



FOODBANK HUNGER REPORT 2024

EMBARGOED UNTIL 15 OCTOBER 2024

ABOUT THE REPORT

The Foodbank Hunger Report shines a light on Australia's hidden hunger crisis. The report highlights the extent of food insecurity in Australia, who is facing it and why.

This year, we've uncovered...

- » Food insecurity has reached a tipping point: Nearly half (48%) of Australia's low-income households (earning less than \$30,000 per year) are experiencing food insecurity at the highest rate since the onset of the cost-of-living crisis (5% up on 2023).
- » More than half (59%) of all food insecure households are experiencing the most severe level of hardship, regularly skipping meals or going entire days without food.
- » Single-parent households are the hardest hit, with over two-thirds (69%) facing food insecurity and 41% experiencing the severest form, regularly skipping meals or going entire days without food.
- » Australia's charities continue to grapple with historically high demand for food relief. Food insecure households also report receiving food relief more often as they struggle to cope (53% seeking food more often than a year ago).
- » Increasingly, family and friends are no longer in a position to help fill the gap, with only a quarter of food insecure households now receiving this help, down from a third in 2023.

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Help us break the silence on hunger

Join us in launching the Foodbank Hunger Report 2024 on Tuesday, 15 October, and help spread the word throughout the week. By showcasing your partnership with Foodbank, you can engage your employees, stakeholders, and customers in our mission to end hunger in Australia.



Post a social media message including visuals of the key statistics

We've put together a Resource Hub with images, B-roll, logo's and social media tiles for you to use across your communication channels.

Resource Hub

Remember to tag us and include #ZeroHunger
#FoodbankHungerReport2024 #FoodRelief
#BeKind

Instagram: [@foodbankaus](#)

LinkedIn: [Foodbank Australia](#)

Facebook: [Foodbank Australia](#)

Twitter: [@FoodbankAus](#)

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KEY STATISTICS AND SUGGESTED POSTS

Low income households are enduring the highest rates of food insecurity

Nearly half (48%) of Australia's low-income households (earning less than \$30,000 per year) are experiencing food insecurity at the highest rate since the onset of the cost-of-living crisis.

Foodbank works closely with the entire food and grocery industry to ensure food relief is available to those who need it.

We will continue to provide support to Foodbank to help the millions of households doing it tough

More than half (59%) of all food insecure households are regularly skipping meals or going entire days without food

It's a stark reminder of the ongoing challenges faced by too many in Australia. Foodbank remains dedicated to making a difference, ensuring food relief is accessible to those who need it most.

We are proud supporters of Foodbank and their mission of ending hunger in Australia.

Single-parent households are the hardest hit by food insecurity

Over two-thirds (69%) are facing food insecurity and 41% experiencing the severest form, regularly skipping meals or going entire days without food.

This year's Foodbank Hunger Report highlights the growing divide between those who are able to absorb or adapt to rising costs of living and those being left behind.

Foodbank works with 2,844 charities and 3,379 school breakfast programs to ensure no one goes without.

Australia's charities continue to grapple with historically high demand for food relief.

Food insecure households also report receiving food relief more often as they struggle to cope (53% seeking food more often than a year ago).

There is no shame in getting help if you are struggling. You can head to foodbank.org.au/FindFood to find support near you.

