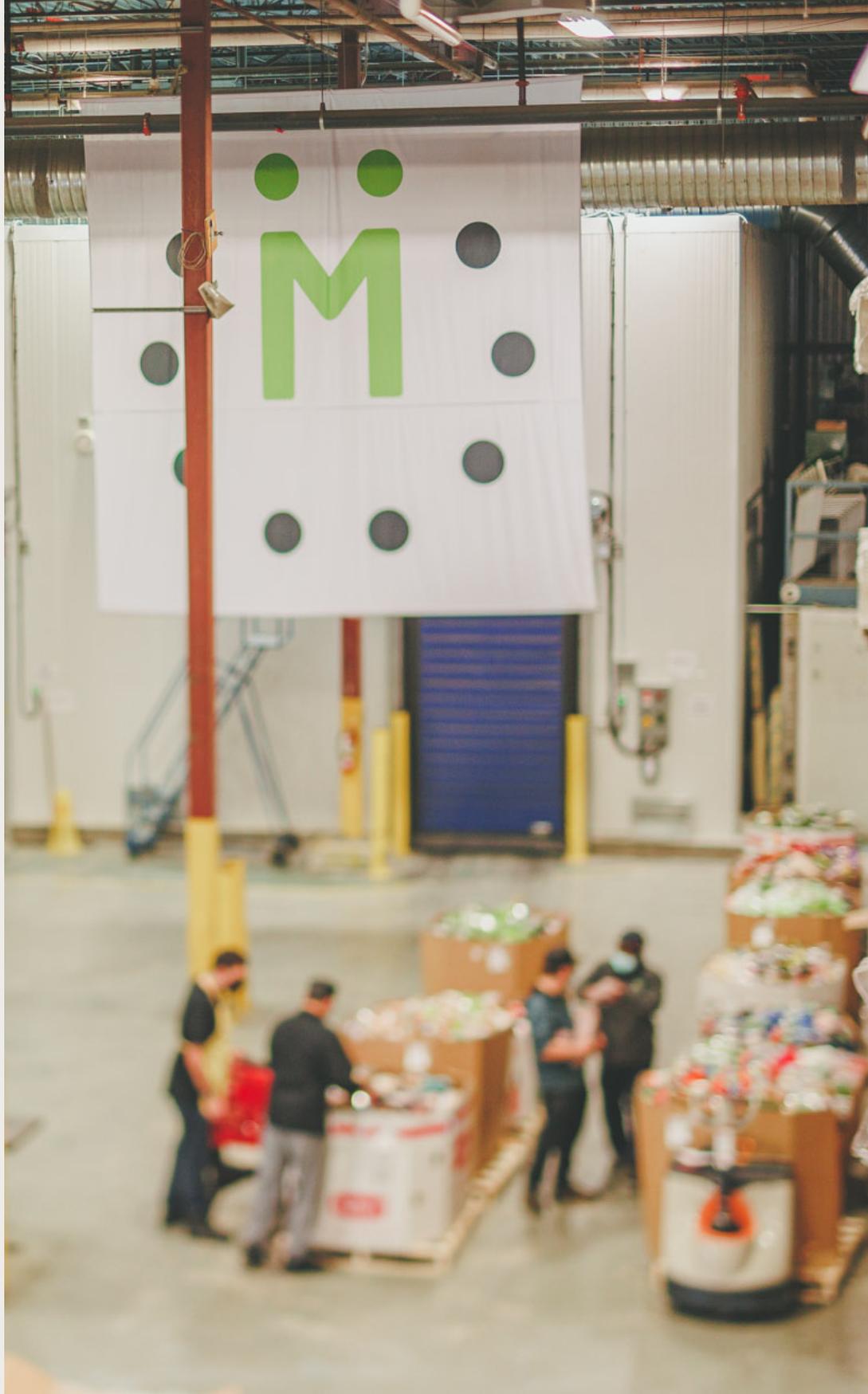


2022 HUNGER COUNT



MOISSON MONTRÉAL

TABLE OF CONTENTS

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 actively 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 gives 17 million kilograms of food per year to the greater community network, including more than 300 community agencies on the Island of Montreal that respond to 898,381 monthly requests for food assistance.

