



Foodbank

# Hunger Report 2024

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# Foodbank Hunger Report 2024

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Foodbank Hunger Report 2024

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GAME CHANGERS



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# Contact

**Alejandra Guerrero** – [alejandra.guerrero@ipsos.com](mailto:alejandra.guerrero@ipsos.com)

**Daniel Pole** – [daniel.pole@ipsos.com](mailto:daniel.pole@ipsos.com)

**Ellie Kirby** – [ellie.kirby@ipsos.com](mailto:ellie.kirby@ipsos.com)

Ipsos Level 6,  
11 Wilson Street  
South Yarra, VIC 3142  
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**Alexandra Zhen** – [alexandra@foodbank.org.au](mailto:alexandra@foodbank.org.au)

Foodbank Australia  
Building A, Level 2/11 Talavera Rd  
North Ryde 2113



# Executive summary

The Foodbank Hunger Report 2024 explores the current hunger situation in Australia, including those Australian households most affected, groups where improvements have been made, and others that are falling further behind.

Australia has been grappling with a growing food security crisis in recent years, as highlighted by the Foodbank Hunger Reports for 2022 and 2023. The primary driver was the rising cost of living, particularly for food, energy, and housing, as well as natural disasters, inadequate income support, unemployment and underemployment and the lingering effects of the COVID-19 pandemic.

Nearly 2 million Australian households (19%) have still experienced severe food insecurity in the past 12 months. The increased demand for food relief experienced by Foodbanks in the past year is evidence of the persistent struggle of these families. The food insecurity situation in some Australian households has shown signs of improvement, with the proportion of households experiencing either severe or moderate food insecurity decreasing from 36% in 2023 to 32% in 2024. This aligns with a slight upturn in the overall economic outlook, with inflation rates slowing and the cash rate remaining unchanged since November 2023.

Worry about food affordability remains a constant among severely food-insecure households, with 97% concerned about running out of food before having enough money to buy more, and 93% unable to afford balanced meals. These households also face challenges such as actually running out of food (79%), skipping meals or cutting meal sizes (97%), and adults not eating for a whole day due to affordability (50%).

There are groups that are at greater risk of food insecurity than the general population, in particular, low-income households (below \$30,000), those in regional areas and single-parent households (69% experiencing food insecurity, 41% severe).

Cost of living continues to be the main contributor to food insecurity, with 82% of food-insecure households citing high or increased living expenses as a factor. Australian households manage this cost-of-living situation by saving on everyday essentials, planning meals ahead, and reducing discretionary spending on eating out.

A positive outcome seen in 2024 is the significant increase in awareness of food relief

services, with 47% of Australians knowing where to get support if they couldn't afford enough food, compared to 34% in 2023. However, the proportion of food-insecure households accessing formal food relief remained relatively steady from 2023, with fear of social stigma being the main barrier (48%). This suggests that there is room for improvement in terms of reducing the stigma associated with access to formal food relief and support services.

Another change seen in 2024 is the significant increase seen in awareness and participation in School Breakfast Programs among households with school-aged children. Among Australian households with school aged children, 38% of food insecure and 27% of food secure households participate in the School Breakfast Program at their children's school. These programs are particularly beneficial for food-insecure households, helping to ease household budgets, while also providing socialisation opportunities for children. However, fear of social stigma is also one of the main barriers to participation among food-insecure households.

While the food insecurity situation for some in Australia has shown slight improvement, many households still face significant challenges. Continued support from food relief organisations and school food programs providing food relief services and support in a way that is comfortable, dignified and easily accessible for Australians is crucial, along with efforts to increase awareness and understanding of how to access available assistance.

## Research context

For over a decade, Foodbank has published its annual Hunger Report to raise awareness about the realities faced by Australians experiencing food insecurity. The Foodbank Hunger Report 2024 presents the most recent findings from Foodbank's ongoing research into this critical issue.

Food insecurity, as defined by the UN's Food & Agriculture Organisation, occurs when individuals do not have regular access to sufficient, safe, and nourishing food necessary for proper development, growth, and a healthy life. Factors contributing to food insecurity can include a scarcity of available food and/or insufficient means to acquire it.

In the 2024 report, as in previous years, Foodbank assesses food insecurity in the Australian context using the well-established Household Food Security Survey Module (HFSSM) developed by the U.S. Department of Agriculture. This tool evaluates food security at the household level based on economic and social factors that limit or create uncertainty around adequate food access. (More information on how the HFSSM quantifies household food security is available in the appendix section.)

In addition, the Foodbank Hunger Report research aims to understand the condition, key characteristics and coping behaviours of food insecurity. The Foodbank Hunger Report plays a critical role in increasing public awareness and deepening insights into food insecurity in Australia.

## Study design

The Foodbank Hunger Report 2024 research was conducted between 29<sup>th</sup> July – 16<sup>th</sup> August 2024, through an online survey of 4,000 Australians aged 18 years or older (main sample) and a booster of 260 Australians 18+ from NT (n=84) and SA (n=176). The main sample was nationally representative with interlocking quotas by age, gender and location.

The data was weighted to nationally representative proportion of age, gender, state and location as summarised in Table 1 below. The detailed methodology can be found in the Appendix.

Table 1. Summary of final achieved sample profile by key demographic targets

		Sample size (n=)	Total weighted (%)
<b>Gender</b>	Male	1908	49%
	Female	2352	51%
<b>Age</b>	18-24	404	11%
	25-44	1530	37%
	45-54	703	16%
	55-74	1224	27%
	75 or above	399	10%
<b>State</b>	NSW	1305	31%
	VIC	1059	26%
	QLD	768	20%
	SA	287	7%
	WA	410	11%
	TAS	266	2%
	NT	94	1%
	ACT	71	2%
<b>Location</b>	Capital city	2980	68%
	Rest of state/territory	1280	32%
<b>Remoteness area*</b>	Major cities of Australia	2711	65%
	Inner regional Australia	1280	30%
	Outer regional Australia	224	4%
	Remote Australia	30	1%
	Very remote Australia	15	0%

All 4,260 Australians answered the core HFSSM for measurement of the prevalence of household food security over the past 12 months. A total of 1,278 respondents (32%) were identified through the HFSSM as being from moderately and severely food insecure households. This group continued on to answer a deep dive module about their experience



living with food insecurity over the last 12 months.

The household experience with food security in the USDA Guide to Measuring Household Security is categorised into four categories. The definition of each category and HFSSM indicators used for classification can be found in Appendix (Table 1 and 2).

The Foodbank Hunger Report 2024 survey also included modules on the cost-of-living, school breakfast programs and pet/s related questions.

# 2024 Findings

**In 2024, the proportion of Australian households experiencing food insecurity (either moderate or severe) decreased. Despite this improvement, the situation remains serious with around 2 million households (19%) experiencing severe food insecurity in the past 12 months.**

In 2024, 32% of Australian households (an estimated 3.4 million households) experienced food insecurity (either moderate or severe). Food insecurity appears to be recovering from a high in 2023 (36%), returning to relatively similar levels seen in 2022 (33%).

This aligns with a serious but stabilising economic situation in Australia in 2024, with rates of inflation declining<sup>1</sup> from the December 2022 peak of 8.4% to 3.5% in July 2024, and a cash rate that has remained unchanged at 4.35% since November 2023<sup>2</sup>. While most agree that we remain in a cost-of-living crisis<sup>3</sup>, and many remain in significant financial stress, Australian's have adjusted spending to meet their challenging new circumstances<sup>4</sup>.

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<sup>1</sup> Monthly Consumer Price Indicator, source: <https://www.abs.gov.au/statistics/economy/price-indexes-and-inflation/monthly-consumer-price-index-indicator/jul-2024#key-statistics>

<sup>2</sup> Australia Interest rate: <https://tradingeconomics.com/australia/interest-rate>

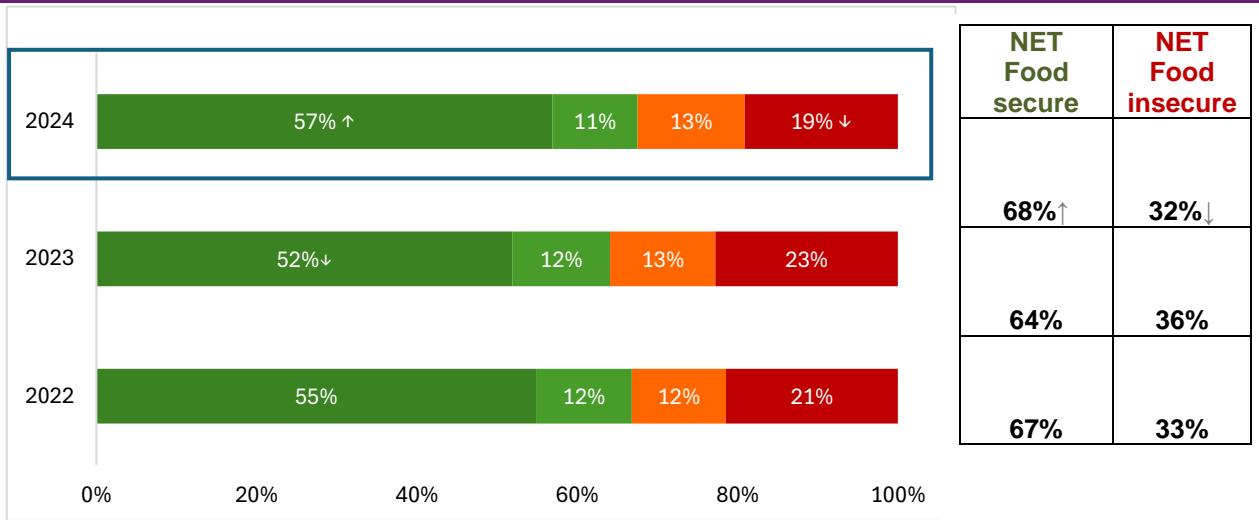
<sup>3</sup> Ipsos Issues Monitor August 2024:

[https://www.ipsos.com/sites/default/files/ct/publication/documents/2024-09/IM\\_Nat\\_August24\\_v1.pdf](https://www.ipsos.com/sites/default/files/ct/publication/documents/2024-09/IM_Nat_August24_v1.pdf)

<sup>4</sup> Household spending slows as consumers 'pump the breaks' on discretionary spending

