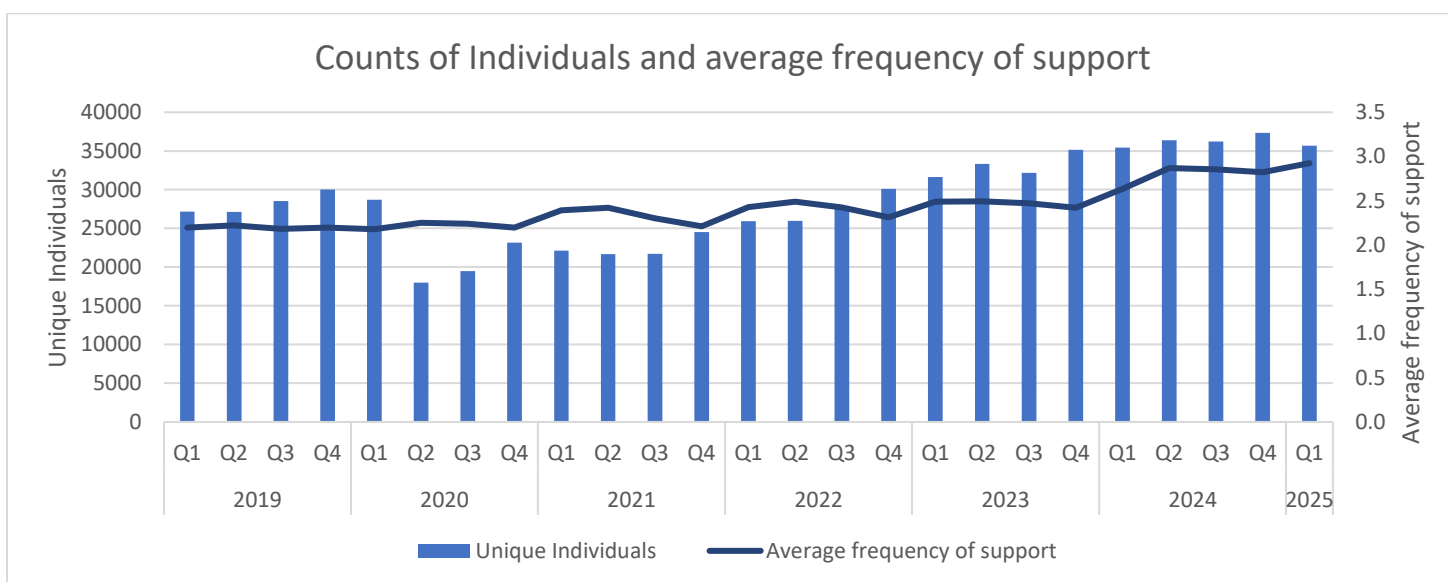


Feed Nova Scotia member food bank access: January – March 2025

- In Q1 of 2025, at least 3.31% of the total population of Nova Scotia was supported by a member food bank.
- At least 35,684 unique individuals were supported by member food banks. +1% increase over Q1 of 2024.
- At least 14,745 households were supported by member food banks. -2% decrease compared to Q1 of 2024.
- There was at least 42,172 visits to member food banks, an 8% increase over Q1 2024.
- Food support was provided for the equivalent of 104,375 people, a 12% increase over Q1 of 2024.
- 10% of all individuals (3,518) that received support were receiving food bank support for the first time. This is almost 2000 fewer than Q1 of 2024.
- 35% received support just once, and 17% visited 4 or more times. Prior to 2022, between 11-13% visited 4 or more times in a quarter.
- Individuals were supported on average 2.9x in the quarter, in Q1 of 2024, the average visit frequency was 2.6.
- A higher proportion of people visiting more often is almost certainly tied to increases in cost-of-living over the past 3 years.



Key/Notable Client Characteristics

- 1-in-10 (10%) of Primary Clients are seniors, and almost 1-in-3 (31.7%) individuals being supported are under the age of 18.
- 13.3% of all individuals listed their reason for visiting a food bank as related to a disability.
- Over one-third (34%) of households included children.
- 41.6% of households are households of one person, but an increasing proportion of households have 5 or more people (12.4%).
- Private Rentals account for the majority of housing types at 69.3%, but we are seeing increases in those living in rooming houses (3.2%), with family/friends (3.9%), and in a home they own (13%).
- 58% of households listed a type of government support as their primary source of income. This group has been decreasing steadily over the past 2 years (Q1 2023 65.7%) 1-in-4 (25%) listed employment as their primary source of income – this population has been increasing steadily over the last 2 years (Q1 2023 19%).