



**FIGHTING HUNGER
IN AUSTRALIA**

Foodbank Hunger Report 2016



About Foodbank

Foodbank is Australia’s largest food relief organisation, providing 60 million meals a year to over 2,400 charities around the country.

Last year we distributed 33 million kilos of food and groceries with a retail value of more than \$200 million. That’s the equivalent of 166,000 meals a day.

Foodbank is also the largest supporter of school breakfast programs in Australia providing food for 1,500 schools nationally both directly and via programs run by other organisations. Over 100,000 students receive breakfast thanks to Foodbank which provides 205,000 school breakfasts a week.

Food Rescue

Foodbank accounts for 75% of all the food distributed to charities by food rescue organisations in Australia. We work with the entire Australian food and grocery industry from farmers, wholesalers, manufacturers and retailers. Items include stock that’s out of specification, close to expiry, has incorrect labelling or damaged packaging, is excess to requirements or from slow moving or deleted lines.

Donations

Companies also make donations to Foodbank as part of their commitment to corporate social responsibility. Many companies choose to make regular donations by increasing their production run or drawing straight from inventory in order to ensure that their product is consistently available to charities. They may also make special one-off donations at the time of natural disasters such as bushfires or floods.

Others incorporate a donation into their marketing campaigns confident that their customers will respond to knowing their purchase will achieve good in the community. For example the Foodbank Food Fight campaign, which takes place nationally every August, sees over 7 million serves of food donated to Foodbank by participating brands.



Key Staples Program

In addition, Foodbank collaborates with suppliers, manufacturers and transporters in an innovative initiative called the ‘Key Staples Program’, to ensure there are supplies of essential foods in our warehouses every day. In this program, food manufacturers produce the products we need using spare production capacity. Suppliers donate or subsidise the ingredients, packaging and delivery of the products to spread the commitment and enhance the sustainability of the program. Through this program we are able to provide consistent supplies of breakfast cereal, fresh and long life milk, pasta and pasta sauce, baked beans, canned fruit and sausages. Many of the nutritious products used in the school breakfast programs are sourced via the Key Staples Program.

Primary Produce Programs

Farmers support Foodbank by donating grain, livestock, milk, eggs, fruit and vegetables. Foodbank goes back to the farm gate to obtain this fresh produce both for distribution and as manufacturing ingredients for the Key Staples Program. For example the grain is milled and used to produce breakfast cereal and pasta while the livestock is turned into sausages.

Food Drives

Increasingly, the public is contributing to Foodbank’s supply of food by participating in food drives. Office workers, school children, shoppers and sporting clubs are all playing their part by donating a can, jar or packet of much-needed pantry items for inclusion in food hampers and emergency parcels.

Foodbank at a glance	
Total food and grocery in 2015	33m kg
Total meals in 2015	60m
Estimated value of food	\$200m
Key Staples Program	3m kg
Charities supplied	2,400
Schools supplied	1,200

About this report

The Foodbank Hunger Report provides an annual snapshot of the largely hidden problem of food insecurity in Australia. The 2016 report is a summary of two pieces of research undertaken amongst Foodbank stakeholders in the first half of the year.

The first was a survey of recipients of food relief from front-line charities and community groups. This is the first time Foodbank has undertaken such research. The aim of this survey was to better understand the reality of food insecurity in Australia including the impact it has on the physical, mental and emotional health and wellbeing of individuals and families. It explored the circumstances that drive people to seek food relief and the influence the provision of food has on their wellbeing and prospects for the future. This research was conducted online and face-to-face by Galaxy Research in February 2016 amongst a sample of 636 Australians who had experienced food insecurity in the past 12 months.

The second piece of research was the Foodbank Welfare Agency Survey. This is the fourth such survey and was conducted between December 2015 and March 2016 amongst the charities and community groups sourcing food from Foodbank. The aim of the survey was to ascertain information about the agencies that provide front-line food relief, their food provision activity and the beneficiaries of that activity. It also sought feedback on the service Foodbank provides. 1,019 responses were received and analysis of the results, as well as the context of economic factors surrounding the issue of hunger and food relief in Australia, were provided by Deloitte Access Economics, Australia’s pre-eminent economics advisory practice.



Contents

About Foodbank.....	3
About this report.....	4
Key findings.....	7
Why Australians are seeking food relief.....	8-9
Food insecurity in Australia is hitting crisis point.....	11-13
Charities cannot cope and are turning people away empty handed.....	15-18
It’s not who you think.....	20-21
It’s not taking much to tip some people into food insecurity.....	22-23
The impact of food relief is immediate and far reaching.....	25-30
Foodbank is essential to food relief in Australia.....	31-33
State & Territory summaries.....	35-41
Methodology.....	43-44
References.....	45
Acknowledgments.....	46



Key findings

Food insecurity in Australia is hitting a crisis point

- 1 in 6 Australians report having experienced food insecurity at least once in the last 12 months.
- Over half of these people say they have experienced food insecurity between 1-3 times but for over a quarter of them it is a regular occurrence.
- Over 644,000 people now receive food relief each month, 33% of whom are children.

Charities cannot cope and are turning people away empty handed

- Around half of the people who report experiencing food insecurity have sought food assistance from a charity or community group.
- 2015 saw an 8% increase in the number of people seeking food relief.
- Over 43,000 people seeking food relief each month are unable to be assisted by charities and community groups, 32% of whom are children.

It is not who you think

- The face of hunger is diverse – male, female, both young and old, single and in families, students, employed and unemployed as well as retired people.
- Generation Y is almost twice as likely to experience food insecurity than the average (31% vs 18%).

It's not taking much to tip some people into food insecurity

- The most common reasons why people experience food insecurity are not enough money in the first place, unexpected expenses and large bills or just paying for the roof over their heads.
- The most likely things people do in order to have enough money for food for themselves and their families are to borrow money from family and friends, not pay bills or rack up debts on a credit card.

The impact of food relief is immediate and profound

- People receiving food assistance say they feel relieved, happy, positive, hopeful and less stressed.
- They report both immediate benefits of feeling less hungry as well as longer term benefits such as improved physical health, being able to plan for the future and feeling able to look for work/get a job.
- Around half say the benefits last about a week while 22% say they help them through a crisis period of a few weeks or months and 6% say they help them to make longer term, lasting improvement to their lives.

Why Australians are seeking food relief

Over the past two decades, Australia has experienced strong economic growth and performance, with a steady increase in household wealth. This positive economic environment has created an opportunity for Australia to reduce inequality within the population; however, disadvantaged Australians still face significant challenges with respect to affording basics such as food. Results from the 2016 Foodbank surveys highlight again that the demand for food relief is rising, irrespective of the growth and performance of the economy.

A common misconception is that only homeless people require food relief. The 2016 Foodbank survey highlights that the main recipients of food relief are individuals and families who have generally low incomes or are unemployed, not just those who are homeless. Job seekers and workers are accessing food relief due to the rising cost of living or bill shock.

Bill shock

Bill shock is highly prevalent in Australia and seems to be increasing as shown in a recent Essential Services Commission review (2015) into energy hardship in Victoria. The Commission found that between 2009/10 and 2013/14 disconnections due to financial difficulty had risen 202% for those on hardship programs and 136% for those not receiving support; a total of 58,503 customers. In 2015 an estimated \$50 million was owed by customers facing payment difficulties with the majority owed by those on hardship plans. Most surprising is that those facing payment difficulties, i.e. on hardship programs or being disconnected, were most likely to be aged between 40 to 45 years old (AGL, 2012) or at an age when their income should be highest.

Cost of living

Australia’s strong economic performance has seen nominal incomes rising by more than the cost of living (Jacobs, Perera & Williams, 2014). While this suggests that spending should be less constrained as a result, household expenditure has been under pressure by countervailing economic factors. Jacobs, Perera & Williams (2014) identified that, since 2004, the cost of

utilities, health services and education has increased by more than the overall rate of inflation as measured by the consumer price index (CPI). For households already facing financial stresses, these price increases on staples can have a strong flow-on effect in relation to their ability to pay their bills or pay for other staples such as food, as they have nowhere to divert finances from.

Relatively high wages, along with their continued growth, have contributed to increasing prices within the economy. The rise in the cost of living in Australia is the product of a number of different factors. A case in point is the price of food itself. The Australian dollar has remained strong over the past decade and, as it has appreciated, imported food has become relatively cheaper. However, that same appreciating currency has meant that Australian exports have become less attractive on the international market, leading to an increase in the price of domestic goods. This trend is now reversing as the Australian dollar becomes weaker; making Australian exports more attractive to foreign markets (Keogh, 2016). However, for those who use Foodbank services, this has affected particular staples strongly and is unlikely to lead to food price relief. The most in-demand products overseas include wheat, meat, dairy and grains; which correlate with the products most demanded by Australian Foodbank agencies. Increasing demand for these Australian products overseas will limit the quantity and affordability of the domestically-sourced staples. Australia has been identified as self-sufficient in the production of key staples, including grains, dairy and meat. Currently, 90% of domestic food demand is met by domestic production, with imported food constituting the remaining 10% (Nunzio, 2014). Therefore the current trend of increasing prices for food will likely continue.

A simple illustration highlights the current situation rather dramatically. A survey conducted by the Deutsche Bank (2013) found that the cost of a loaf of bread in Sydney rose from \$2.60 to \$6.63 between 2003 and 2013. Compared to the percentage change in the CPI over this time period, the average price of bread has risen nearly five times as much as CPI¹.

Lower income growth

Not only do financially stressed households exist, but there is a group of people in Australia who are more likely to be at risk of becoming financially stressed. Known as ‘low economic resource households’ these households have both low wealth and low income. The Australian Bureau of Statistics (ABS, 2013) notes that these households are at risk of experiencing economic hardship as they are less likely to be able to support any changes in their income. Furthermore, as their incomes are likely to grow comparatively less than those of the average Australian household over time, low economic resource households are, in effect, experiencing more rapid increases in their cost of living (ABS, 2013). This disparity is highlighted in Table 1.1, where the growth in both income and wealth for the lowest quintile is significantly lower than the average growth for all quintiles in the population (ABS, 2015).

Government policy

Recent changes in government policy will also influence the demand for food relief and reduce the ability of those to support them. Following the reduction of approximately \$240 million over four years in the Department of Social Services’ Discretionary Grant Program, as announced in the 2014 Federal Budget, it

is likely that there will be market consolidation and a potential reduction in the ability of charities to respond to clients’ needs. Meanwhile, demand could increase as, from 1 July 2016 onwards, couples with children over the age of 13 will no longer receive the Family Tax Benefit Part B and the large family supplement will also cease.

It is important to consider the holistic impacts of such government policies on society. The Committee for Economic Development of Australia (2015) estimates that between 1 to 1.5 million people in Australia experience chronic or persistent disadvantage. This means that their quality of life and access to food remain unchanged until they are able to find employment.

Australia still faces numerous challenges in reducing hunger and lifting people out of food insecurity. While disadvantaged and unemployed Australians are most at risk of being unable to afford food, the sensitive financial circumstances of many others suggests that food support remains a vital resource for all Australians. In particular, with the costs of staples continuing to rise at a greater rate than inflation, rising food prices put pressure on those who are most vulnerable in Australia. This, and the wider economic trends that Australia faces, mean that people will continue to need the food security provided by Foodbank and the agencies that it supports.

Table 1.1 Growth in income and wealth in Australia

Income group	Growth in gross mean household income per week 2003-2014	Growth in mean value of household net wealth 2003-2014
Lowest quintile	29%	11%
Average (whole population)	35%	32%

Source: ABS (2015)

¹ Calculated using the percentage change in the price of a loaf of bread in Sydney divided by the percentage change in the food and non-alcoholic beverages CPI index for Sydney from 2003 to 2013.

