

HAMILTON Food Share HUNGER COUNT 2017

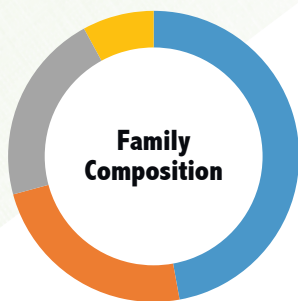
The Emergency Food Network: Hamilton Food Share is our community's food distribution hub for the Emergency Food Network operating in our city. Hamilton Food Share raises 2.7 million pounds of food a year, 1.5 million pounds of which is fresh or frozen food. Hamilton Food Share distributes these supplies to 11 emergency food centres operating food banks and hot meal programs across our community.

On any given day, the Hamilton network's food banks and hot meal programs give out emergency groceries sufficient to provide a minimum of **6,300 meals per day** throughout our community.

Over 20,000 visits were logged across the emergency food network in March 2017. Emergency food visits from both adults and children were up 9.5% and 10% respectively, representing an increase of 6% in total households in need of emergency groceries. These figures represent total people which includes people or households that have come to their local food bank for help more than once in that month. Children make up 38% of total visits logged.

Food Bank Access Comparison All Household Visits Across the Community

	March 2017	March 2016
Adults	13,670	12,479
Children	8,170	7,411
Total People	21,840	19,890
Total Households	8,400	7,928



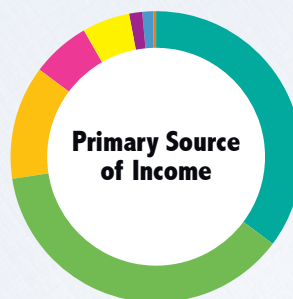
- Singles (47%)
- 2 Parent (24%)
- Single Parents (21%)
- Couples (8%)

"Hunger. It cannot be placated by growing a garden. It cannot be solved by learning how to cook. It's not about adjusting a recipe so it serves more or lasts longer. Hunger is a social justice issue. For hunger to be eliminated from the landscape of our community, the solution must incorporate economic justice as its outcome." Joanne Santucci, Executive Director, Hamilton Food Share

The Hunger Count this year depicts increases across the board for people who fear they will lose their housing due to insufficient income. Our neighbours in need, feeling powerless that their food won't last, start to exchange quality food items for lower cost items. They then begin to skip meals so their food will last. Most feel they have no other option but to cross the threshold of a food bank for help.

Babies (0-2) Preschoolers (3-5) School-Aged (6-11)

	Number of Children	% of Total Children
Babies (0-2)	1339	16%
Preschoolers (3-5)	1470	18%
School-Aged (6-11)	5361	66%



- ODSP (36%)
- OW (35%)
- Other Income (12%)
- Pension (7%)
- Employment (6%)
- No Income (2%)
- E.I. (2%)
- Student Loan (0.1%)

Hot Meal programs:
Served 13,802 meals in the month of March 2017

Household food insecurity, a symptom of poverty, is growing in Canada. On average, it is linked closely to poorer health status. We need only look to Hamilton's Code Red series to know people living in poverty are sick more often, have more health emergencies and a lower life expectancy than those of our wealthier citizens in more

affluent neighbourhoods. People with the lowest incomes have an average life expectancy 21 years shorter than those with the highest incomes¹. Without access to appropriate and sufficient food, people living in poverty pay more for medical costs². Inadequate food contributes to many health issues: such as, diabetes, heart disease, high blood pressure, and can permanently impair cognitive functions in children experiencing prolonged states of hunger. ¹Hamilton Spectator. Code Red(2010) ²Canadian Medical Association Journal. Association Between Household Food Insecurity and Annual Health Care Costs (2015)

How much more do food insecure households spend on medical care?³

23%

When someone is...
Marginally Food Insecure
It means they...
Experience anxiety over adequate food supply

49%

When someone is...
Moderately Food Insecure
It means they...
Compromise quality and/or quantity of food.

