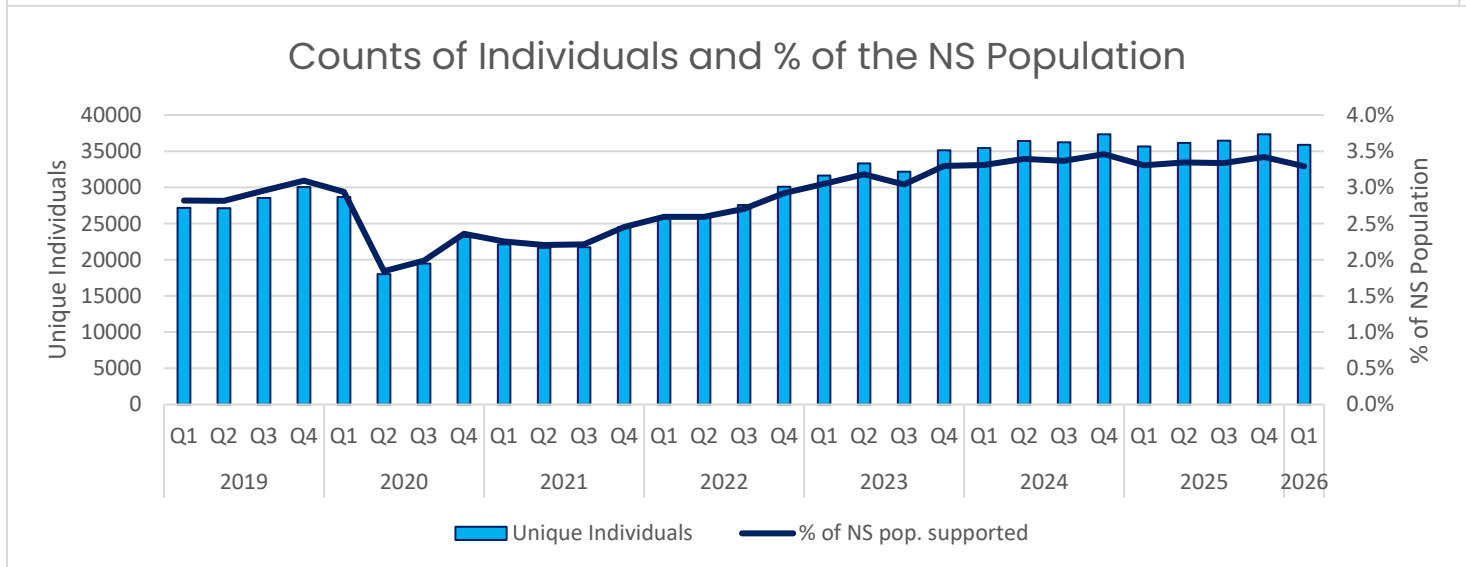
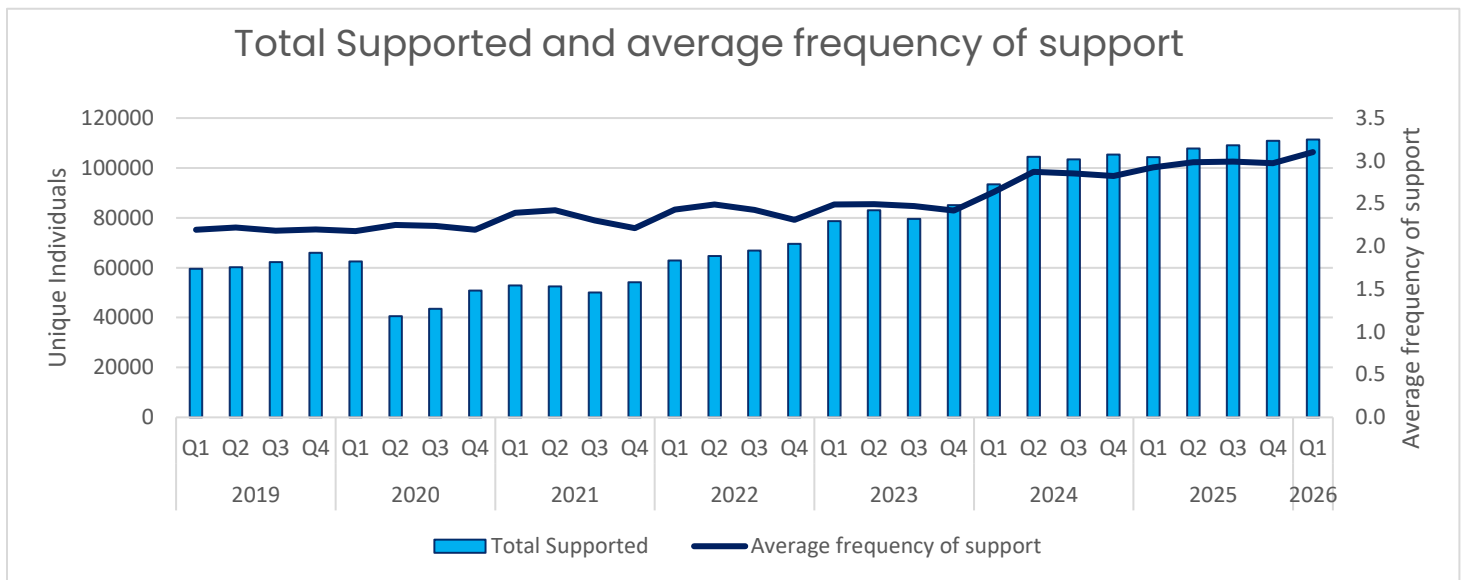