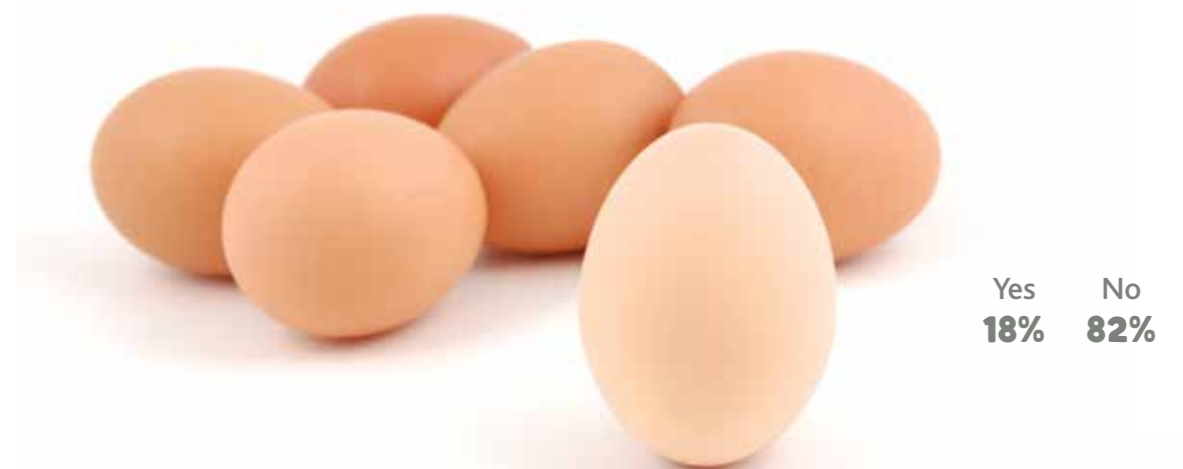


Food insecurity in Australia is hitting a crisis point

Our survey of the Australian public reveals that the incidence of food insecurity is alarmingly high with 1 in 6 Australians reporting experiencing it at least once in the last 12 months and over a quarter (28%) of those facing it regularly. Over 644,000 people a month now access food relief from Foodbank agencies which is up 25% from the 2014 report.

Just over one in six Australians (18%) report having experienced food insecurity at least once in the last 12 months. This means there has been a time when they didn't have enough food for themselves or other family members and could not afford to buy more food.

Australians experiencing food insecurity*

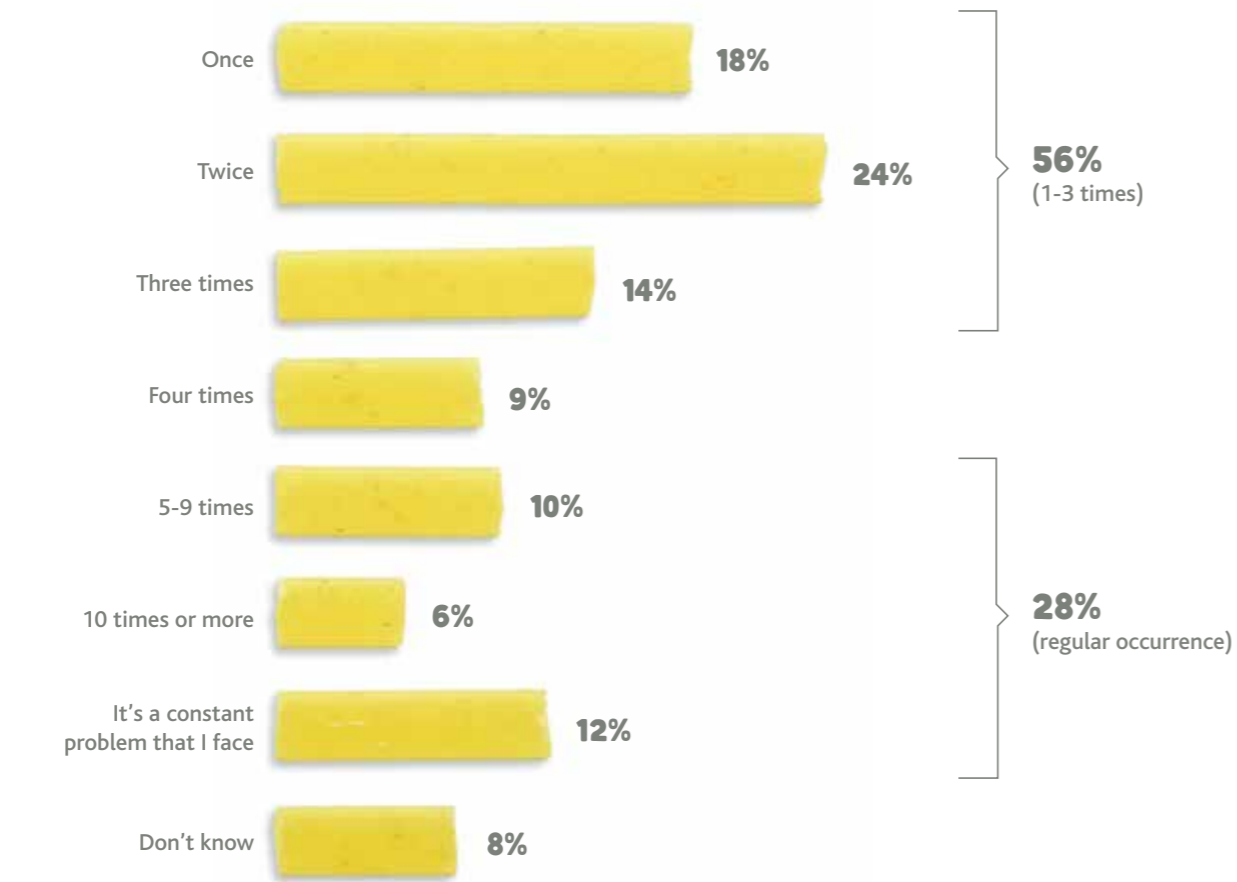


Source: Galaxy Research
*n=4,078



The majority of affected people (56%) say they have experienced food insecurity between 1-3 times over the last 12 months but for 28% of them it is a regular occurrence. Amongst those affected, women (34%), those 35 and older (36%), the unemployed (38%) and those living outside of capital cities (35%) are more likely to have experienced food insecurity five or more times.

Frequency of food insecurity



Source: Galaxy Research

On average, 178 adults and 93 children receive food relief from individual charities and community groups each month. In aggregate, over 644,000 people receive help from Foodbank agencies every month, 34% of whom are children.

People receiving food relief every month from Foodbank agencies



“ My clients are always pleasantly surprised when I arrive with a food hamper for them. Often my visit has come at the same time as a big bill e.g. car registration or a death in the family, so they had the costs of a funeral, or an accident (e.g. broken toe) and they couldn't get to the shops to buy their groceries. Some are supporting their adult children who have returned from prison or rehab or have run away from a violent relationship. Some are grandparents who are fostering their grandchildren due to substance abuse. It makes my clients have a feeling of self-worth and positive affirmation that there is someone out there who cares about them. ”

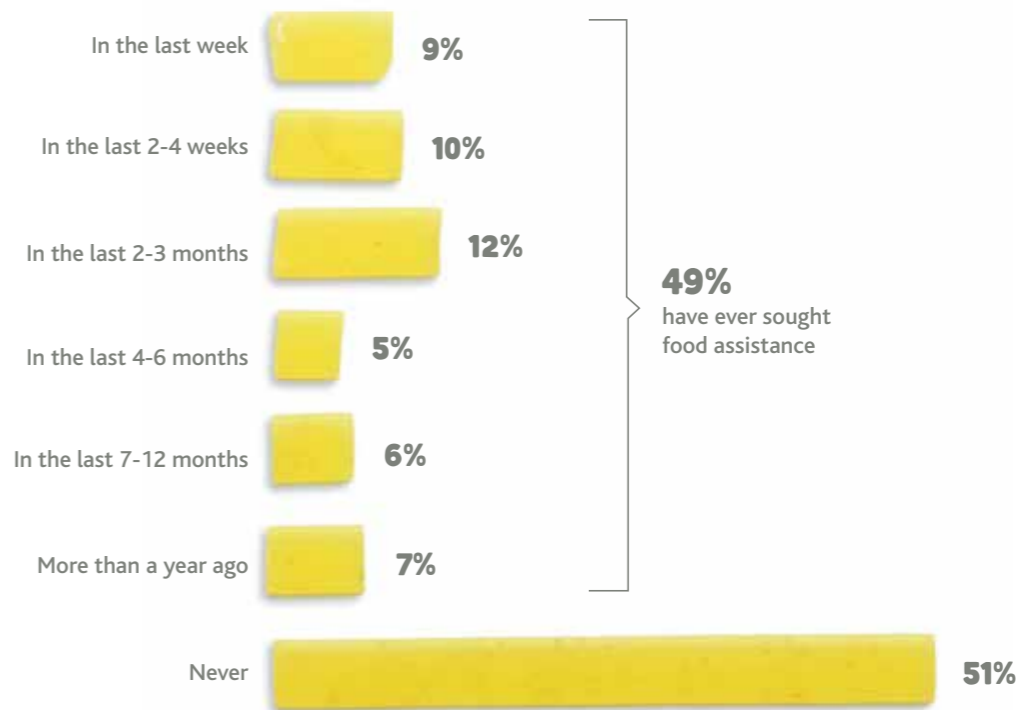


Charities cannot cope and are turning people away empty handed

With around half (49%) of the people who report experiencing food insecurity seeking assistance from charities and community groups, the number of people seeking food relief in 2015 increased by 8%. Some charities experienced increases in demand in excess of 30%. This is leading to them being unable to cope, with over 43,000 people seeking food relief each month being turned away empty handed, 32% of whom are children.

Around half (49%) of the people who report that they've experienced food insecurity in the last 12 months, have sought food assistance from a charity or community group.

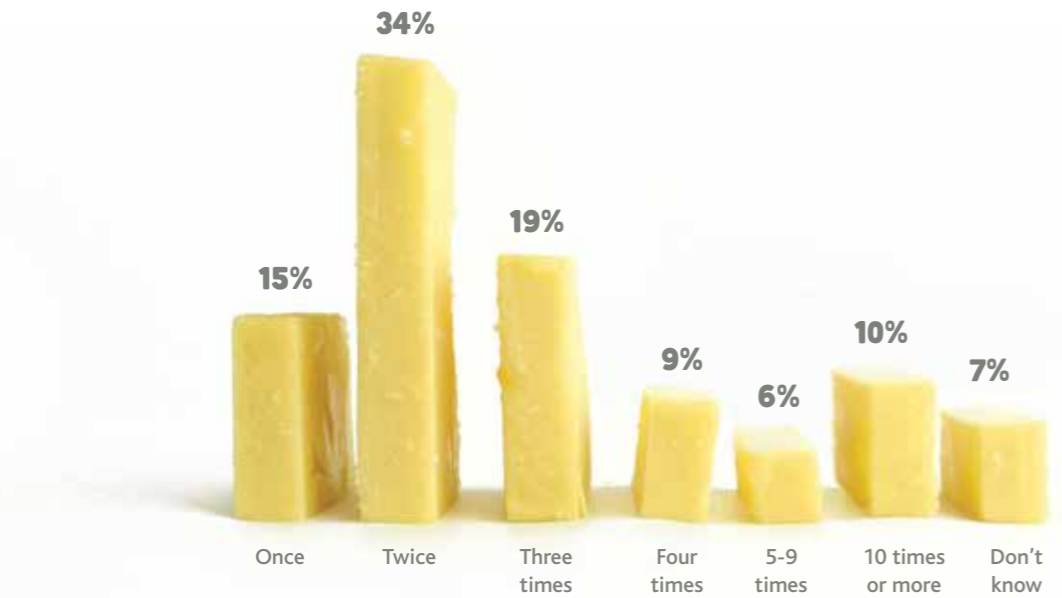
Food insecure people seeking assistance



Source: Galaxy Research

Around half (49%) of the people who have sought food assistance from a welfare agency say they've sought assistance once or twice in the last 12 months, 29% have sought it 3-4 times and 16% have sought it 5 or more times.

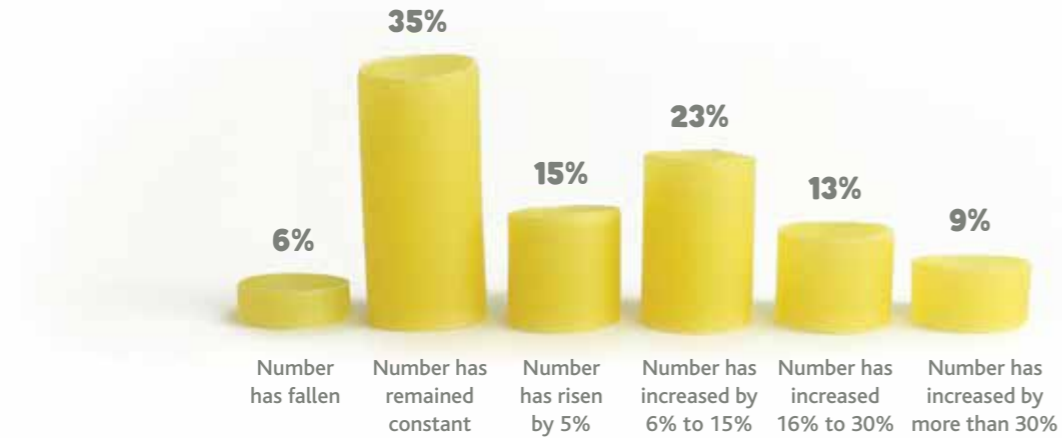
Frequency of seeking food assistance



Source: Galaxy Research

60% of charities and community groups report an increase in the number of individuals approaching them for assistance in the past year. 23% of agencies report increases of between 6-15% in the number of individual approaching them for help, 13% reported increases of between 16-30%, while 9% of agencies report increases of more than 30%. Overall, Foodbank agencies have seen an average 8% increase in the number of individuals approaching them for assistance.