<https://www.commbank.com.au/articles/newsroom/2024/05/hsi-april.html>

**Figure 1 Australian households by the level of food security**



■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

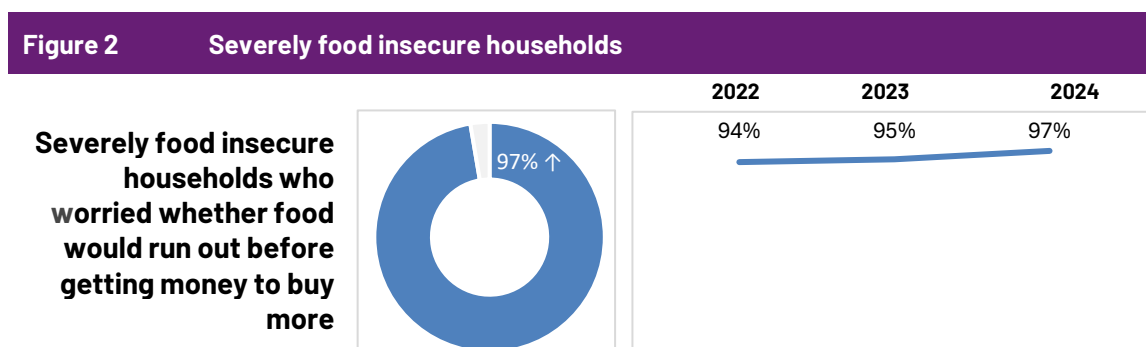
↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions (Base 2022 n=4,024; 2023 n=4,342; 2024 n=4,260)

## Severely food insecure households in 2024

### **Worrying about food affordability is a constant among Australian households experiencing severe food insecurity.**

With cost of living remaining the top issue facing Australia (66% in August 2024<sup>5</sup>), followed by concerns about housing (43% in August 2024<sup>6</sup>), concerns about food affordability among Australian households experiencing food insecurity continues an upward trend. 97% of households experiencing severe food insecurity in 2024 worried (either sometimes or often) that food would run out before they had enough money to buy more, this figure is significantly higher than results seen in 2022.



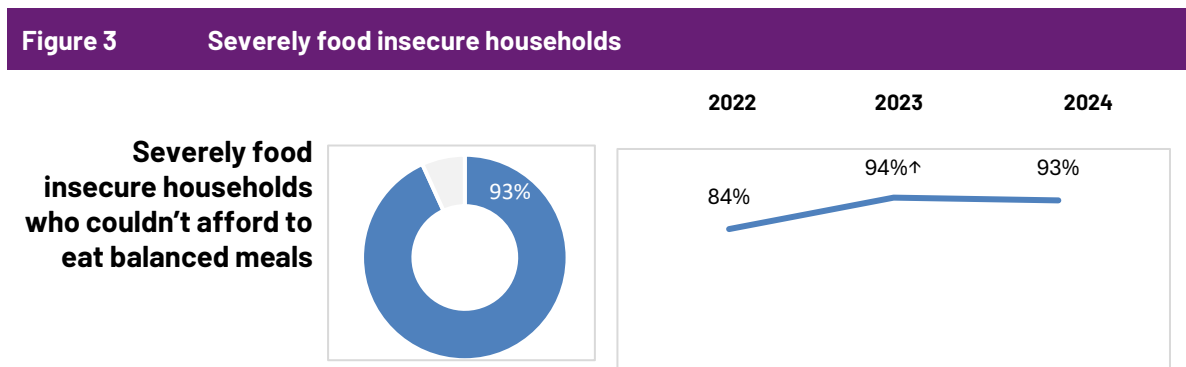
↑↓ Represents a significant change when comparing results from the previous year.

HH2. Below are some statements people have made about their food situation. Think of the experience of your household in the last 12 months, to what extent are each of the following true?... Worried whether food would run out before we got money to buy more. (Base 2022 n=803, 2023 n=925; 2024 n=726)

<sup>5</sup> Ibid.

<sup>6</sup> Ibid.  
24-048445-01

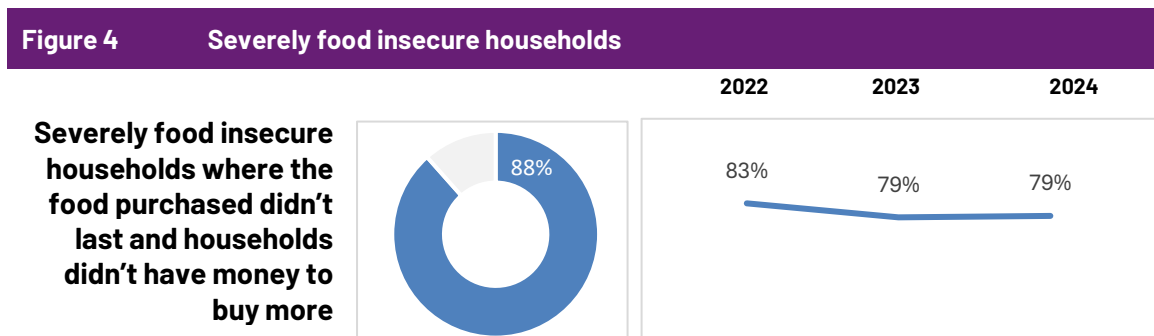
Similarly, not being able to afford to eat balanced meals remains significantly above levels seen in 2022, with 93% of households experiencing severe food insecurity being concerned (either sometimes or often) about not being able to afford balanced meals.



↑↓ Represents a significant change when comparing results from the previous year.

HH2. Below are some statements people have made about their food situation. Think of the experience of your household in the last 12 months, to what extent are each of the following true?... Couldn't afford to eat balanced meals (Base 2022 n=803, 2023 n=925; 2024 n=726)

High levels of concern coincide with the difficult situation these households are experiencing. Just fewer than four in five (79%) households experiencing severe food insecurity in the past 12 months ran out of food and didn't have enough money to purchase more.

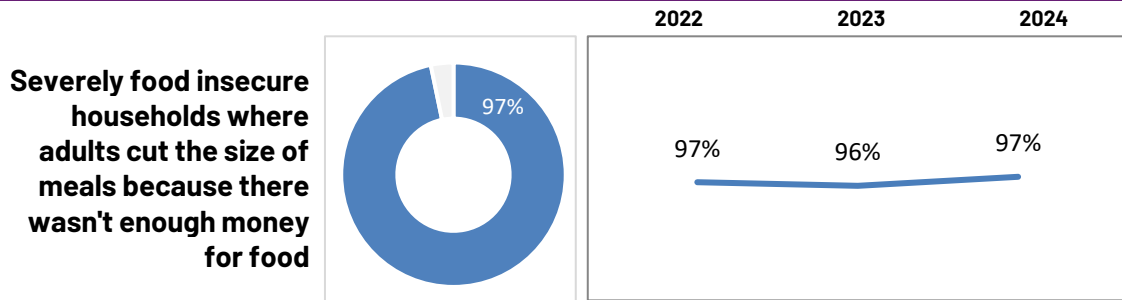


↑↓ Represents a significant change when comparing results from the previous year.

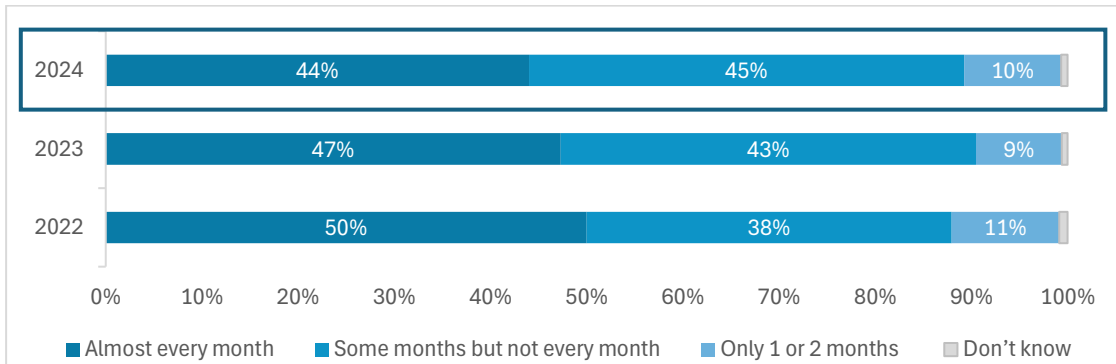
FB0 In the last 12 months, was there any time when you or anyone in your household ran out of food and did not have enough money to purchase more? (Base 2022 n=803, 2023 n=925; 2024 n=726)

Nearly all of these households (97%) also found themselves skipping meals or cutting the size of their meals because there wasn't enough food to put on the table. Although this figure is also steady year-on-year, the frequency of these incidents continues to decline in 2024, with 'almost every month' at 44% (vs 50% in 2022).

**Figure 5** Severely food insecure households cutting down on meals



**How often adults in severely food insecure households have cut the size of meals because there wasn't enough money for food**

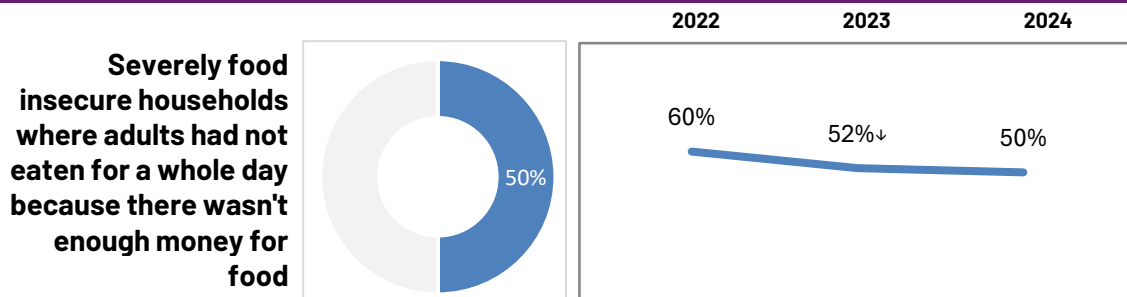


↑↓ Represents a significant change when comparing results from the previous year.

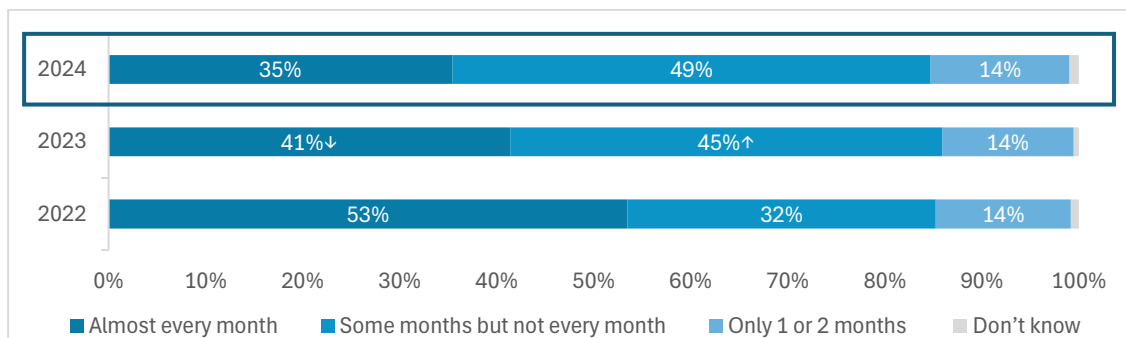
AD1. In the last 12 months, did you or any other adult in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? (Base 2022 n=803, 2023 n=925; 2024 n=726) AD1A. And how often did this happen? (Base 2022 n=780, 2023 n=890; 2024 n=700). Note: Data labels below 5% not shown.

