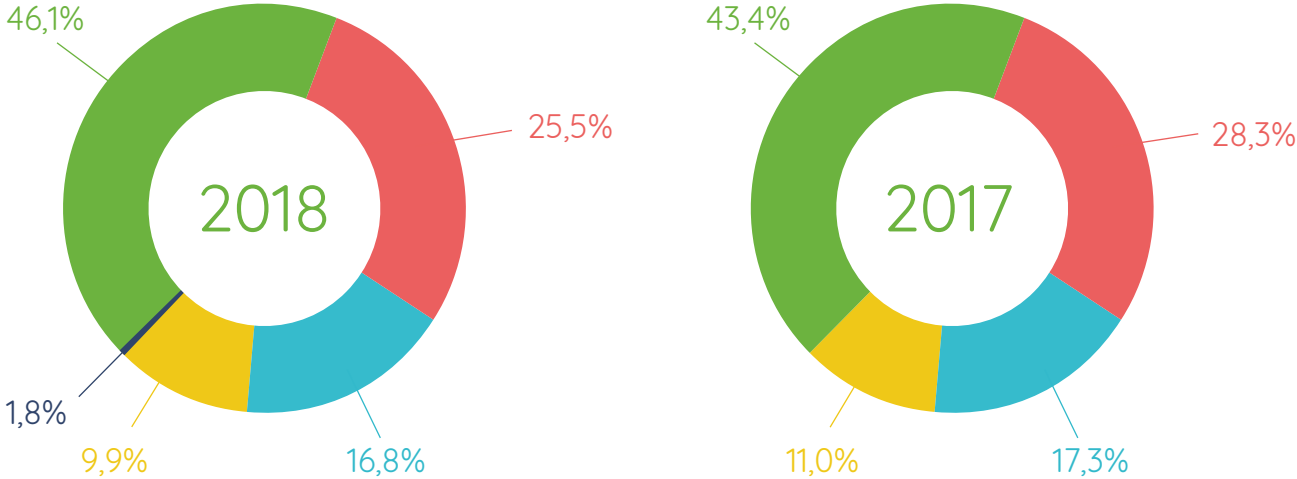
AN INCREASE

6,7%

IN THE NUMBER OF PEOPLE USING FOOD PANTRY PROGRAMS IN 2018



HOUSEHOLD COMPOSITION

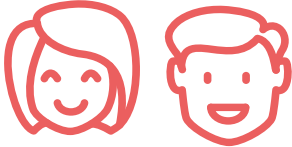


- Single individuals
- Two-parent families
- Single-parent families
- Childless couples
- Others

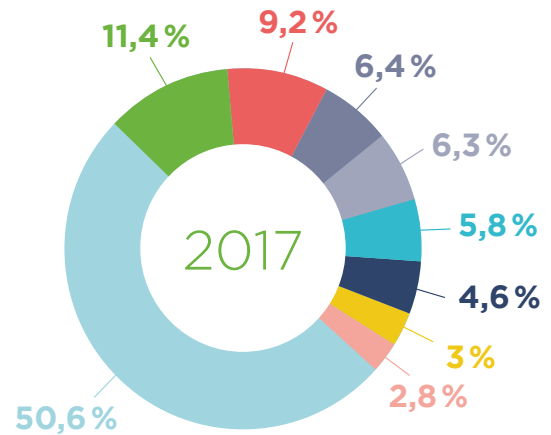
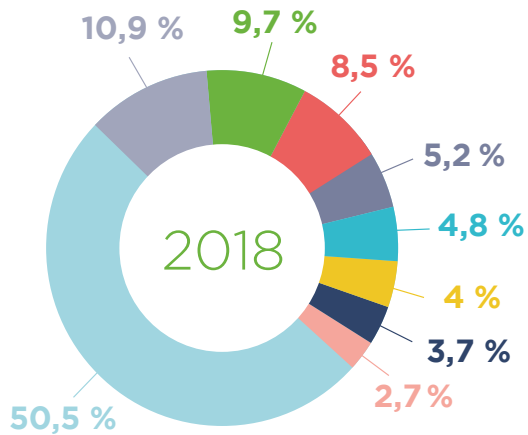


SINGLE INDIVIDUALS USE THE FOOD PANTRY PROGRAMS MORE THAN ANY OTHER PORTION OF THE POPULATION. THIS HAS BEEN A TREND IN MONTREAL SINCE 2008.