Changes in demand for food relief

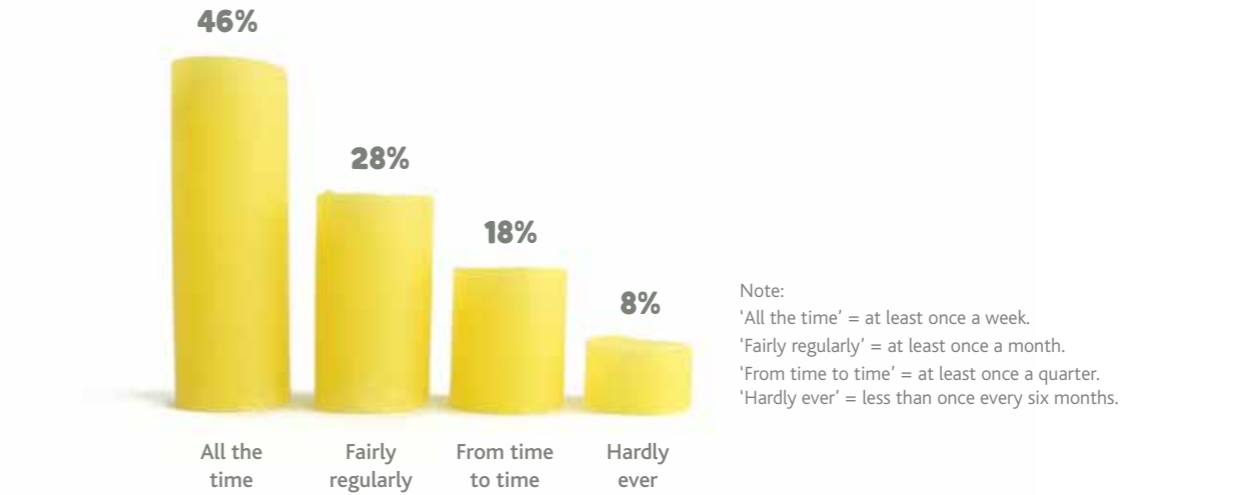


Source: Deloitte Access Economics

“ We are dealing with a big Ice problem here and children haven't got enough food to go to school and then the payments are cut off from Centrelink. At least the children can get an education and hopefully not go down that track – they can have a future. We deal with a lot of social issues and having no food causes a lot of problems in the home. ”

Agencies report that people who receive food from them are likely to do so several times a week. Nearly half the recipients receive some food at least once a week, with a further 28% being assisted with food at least once a month. However, not all agencies are open throughout the whole year.

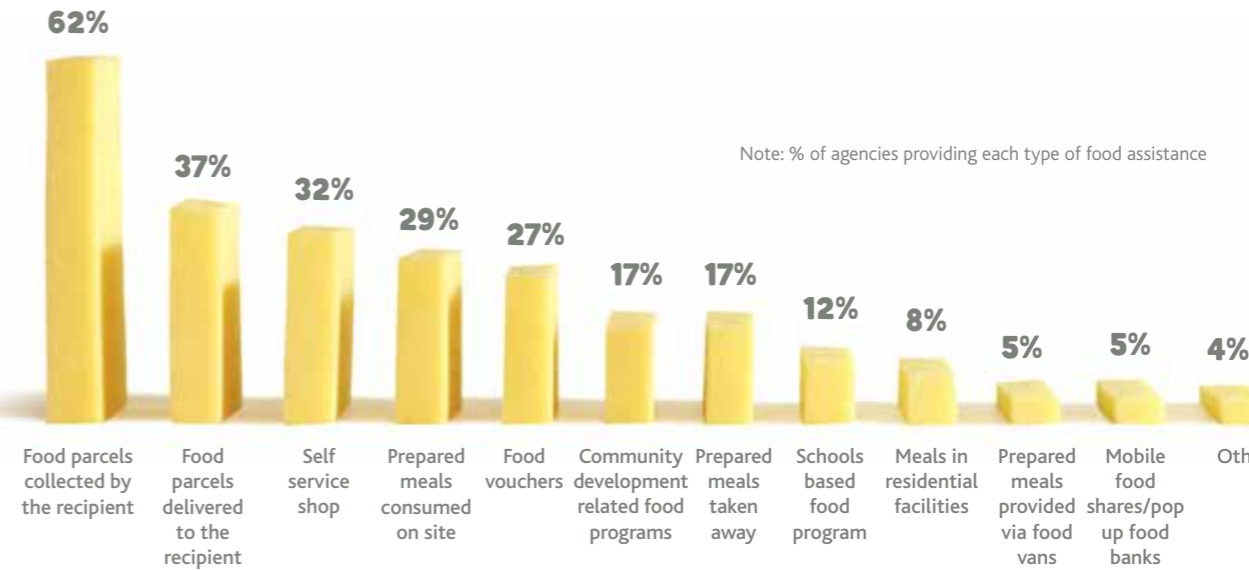
Frequency of receiving food assistance



Source: Deloitte Access Economics

Food parcels and self service shops are the most common type of food assistance provided, followed by meals consumed on site and then food vouchers. This reflects the needs of the most common client groups i.e. the unemployed, low income and single parent families.

Types of food assistance



Source: Deloitte Access Economics

“ We provide food parcels to facilitate a smooth move in for homeless youth into our youth housing. These young people and young families often have nothing, no money, just the clothes on their back. We give assistance when young people are living on very limited budgets and or having difficulty budgeting or learning to budget. It lessens the stress, suffering and anxiety when times are tough for young sole parents, homeless or couch surfing young people. ”

In an average month, individual charities and community groups report that 12 adults and 6 children who request food relief cannot be assisted. In aggregate this means 43,000² people seeking food relief are turned away empty handed by the agencies they approach.^{3,4} 32% of these are children.

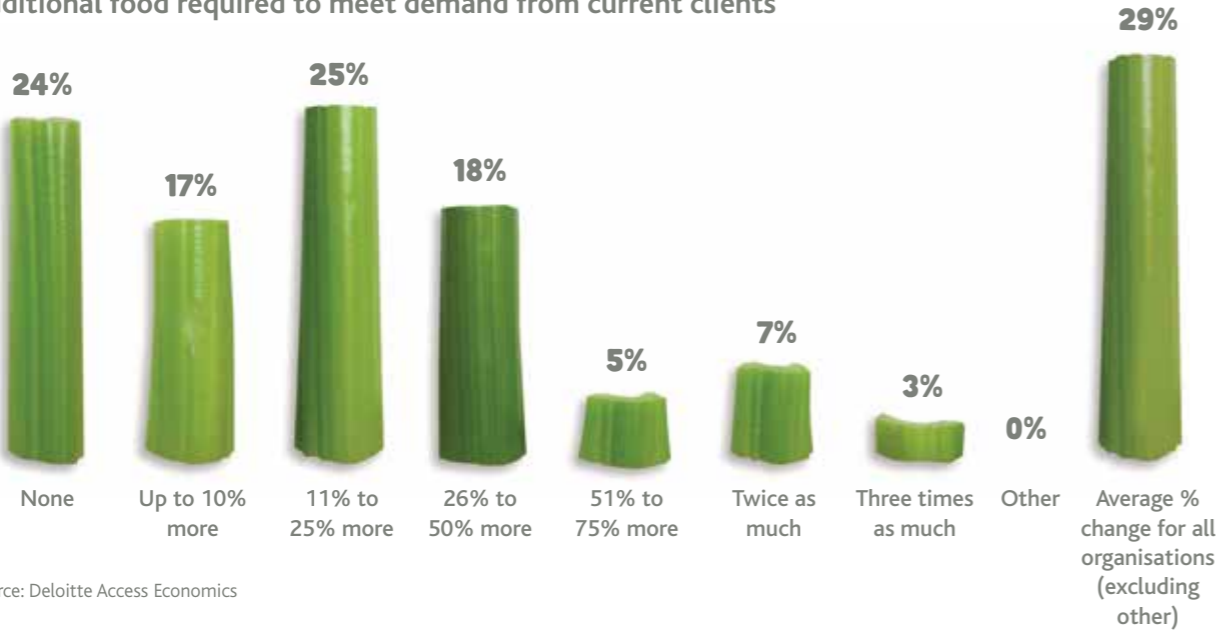
People unable to be assisted with food relief every month



Source: Deloitte Access Economics

75% of agencies reported not having enough food to meet current demand. Insufficient funding is a primary issue for welfare agencies, with 64% of organisations citing this as a reason they are unable to assist all the people seeking food relief from them. Insufficient food (51%) and insufficient staff/volunteers (38%) also contribute to the gap between the demand for, and supply of, food relief services in Australia.

Additional food required to meet demand from current clients

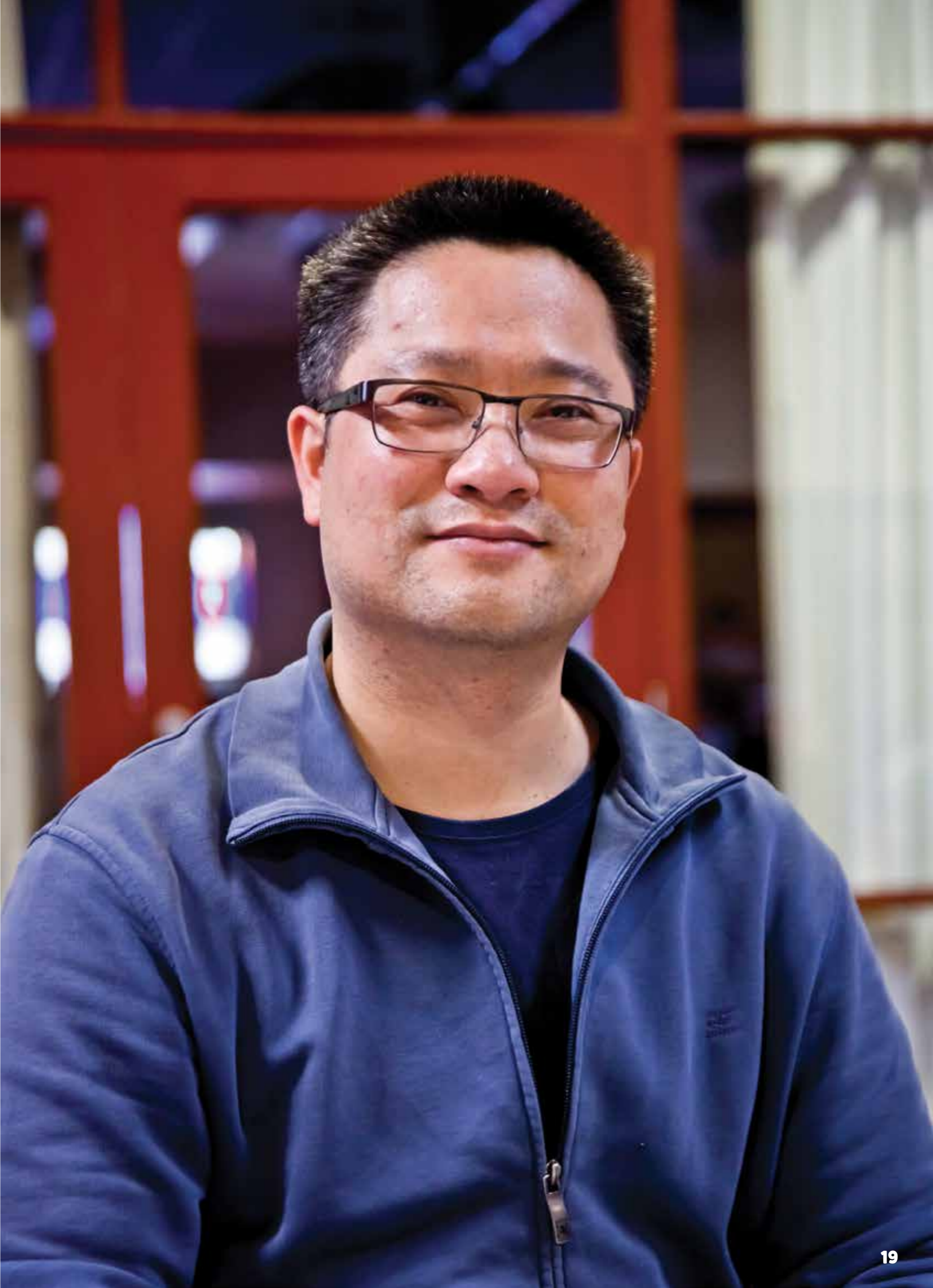


Source: Deloitte Access Economics

² Numbers have been rounded to the nearest hundred thousand, Note percentage changes reflect original unrounded numbers so may not be able to be replicated from rounded numbers.