Similarly, 50% of households experiencing severe food insecurity reported at least one adult in the household had not eaten for a whole day because they couldn't afford food in the past 12 months (estimated almost 1 million households). The frequency of this situation has also shifted, from reports of almost every month (53% in 2022 to 35% in 2024), to some months but not every month (32% in 2022 to 49% in 2024). Although this is a positive change, an estimated 354,000 Australian households experienced severe food insecurity almost every month.

**Figure 6** Severely food insecure households not eating for a whole day



**How often adults in Severely food insecure households have gone without eating for a whole day because there wasn't enough money for food**

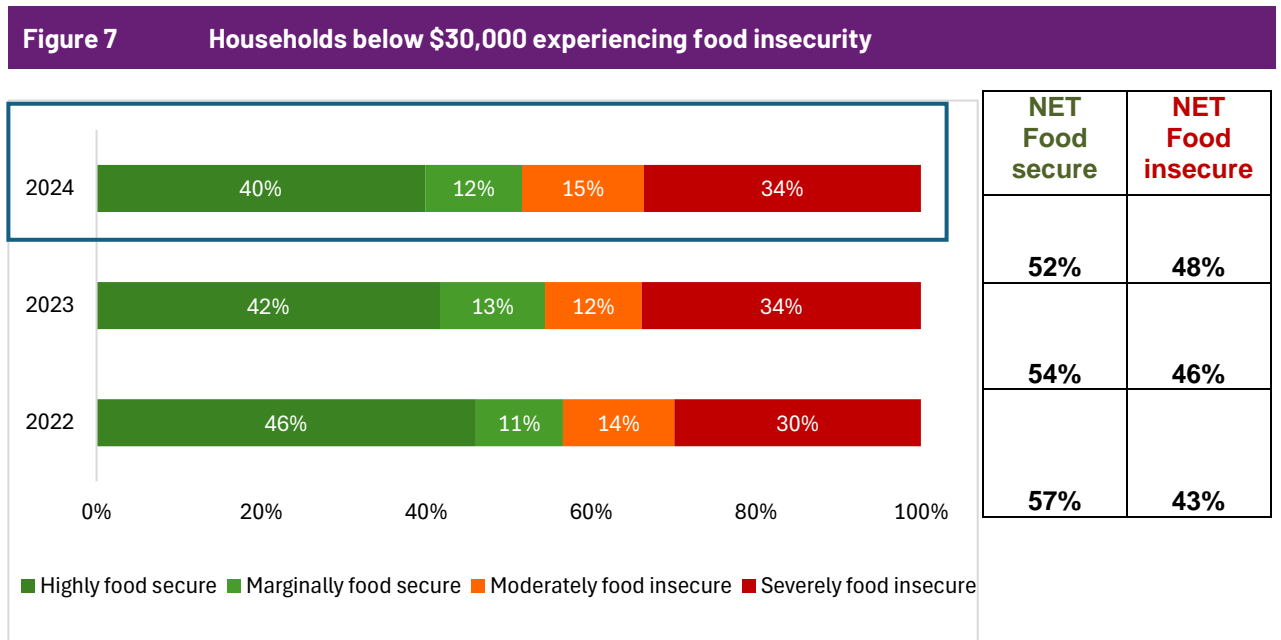


↑↓ Represents a significant change when comparing results from the previous year.

AD5. In the last 12 months, did you or any other adult in your household ever not eat for a whole day because there wasn't enough money for food? (Base 2022 n=803, 2023 n=925; 2024 n=726)

**Some groups of the population remain at risk of food insecurity as their situation hasn't improved in the past 12 months.**

Households with incomes below \$30,000 also experienced a marginal increase in the proportion experiencing food insecurity in the past 12 months. This is a continuation of an upward trend from 2022, with nearly half (48%) of the household in this income bracket experiencing food insecurity in 2024. Again, most of the increases are seen in the proportion of households experiencing *moderate* food insecurity.



↑↓ Represents a significant change when comparing results from the previous year.

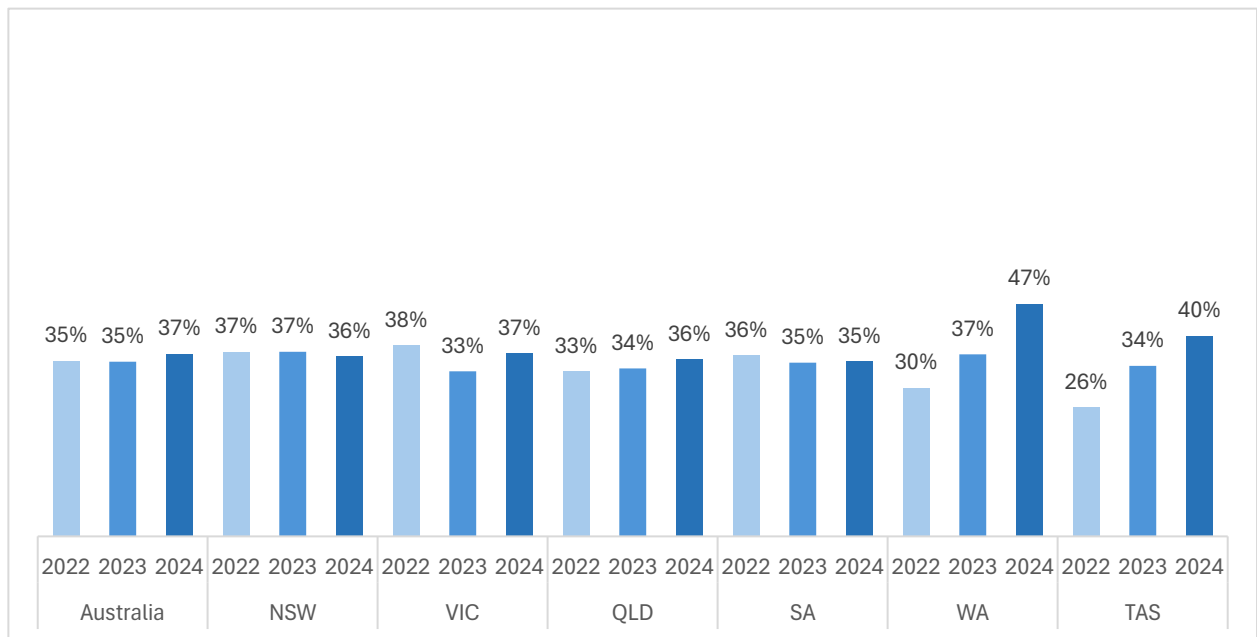
USDA Food Security Summary from HFSSM 18 questions and P1. Which of the following best describes the combined gross annual income of your household (i.e. before tax)? (Base 2022 n=656, 2023 n=660; 2024 n=574)



Food insecurity has increased among household in regional areas. Net food insecurity increased slightly to 37% in 2024, with most of the increases seen in the proportion of households experiencing *moderate* food insecurity.

When looking at states and territories, some directional increases in the proportion of households experiencing food insecurity year-on-year are noted among residents of regional QLD, regional WA and regional TAS (to see the full breakdown of the food security segments, see appendix).

**Figure 8 Food insecure households in Regional Australia**



↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=425; 2023 n=451; 2024 n=426)

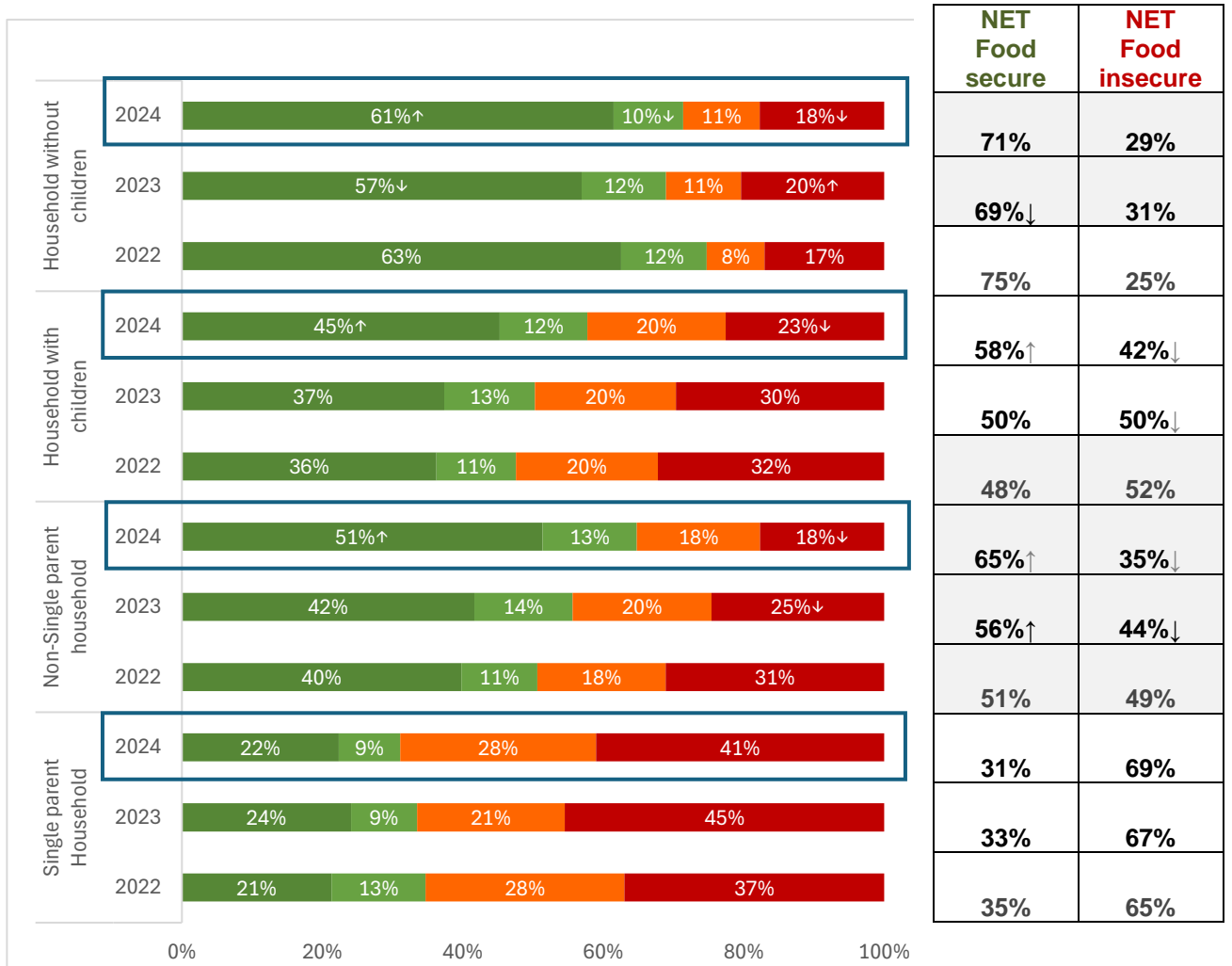
**Nearly seven-in-ten (69%) single parent households have experienced food insecurity in the past 12 months, with 41% experiencing severe food insecurity. However, looking at households with children overall, level of food security is improving compared to previous years, with 58% of households with children now in the food secure segment (from 50% in 2023).**

Overall, the proportion of households with children experiencing food insecurity decreased significantly this year, from 50% in 2023 to 42% in 2024. The proportion of these households experiencing severe food insecurity also decreased significantly, from almost one-third (32%) of households with children being in a severe food security situation in 2022, to just under a quarter (23%) of households in 2024.

