

# FOODBANK HUNGER REPORT 2018

## A SNAPSHOT

### FOOD INSECURITY IN AUSTRALIA



More than **4 MILLION** Australians (18%) have experienced food insecurity in the last 12 months



**THREE IN FOUR** of these (76%) are categorised as having 'very low food security'<sup>1</sup>



Children represent **22%** of all food insecure Australians<sup>2</sup>

### CHARITIES ARE STRUGGLING TO KEEP UP WITH DEMAND

FOODBANK PROVIDES RELIEF TO OVER

**710,000**

AUSTRALIANS EVERY MONTH



**26%** OF WHOM ARE UNDER THE AGE OF 19



**46%** 2017 TO **51%** 2018



**INCREASE**

in the proportion of food insecure Australians seeking food relief in the last 12 months

**THE EQUIVALENT OF 384,000 PEOPLE**



**HALF** of all charities report an increase in the number of people seeking food relief



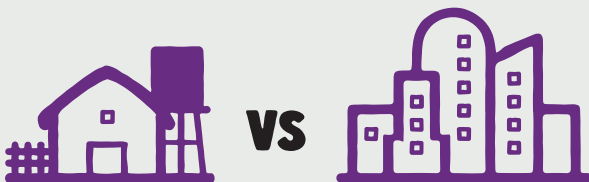
Only **36%** of charities are currently meeting the full needs of the people they assist

### THE CRISIS IN THE COUNTRY

Australians living in regional and remote areas are

**33% MORE LIKELY**

to have experienced food insecurity in the last 12 months than those living in cities



**MORE THAN 1.5 MILLION**

Australians in regional and remote areas have experienced food insecurity in the last 12 months

### COPING WITH FOOD INSECURITY CAN BE TOUGHER IN THE COUNTRY

FOOD INSECURE PEOPLE IN...

REGIONAL AND REMOTE AREAS

CAPITAL AND MAJOR CITIES

Feel they cannot talk to friends and family about their situation

**66%**

**57%**

Feel they don't have a community they can trust to help in times of need

**58%**

**53%**

Feel embarrassed because they are unable to afford food

**52%**

**39%**

1. United States Department of Agriculture (USDA) Food Security Survey Module

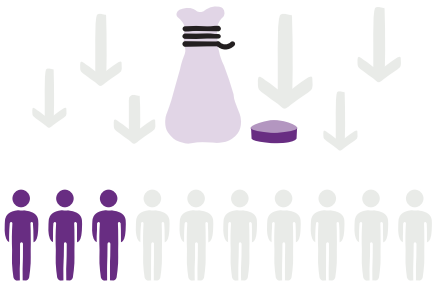
2. Foodbank, Rumbling Tummies: Child Hunger in Australia, 2018

3. World Economic Forum, 2016

# LIVING WITH FOOD INSECURITY MEANS FOOD BECOMES A DISCRETIONARY ITEM

## THREE IN 10 AUSTRALIANS

experiencing food insecurity (30%) attribute living on a low income or pension as the main reason they are unable to afford enough food



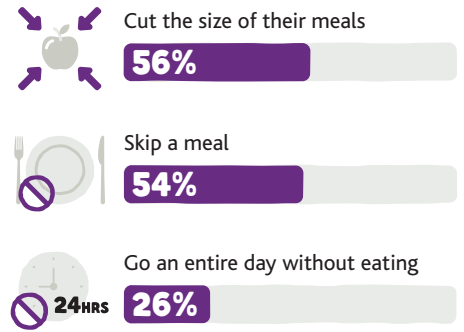
Almost **THREE IN FIVE AUSTRALIANS** living with food insecurity (58%) spend more than 20% of their total household income on food

## MORE THAN 20%



This is more than **DOUBLE THE PROPORTION** the average Australian household spends (9.8%)<sup>3</sup>

Proportion of food insecure Australians who **AT LEAST ONCE A WEEK**



# THE PHYSICAL, EMOTIONAL AND SOCIAL EFFECTS OF FOOD INSECURITY

**A LACK OF FOOD CAN OFTEN RESULT IN...**



**52%**  
Feeling tired or lethargic



**44%**  
A decline in mental health



**38%**  
A loss of confidence

**WHEN THEY ARE UNABLE TO AFFORD FOOD FOR THEMSELVES OR OTHER FAMILY MEMBERS, AUSTRALIANS ARE LIKELY TO FEEL...**



**57%**  
Stressed



**52%**  
Depressed



**47%**  
Sad



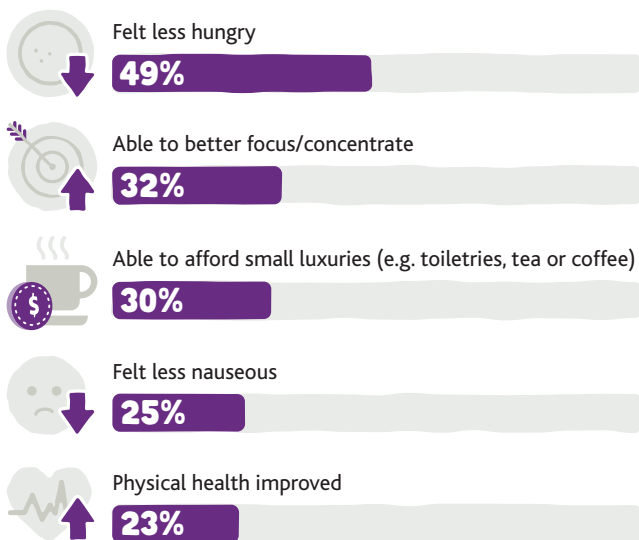
**44%**  
Hopeless



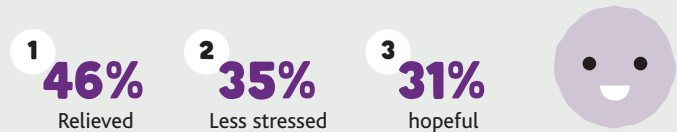
**43%**  
Embarrassed

# FOOD RELIEF CAN MAKE A POSITIVE DIFFERENCE TO THE LIVES OF AUSTRALIANS

## TOP FIVE BENEFITS OF RECEIVING FOOD RELIEF



## MOST COMMON EMOTIONS EXPERIENCED AS A RESULT OF RECEIVING FOOD RELIEF



**MORE THAN FOUR OUT OF FIVE RECIPIENTS OF FOOD RELIEF (83%) SAY THE BENEFITS OF FOOD ASSISTANCE MADE A DIFFERENCE IN THEIR LIVES FOR A WEEK OR MORE**



**FIGHTING HUNGER IN AUSTRALIA**  
FOODBANK.ORG.AU

**FOODBANK IS THE LARGEST HUNGER RELIEF ORGANISATION IN AUSTRALIA, PROVIDING FOOD FOR MORE THAN 2,600 CHARITIES AND COMMUNITY GROUPS AROUND THE COUNTRY THAT ARE WORKING TO FEED THE HUNGRY**

## METHODOLOGY

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

- Foodbank Charity Partner Survey: Survey of 1,710 charities registered with Foodbank about food relief activities and beneficiaries. In field December 2017 – April 2018.
- Survey of Australians experiencing food insecurity: survey of 767 Australians who experienced food insecurity in the last 12 months. In field July – August 2018.

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