³ Aggregate values are estimated using the total number of agencies in Australia (2,376) (Foodbank, personal communication, 2016)

⁴ Note issues regarding sampling and non-sampling errors, as outlined in the Methodology may apply to these estimates.

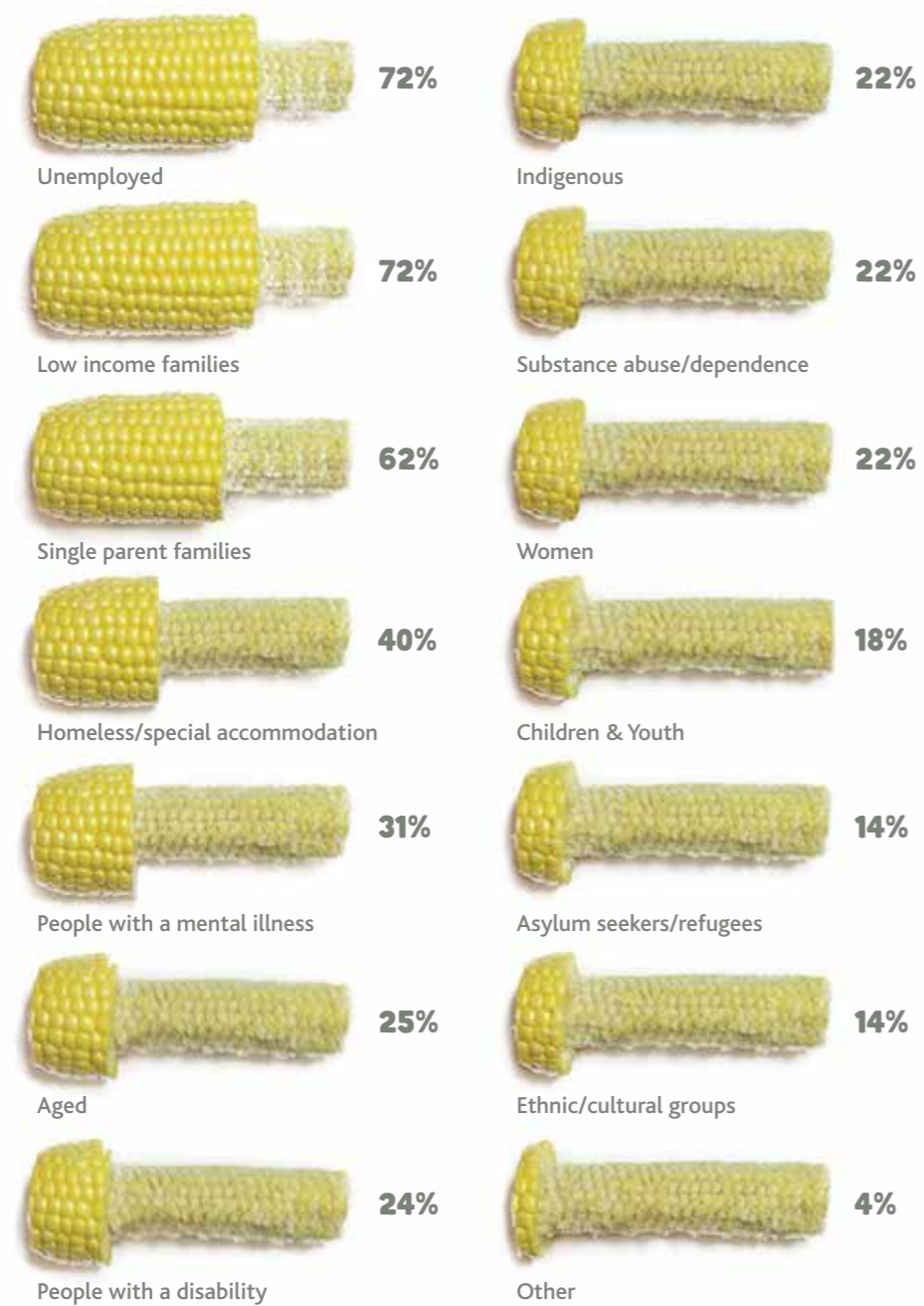


It's not who you think

The face of hunger is diverse – male and female, both young and old, single and in families, students, the employed and unemployed as well as retired people. That said, our survey revealed that Generation Y is twice as likely to experience food insecurity than the general population.

Charities and community groups report providing assistance to people in a variety of circumstances. The most common groups assisted are the unemployed and low income families with 72% of agencies providing assistance to these groups.

Percentage of organisations assisting different groups



Source: Deloitte Access Economics

While men and women report experiencing food insecurity equally, there is stark variation between age groups with the number as high as one in three (31%) amongst 18 to 34 year olds, dropping to 8% amongst those 50 years or older.

People experiencing food insecurity*



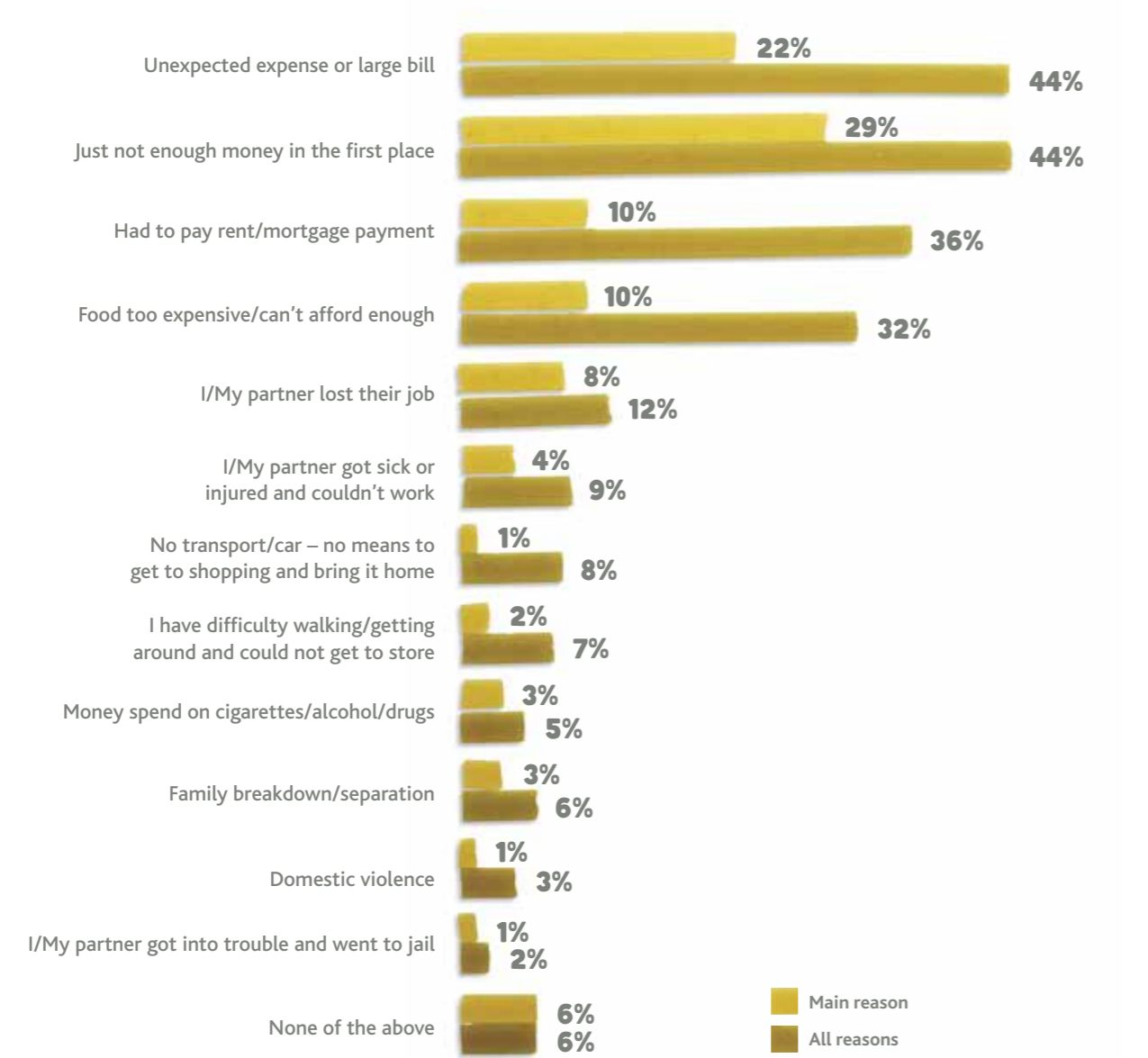
“ Getting help enabled me to complete assignments and subjects at uni and helped me concentrate and stress less. There is a correlation between my marks and my food situation, I get high marks when I am less stressed and much of my stress comes from managing finances as we don't have much to spare. Food parcels really make a difference, they make me feel as though there is a fall back option and that I won't starve if a bill comes or I simply can't afford enough to eat. ”

It's not taking much to tip some people into food insecurity

The most common reasons why people experience food insecurity are simply not enough money in the first place, unexpected expenses and large bills or just paying for the roof over their heads. The most likely things people do in order to have enough money for food for themselves and their families are to borrow money from family and friends, not pay bills or rack up debts on a credit card.

The most common reasons why people experience not having enough food for themselves or other family members are simply not enough money in the first place (44%), unexpected expenses or large bills (44%), and having to pay rent or the mortgage (36%). Those more likely to say there simply isn't enough money in the first place are women (49%), those 50 years and older (58%), those without children in the household (49%), and those working part time or not at all (51%) and those living outside major capital cities (52%).

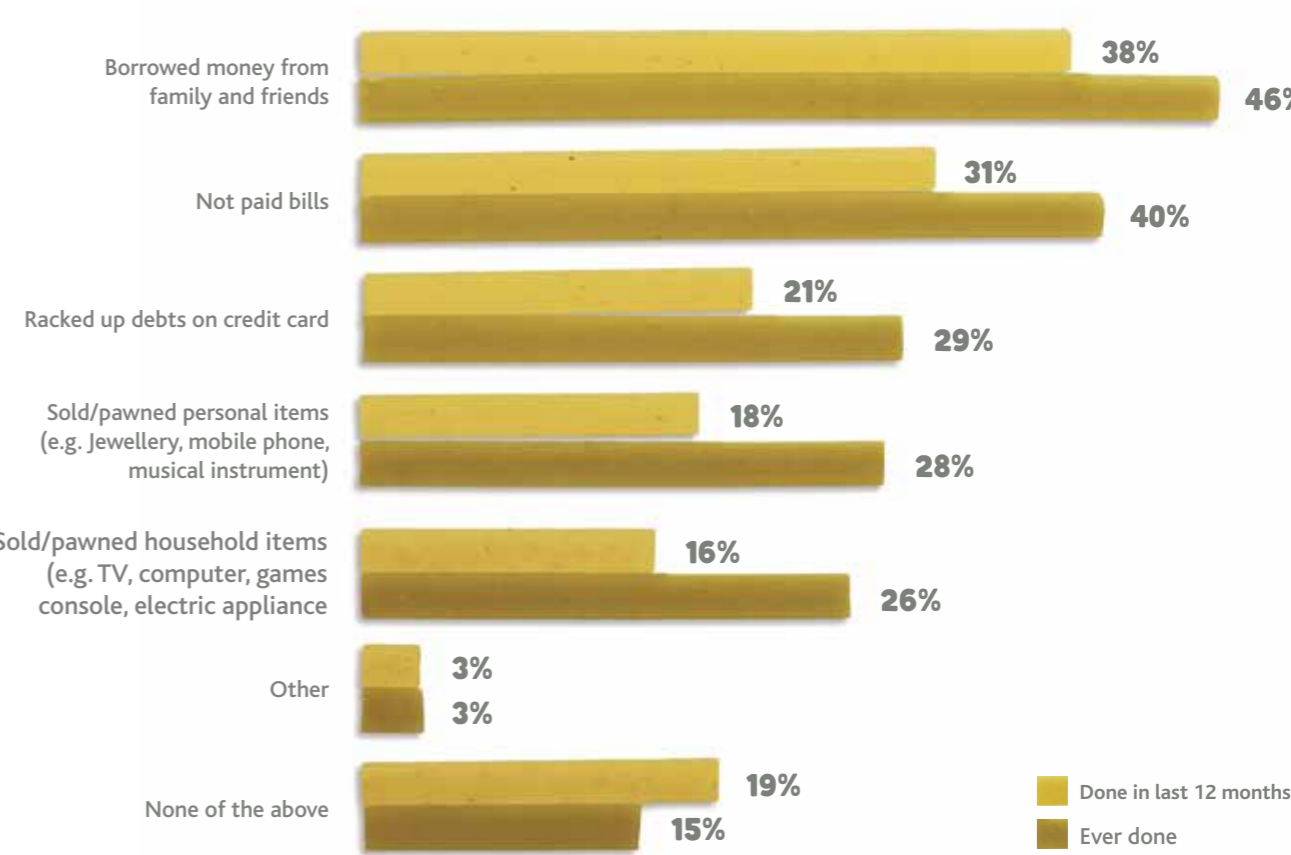
Reasons why people experience food insecurity



Source: Galaxy Research

The most common actions people take in order to have enough money to buy food for themselves and their other family members are to borrow money from family and friends (46%), not pay bills (40%) or rack up debts on a credit card (29%).

