

FOODBANK HUNGER REPORT 2017

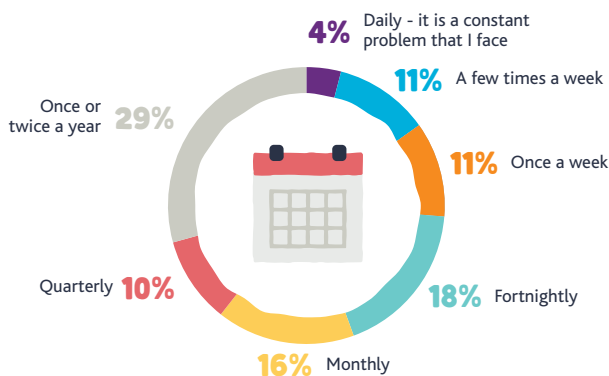
A SNAPSHOT

FOOD INSECURITY IN AUSTRALIA

HOW COMMON IS FOOD INSECURITY IN AUSTRALIA?

3.6
MILLION

3.6 million Australians (15%) have experienced food insecurity in the last 12 months.



HOW MANY PEOPLE ARE RECEIVING FOOD ASSISTANCE?

When individuals are faced with food insecurity, seeking food relief from a charity is not the most common first point of call.

46%

In fact, less than half of food insecure Australians (46%) have sought assistance from a charity.

This is because they feel:



Foodbank provides food assistance to over

652,000

Australians every month...

27%

of whom are children.

Proportion of individuals assisted in each age group:



CHARITIES ARE STRUGGLING TO MEET THE RISING NEED FOR FOOD RELIEF

10%

The increase in the number of individuals seeking food relief from charities in the last 12 months.

65,000

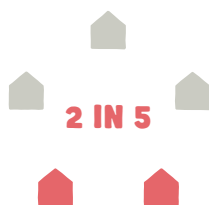
The number of people seeking food relief each month who are unable to be assisted by charities.

37%

The percentage of charities meeting the full needs of the people they assist.

IT'S NOT ALWAYS WHO YOU EXPECT

THE FACE OF FOOD INSECURITY IS DIVERSE IN AUSTRALIA.



Australia's young adults are also at risk of food insecurity. They (Gen Z & Gen Y) represent:



WHAT CAUSES FOOD INSECURITY IN AUSTRALIA?

The high cost of living is the main cause of food insecurity for Australians.



56% of food insecure Australians say they have been unable to purchase enough food due to unexpected expenses or large bills.



TOP 5 CAUSES OF FOOD INSECURITY:



56%

Unexpected expense or large bill



48%

Just not enough money in the first place



38%

Had to pay rent/ mortgage payment



35%

Food too expensive/can't afford to buy enough



10%

I/my partner got sick or injured and couldn't work

LIVING WITH FOOD INSECURITY

TO GET THROUGH TIMES OF FOOD INSECURITY, PEOPLE OFTEN GO WITHOUT



Many Australians (45%) experiencing food insecurity have skipped a meal...



and 28% have gone for an entire day without eating.

LACK OF FOOD CAN SIGNIFICANTLY IMPACT QUALITY OF LIFE



42%

Lethargy or tiredness



38%

Decline in mental health



35%

Loss of confidence

STRESS AND DEPRESSION ARE COMMON EMOTIONS FOR THOSE WITHOUT ADEQUATE FOOD

In times where they are unable to buy enough food, food insecure Australians experience a range of negative emotions.



53%

Depressed



52%

Stressed



44%

Embarrassed



44%

Sad



39%

Hopeless



38%

Ashamed

THE BENEFITS OF FOOD RELIEF ARE TANGIBLE AND ONGOING

TOP 5 BENEFITS OF RECEIVING FOOD RELIEF:

43%

Felt less hungry

36%

Able to better focus/concentrate

33%

Physical health improved

30%

Felt less nauseous

28%

Able to better plan for the future



More than four out of five recipients of food relief (83%) say the benefits of this assistance made a difference in their life for a week or more.

FOODBANK IS THE LARGEST HUNGER RELIEF ORGANISATION IN AUSTRALIA, PROVIDING FOOD FOR 172,000 MEALS A DAY TO OVER 2,600 CHARITIES NATIONALLY

METHODOLOGY

Data for this infographic has been sourced from two online surveys:

- Foodbank Welfare Agency Survey: survey of 1,123 agencies registered with Foodbank about their current operating performance, clientele and needs. In field December 2016 – July 2017
- Survey of Australians experiencing food insecurity: survey of 511 Australians who experienced food insecurity in the last 12 months. In field 31 July – 7 August 2017



FOODBANK.ORG.AU

Research and infographic design by:

mccrindle