However, the improved situation is only seen among non-single parent households. Among this cohort, net food insecurity has decreased significantly from 49% in 2022 to 35% in 2024, with 18% of non-single parent households in Australia experiencing severe food insecurity in 2024, compared to 25% in the previous year.

As we have previously seen, the food security situation of single parent households is more complicated and continues to worsen over time. In 2024, nearly 7-in-10 (69%) single parent households have experienced food insecurity in the past 12 months, with 2-in-5 (41%) experiencing severe food insecurity and 28% experiencing moderate food insecurity. The situation among this group is not any better than what we saw back in 2022, when the results revealed that households with children were one of the groups most heavily affected in terms of food security.

**Figure 9 Food security among households with children**



■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑↓ Represents a significant change when comparing results from the previous year.

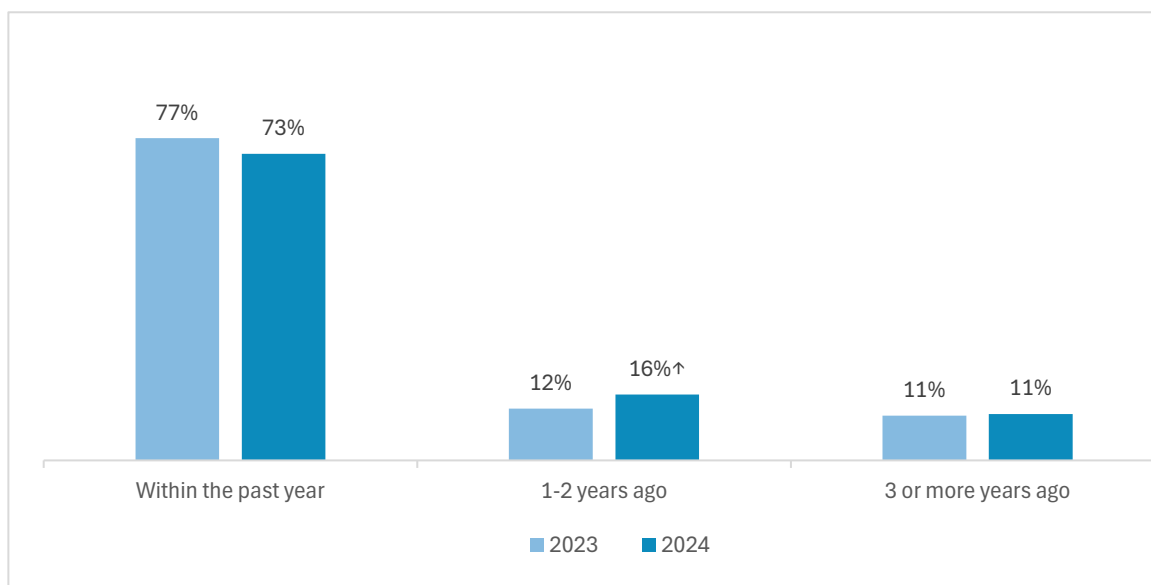
USDA Food Security Summary from HFSSM 18 questions; S5 And how many child/ren under 18 years, if any, do you currently have at home? And S6 Are you the parent or guardian of (any of) these children? (Base 2022 n=1,040, 2023 n=1,164; 2024 n=1,186)

## Australian households' first experience of food insecurity

**A clear majority of households experiencing food insecurity in the past 12 months reported having done so for the first time within the past year.**

In 2024, over 7-in-10 (73%) Australian households experiencing food insecurity in the past 12 months reported having not been able to afford enough food for themselves for the first time this year. An additional 16% experienced food insecurity for the first time 1-2 years ago (this figure is significantly higher than 2023) and 11% did so 3 or more years ago.

**Figure 10** First time experiencing food insecurity among food insecure households



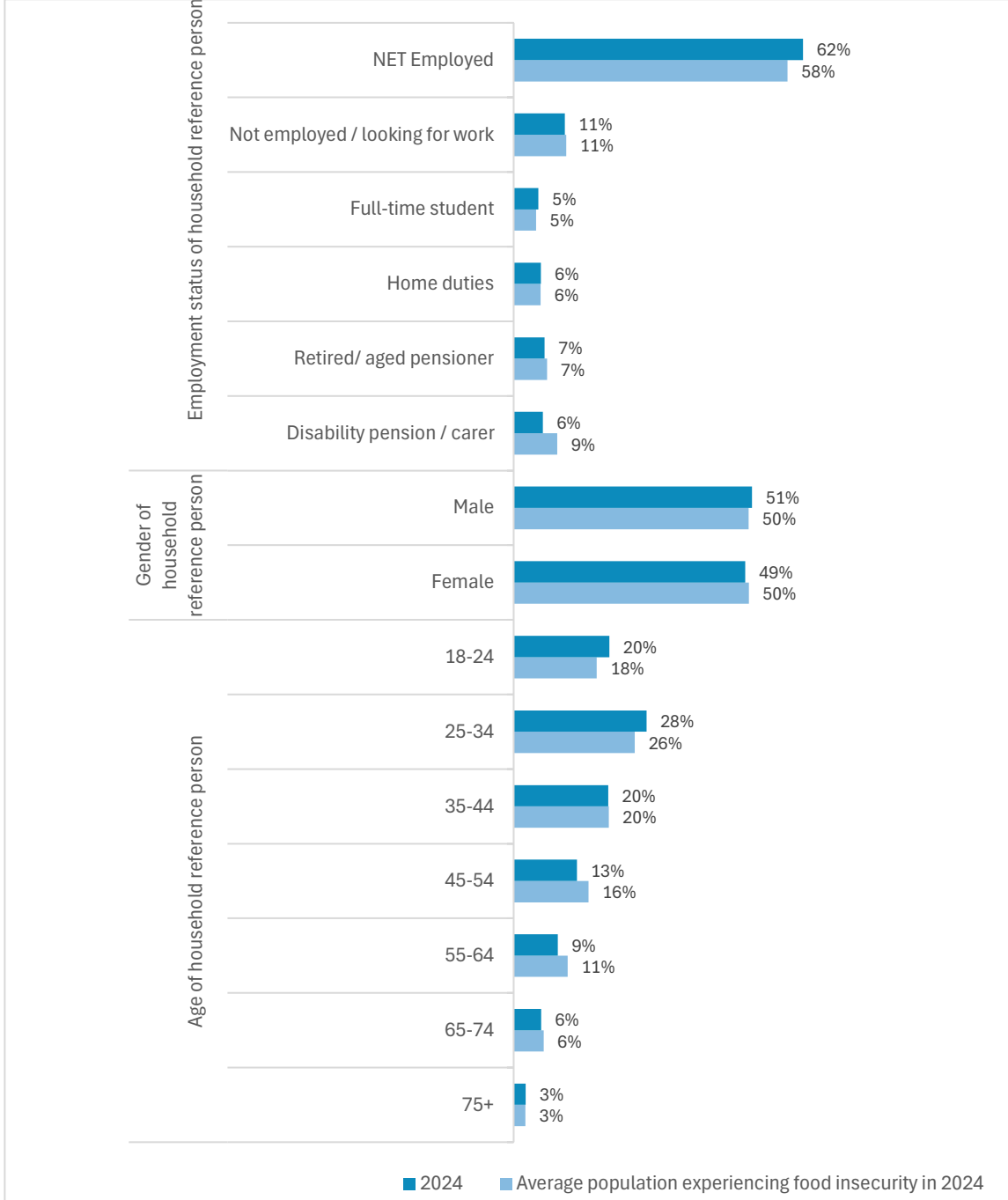
↑↓ Represents a significant change when comparing results from the previous year.