Actions taken to buy food



Source: Galaxy Research

“ In order to be able to buy food I don't buy anything else I really need like new underwear. I haven't had any new underwear for close to 8 years as I just can't afford them so I sew the holes up again and again. ”

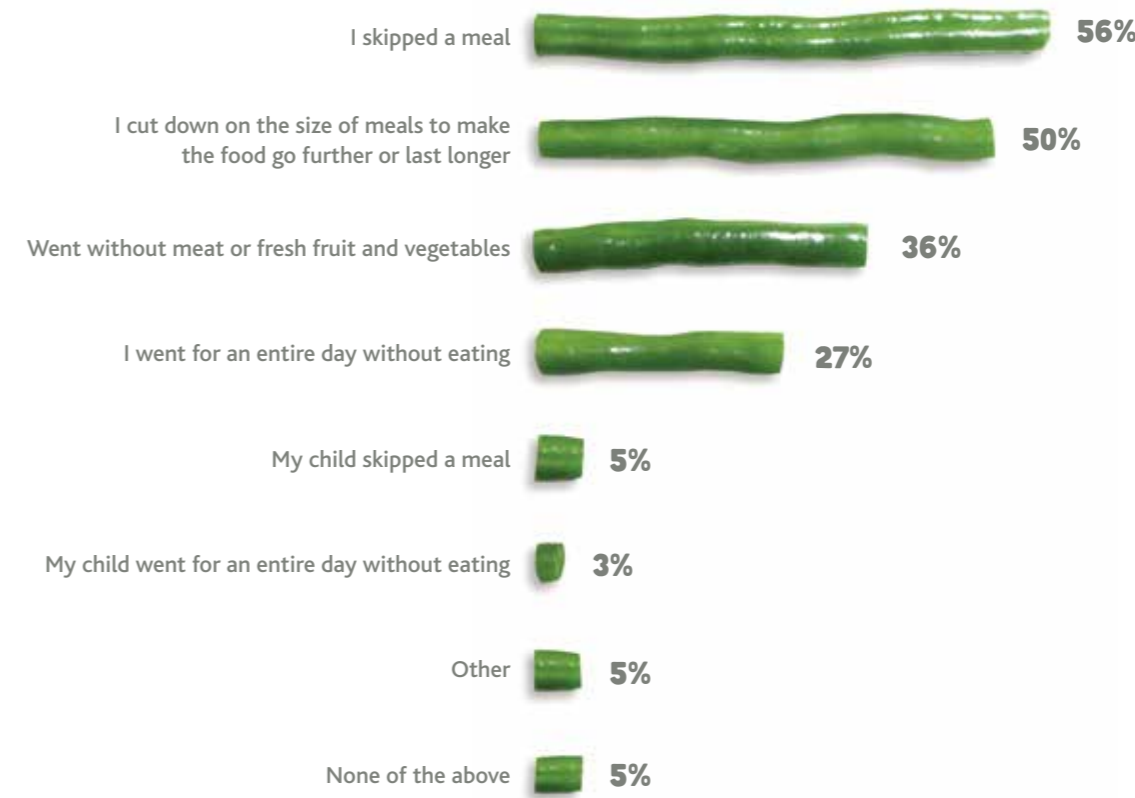


The impact of food relief is immediate and far reaching

People receiving food assistance say they feel relieved, happy, positive, hopeful and less stressed. They report both the immediate benefits of feeling less hungry and longer term benefits such as improved physical health, being able to plan for the future and feeling able to look for work/get a job. Around half say they experienced the benefits for about a week while 22% say they help them through a crisis period of a few weeks or months and 6% say they help make a longer term, lasting improvement to their lives.

The main strategies people take when they are faced with not having enough food are to skip a meal themselves (56%), cut down on the size of their meals to make the food go further or last longer (50%) and to go without meat or fresh fruit and vegetables (36%). Women are more likely than men to cut down on the size of meals (54% vs 45%) and to go without meat or fresh fruit and vegetables (42% vs 28%) but men are more likely to go for the entire day without eating (32% vs 22%).

Strategies when faced with lack of food

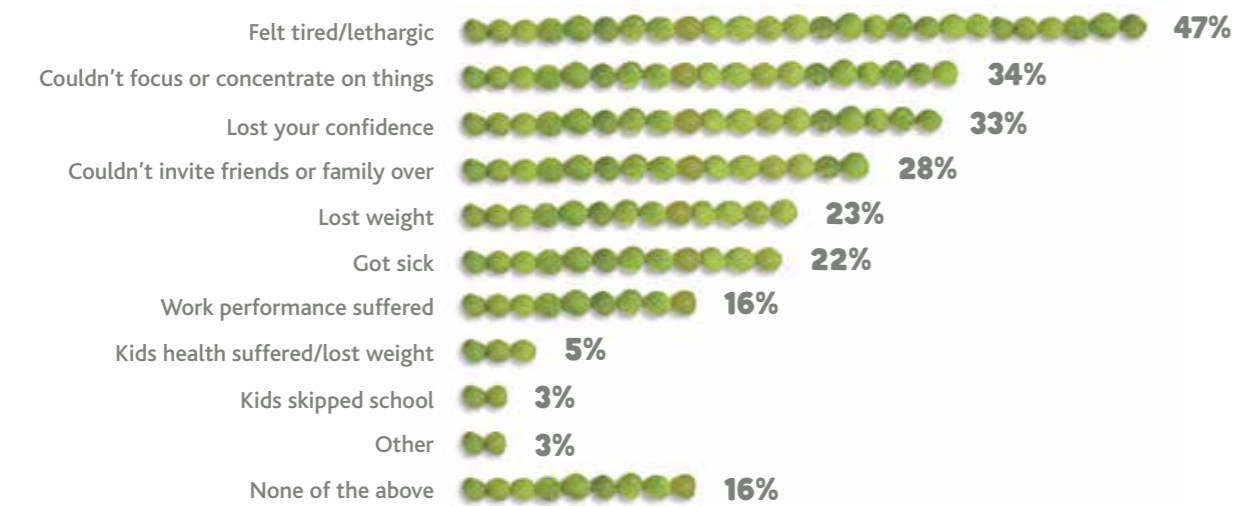


Source: Galaxy Research

“ When I didn’t have enough to buy food I lived on plain pasta, porridge with no milk and 2 minute noodle seasonings in water to try to make my body think I’d eaten. ”

The most prevalent impacts of not having enough to eat are feeling lethargic (47%), not being able to concentrate or focus on things (34%) and losing confidence (33%). Women (51%) and those 65 and older (64%) are more likely to say they feel tired and lethargic. Those who are not working are more likely than those who are working part or full time to say they can't focus or concentrate on things (39% vs 31%) and that they have lost confidence (40% vs 28%).

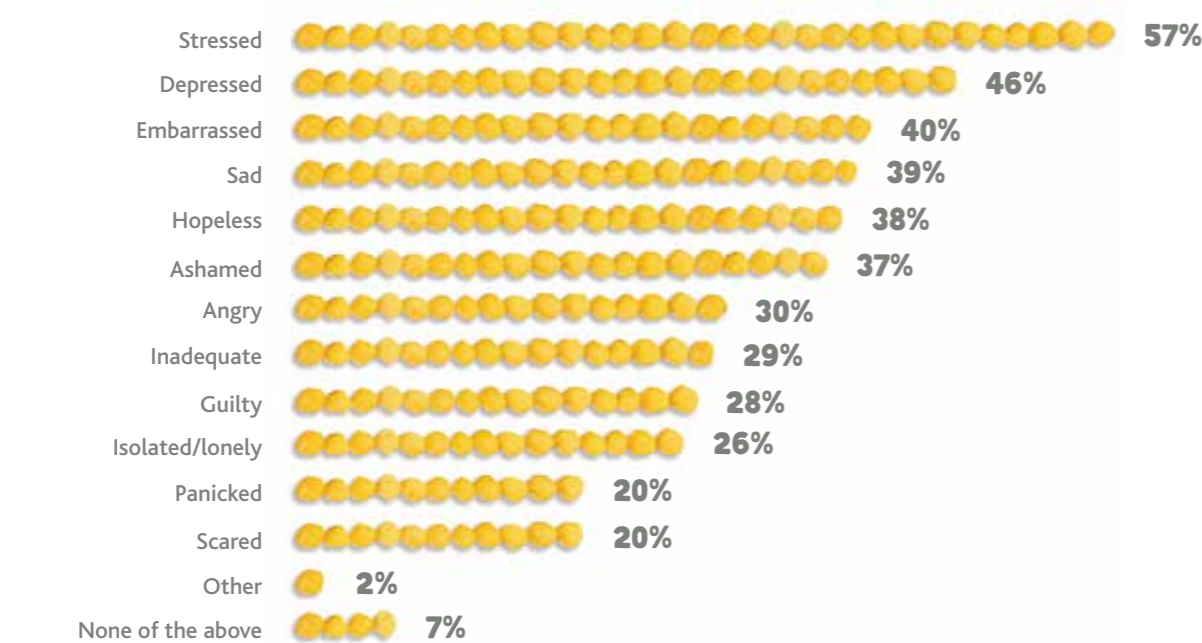
Impacts of lack of food



Source: Galaxy Research

The vast majority of people (93%) say being food insecure impacts on their emotional wellbeing. Most commonly people experience feeling stressed (57%), depressed (46%), embarrassed (40%), sad (39%), hopeless (38%) and ashamed (37%). Women are generally more likely than men to feel all of the above and those who have children in the household are more likely to say they felt sad (46%) and guilty (32%).

Consequences of food insecurity

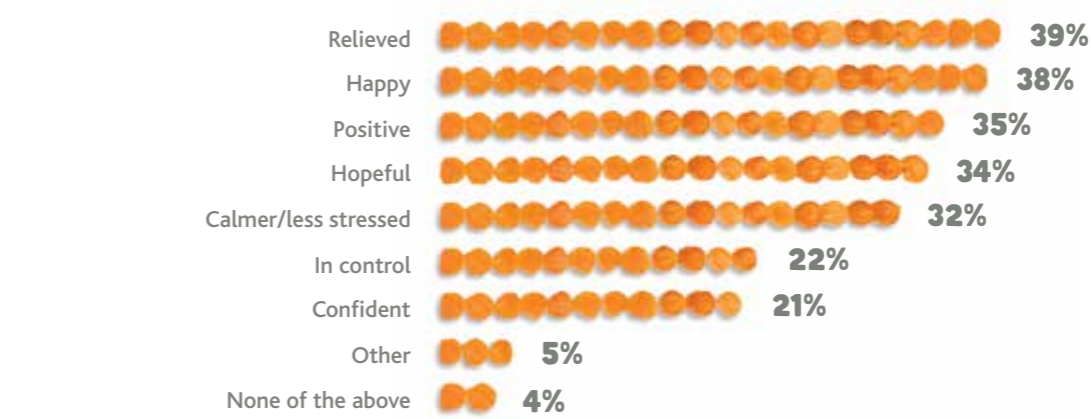


Source: Galaxy Research

“ I felt incredibly scared and rocked by the experience of not having enough food for myself and my family. ”

People receiving food assistance report positive emotional impacts including feeling relieved (39%), happy (38%), positive (35%), hopeful (34%) and calmer/less stressed (32%).

