



NOURISHING OUR NEIGHBOURS—TODAY AND TOMORROW, TOGETHER.

Food insecurity

Waterloo-Wellington snapshot

- Locally, food insecurity remains at record levels.
- **9% of the population** in Waterloo-Wellington is experiencing food insecurity.
- **82,000+ adults and children** are accessing food support across Waterloo-Wellington.
- **26,000+ children (36% of all participants)** accessing food assistance in Waterloo region are living in food-insecure households.
- **3,200+ children (37% of all participants)** accessing food assistance in Guelph are living in food-insecure households.
- **365 children (31% of all participants)** accessing food assistance in Centre Wellington are living in food-insecure households.
- Between July 1, 2024 and June 30, 2025, **food hamper program visits in Waterloo region reached nearly 622,000**, representing an **11% increase over the previous year** and a **205% increase since 2019**.
- The Centre Wellington Food Bank recorded **more than 4,000 visits in 2025**.
- The Guelph Food Bank served **more than 8,700 unique individuals in 2025**, with demand increasing by **40% at the beginning of the year**.
- **7,066 households** in Waterloo region accessed a hamper program **more than eight times** between July 1, 2024 and June 30, 2025, a **21% increase year over year**.
- **1 in 4 households (25%) in Wellington-Dufferin-Guelph experienced food insecurity in 2024**, an increase of **nearly 13% since 2019**.
- **1 in 9 food assistance participants** in Waterloo region reports having a job in 2025.

Resources

- [2025 Community Impact report](#), The Food Bank of Waterloo Region
Note: 2026 Community Impact report releases on November 12, 2026
- [2024–2025 Impact Report](#), Cambridge Food Bank
Note: 2025–2026 Impact Report releases on September 21, 2026
- [2025 Impact Report](#), Centre Wellington Food Bank
- [Guelph Food Bank \(Spiritwind Christian Centre of Guelph\)](#)

Population (ending 2025)

- **Wellington County (includes Centre Wellington): 109,540**
- **Guelph: 160,760**
- **Waterloo region (includes Cambridge and North Dumfries): 678,270**
- **Waterloo-Wellington: 948,570**

Ontario snapshot

- **More than 1 million people** accessed a food bank in Ontario between April 1, 2024 and March 31, 2025, the highest level ever recorded in the province.
- This represents an **87% increase in the number of people using food banks since 2019–20**.
- Ontario food banks recorded **8.7 million visits in 2024–2025**, a 13% increase over the previous year and a **165% increase since 2019–2020**.
- **1 in 4 food bank visitors has a job**, an **83% increase since 2019–2020**.
- **1 in 3 children in Ontario lives in a food-insecure household**.

Resources

- [Hunger Report 2025](#), Feed Ontario
Note: Hunger Report 2026 releases on November 30, 2026

Canada snapshot

- Canadian food banks recorded nearly **2.2 million visits in March 2025 alone**, the highest monthly total ever recorded.
- Food bank use in Canada has **doubled since 2019**.
- **1 in 3 food bank users is a child**, representing nearly **712,000 visits by children in a single month**—an increase of nearly 340,000 monthly visits compared to six years ago.
- **42% of are single**. Single-person households remain the most common household type accessing food banks in Canada.
- Nearly **1 in 5 food bank visitors is employed**.

Resources

- [HungerCount 2025](#), Food Banks Canada
- [Poverty Report Cards 2026](#), Food Banks Canada

Government and public policy

- Food banks are calling on all levels of government to recognize that hunger is not a food problem. It is a community issue rooted in:
 - Poverty and inadequate incomes.
 - Housing affordability challenges.
 - Income insecurity.
 - Precarious employment.
 - Rising costs of living.
- We need coordinated action to:
 - Increase incomes for people living on low and fixed incomes.
 - Expand affordable and supportive housing.
 - Strengthen employment supports and worker protections.
 - Improve access to childcare, transportation, and health services.
 - Reduce poverty and prevent people from needing food banks in the first place.