



# Hamilton Hunger Count 2010

*Standing in line at a food bank is not the way  
a child should spend the day.*

*Kari Astles, Welcome Inn*

## HUNGER FACTS - EMERGENCY FOOD

**PROFILE:** While the economists point to indicators that our economy is bouncing back, hunger relief agencies tell us there is little change in the need for emergency food services and for the people they serve. The survey revealed a slight decrease of 5% in the total number of people who reached out to a food bank for help. Even with this slight decrease, the number of people in need of emergency food continues to remain at very high levels. With an extraordinary 26% jump in need for emergency food last year, local food banks continue to grapple with system capacity issues.

VOLUNTEERS devoted more than 8,517 hours of their time in March

STAFF hours allocated by agencies totalled 7,678 hours

TOGETHER they served 28,417 community meals and distributed 565,000 lbs. of emergency groceries to our neighbours in need.

### FOOD BANK ACCESS COMPARISON MARCH 2010 TO MARCH 2009

	Mar-10	Mar-09
Adults	10,443	11,289
Children	8,157	8,313
Total People	18,600	19,602
Total Households	8,507	7,685

When asked during which months food supplies are at the lowest, local food banks were unanimous with 100% stating December as the month where the need is the greatest, followed by the summer months. Of those surveyed, 90% cited July, 80% cited August, along with 60% who cited June.

Significant challenges experienced by service providers have left the system at times as vulnerable as the people they serve.

Throughout the year respondents cited the following experiences:

- 30% ran out of food
- 40% gave out less food
- 80% had to buy more food
- 80% launched media appeals
- 70% asked churches for help
- 50% appealed to corporate partners

### TOP RESPONSES FROM LOCAL PROGRAMS :

What resources do you lack the most?

1. Adequate quality space
2. Core funding
3. Food
4. Paid staff & training
5. Transportation

What 3 food types are you most lacking?

1. Fresh and frozen fruit
2. Canned meats & fish
3. Fresh & frozen vegetables

8,507 households  
relied on a food bank  
in March 2010

6.6% new Households  
accessed a food bank  
for the first time

54.6% live in market  
rental units

1.2% live in shelters or  
youth homes

1.7% live on the street

4.4% live with  
relatives or friends

64% are parents with  
children under the  
age of 18

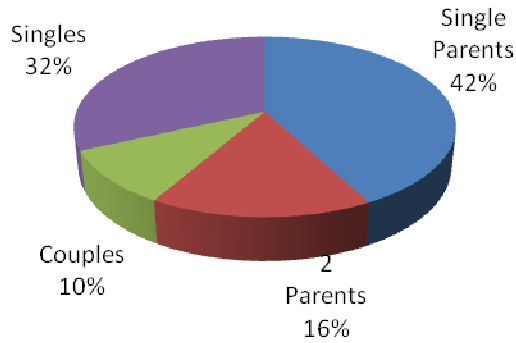
Most food banks  
allow only one visit  
per month

Most food banks  
give out 3 days  
worth of food

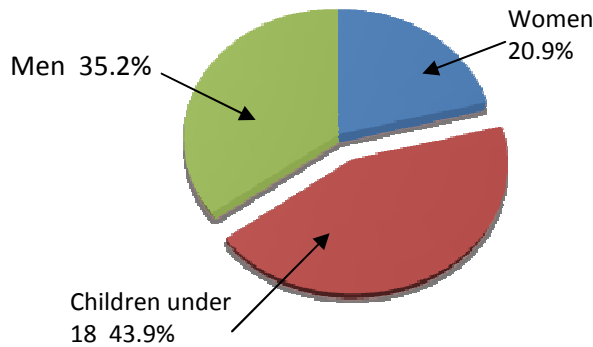
Community meals are  
open to the public to  
anyone in need

## Client Profile

### Hamilton Hunger Count 2010



Household Source of Income	
Ontario Works	52%
Ontario Disability Support Payments	20%
Employment	9%
Pension	5%
E.I.	5%
Student Loans	2%
Other	5%
No Income	2%



Women and children are  
the highest group living in  
poverty and make up 64%  
of the people who go  
hungry.

Food bank users are the  
elderly, children, the  
disabled, couples, new  
Canadians, single people,  
single and two-parent  
families. They include  
students, the working poor,  
people living on disability  
and old age pension, people  
living on social service  
benefits income, the  
homeless and – incredibly -  
people who have no income  
at all.

#### DID YOU KNOW..?

Food banks provided other  
services to those who could  
not otherwise get the help  
they need.

- Nutrition Education
- Rental and Housing Info
- Job Search Assistance
- Voting Information
- Budgeting
- Low cost/free clothing & furniture
- Advocacy

#### AGENCIES PARTICIPATING IN THE HUNGER COUNT

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



339 Barton Street, Stoney Creek, ON L8E 2L2  
Tel: (905) 664-9065 / Fax: (905) 664-2108  
[www.hamiltonfoodshare.org](http://www.hamiltonfoodshare.org)