Consequences of receiving food relief

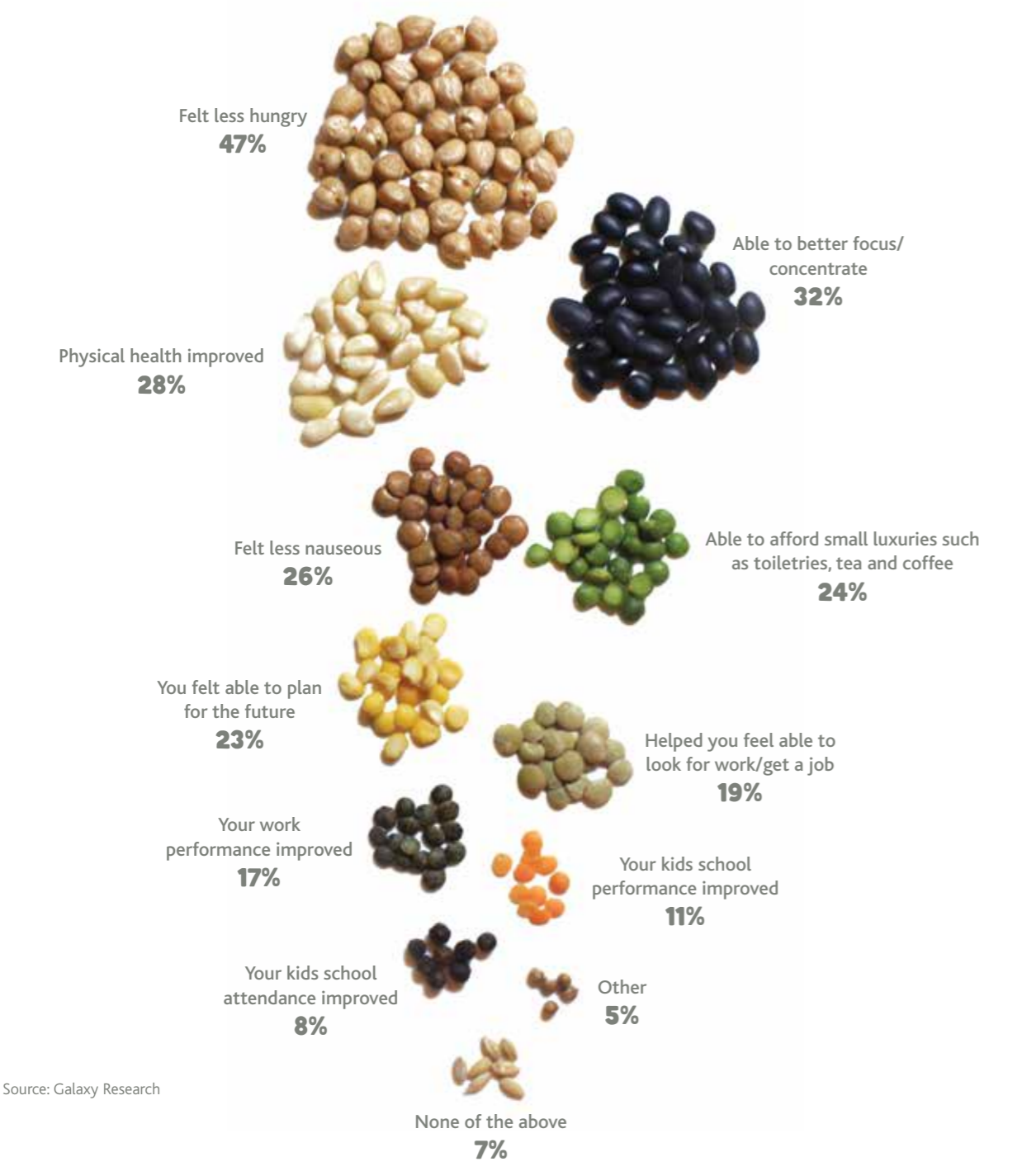


Source: Galaxy Research



People receiving food assistance report both immediate benefits of feeling less hungry (47%) and longer term benefits such as improved physical health (28%), being able to plan for the future (23%) and feeling able to look for work/get a job (19%).

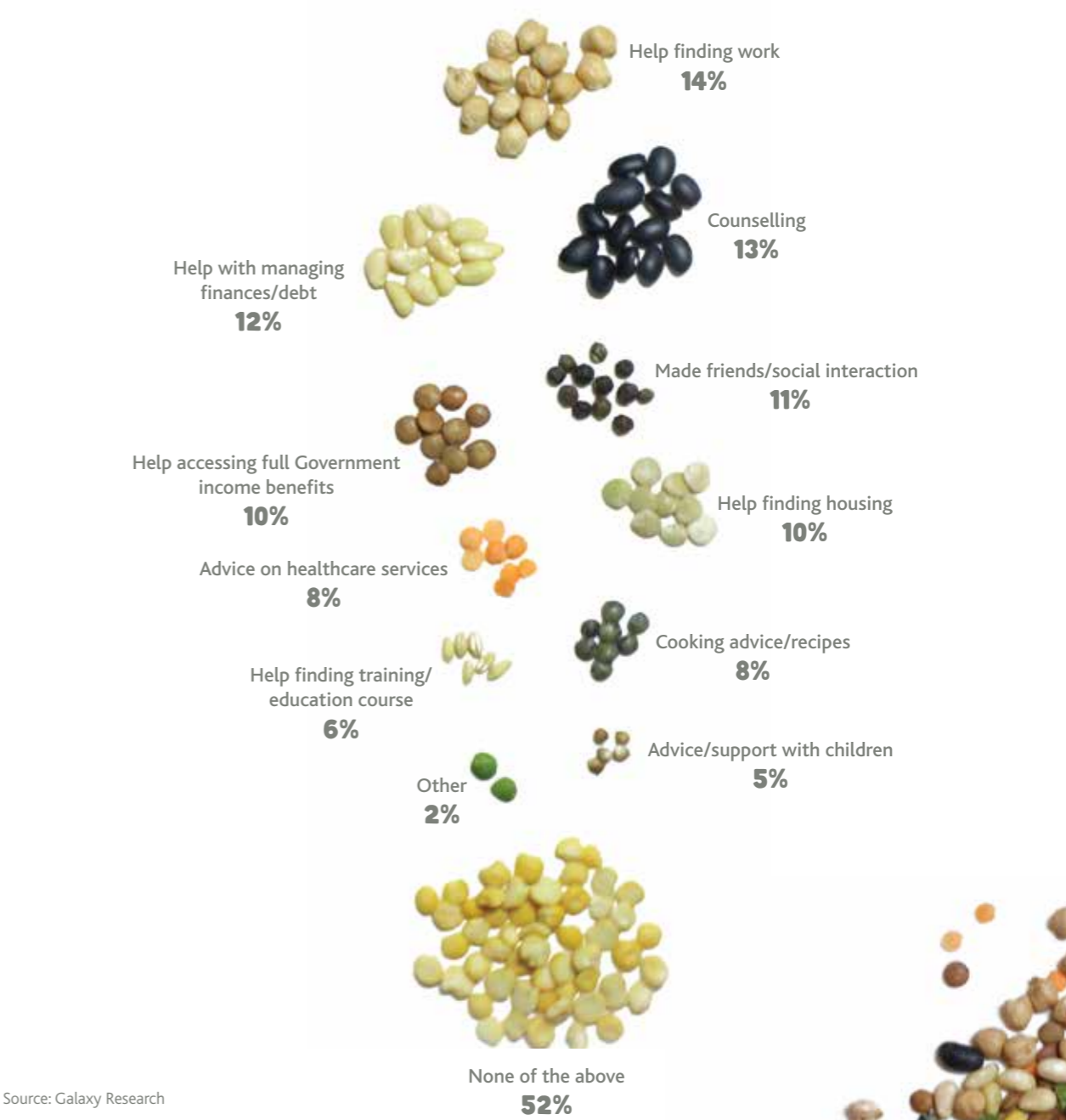
Benefits of receiving food relief



“ On one level getting food assists in giving energy and providing better personal health so you are more productive, happier and a better person. On another level you appreciate the kindness and generosity of others and it makes you more humble and in-turn kind and giving yourself. ”

Almost half (47%) of the people receiving food relief report that they receive assistance other than food from charities and community groups, including most commonly help finding work (14%), counselling (13%), help with managing finances/debt (12%) and making friends/social interaction (11%).

Other assistance received by food recipients



“ We’re able to provide access to groceries for client groups that would otherwise be beyond our budget. This and cooked food programs (such as BBQs) and hamper programs give people greater access to nutritious food and some treats, while also enabling engagement with our service and therefore linkage to more assistance such as health, mental health, housing and legal services, etc. Food provision is also a way to keep in contact with clients who are otherwise reluctant to engage or have service fatigue. ”

Around half of food assistance recipients say that the benefits last about a week (52%) while 22% say they help them through a crisis period of a few weeks or months and 6% say they help make a longer term, lasting improvement to their lives.

Duration of the benefit of food relief



Source: Galaxy Research

Foodbank is essential to food relief in Australia

Foodbank provides over half (58%) of the total food agencies require every month. Overall, charities and community groups are satisfied with Foodbank with more than 85% of them reporting being either satisfied or neutral in relation to all aspects of the organisation's service.

Foodbank is a major provider of supplies to charities and community groups, providing around 58% of the food required every month. 8.6% of food supplies are provided by other food relief organisations. Donations from other sources accounted for 11.1% of food required, while agencies purchased on average 20.6% of their food and another 2.1% was sourced from other sources.

Food supply providers

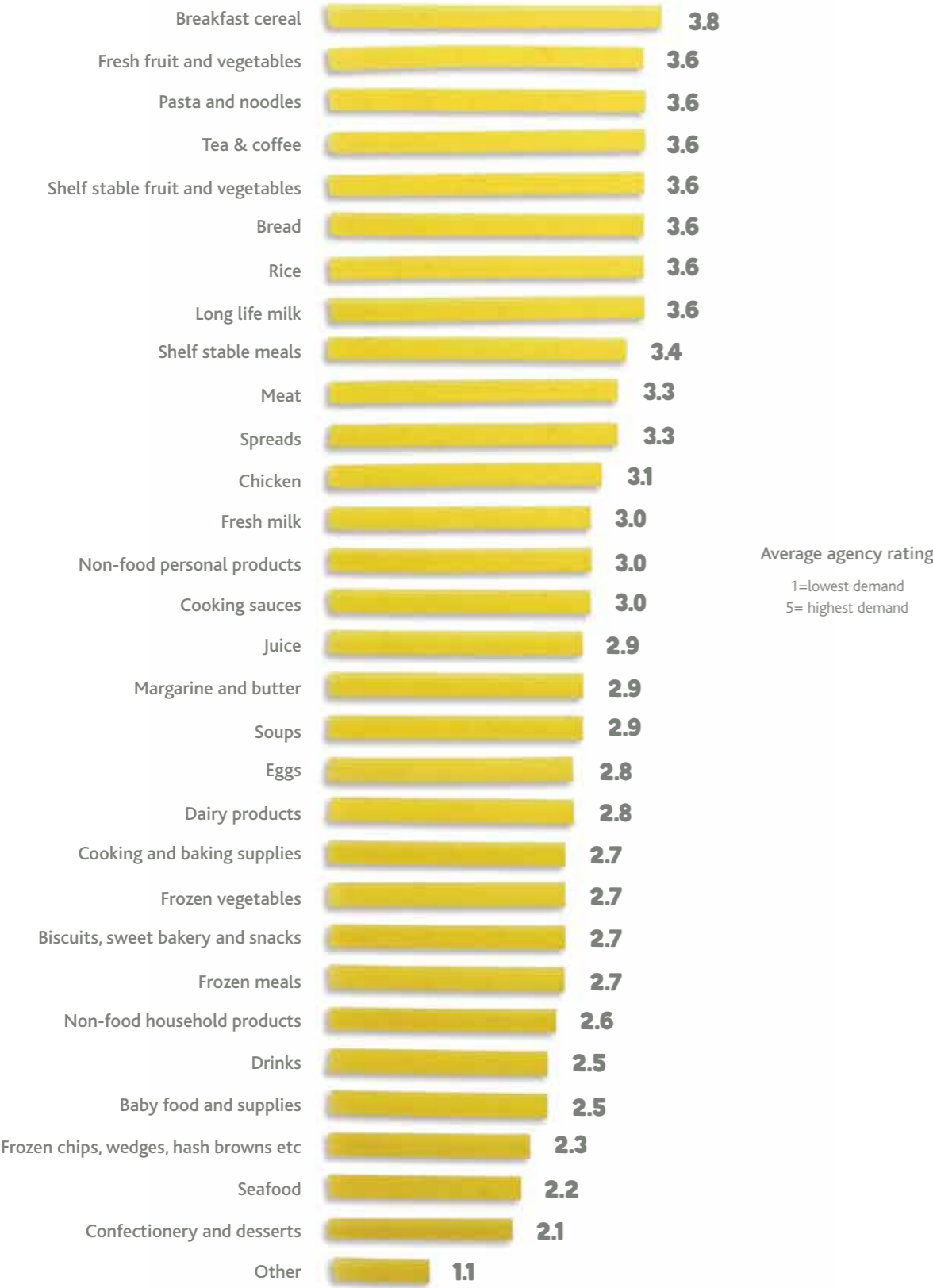


Source: Deloitte Access Economics

“ Food assistance parcels enabled me to meet the urgent pressing debts that were causing me immense stress. I became more focused through their welfare counselling and endeavoured to attempt to consider other ways to turn my life around and try to overcome the financial hurdles that I was facing. ”

The types of food needed by welfare agencies tend to be staples such as cereals, fresh and shelf stable fruit and vegetables⁵, pasta, noodles, bread, rice, tea, coffee and long life milk.