The two-parent families' portion **decreased** by **3 percentage points**



SOURCES OF INCOME



- Social assistance
- Family allowances
- Employment
- Pension
- No income
- Student loan and/or bursary
- Other income
- Employment insurance
- Private plan (disability insurance) or CNESST

ONCE AGAIN THIS YEAR, THOSE WHO RECEIVE SOCIAL ASSISTANCE REPRESENT THE MAJORITY OF INDIVIDUALS BENEFITING FROM THE FOOD PANTRY PROGRAMS. THEY REPRESENT OVER

50% OF THOSE SURVEYED

NOTE THAT THE SECOND HIGHEST SOURCE OF INCOME REPRESENTS THOSE WHO RECEIVE FAMILY ALLOWANCES.

An **increase** in **4,6 percentage points**



MEAL PROGRAMS

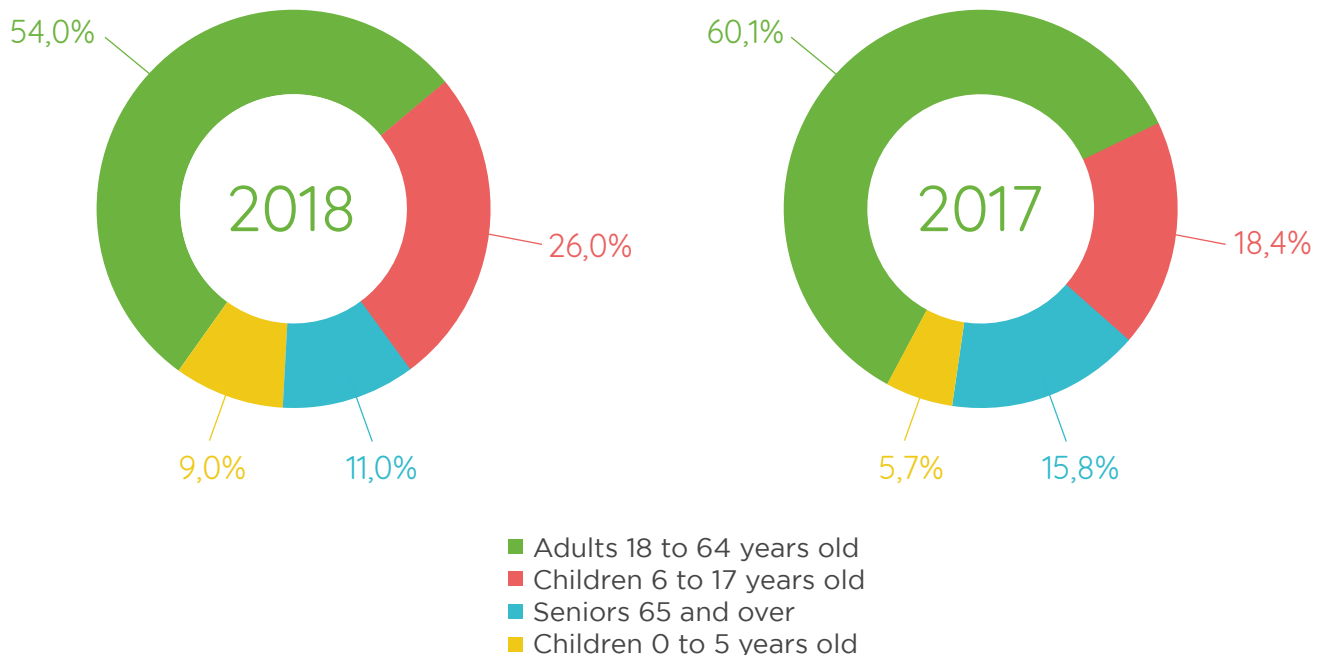
MEAL PROGRAMS MAINLY ENCOMPASS FOOD ASSISTANCE IN THE FORM OF: MEALS, SNACKS, COOKING WORKSHOPS AND COLLECTIVES AND 'MEALS ON WHEELS' PROGRAMS.

