More than 1 in 5 Australians (21%) have experienced food insecurity in the last 12 months.

At least once a week, 3 in 10 food insecure people go a whole day without eating at all.

Children represent 22% of all food insecure Australians.

Women are 1.5 times more likely than men to have experienced food insecurity in the last 12 months.

Women are more likely to report experiencing negative emotions as a result of food insecurity.

Women: ANXIOUS 49%, STRESSED 58%, SAD 46%

Men: ANXIOUS 37%, STRESSED 47%, SAD 36%

Women are more likely to report experiencing negative emotions as a result of food insecurity.

In their lifetime, women struggling with food insecurity are more likely to have experienced the following:

Women: 49% Raising children on their own for an extended period of time

Men: 28% Raising children on their own for an extended period of time

Women: 53% Domestic violence (incl. physical, emotional, sexual, verbal)

Men: 32% Domestic violence (incl. physical, emotional, sexual, verbal)

Women: 39% Financial abuse (partner controlling or restricting access to finances)

Men: 31% Financial abuse (partner controlling or restricting access to finances)

There may also be more complex factors that make someone more vulnerable to food insecurity. In their lives, Australians experiencing food insecurity have:

1. Unexpected bill or expense 49%
2. Living on a low income or pension 42%
3. Had to pay rent/mortgage 34%
4. Been unable to find a job for an extended period of time 70%
5. Experienced domestic violence 42%
6. Raised children on their own for an extended period of time 38%
7. Experienced financial abuse (partner controlling or restricting access to finances) 35%

AFTER I PAY RENT AND ELECTRICITY, I’M LEFT WITH HARDLY ANY MONEY TO BUY FOOD. I’VE GONE DAYS WITH NO FOOD JUST SO MY SON CAN EAT.
– Gen Y single mum, Perth

1. Foodbank, Rumbling Tummies: Child Hunger in Australia, 2018
Food Insecurity can cause a significant decline in mental health

Food insecure Australians are 5 times more likely to experience psychological distress than the average Australian

7 in 10 (70%) food insecure Australians experience high or very high levels of psychological distress

Compared to only 1 in 8 (13%) amongst the general population

Foodbank provides relief to over 815,000 Australians every month

The impact of food relief

Top 3 benefits of receiving food relief

1. Feeling less hungry 44%
2. Improvements in mental health 33%
3. Able to better focus and concentrate 25%

More than half of Australians experiencing food insecurity (59%) have sought assistance from a charity at least once in the last 12 months

A certain local charity delivered a whole heap of food which lasted a couple of weeks in which we were able to get on top of a bill that had been harassing us. It makes you feel so much happier and calmer knowing there wasn’t going to be a knock on the door this week.

– Gen Y mother, regional QLD

Methodology

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

- Foodbank Charity Partner Survey: Survey of charities that source food from the food rescue sector, including Foodbank, OzHarvest and SecondBite. Received 2,089 responses, in field December 2018 – May 2019. Data based on 1,717 responses from Foodbank agencies.
- Survey of Australians experiencing food insecurity: survey of 1,017 Australians who experienced food insecurity in the last 12 months. In field July 2019.

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Foodbank is the largest provider of vital food and groceries to food relief charities around Australia

Foodbank, fighting hunger in Australia

Foodbank.org.au