121%

When someone is...
Severely Food Insecure
It means they...
Regularly miss meals, eat far less adequate food. Go hungry.

³CMAJ Association between household food insecurity and annual health care costs. August 10, 2015, doi: 10.1503/cmaj.150234

Food Bank Access March 2017

Unique Households

Adults	7,988
Children	4,592
Total People	12,580
Total Households	5,246

The Reality for people living in poverty ▶

5,790 parents struggle to put food on the table every month

This March, 325 households found their way to a food bank for help for the first time

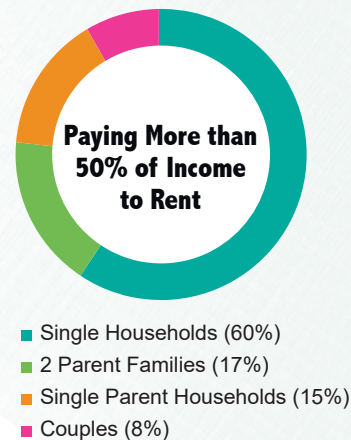
Nationally, 18% of food bank users report having a disability. In Hamilton 36% of food bank users report having a disability

All Visits vs. Unique Households: Many people who access a food bank need to use one only once per month.

60% of people using the foodbank visit once per month.

Heat or eat. Rent or food. Warm clothing or dinner. These are the difficult decisions food bank users face every day; choosing among basic needs. Most food bank users live on very limited household incomes and on the edge of homelessness. With over 5,246 households, 75% live in market rental housing. Last year the cost of this type of housing increased by 5.1%⁴ Any amount of household income that is spent on rent over the 30% level puts people at risk of homelessness. The degree of risk lies in the percentage of income to rent ratio as seen below. Paying 30%-50% of household income put households at high risk and paying 50% - 100% on rent puts households at extreme risk of homelessness. ⁴Canadian Mortgage and Housing Corporation (2016). Rental

Market Report Hamilton.



Income Spent On Rent	% Of Households	Top 3 Primary Income Sources in Category	% of Households in Category
Less than 30%	12%	ODSP OW CTB	34% 33% 13%
30-49%	36%	ODSP OW CTB	47% 24% 6%
More than 50%	52%	OW ODSP RAP	48% 26% 4%

Eighty-eight percent of households that live in market rentals are at high risk (36%) or extreme risk (52%) of losing the roof over their head. The 2 top sources in every category of limited household income are Ontario Works and the Ontario Disability Support Program.

OW= Ontario Works (Social Assistance) ODSP=Ontario Disability Support Program RAP=Refugee Assistance Program CTB=Child Tax Benefit

Depth of Hunger 2017

Poverty is widening marginally but deepening substantially. As heat, hydro, rent, and food costs continue to escalate, household incomes derived from government sources (our social safety net) and precarious employment remain static.

Sixty percent (60%) of food bank users need help only once a month to get by. This is why food banks were created — to fill the 2-3 day hunger gap with food until payday. However, the depth of hunger chart shows families who live so far below the poverty line that they need to come to a food bank more than once per month. Almost 5,000 people have incomes so inadequate that they are in dire need of the resources required to **fill the hunger gap of 6-20+ days worth of food** every month.

Depth of Hunger

Number of People	Days Worth of Food Needed
7,664	3-5
2,498	6-10
1,227	11-15
618	16-20
573	20+
12,580	

Emergency Food Programs Taking Part in the Survey

Ancaster Community Services / Good Shepherd Centres / Living Rock Ministries / Mission Services Opportunity Centres of Hamilton
The Native Women's Centre / Neighbour to Neighbour Centre / St. Matthew's House (2 Locations) / Salvation Army, Hamilton
Salvation Army, Dundas / Stoney Creek Food Bank / Wesley Urban Ministries / Welcome Inn Community Centre