Moisson Montréal 2022 Hunger Count

Research and writing:
Lily Truchon
Éliane Larouche

Translation : Irwin Pollock

Design :
Alia Anzane
Ariane Savard

Moisson Montréal in numbers	3
Highlights	4
Food pantries	6
Meals	9
Recommendations from community agencies	13
Conclusion	14



MOISSON MONTRÉAL IN NUMBERS

303 
community agencies
accredited to Moisson
Montréal



352 food donors
including 118 supermarkets



17,1 million kilos of food distributed in 2021-2022

ABOUT THE HUNGER COUNT

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

METHODOLOGY

The data is collected each year, from March 1 to 31, from the local community agencies served by Moisson Montréal. Each agency is responsible for collecting its own data and sending it to Moisson Montréal after which it is compiled and analyzed with the support of the Université de Montréal's Institut de recherche en santé publique.

In 2022, 265 agencies accredited to Moisson Montréal participated in the Hunger Count. This represents all active agencies during this period.

HIGHLIGHTS

 **898 381**

requests for food assistance fulfilled by agencies
An increase of **25.8% compared to 2021**



223 164

VISITS TO A FOOD PANTRY PROGRAM



675 217

MEALS AND SNACKS SERVED



99 130

NUMBER OF PEOPLE BENEFITING FROM FOOD PANTRY PROGRAMS

An increase of **7.3 %**

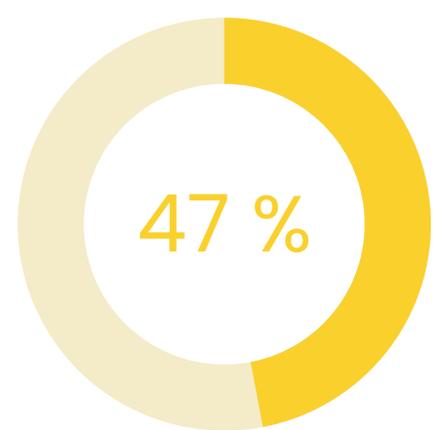
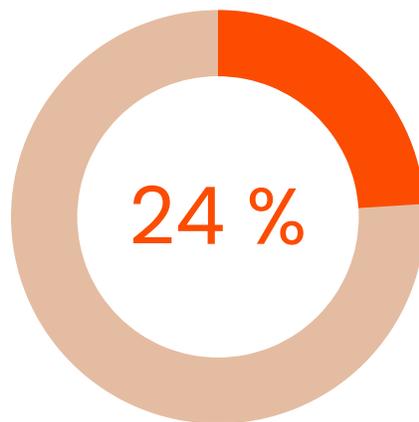
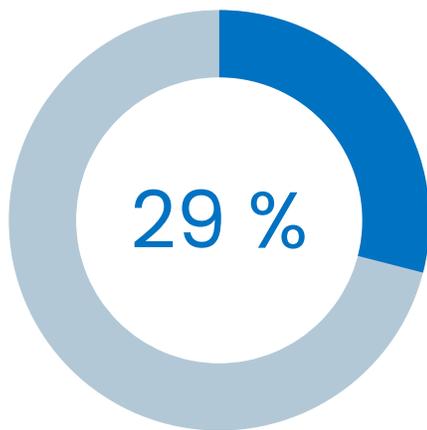
36% OF PEOPLE BENEFITING FROM FOOD PANTRY PROGRAMS ARE CHILDREN
In 2021, **34.4 %** were children

265 participating agencies in 2022

251 participating agencies in 2021

WITH FOOD PROVIDED BY MOISSON MONTRÉAL, COMMUNITY AGENCIES OFFER THE FOLLOWING SERVICES :

- Food pantries
- Meals and/or snacks
- Food pantries and meals



COMMUNITY AGENCIES HAVE A WIDE VARIETY OF MISSIONS

Agencies whose primary mission is food security

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

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

27 %

Agencies with a mission other than food security

- Community centers
- Shelters
- Addiction prevention, etc.

Because of Moisson Montréal's help, these organization can concentrate their resources on their primary mission.

