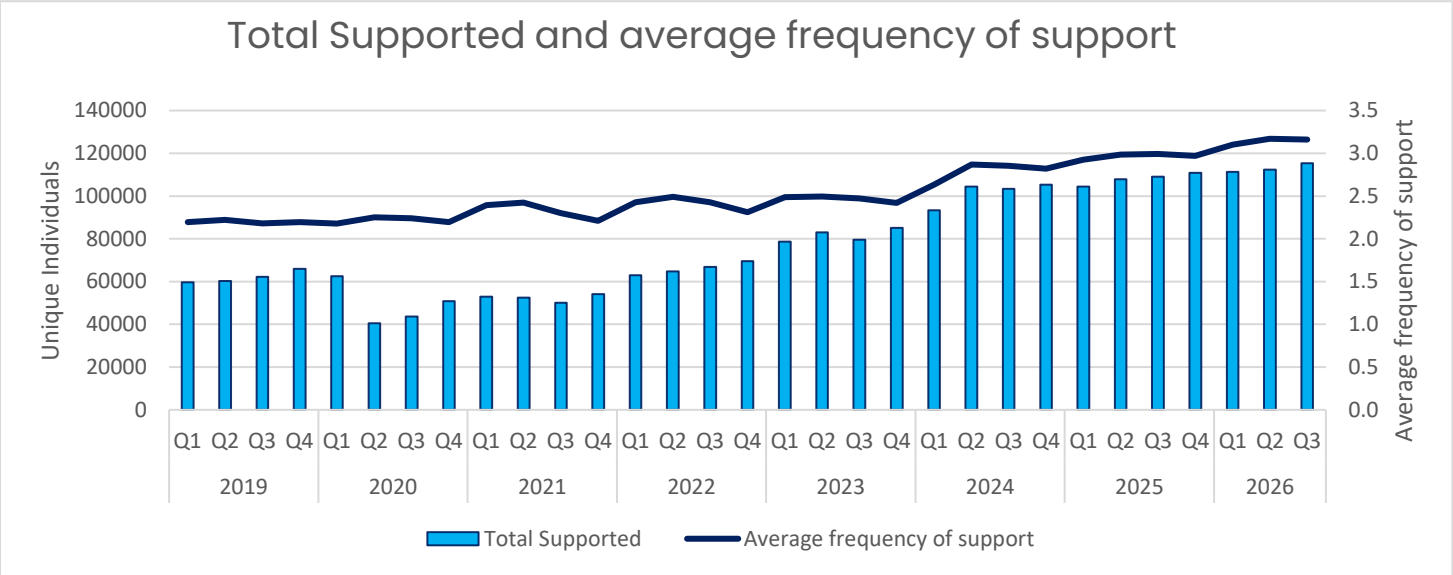
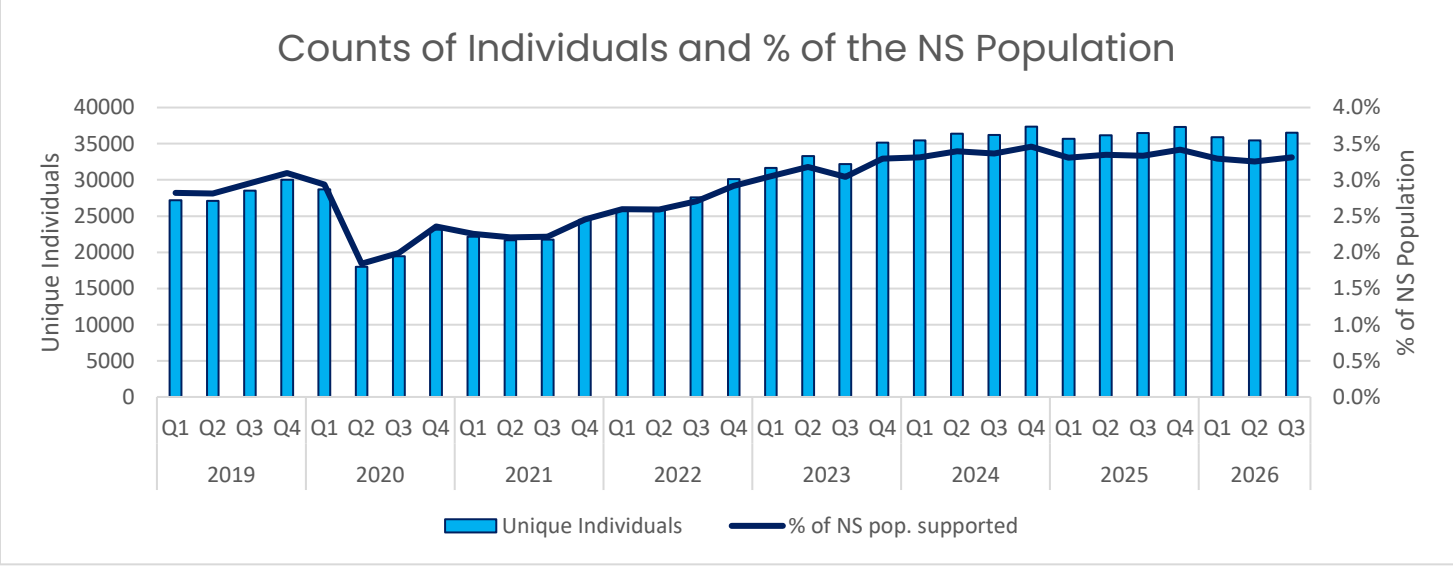
Feed Nova Scotia Food Bank Access Report:

July – September 2026

- An estimated 36,534 unique individuals from 14,696 households received support from a member food bank in Q3 of 2026, which amounts to 3.31% of the total population of Nova Scotia.
- When counting each person, from each household for each time the household received support, 115,410 people received support in Q3 of 2026, an increase of 5.8% from Q3 of 2025.
- 3,429 (9%) people received support for the first time and 34% received support just once in Q3. The number of people accessing support four or more times has shifted from 14% in 2023 to 18% in Q3 of 2026.





Key/Notable Client Characteristics Statistics

- **Seniors**: One of every seven primary clients were seniors (14%).
- **Children and households including children**: Over one third (36%) of households included children.
- **Living with a disability**: 14% of all individuals self-identified as living with a disability.
- **Household size**: 41.3% of households are households of one person.
- **Housing Type**: Private rentals account for the majority of housing types at 69%.
- **Primary Source of Income**: 63% of households listed a type of government support as their primary source of income. 24% of households listed employment income as their primary source of income.
- **Newcomers:** 22.3% of all individuals supported have been living in Canada for 10 years or less. 11.4% of households identified that they have been in Canada for one year or less.
- **Racial Identity**: 26.8% of primary clients identified themselves as being a racial minority.
- **Highest level of education**: 63.7% of primary clients have up to a Grade 12 level of education, with the other 36.3% having at least some post-secondary education.
- **Current Post-Secondary Students**: 14.5% of primary clients identified as current post-secondary students. This is a drop from Q3 2025's 17.3%, and Q3 2024's 20.6%
- **Gender**: 59.5% of primary clients identified as women, and 40.2% identified as men. 0.2% of clients identified as non-binary.
- **Visit Reason**: 89.7% of primary clients indicated they are visiting because of the cost of living. This can be broken down into cost of food (59.7%), cost of housing (19.6%), and cost of utilities (10.4%).

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 67% or higher, with the exception of the Newcomers statistic, which had a response rate of 47%.