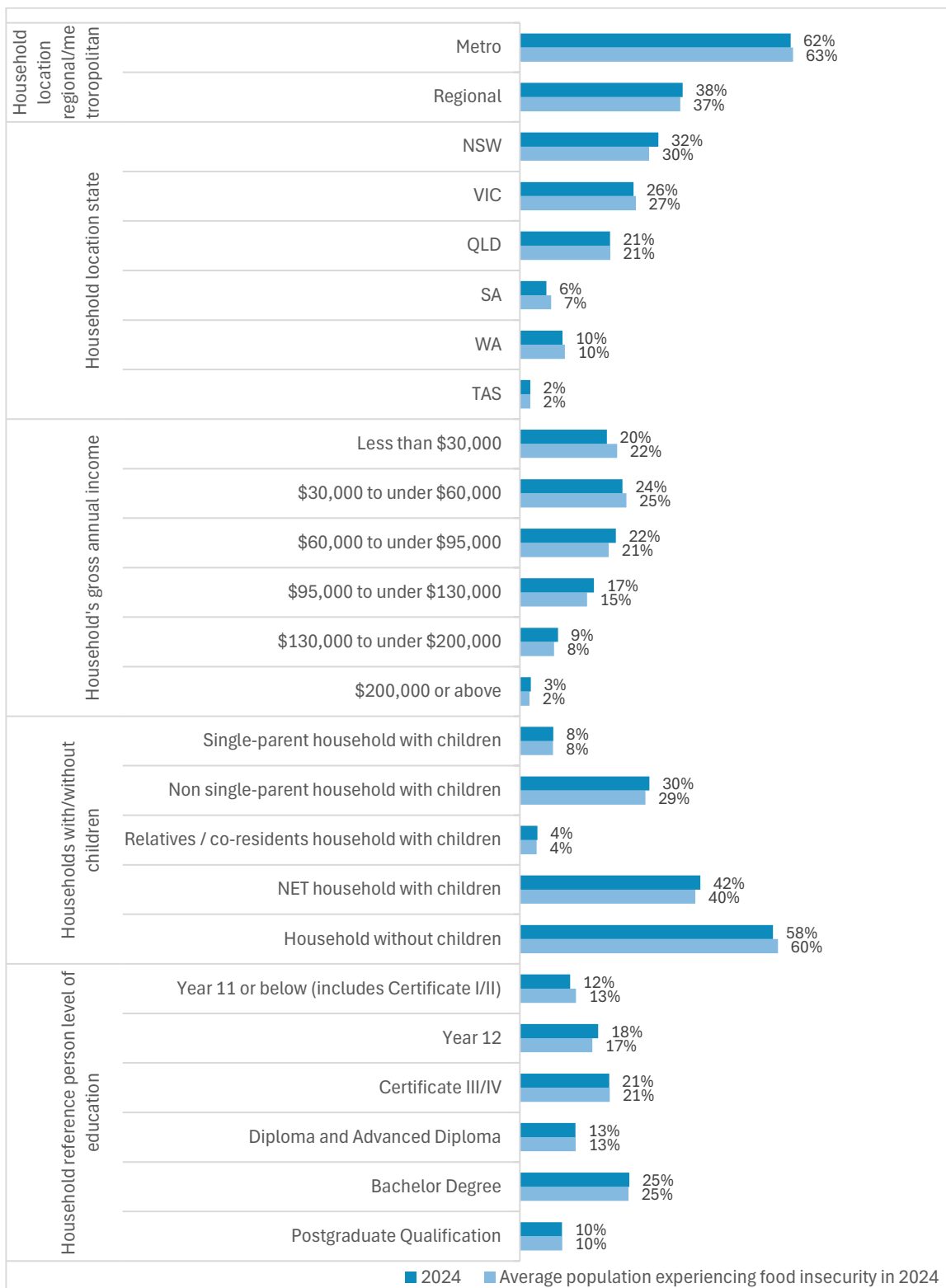
Q36. Approximately, when was the first time your household experienced not being able to afford enough food? (Base 2023 n=1,514; 2024 n=1,278)

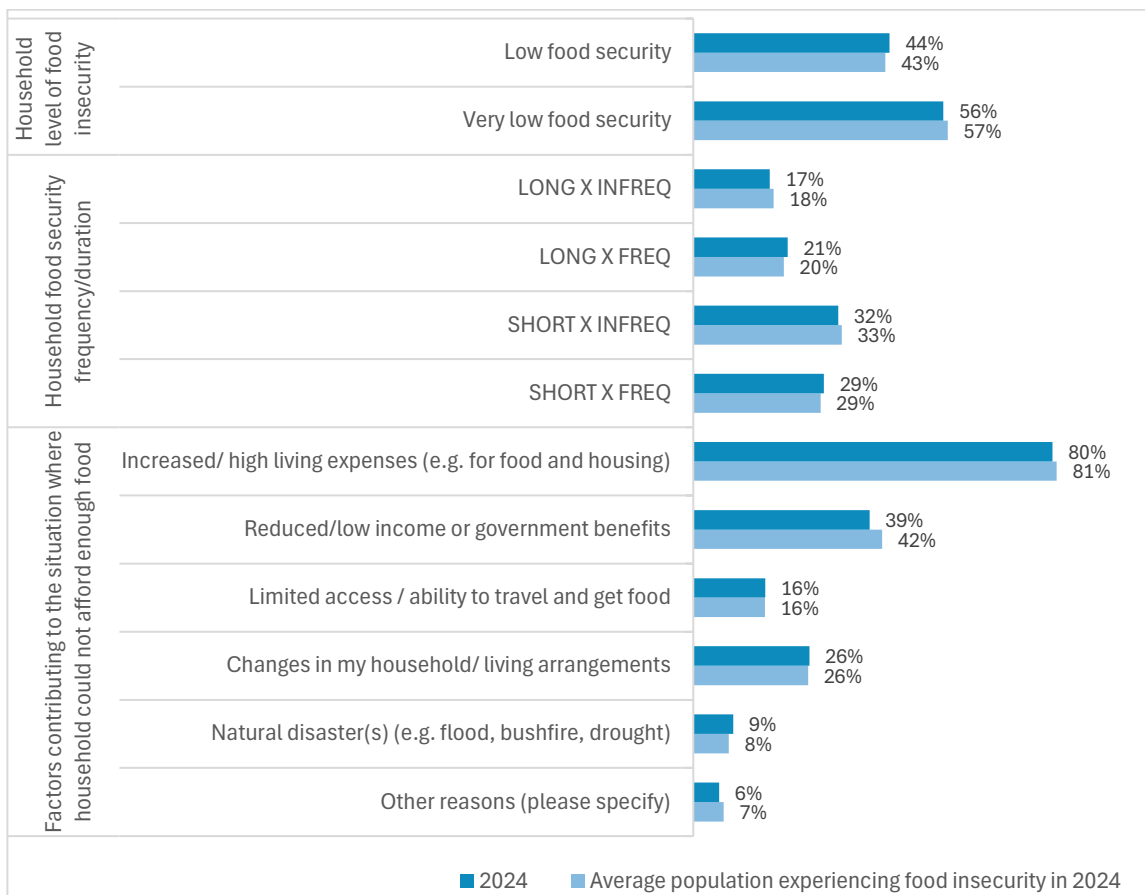
The profile of households experiencing food insecurity for the first time in the past 12 months has remained relatively similar to the previous year.

Compared to the average population experiencing food insecurity in 2024, those experiencing it for the first time this year were more likely to be young, aged 18-24, full-time students, people earning higher incomes (over \$95,000) and those impacted by natural disasters.

**Figure 11 Demographics of those experiencing food insecurity for the first time in 2024 vs average of food-insecure households in 2024**



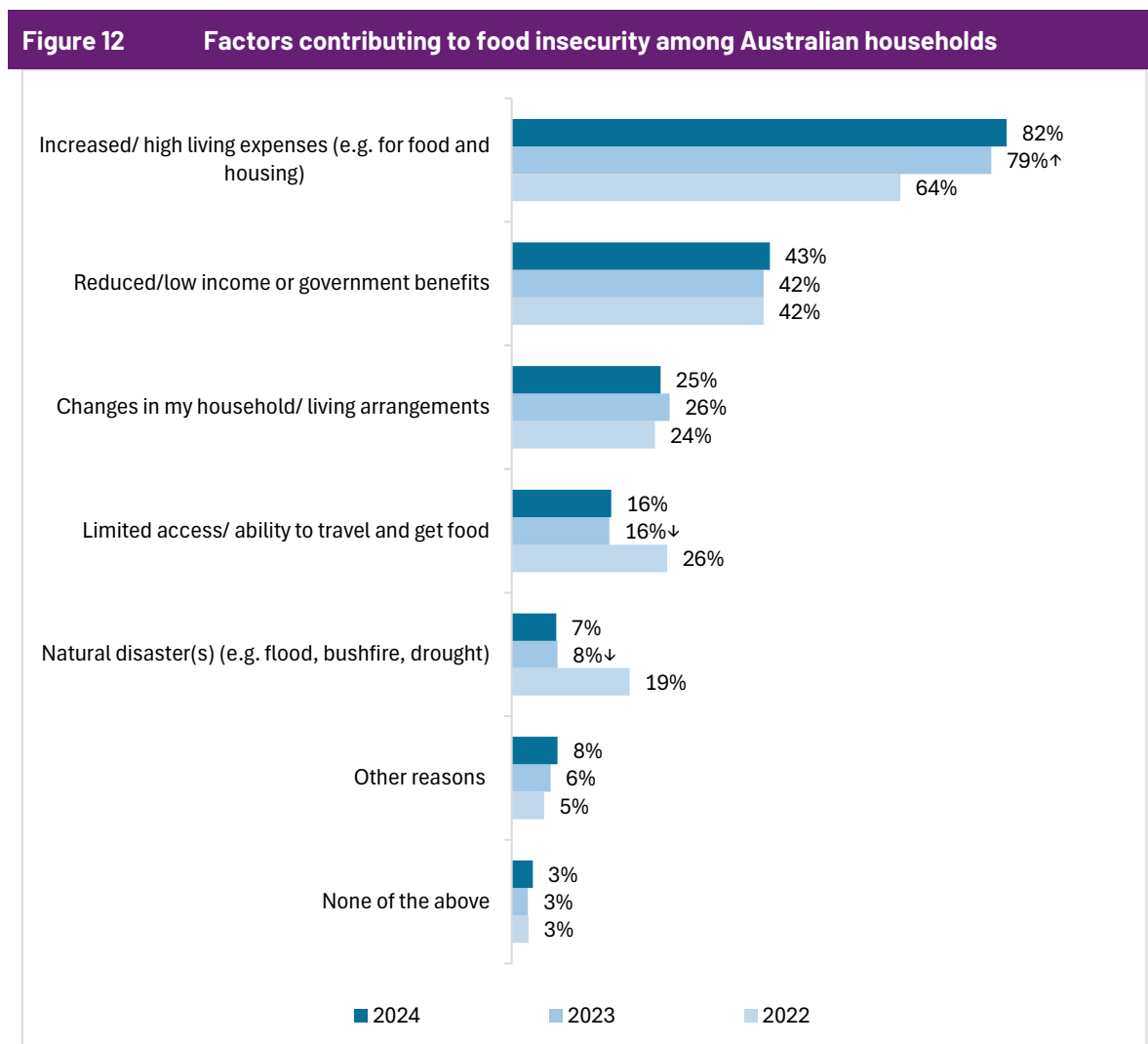




Q36. Approximately, when was the first time your household experienced not being able to afford enough food? (Base 2023 n=1,514; 2024 n=1,278)

## Factors contributing to food insecurity among Australian households

Cost of living continues to be the main contributor to food insecurity, with over 8-in-10 (82%) households experiencing food insecurity reporting that high or increased living expenses such as food and housing contributed to them not being able to afford enough food.



