

HungerCount Quebec 2025



Overview of Food Assistance in Quebec

A Concerning Trend That Persists Over Time
more than
3.1 million

food assistance requests responded to
each month



600,000

unique individuals

reached monthly across
all services



Record monthly reach

of **1 million**

people supported across
all services



A stretched network operating at capacity

68.7% of organizations
reported **food
shortages**.

49.9% of organizations
had to purchase food
to meet demand.

33.5% reported **increased
food purchasing**
compared to last year.

29.4% reduced the quantity
of food per hamper.

10.6% had to turn people away
due to **insufficient food
supply**.

The diverse realities of Hunger

Food bank use continues to rise across diverse population groups.
Largest reported increases:

Households relying primarily
on **employment income**



26,081 households
supported
20.6% of
respondents

**Single-parent
households**



26,636 households
supported
20.9% of
respondents

Households primarily relying
on **social assistance**



51,351 households
supported
40.6% of
respondents

Newcomers and refugees
(in Canada for under 10 years)



53,761 people
supported
34.7% of
respondents

One food assistance request =

A food hamper | A meal or snack service

Data collected in March 2025 from 1,400 community organizations affiliated with Food Banks of Quebec network.