Demand by food type

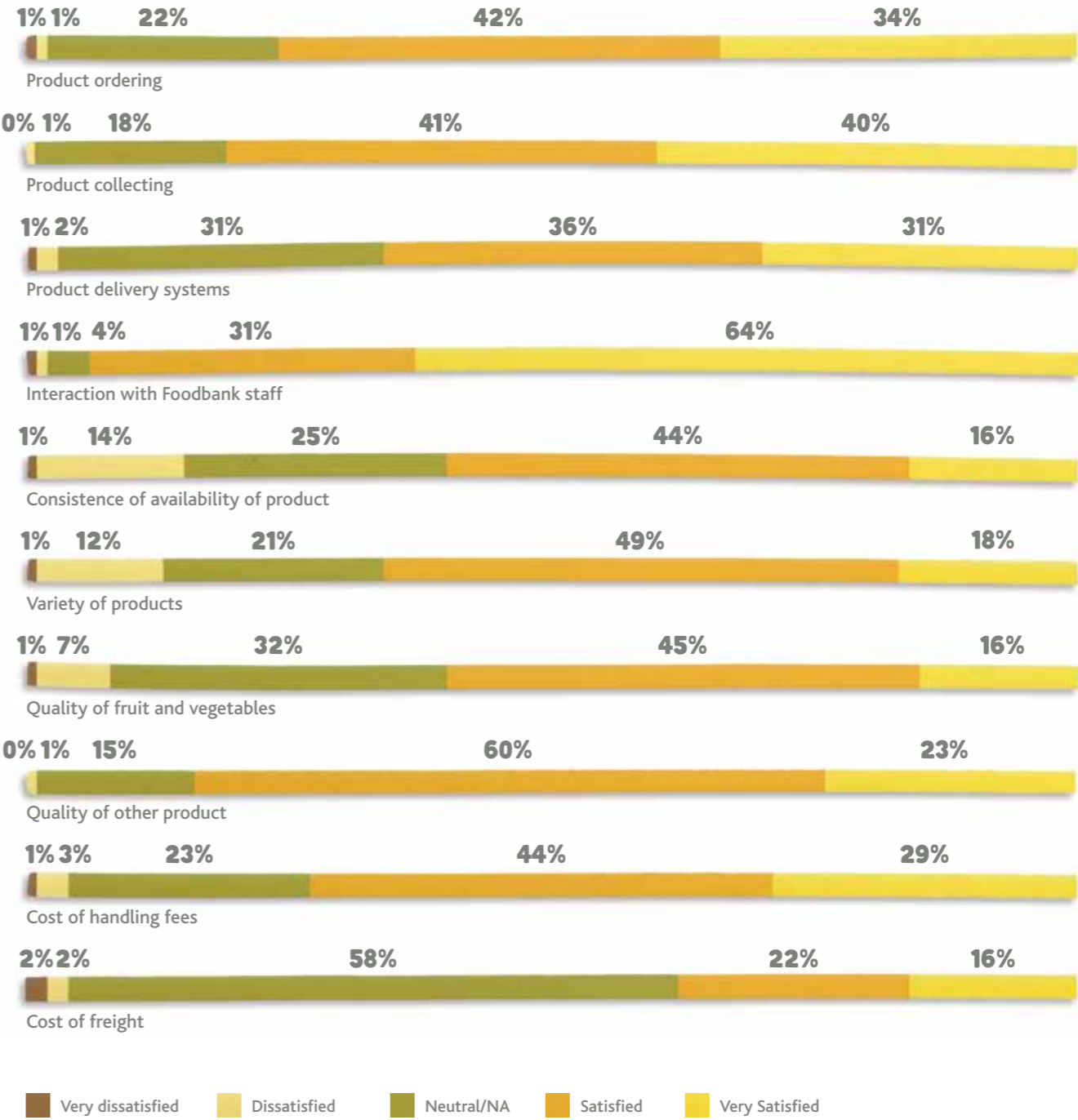


Source: Deloitte Access Economics

⁵ Fruit and vegetables that have been processed and can be stored at room or ambient temperature.

Overall, charities and community groups indicate that they are satisfied with the service provided by Foodbank. More than 90% of agencies report being either satisfied or neutral across all categories, except for consistency and availability of product and variety of products. Additionally, more than 60% of agencies reported being either satisfied or very satisfied across all aspects of service aside from the cost of freight, where most agencies reported being neutral.

Agency satisfaction with Foodbank



Source: Deloitte Access Economics

“ Foodbank is an amazing service and we wouldn't be able to provide food to our community without it. When a single mum came to us from a violent family breakup and received a large hamper of food, she said: “This is incredible! Even just knowing that you're here for me gives me hope. Thank you”. ”



NEW SOUTH WALES & ACT

“ It is the overall commitment of all at Foodbank NSW & ACT that everyone has access at all times to nutritious and healthy foods. The opening of the new purpose built warehouse in October 2015 in Glendenning assures the welfare agencies that we have the capacity to deliver the extra food that this report indicates is vitally needed. Vastly increased refrigerated storage will also enable us to deliver increased supply of those products that are needed in a balanced diet. The need to increase the supply of sustainable key staple foods is the focus of the Board and Management Team, so as to meet the welfare agencies requirements and improve the health of those in need. ”

Gerry Andersen – CEO, Foodbank NSW & ACT

1. People assisted each month	Agency	Total
Adults	136	60,792
Children	47	21,009

2. People not assisted each month	Agency	Total
Adults	10	4,604
Children	7	3,129

3. Average percentage change in number of individuals seeking food relief over the past year	8%
Breakdown:	% of agencies
Number has fallen	6%
Number has remained constant	33%
Number has risen by up to 5%	15%
Number has increased by 6% to 15%	22%
Number has increased by 16% to 30%	13%
Number has increased by more than 30%	11%

4. Most common forms of food relief provided by agencies	
Breakdown:	% of agencies
Food parcels collected by the recipient	62%
Self-service shop	46%
Food parcels delivered to the recipient	29%
Prepared meals consumed on site	29%
Community development-related food programs	21%
Food vouchers	19%
Prepared meals taken away	19%
Schools based food program	12%
Meals in residential facilities	12%
Prepared meals provided via food vans	7%
Mobile food shares/ pop-up food banks	5%
Other	4%

Total kilograms distributed in 2015
5,971,600

Meals per day
29,500

% of agencies that generally meet the full demand for food relief
33%

Average additional food agencies estimate they would require to meet current demand
26%

NORTHERN TERRITORY

“ Because of our remoteness, the Northern Territory faces unique challenges when it comes to helping the disadvantaged overcome economic and social deprivation. Providing better opportunities for those in need takes sustained effort and commitment from government, business, the community sector and the communities themselves. At Foodbank NT we believe this starts with meeting the most basic of human needs, food. We strive every day to overcome the tyranny of distance and support the hard-working front line agencies who provide meals to Territorians who would otherwise struggle to feed themselves. With this food comes hope and the prospect of a brighter future. Peter Fisher - General Manager, Foodbank NT ”

Total kilograms distributed in 2015
149,611

Meals per day
740

% of agencies that generally meet the full demand for food relief*
26%

Average additional food agencies estimate they would require to meet current demand*
35%

1. People assisted each month*	Agency	Total
Adults	82	5,740
Children	27	1,890

2. People not assisted each month*	Agency	Total
Adults	31	649
Children	16	334

3. Average percentage change in number of individuals seeking food relief over the past year*	4%
Breakdown	% of agencies
Number has fallen	10%
Number has remained constant	40%
Number has risen by up to 5%	15%
Number has increased by 6% to 15%	15%
Number has increased by 16% to 30%	20%
Number has increased by more than 30%	0%

4. Most common forms of food relief provided by agencies*	
Breakdown	% of agencies
Prepared meals consumed on site	40%
Food parcels collected by the recipient	35%
Food parcels delivered to the recipient	25%
Food vouchers	25%
Self-service shop	20%
Prepared meals taken away	15%
Community development-related food programs	15%
Schools based food program	10%
Prepared meals provided via food vans	10%
Other	5%
Meals in residential facilities	5%
Mobile food shares/ pop-up food banks	0%

*These figures only represent the actual responses of the 21 agencies who answered the survey and are not representative of all Foodbank agencies in the territory as sufficient responses were not received to allow extrapolation of these figures for all 70 agencies.

QUEENSLAND

“ The team at Foodbank Queensland is committed to sourcing as much nutritional food as possible to pass on to the 300 welfare agencies and 200 school breakfast programs that we are privileged to service. Food is the most basic of necessities and no one should go hungry in this country of abundance. There is plenty of surplus still to be rescued while we are acutely aware of increasing our supply of much needed staple foods. The benefits of feeding disadvantaged people include better physical, mental and social outcomes and leads to much better communities – it is what we wish for our children. Ken McMillian – General Manager, Foodbank Qld ”

1. People assisted each month	Agency	Total
Adults	417	107,586
Children	284	73,272

2. People not assisted each month	Agency	Total
Adults	23	6,011
Children	6	1,625

3. Average percentage change in number of individuals seeking food relief over the past year	8%
Breakdown	% of agencies
Number has fallen	8%
Number has remained constant	25%
Number has risen by up to 5%	15%
Number has increased by 6% to 15%	26%
Number has increased by 16% to 30%	17%
Number has increased by more than 30%	7%

4. Most common forms of food relief provided by agencies	
Breakdown	% of agencies
Food parcels collected by the recipient	68%
Food parcels delivered to the recipient	42%
Self-service shop	26%
Food vouchers	25%
Prepared meals consumed on site	23%
Community development-related food programs	22%
Prepared meals taken away	15%
Schools based food program	12%
Meals in residential facilities	6%
Mobile food shares/ pop-up food banks	6%
Prepared meals provided via food vans	5%
Other	3%

Total kilograms distributed in 2015
12,150,000

Meals per day
60,000

% of agencies that generally meet the full demand for food relief
31%

Average additional food agencies estimate they would require to meet current demand
33%

SOUTH AUSTRALIA

“ It is hard to make something out of your life when you are hungry. Yet too often South Australian families are tipping into food insecurity – an unexpected bill, rent or mortgage payments, or not even having enough money in the first place renders them unable to buy food. They will go to bed not knowing where their next meal will come from. We fight hunger by providing the most food to the most South Australians in need in the most efficient way. We work tirelessly to source surplus food from growers and manufacturers all across South Australia and build and broaden relationships with a growing number of welfare agencies, community groups and schools that are at the forefront of provision of food relief. Our fundamental belief is that no one should go hungry and when working together we can put food on the table of those who otherwise would go without. Greg Pattinson – CEO, Foodbank SA ”

Total kilograms distributed in 2015
2,033,200

Meals per day
10,000

% of agencies that generally meet the full demand for food relief
38%

Average additional food agencies estimate they would require to meet current demand
26%

1. People assisted each month	Agency	Total
Adults	110	57,970
Children	51	26,877

2. People not assisted each month	Agency	Total
Adults	9	4,429
Children	5	2,781

3. Average percentage change in number of individuals seeking food relief over the past year	5%
Breakdown	% of agencies
Number has fallen	5%
Number has remained constant	47%
Number has risen by up to 5%	11%
Number has increased by 6% to 15%	21%
Number has increased by 16% to 30%	10%
Number has increased by more than 30%	7%

4. Most common forms of food relief provided by agencies	
Breakdown	% of agencies
Food parcels collected by the recipient	59%
Food vouchers	34%
Food parcels delivered to the recipient	32%
Prepared meals consumed on site	30%
Self-service shop	19%
Prepared meals taken away	18%
Community development-related food programs	18%
Schools based food program	10%
Mobile food shares/ pop-up food banks	7%
Meals in residential facilities	4%
Prepared meals provided via food vans	2%
Other	7%

TASMANIA

“ For many, Tasmania represents an idyllic place full of world-class pristine wildernesses and burgeoning food and cultural tourism sectors. But for a growing number of people who reside in Tasmania, life is unrelentingly difficult. For this group endless struggle and lack of future prospects are hallmarks of their lives. The expanding cloud of deprivation is nowhere more evident than at the Foodbank Tasmania warehouse where demand for food is swelling and agencies report ever expanding numbers seeking their assistance. Bridging the divide and giving all Tasmanians the opportunity to share in a positive future starts with ensuring that everyone’s basic needs are met today. This is why we cannot let up in our mission to get more food to more people in need. Ed Gauden – CEO, Foodbank TAS ”

1. People assisted each month*	Agency	Total
Adults	66	2,640
Children	37	1,480

2. People not assisted each month*	Agency	Total
Adults	8	328
Children	8	336

3. Average percentage change in number of individuals seeking food relief over the past year*	3%
Breakdown	% of agencies
Number has fallen	5%
Number has remained constant	45%
Number has risen by up to 5%	13%
Number has increased by 6% to 15%	26%
Number has increased by 16% to 30%	11%
Number has increased by more than 30%	0%

4. Most common forms of food relief provided by agencies*	
Breakdown	% of agencies
Food parcels collected by the recipient	69%
Food parcels delivered to the recipient	47%
Prepared meals consumed on site	36%
Self-service shop	28%
Prepared meals taken away	28%
Food vouchers	25%
Community development-related food programs	19%
Schools based food program	8%
Meals in residential facilities	6%
Prepared meals provided via food vans	3%
Mobile food shares/ pop-up food banks	0%
Other	0%

% of agencies that generally meet the full demand for food relief*
33%

Average additional food agencies estimate they would require to meet current demand*
35%

*These figures only represent the actual responses of the 40 agencies who answered the survey and are not representative of all Foodbank agencies in the state as sufficient responses were not received to allow extrapolation of these figures for all 116 agencies.