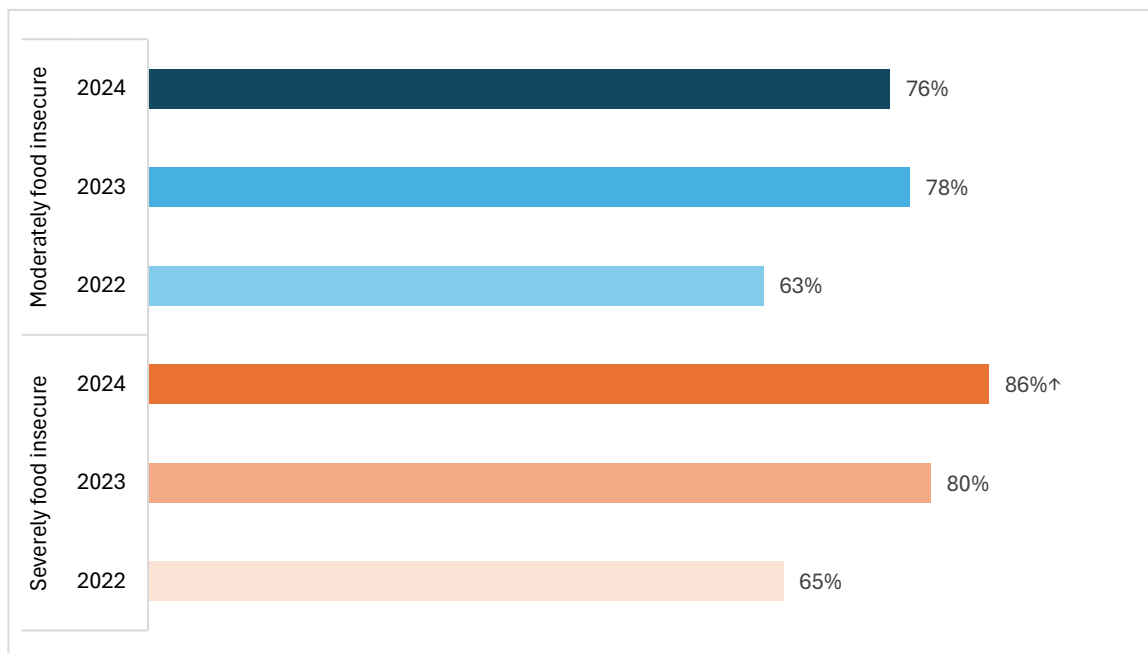
↑↓ Represents a significant change when comparing results from the previous year.

Q40. In the last 12 months, which of the following do you think have contributed to the situation(s) where you and/or your household could not afford enough food? (Base 2022 n=1,248; 2023 n=1,514; 2024 n=1,278)



Among households experiencing severe food insecurity, nearly 9-in-10 (86%) reported that high or increased living expenses contributed to them not being able to afford enough food, significantly higher than levels seen in previous years (65% in 2022 and 80% in 2023).

**Figure 13** Impact of high or increased living expenses by food insecurity segment



↑↓ Represents a significant change when comparing results from the previous year.

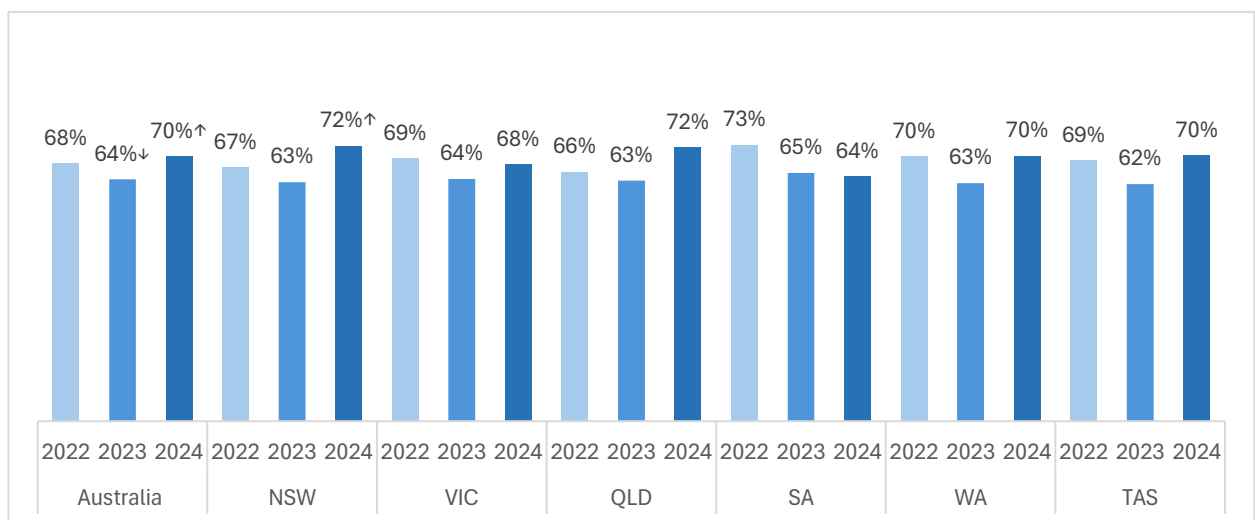
Q40. In the last 12 months, which of the following do you think have contributed to the situation(s) where you and/or your household could not afford enough food? (Base 2022 n=1,248; 2023 n=1,514; 2024 n=1,278)

**While food insecurity remains an issue facing Australia, as the cost of living and housing pressure continue to be the top concerns in the country, there are signs that food security is improving among some groups.**

Overall, the proportion of households in Australia in the food secure segment increased significantly to 68% this year from 64% in 2023. As seen in previous sections, while some groups are still in a challenging food security situation, there are some signs of recovery among other groups.

Net food security increased significantly among Australian households in metropolitan areas, from 64% in 2023 to 70% in 2024. In metropolitan areas, severe food insecurity has significantly decreased to 17% this year from 23% in 2023 (to see the full breakdown of the food security segments, see appendix). When looking at states and territories, most of the increases were seen in metropolitan areas in NSW, QLD and WA.

**Figure 14 Food secure households in metropolitan Australia by state**



↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=823; 2023 n=804; 2024 n=854)

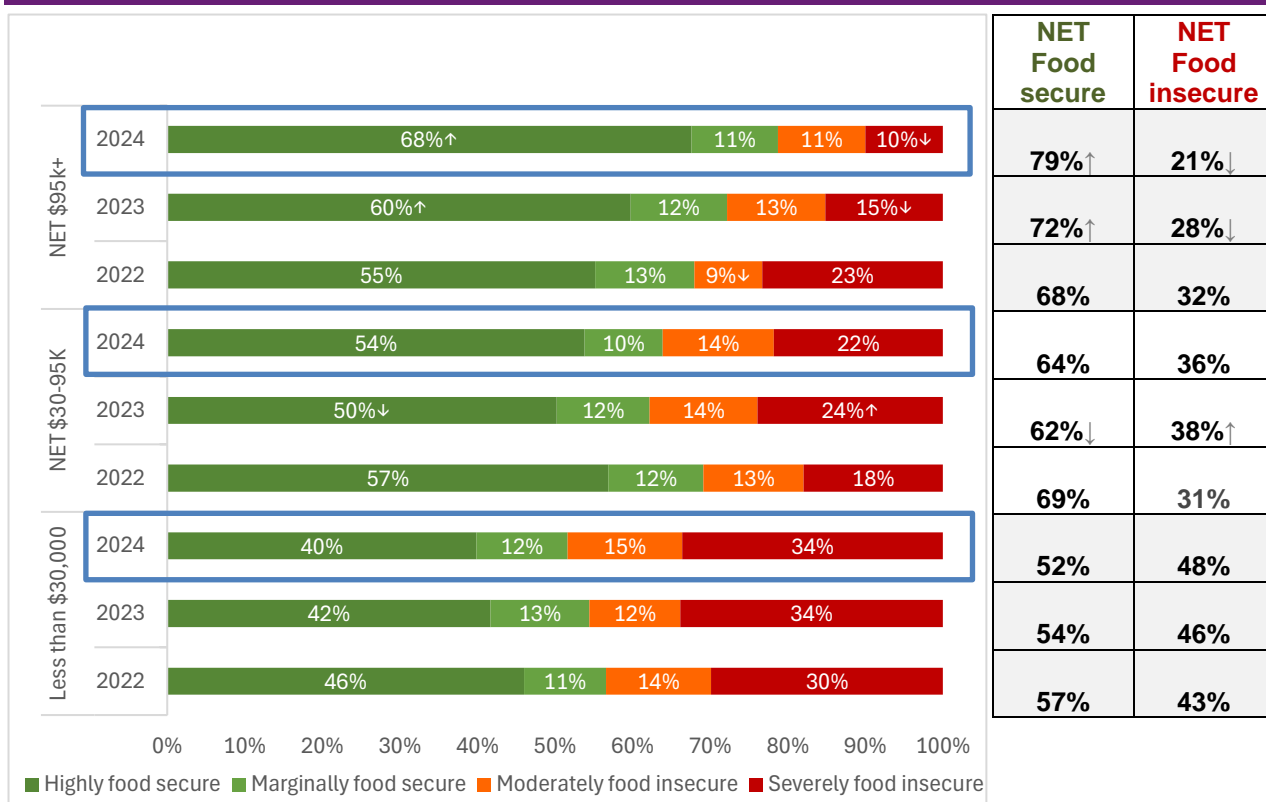
Metropolitan areas have experienced a more robust economic recovery post-COVID-19 compared to regional areas. The Australian Bureau of Statistics (ABS) data shows quicker rebounds in employment rates and overall economic activity in cities, with higher employment rates and wage growth, leading to higher income stability and purchasing

power of urban residents, enabling better food security. These combined factors may have contributed to the improved food security situation in metropolitan areas compared to regional ones in Australia.<sup>7</sup>

**Households with annual income over \$95,000 are also doing much better this year compared to a year ago.**

Net food security among households with incomes over \$95,000 increased significantly from previous years, now with nearly 8-in-10 (79%) households being food secure in the past 12 months.