NUMBER OF MEALS SERVED IN MARCH 2018

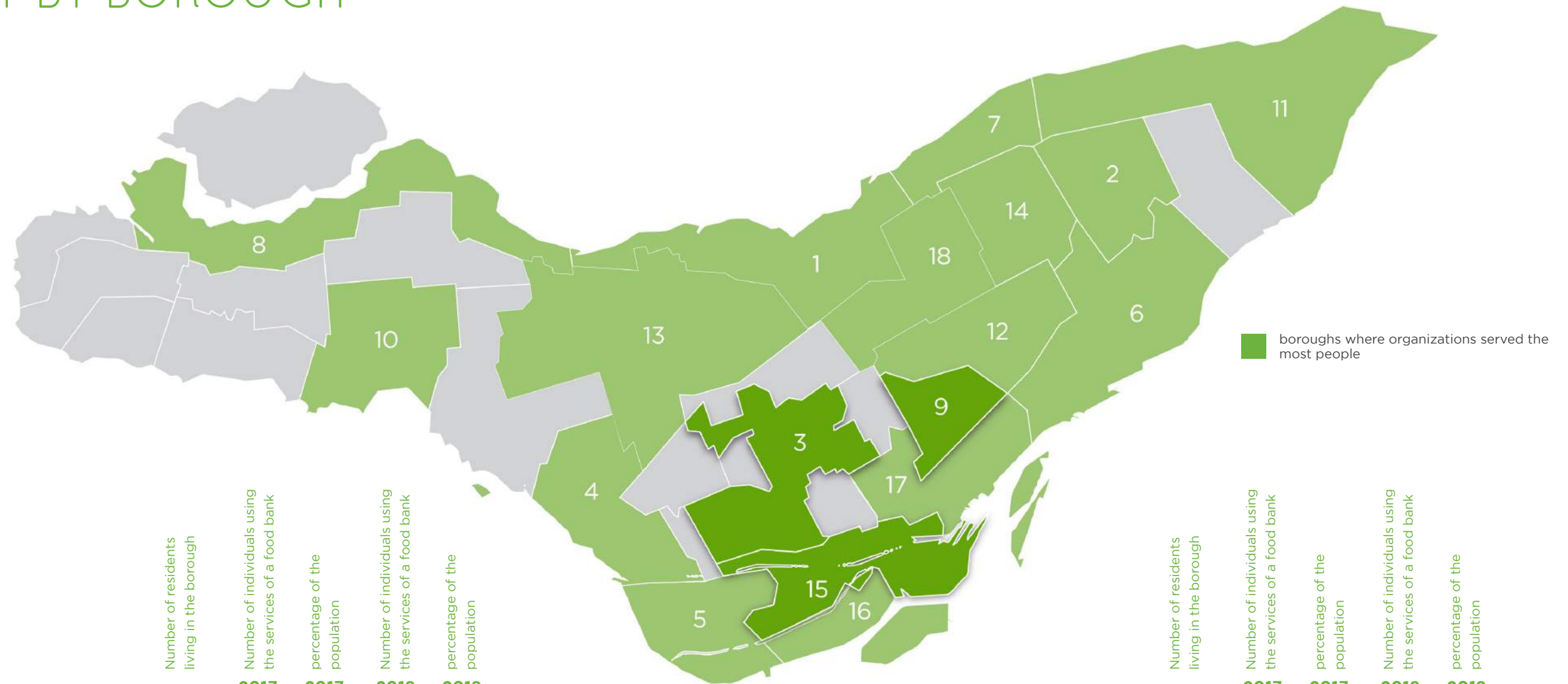
| MEAL | 2018 | 2017 | VARIATION |
|-------------------------------|----------------|----------------|-------------|
| Breakfast | 84,38 | 81,882 | 3,0% |
| Lunch | 159,856 | 151,456 | 5,5% |
| Dinner | 104,220 | 90,120 | 15,6% |
| Collective kitchens | 14,945 | 17,175 | -13,0% |
| Meals on Wheels | 14,012 | 19,535 | -28,3% |
| Total meals served | 377,414 | 360,168 | 4,8% |
| Snacks | 129,943 | 121,820 | 6,7% |
| TOTAL MEALS AND SNACKS | 507,357 | 481,988 | 5,3% |

* Figures were adjusted by Food Banks Canada based on responses from all Harvests. The figures for 2017 were readjusted in January 2019.

AGE RANGE OF INDIVIDUALS



FOOD PANTRY PROGRAMS SUMMARY BY BOROUGH



| Borough | Number of residents living in the borough | Number of individuals using the services of a food bank | | percentage of the population | |
|---|---|---|-------------|------------------------------|-------------|
| | | 2017 | 2017 | 2018 | 2018 |
| 1. Ahuntsic-Cartierville | 134,245 | 6320 | 4,7% | 5856 | 4,4% |
| 2. Anjou | 42,796 | 1557 | 3,6% | 1463 | 3,4% |
| 3. Côte-des-Neiges—Notre-Dame-de-Grâce | 166,520 | 14,101 | 8,5% | 16,584 | 10% |
| 4. Lachine | 44,489 | 1236 | 2,8% | 1168 | 2,6% |
| 5. LaSalle | 76,853 | 1190 | 1,5% | 1083 | 1,4% |
| 6. Mercier—Hochelaga-Maisonneuve | 136,024 | 3315 | 2,4% | 3395 | 2,5% |
| 7. Montréal-Nord | 84,234 | 909 | 1,1% | 897 | 1,1% |
| 8. Pierrefonds-Roxboro | 69,297 | 1537 | 2,2% | 4645 | 6,7% |
| 9. Plateau-Mont-Royal | 104,000 | 6766 | 6,5% | 7838 | 7,5% |