73 %

FOOD PANTRIES

FOOD PANTRIES GROUP TOGETHER FOOD ASSISTANCE SERVICES SUCH AS FOOD BASKETS, COMMUNAL GROCERIES, OR EMERGENCY FOOD ASSISTANCE.



CHILDREN AGED 0 TO 17
RECEIVED HELP FROM FOOD
PANTRIES



Increase of **7.3 %**

IN THE NUMBER OF PEOPLE RECEIVING
HELP FROM FOOD PANTRIES IN 2022
COMPARED TO 2021

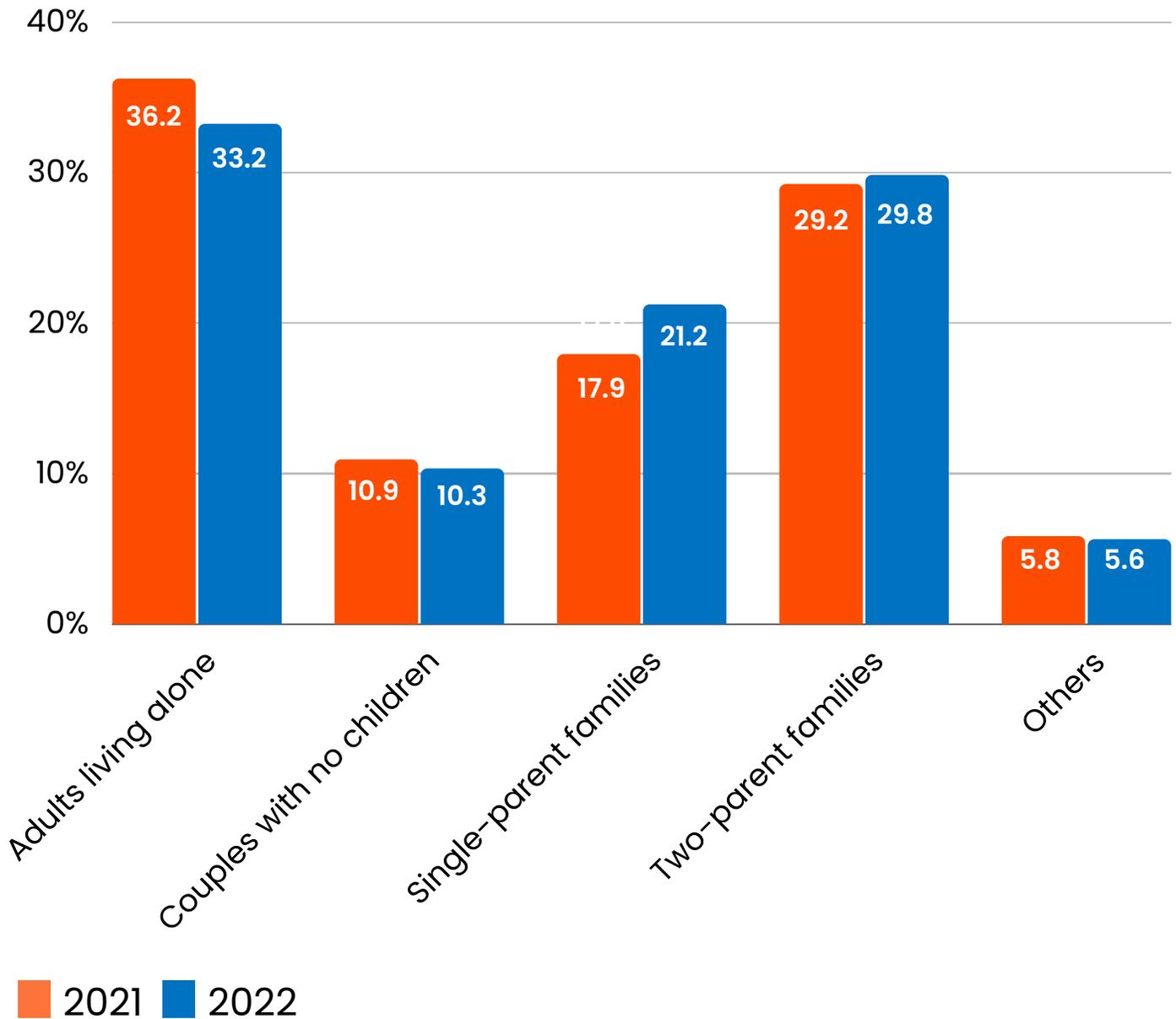


ADULTS AGED 18 AND OVER
RECEIVED HELP FROM FOOD
PANTRIES



TYPE OF HOUSEHOLDS USING FOOD PANTRIES

**177 organizations out of 265 responded to this question*

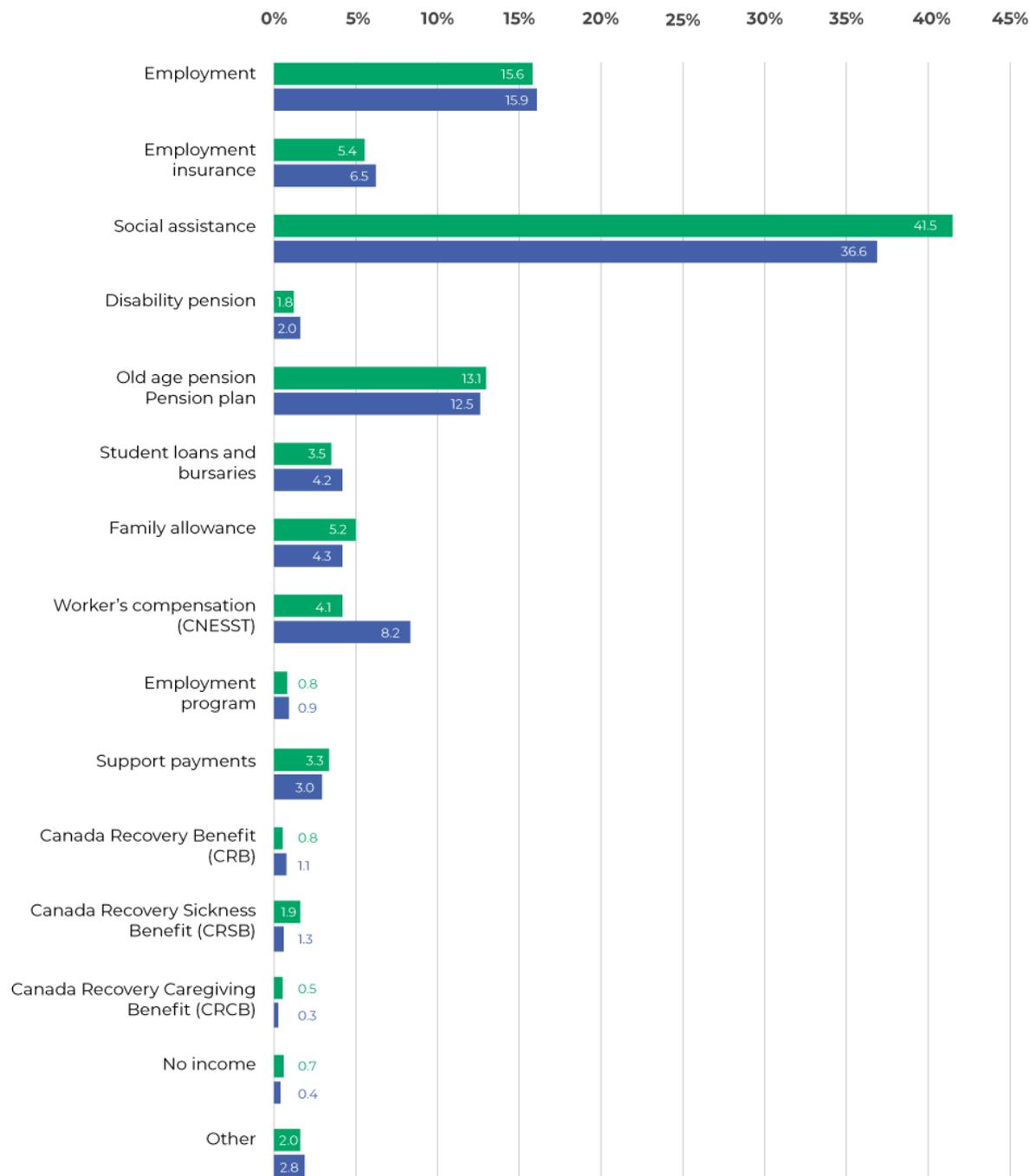


ADULTS LIVING ALONE REPRESENT THE LARGEST HOUSEHOLD TYPE. THIS TREND HAS BEEN OBSERVED SINCE 2008.