**Figure 15 Household food security by household income**



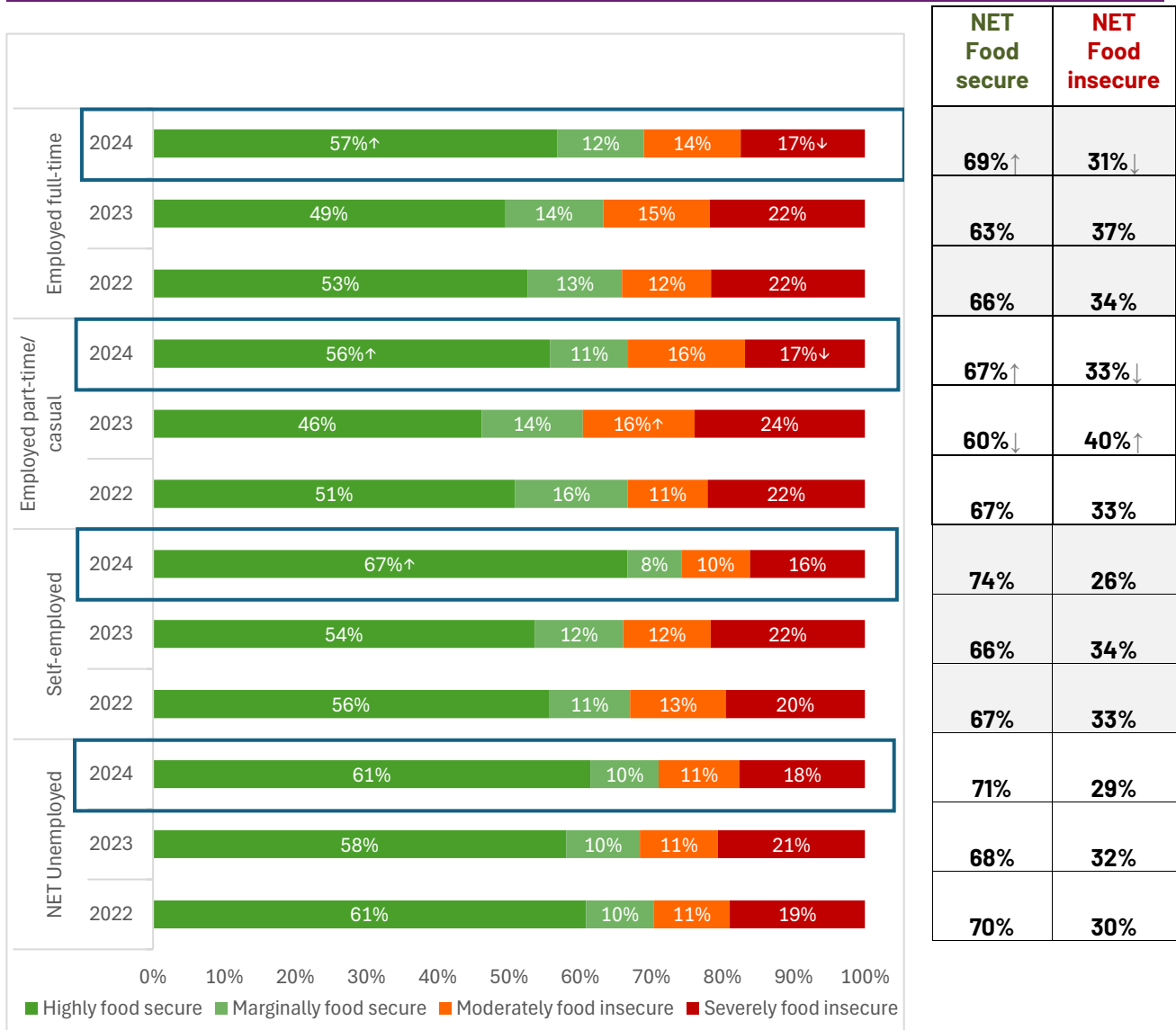
↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and P1 - Which of the following best describes your/ your household's gross annual income (i.e. before tax)? (Base 2022 n=4,024, 2023 n=4,342; 2024 n=4,260)

<sup>7</sup> Labour Force Australia, <https://www.abs.gov.au/statistics/labour/employment-and-unemployment/labour-force-australia/latest-release>  
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This coincides with a significantly higher proportion of people who are employed, either full time, part time or self-employed, in the net food secure segment this year.

**Figure 16 Respondent employment status among food security segments by year**



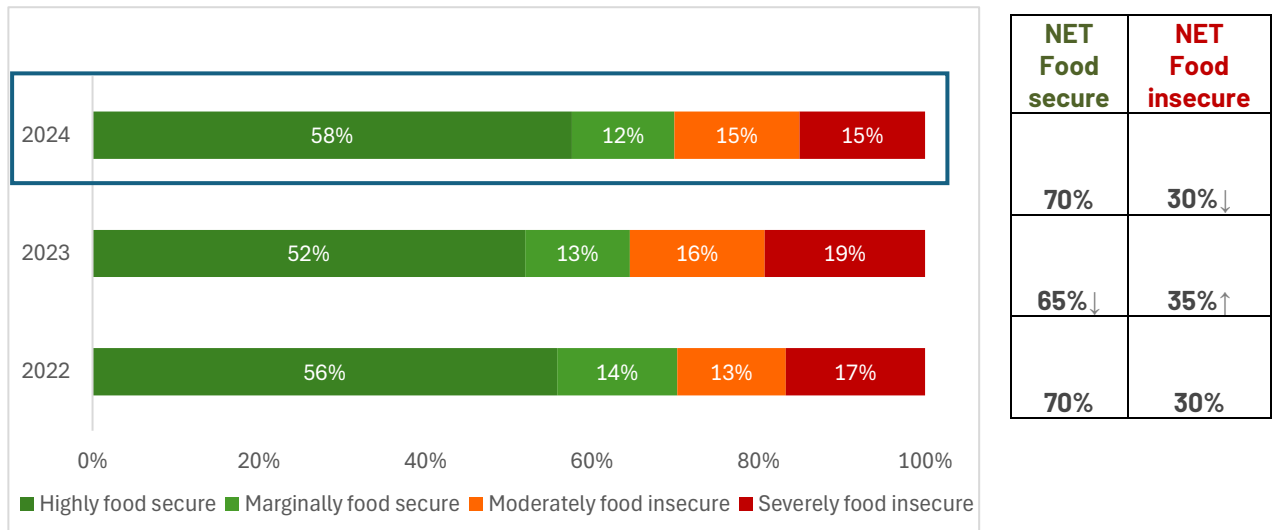
↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and P3 Which of the following best describes your employment status?  
(Base 2022 n=2,776, 2023 n=2,828; 2024 n=2,982)

**In addition, households owning a home with a mortgage have acclimatized as interest rates remained steady over the past year.**

Seven-in-ten (70%) households that own their home with a mortgage are now in the net food security segment. This figure is significantly higher than levels seen last year (65%) and back to similar levels seen in 2022 (70%). This suggests that while interest rates have remained at elevated levels over the past 12 months, some families in this cohort were able to adjust and accommodate to avoid being at risk of food insecurity.

**Figure 17 Food security among households with a mortgage**



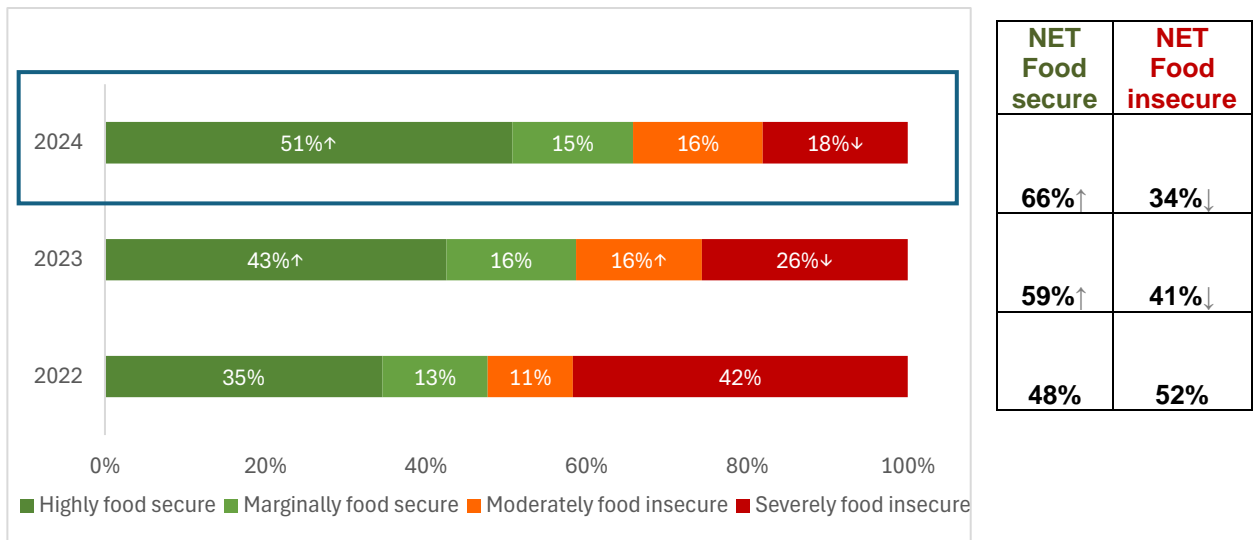
↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S7 Which of the following best describes your current living arrangements? (Base 2022 n=1,040; 2023 n=1,164; 2024 n=1,186)

**The food security situation of Culturally and Linguistically Diverse (CALD) households continues to improve over time.**

In 2024, one-third of these households (34%) experienced food insecurity, a significant decrease from 2022 (52%) and 2023 (41%). Similarly, the proportion of these households experiencing severe food insecurity decreased significantly from 42% in 2022, to 18% in 2024.

**Figure 18 Food security among culturally and linguistically diverse households**



↑↓ Represents a significant change when comparing results from the previous year.  
 USDA Food Security Summary from HFSSM 18 questions and P8 Do you usually speak a language other than English at home?  
 (Base 2022 n=1,040; 2023 n=1,164; 2024 n=1,186)

