

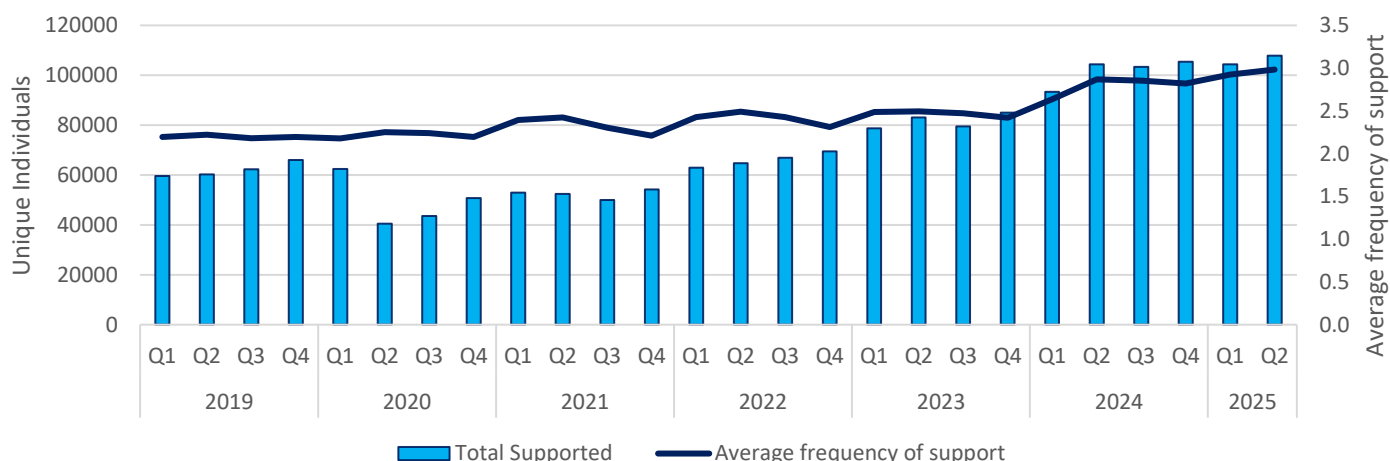
Feed Nova Scotia Food Bank Access Report:

April – June 2025

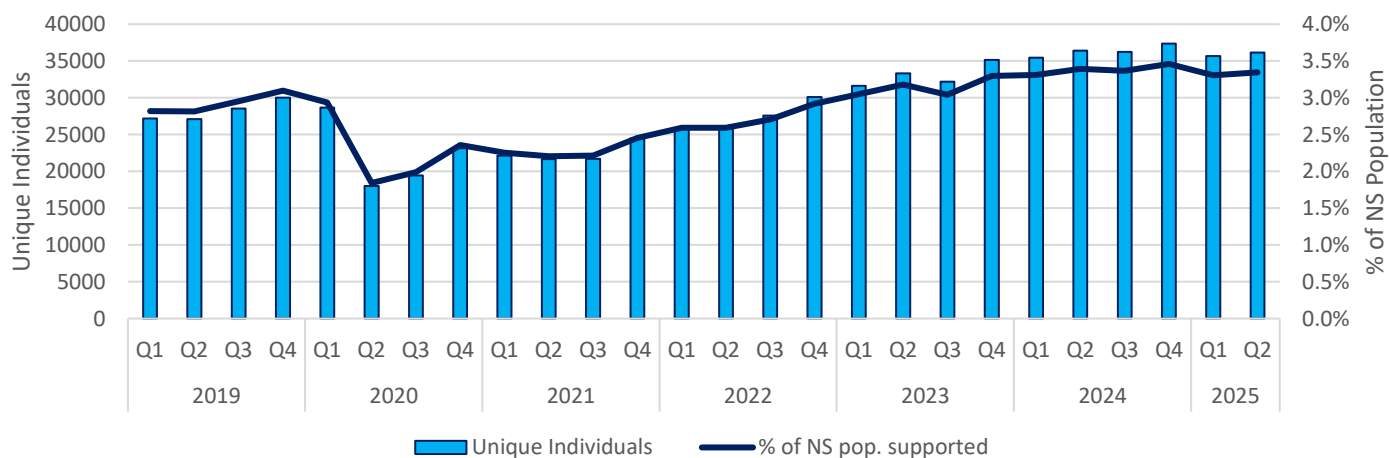


- At least 36,150 unique individuals from 14,524 households received support from a member food bank in Q2 of 2025, which amounts to 3.35% of the total population of Nova Scotia.
- 3,243 (9%) people received support for the first time while 35% received support just once in Q2. The amount of people accessing support four or more times has jumped from 11–13% in 2022 to 17% in Q2 of 2025.
- When counting for each person each time they accessed food support, 107,861 people received support in Q2 of 2025, a rise from Q2 of 2024.

Total Supported and average frequency of support



Counts of Individuals and % of the NS Population



Key/Notable Client Characteristics Statistics



- **Seniors:** One of every eight primary clients were seniors (12%).
- **Children and households including children:** Over one third (36%) of households included children.
- **Living with a disability:** 13.6% of all individuals self-identified as living with a disability.
- **Household size:** 40.3% of households are households of one person, but an increasing proportion of households have five or more people (13.4%) and the average household size is increasing, up to 2.5 people in Q2 of 2025 compared to 2.3 people in Q2 of 2023.
- **Housing Type:** Private rentals account for the majority of housing types at 69.7%, but over a two-year period we've seen increases in those living in rooming houses (3%), with family/friends (3.7%), and homeowners (13%).
- **Primary Source of Income:** 60.3% of households listed a type of government support as their primary source of income. More households are listing employment as their primary source of income, with almost 1-in-4 (24.0%) in 2025 compared to 19.6% two years ago.
- **Newcomers:** 26.5% of all individuals supported have been living in Canada for 10 years or less. 14.2% of households identified that they have been in Canada for one year or less.
- **Racial Identity:** 31.8% of clients identified themselves as being a racial minority. There has been a steady increase in those identifying as Black over the past 2 years. (8.0% in Q2 2023, 11.8% in Q2 of 2025) There has also been an increase in the proportion of clients identifying as Arab and Filipino.
- **Highest level of education:** 62.1% of clients have up to a Grade 12 level of education, with the other 37.9% have at least some post-secondary education.
- **Current Post-Secondary Students:** 18% of clients identified as current post-secondary students.
- **Gender:** 58.5% of clients (the person seeking food support on behalf of the household) are women/girls, and 41.4% are men/boys. 0.4% of clients identified as non-binary.
- **Visit Reason:** 89.7% of households are visiting because of the cost of living. This can be broken down into cost of food (56.8%), cost of housing (21.4%), and cost of utilities (11.5%). In 2023, cost of living concerns accounted for only 80.7% of visit reasons.