MAIN SOURCE OF INCOME OF HOUSEHOLDS USING FOOD PANTRIES

**146 agencies out of 265 responded to this question*

■ 2021 ■ 2022



36.6 % HOUSEHOLDS WHOSE PRIMARY SOURCE OF INCOME IS SOCIAL ASSISTANCE REPRESENT 36.6% OF FOOD PANTRY USERS.

MEALS

THE MEALS PROGRAM INCLUDES MEALS, SNACK DISTRIBUTION, COOKING WORKSHOPS, MEALS-ON-WHEELS, AND COMMUNAL KITCHENS.

MEALS SERVED	2021	2022	CHANGE
 Breakfast	56 934	94 299	+ 65.63%
 Lunch	99 029	167 799	+ 69.4%
 Supper	71 325	108 769	+ 52.50%
 Communal kitchens	4 249	34 717	+717%
 Meals delivered to homes Meals-on-Wheel	146 198	88 074	-40.97%
Total meals served	377 735	493 660	+30.69%
 Snacks	113 392	181 557	+60.11%
TOTAL MEALS AND SNACKS	491 127	675 217	+37.48%



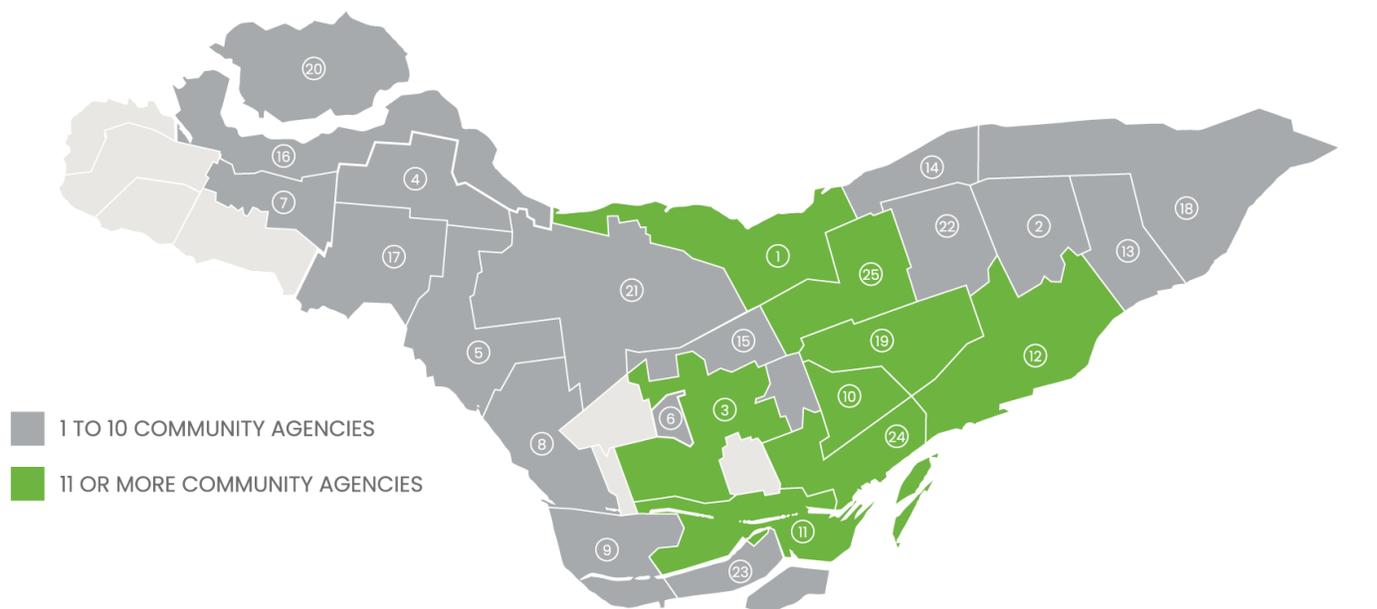
THE DEMAND FOR FOOD ASSISTANCE IS GROWING IN MONTREAL

An increasing number of Montrealers used food assistance in 2022. A total of 898,381 requests were filled during the reference month (March 2022).