January – March 2026

- 35,879 unique individuals from 14,721 households received support from a member food bank in Q1 of 2026, which amounts to 3.29% of the total population of Nova Scotia.
- When counting each person for each time they accessed food support, 111,354 people received support in Q1 of 2026, an increase of 6.7% from Q1 of 2025.
- 2,962 (8%) people received support for the first time and 34% received support just once in Q1. The number of people accessing support four or more times has shifted from 14% in 2023 to 18% in Q1 of 2026.



Key/Notable Client Characteristics Statistics



- **Seniors:** One of every eight primary clients were seniors (12%).
- **Children and households including children:** Over one third (35%) of households included children.
- **Living with a disability:** 14% of all individuals self-identified as living with a disability.
- **Household size:** 42.1% of households are households of one person, but an increasing proportion of households have five or more people (12.8% in Q1 of 2026, up from 12.4% in Q1 2025, and 11.3% in Q1 2024).
- **Housing Type:** Private rentals account for the majority of housing types at 68%, but over a two-year period we've seen increases in those living in rooming houses (2.4%), with family/friends (4.1%), and homeowners (13.8%).
- **Primary Source of Income:** 62% 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 (24.6%) in 2026 compared to 22% two years ago, and 15.2% in Q1 2019.
- **Newcomers:** 22.3% of all individuals supported have been living in Canada for 10 years or less. 11.7% of households identified that they have been in Canada for one year or less.
- **Racial Identity:** 26.8% of clients identified themselves as being a racial minority. A notable decrease is in those identifying as South Asian, at just 3.1%, down from 10.1% in Q1 of 2024.
- **Highest level of education:** 63.5% of clients have up to a Grade 12 level of education, with the other 36.5% having at least some post-secondary education.
- **Current Post-Secondary Students:** 16.7% of clients identified as current post-secondary students.
- **Gender:** 57.8% of primary clients identified as women, and 41.7% identified as men. 0.2% of clients identified as non-binary.
- **Visit Reason:** 85.4% of clients indicated they are visiting because of the cost of living. This can be broken down into cost of food (54.7%), cost of housing (19.3%), and cost of utilities (11.4%).
- **New Clients' Source of Income:** The second highest primary source of income for new food bank users is full time employment (13.7%). When adding part time employment and self-employment, this rises to 23.8%

Please note: The above stats are based on voluntary disclosure and may not account for everyone supported by member food banks. Some people also choose to receive support anonymously and are not represented in the demographic statistics. The Client Characteristic stats are based on a response rate of 66% or higher, with the exception of the Newcomers statistic, which had a response rate of 46%.