| Borough | Number of residents living in the borough | Number of individuals using the services of a food bank | | percentage of the population | |
|--|---|---|-------------|------------------------------|--------------|
| | | 2017 | 2017 | 2018 | 2018 |
| 10. Pointe-Claire | 31,380 | 434 | 1,4% | 583 | 1,9% |
| 11. Rivière-des-Prairies—Pointe-aux-Trembles | 106,743 | 1952 | 1,8% | 2026 | 1,9% |
| 12. Rosemont—La Petite-Patrie | 139,590 | 2352 | 1,7% | 2276 | 1,6% |
| 13. Saint-Laurent | 98,828 | 3458 | 3,5% | 4098 | 4,1% |
| 14. Saint-Léonard | 78,305 | 1886 | 2,4% | 2110 | 2,7% |
| 15. Southwest | 78,151 | 4197 | 5,4% | 10,390 | 13,3% |
| 16. Verdun | 69,229 | 2117 | 3% | 2377 | 3,4% |
| 17. Ville-Marie | 89,170 | 4938 | 5,5% | 3700 | 4,1% |
| 18. Villeray—Saint-Michel—Parc-Extension | 143,853 | 4084 | 2,8% | 3780 | 2,6% |

CONCLUSION

FOOD INSECURITY REMAINS STABLE IN MONTREAL

While **accredited organizations fulfilled a total of 640,951 food aid requests** during the reference month of March 2018, data collected shows that food insecurity is still relevant. Specifically, by a 1,6% increase since 2017.

Meal programs are still popular, we note an increase of 5,3% with 507,357 meals and snacks served. The organizations also reported that the proportion of meals served to children aged 0 to 5 increased by 3,6 percentage points while those for ages 6 to 17 increased by 7,6 percentage points.

Due to a change in survey questions, data on the number of people who requested these services is unfortunately no longer available. To recap, 66,881 people had submitted 505,389 requests for meals and snacks last year.

Additionally, we are able to say that the number of people using food pantry programs in Montreal grew from 69,682 to 74,369, a 6,7% increase.

Moreover, results show the same three boroughs account for the most people frequenting food banks on the Island of Montreal, and the organizations in those boroughs have seen an increase in beneficiaries; Côte-des-Neiges-Notre-Dame-de-Grace (from 14,101 to 16,584 beneficiaries), the Southwest (from 4197 to 10,390 beneficiaries) and the Plateau Mont-Royal (from 6766 to 7838 beneficiaries). As well, there is a significant increase by 4,5 percentage points in the Pierrefonds-Roxboro borough.

That said, the main source of income for households using food assistance has changed slightly since last year. We note an increase of attendance to our accredited organizations by 4,6 percentage points from households receiving family allowances while households receiving old age pension, employment insurance, student loan or employment income decreased on average by 1 percentage point.

Thus, Moisson Montréal notes there is still a great need in Montreal for food and meals, despite the sustained efforts of our community network.

In fact, the number of organizations using our services increased from 241 to 257 and we distributed 15,6 million kg of food in 2017-2018, which represents 1,2 million kg more than last year.

Keeping that in mind, all parties recognize the fundamental importance of food for the purposes of individual development and rehabilitation. Subsequently, it is necessary and important to mobilize and to support this large community network by donating money, food or time.

RECOMMENDATIONS FROM ORGANIZATIONS

In the context of the Hunger Count, we also gather the views of our accredited community organizations on government initiatives and public policies that would have the greatest impact in the fight against food insecurity.

These are the issues they consider to be priorities:

- ▶ Develop a national strategy to fight poverty;
- ▶ Increase the number of social housing units;
- ▶ Increase supports for mental health;
- ▶ Increase social assistance benefits;
- ▶ Increase pensions for the elderly;
- ▶ Increase the provincial minimum wage.

The Moisson Montréal team is very proud to generously contribute to the huge social solidarity food chain managed by its 257 accredited organizations. The employees and volunteers of these organizations directly transform the lives of the people they support by allowing them to regain their full autonomy. Make the difference, too, and support this great cause.





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