This is an increase of 25.8% compared to 2021.

DISTRIBUTION OF COMMUNITY AGENCIES BY BOROUGH OR CITY*

*excluding 12 confidential community agencies



1 AHUNTSIC-CARTIERVILLE 12 (4,5%)	7 KIRKLAND 1 (0,4%)	13 MONTRÉAL-EST 1 (0,4%)	19 ROSEMONT – LA PETITE-PATRIE 13 (5,3%)
2 ANJOU 2 (0,8%)	8 LACHINE 8 (3%)	14 MONTRÉAL-NORD 9 (3,4%)	20 SAINTE-GENEVIÈVE 1 (0,4%)
3 CÔTE-DES-NEIGES – NOTRE-DAME-DE-GRÂCE 16 (6%)	9 LASALLE 7 (2,6%)	15 MONT-ROYAL 1 (0,4%)	21 SAINT-LAURENT 8 (3%)
4 DOLLARD-DES-ORMEAUX 1 (0,4%)	10 LE PLATEAU-MONT-ROYAL 22 (8,3%)	16 PIERREFONDS-ROXBORO 3 (1,1%)	22 SAINT-LÉONARD 6 (2,3%)
5 DORVAL / L'ÎLE DORVAL 2 (0,4%)	11 LE SUD-OUEST 22 (8,3%)	17 POINTE-CLAIRE 2 (0,8%)	23 VERDUN 8 (3%)
6 HAMPSTEAD 1 (0,4%)	12 MERCIER – HOCHELAGA-MAISONNEUVE 32 (12,1%)	18 RIVIÈRE-DES-PRAIRIES – POINTE-AUX-TREMBLES 6 (2,3%)	24 VILLE-MARIE 43 (16,2%)
			25 VILLERAY – SAINT-MICHEL – PARC-EXTENSION 25 (9,4%)



DIVERSIFICATION OF THOSE
AFFECTED BY FOOD INSECURITY :
MORE AND MORE STUDENTS, FAMILIES,
AND WORKERS ARE IN NEED.

RECOMMENDATIONS FROM AGENCIES

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

THE FOLLOWING ISSUES HAVE BEEN IDENTIFIED AS PRIORITIES :

1. Increasing the number of affordable housing units
2. Increasing support for mental health
3. Raising the provincial minimum wage
4. Raising pensions for seniors
5. Strengthening support for low-income single people



CONCLUSION

THE DEMAND FOR FOOD ASSISTANCE CONTINUES TO GROW IN MONTREAL

While this trend was already observed in the last Hunger Count, the demand for food assistance has continued to increase in Montreal over the past year.

A total of 898,381 requests were filled during the reference month (March 2022), an increase of 25.8% compared to 2021. Today, 35,656 children (36%) in Montreal rely on food pantries, an increase of 4.7% compared to 2021.

Another trend worth noting is that hunger is a major issue in urban areas.

Montreal accounts for more than 39% of the total food assistance in Quebec while representing only 21% of the population.

The needs are constantly growing in Montreal!

THE FACE OF HUNGER IS INCREASINGLY DIVERSE

The proportion of households whose primary source of income is social assistance has decreased to 36.6% from 41.5% last year. There has also been a shift to other types of recipients. Food insecurity can affect anyone: workers, students, families, and seniors.

WHAT'S NEXT...

It should be noted that the problem of hunger is probably more widespread than what the Hunger Count demonstrates since this survey is based on the assistance provided by Moisson Montréal's partner organizations for just one month (March 2022).

Inflation continues to rise and the cost of living is increasingly expensive.