VICTORIA

“ Our vision for Victoria is a state where everyone has access to the food they need to be healthy and connected members of their communities. In a year where Foodbank Victoria increased food distribution by 31% it is disconcerting to find that food security in Australia is now reaching a crisis point. To combat these findings we are working tirelessly to develop and implement programs that create sustainable impact for the people we serve. The introduction of the State Government funded School Breakfast Clubs Program will further extend our reach, ensuring that up to 25,000 of the most disadvantaged primary school children will receive breakfast each school day. The Hunger Report’s findings reinforce our need and commitment to fight hunger in Australia by distributing more food, to more people, in the areas of most need, more of the time. Dave McNamara – CEO, Foodbank VIC ”

Total kilograms distributed in 2015

7,952,200
includes 2,280,019 rural capture

Meals per day

39,200

% of agencies that generally meet the full demand for food relief

37%

Average additional food agencies estimate they would require to meet current demand

32%

1. People assisted each month	Agency	Total
Adults	214	94,802
Children	88	38,984

2. People not assisted each month	Agency	Total
Adults	11	4,873
Children	4	1,816

3. Average percentage change in number of individuals seeking food relief over the past year	10%
Breakdown	% of agencies
Number has fallen	4%
Number has remained constant	30%
Number has risen by up to 5%	14%
Number has increased by 6% to 15%	27%
Number has increased by 16% to 30%	15%
Number has increased by more than 30%	10%

4. Most common forms of food relief provided by agencies	
Breakdown	% of agencies
Food parcels collected by the recipient	71%
Self-service shop	38%
Food parcels delivered to the recipient	35%
Food vouchers	36%
Prepared meals consumed on site	30%
Community development-related food programs	21%
Prepared meals taken away	14%
Schools based food program	12%
Meals in residential facilities	7%
Mobile food shares/ pop-up food banks	5%
Prepared meals provided via food vans	4%
Other	4%

WESTERN AUSTRALIA

“ Foodbank WA now operates from our new Centre for Hunger Relief at the Perth Airport, which was purpose built to meet the increasing demand for food across the state. Our local and regional teams are working closely with our agency partners to understand their needs. We are also meeting with our vendors regularly to secure more food to meet the growing demand. We currently provide food to over 53,000 people across Western Australia and have developed new partnerships and initiatives to help build food security in the state. We are proud of the partnerships we have formed, however the fight isn’t over. We need more funds and support to ensure that we continue to feed people in times of need. Greg Hebble – CEO, Foodbank WA ”

1. People assisted each month	Agency	Total
Adults	60	30,900
Children	44	22,660

2. People not assisted each month	Agency	Total
Adults	10	4,944
Children	5	2,369

3. Average percentage change in number of individuals seeking food relief over the past year	7%
Breakdown	% of agencies
Number has fallen	4%
Number has remained constant	38%
Number has risen by up to 5%	21%
Number has increased by 6% to 15%	18%
Number has increased by 16% to 30%	10%
Number has increased by more than 30%	10%

4. Most common forms of food relief provided by agencies	
Breakdown	% of agencies
Food parcels delivered to the recipient	50%
Food parcels collected by the recipient	47%
Prepared meals consumed on site	31%
Self-service shop	23%
Food vouchers	23%
Prepared meals taken away	18%
Community development-related food programs	13%
Meals in residential facilities	10%
Schools based food program	6%
Mobile food shares/ pop-up food banks	3%
Prepared meals provided via food vans	1%
Other	1%

Total kilograms distributed in 2015

3,148,600

Meals per day

15,500

% of agencies that generally meet the full demand for food relief

32%

Average additional food agencies estimate they would require to meet current demand

25%



Methodology

Food Insecurity in Australia Survey

Galaxy Research

- The survey was conducted among a sample of 636 Australians 18 years and older who experienced food insecurity in the past 12 months. Respondents were distributed across Australia and metropolitan and regional centres.
- The survey was administered through an online survey among 600 people who experienced food insecurity in the past 12 months and a boost sample of n=36 face-to-face interviews with people seeking food assistance from welfare centres across five capital cities (Sydney, Melbourne, Brisbane, Adelaide and Perth).
- Galaxy Research designed the questionnaire, a copy of which has been included in this report.
- The questionnaire was transferred into Web Survey Creator in order to be hosted online. For each question the respondent had to click on the response which represented their answer.
- Fieldwork for the online survey commenced on Monday 22 February and was completed on Thursday 25 February, 2016. The face-to-face component was completed between Friday 18 March and Thursday 24 March.
- Following the completion of interviewing, the data was weighted by age, gender and region to reflect the latest population estimates.

Foodbank Welfare Agency Survey
Deloitte Access Economics

Foodbank Australia conducted the Foodbank Welfare Agency Survey from November 2015 to March 2016 for all states and territories. The respondents were required to answer a range of questions that relate to charities and community groups that receive food and groceries from Foodbank. Respondents were asked to answer questions based on their current operating performance, clientele and needs.

The survey received 1,130 responses, of which 1,019 were valid.⁶ The survey captured 43% of agencies across Australia with the response rate varying between 30% to 61% in different states and territories. The breakdown of responses by state and territory is shown in Table 1.2 and the survey response rate in Table 1.3.

Data collated in the survey was comprehensively cleaned to ensure a robust analysis, including standardisation of responses for analysis, filtering of results to only include organisations that provided food relief, and confirming any outliers with additional sources to ensure that implausible responses that could significantly alter the overall results were excluded.

There will inevitably be some degree of error in any survey as a result of sampling and non-sampling errors that could impact on the estimate of aggregate demand and which need to be taken into account when

interpreting these figures. Procedures were put in place to address weaknesses that may occur from errors inherent in a survey.

Sampling errors arise when agencies use different time periods to report their estimated results. An example includes estimation based on the closest available month, rather than the average month where, when taking into account outliers, it is impossible to truly assess the accuracy of all estimates provided. Another example arises when the survey sample of agencies is potentially different to the actual makeup of agencies in Australia. For instance, larger organisations may have been better equipped to answer the survey while individual agencies may report to a head agency. Consequently, smaller or 'member' providers may have decided not to provide individual results to the survey.

Non-sampling errors may arise from inaccuracies in reporting as a result of survey respondents misinterpreting or misunderstanding a question, potentially influencing the results. As this survey is in its fourth year and questions are still being adjusted, the probability for non-sampling errors is relatively higher than sampling errors. Therefore, survey responses have been checked to ensure that they are accurate, and cleaned where appropriate.

Table 1.2 State breakdown of survey respondents

State	% of survey respondents
VIC	23%
NSW	21%
SA	17%
WA	16%
QLD	16%
TAS	4%
NT	2%
ACT	2%

Source: Deloitte Access Economics analysis.

Table 1.3 Survey response rate by state and territory

State	% of total agencies
VIC	52%
NSW/ACT	52%
SA	33%
WA	32%
QLD	61%
TAS	35%
NT	30%

Source: Deloitte Access Economics analysis. The total number of NSW/ACT agencies were reported in aggregate and cannot be separated.

References

ACOSS 2015, ACOSS Briefing: DSS discretionary grants funding round, http://www.acoss.org.au/images/uploads/External_Briefing_DSS_funding_2015.pdf , accessed 5 April 2016.

AGL 2012, The Energy Market Death Spiral – Rethinking Customer Hardship, AGL Applied Economic and Policy Research, Working Paper No.31 – Death Spiral, <http://eraa.com.au/wp-content/uploads/No-31-Death-Spiral.pdf> accessed 7 April 2016.

Australian Bureau of Statistics (ABS) 2016, Household Income and Wealth, Australia, Cat no: 6523.0, Australian Government, Canberra. 2013, Household Income and Income Distribution, Feature Article: Low Economic Resource Households, Cat no: 6523.0, Australian Government, Canberra.

Committee for Economic Development of Australia 2015, Addressing entrenched disadvantage in Australia, <http://adminpanel.ceda.com.au/FOLDERS/Service/Files/Documents/26005~CEDAAdressingentrencheddisadvantageinAustraliaApril2015.pdf>, accessed 31 March 2016.

Department of Human Services 2016, Changes to Family Tax Benefit from 1 July 2016, <https://www.humanservices.gov.au/customer/enablers/changes-family-tax-benefit-1-July-2016>, accessed 5 April 2016.

Deutsche Bank Markets Research 2013, The Random Walk: Mapping the World's Prices 2013, http://cbs.db.com/new/pdf/Random_Walk_Mapping_Prices_2013.pdf, accessed 4 April 2016.

Essential Services Commission 2016, Supporting Customers, Avoiding Labels; Energy Hardship Inquiry Final Report, <http://www.esc.vic.gov.au/getattachment/7fc9b1bf-2d7f-4c78-abfb-a699356daf67/Energy-Hardship-Inquiry-Final-Report.pdf>, accessed 7 April.

Jacobs, Perera and Williams 2014, Inflation and the Cost of Living, RBA Bulletin, March 2014.

Keogh 2016, Australian consumers facing increasing food prices, Australian Farm Institute, <http://www.farminstitute.org.au/ag-forum/australian-consumers-facing-increasing-food-prices>, accessed 4 April 2016.

Nunzio 2014, Consumption Patterns and Food Demand in Australia to 2050, Future Directions International, http://futuredirections.org.au/wp-content/uploads/2014/04/FDI_SAP-_Consumption_Patterns_and_Food_Demand_in_Australia_to_2050_.pdf, accessed 5 April 2016.

⁶ Provided food relief services and answered at least one questions in the survey.

Acknowledgments

Foodbank Australia would like to thank the following whose generosity made the Foodbank Hunger Report possible:

The hard working **charities and community groups** and who took time from their vital work to complete the Foodbank Welfare Agency Survey.

The **individuals** who gave us an insight into the challenges they face in meeting their daily needs as well as those of their families.

Galaxy Research for undertaking the inaugural 2016 Food Insecurity in Australia Survey.
www.galaxyresearch.com.au

Deloitte Access Economics for undertaking the analysis of the 2016 Welfare Agency Survey as well as providing a perspective on the economic factors surrounding the issue of hunger and food relief in Australia.
www.deloitteaccesseconomics.com.au

Photographers **Angela Korfino, Steven Granger** and **Samuel Gaudreau** for their contributions to the pictures in this report.
www.stevengranger.com
www.samgimagery.com

Wiley for undertaking the design, layout, production and printing of this vital report.
www.wiley.com.au

Iconprint for printing the report.
icon@smartchat.net.au

Foodbank head offices



Foodbank Australia
11 Julius Avenue North Ryde NSW 2113
T 02 9887 4144
E admin@foodbank.org.au

Foodbank Northern Territory
9 Mel Road Berrimah NT 0828
T 08 8947 3669
E info@bcnt.org.au

Foodbank South Australia
377a Cross Road Edwardstown SA 5039
T 08 8351 1136
E office@foodbanksa.org.au

Foodbank Victoria
4/2 Somerville Road Yarraville VIC 3013
T 03 9362 8300
E info@foodbankvictoria.org.au

Foodbank NSW & ACT
50 Owen Street Glendenning NSW 2761
T 02 9756 3099
E office@foodbanknsw.org.au

Foodbank Queensland
179 Beverley Street Morningside QLD 4170
T 07 3395 8422
E admin@foodbankqld.org.au

Foodbank Tasmania
4-8 Sunmont Street Derwent Park TAS 7009
T 03 6274 1052
E tasmania@foodbank.org.au

Foodbank Western Australia
23 Abbott Road Perth Airport WA 6105
T 08 9258 9277
E wa.info@foodbankwa.org.au



**FIGHTING HUNGER
IN AUSTRALIA**

www.foodbank.org.au