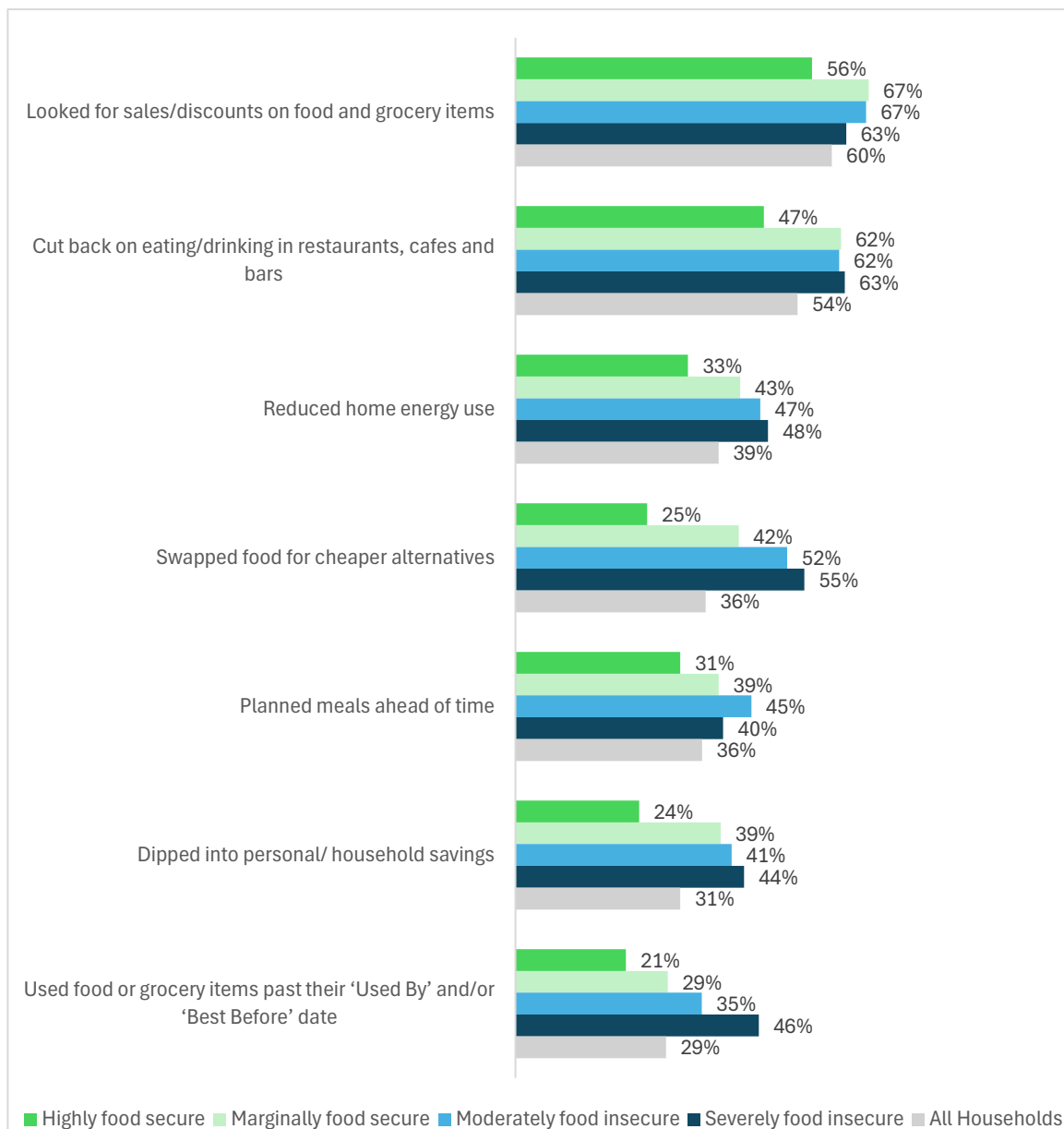
**How Australian households’ report managing the cost-of-living crisis**

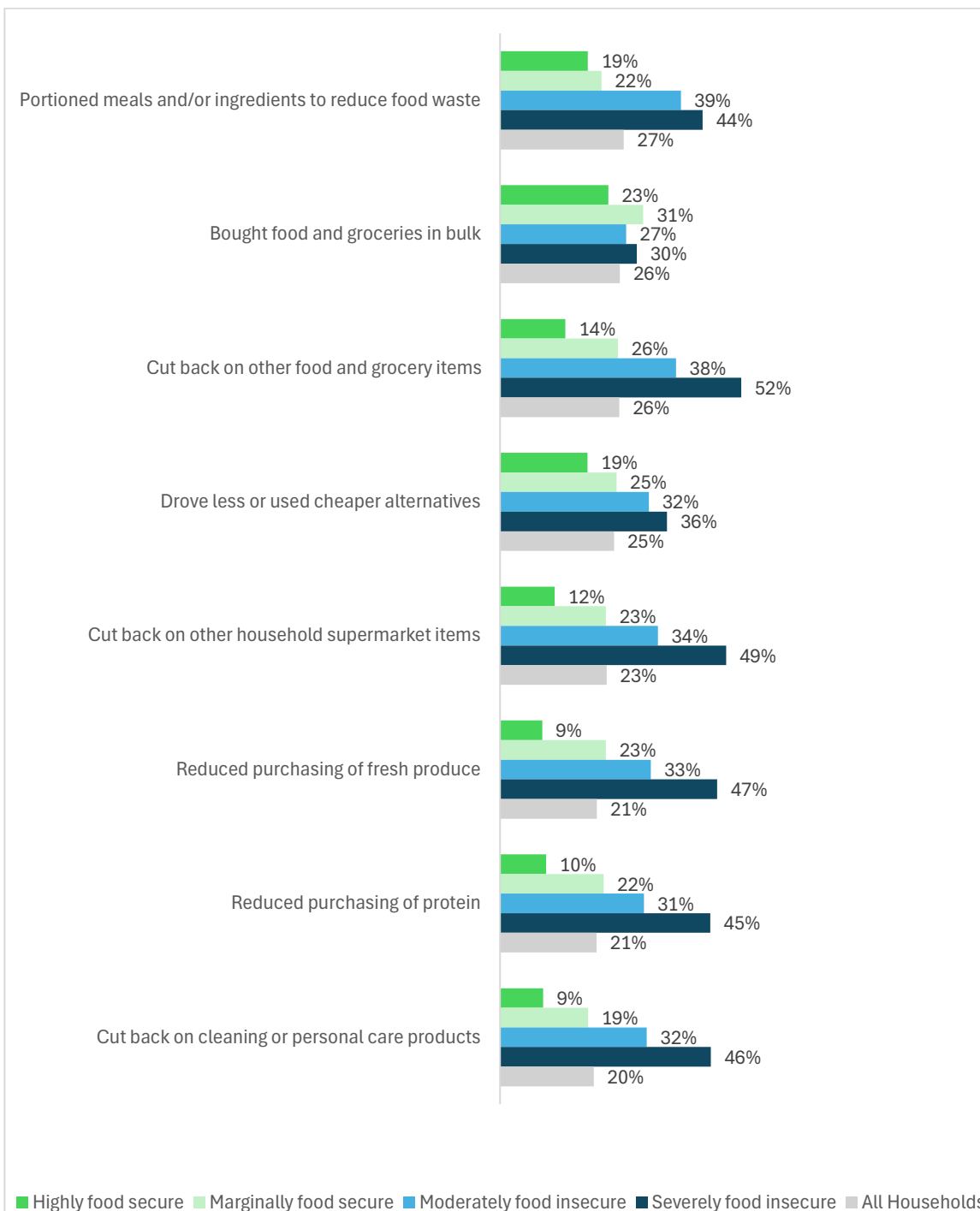
**Australian households continue to manage cost-of-living pressure by trying to save on everyday essentials such as food, groceries, and energy use, and by planning meals ahead of time. Reducing spending on eating out is another measure taken.**

Overall, 3-in-5 Australian households (60%) looked for sales or discounts on food and grocery items in the past 12 months. This figure is slightly higher among households experiencing moderate food insecurity (67%) and severe food insecurity (63%).

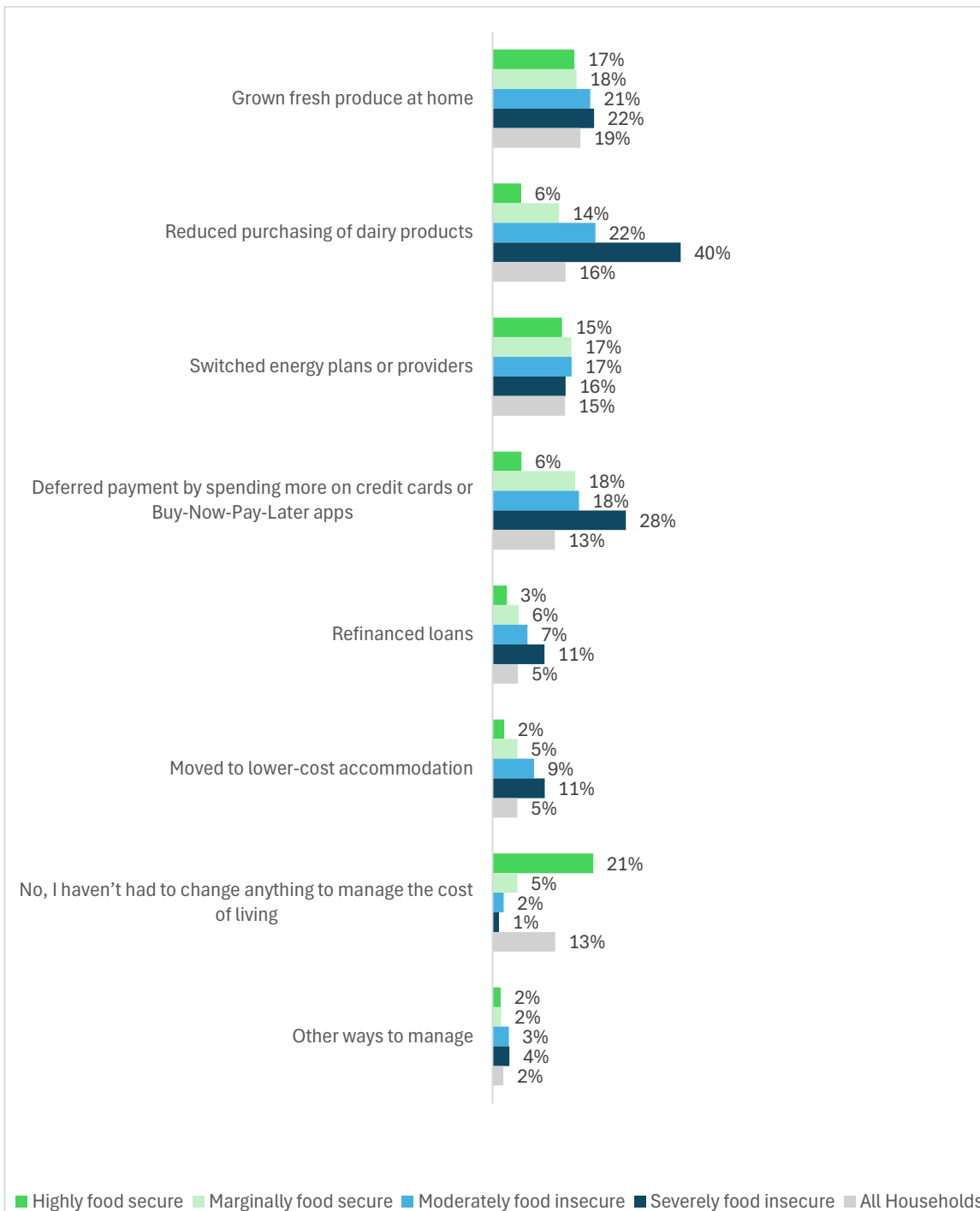
Reducing discretionary spending on drinking or dining out at restaurants, cafes and bars was the second most common measure to manage the cost-of-living situation with over half (54%) of Australians households doing so in 2024.

**Figure 19** Households managing the cost of living pressure by food security level









CL2 Thinking of the last 12 months, which, if any, of the following have you used to manage the cost of living for yourself and/or your household (Base 2023 n=4,342; 2024 n=4,260)

Households experiencing severe food insecurity are considerably more likely than the average Australian household to reduce purchasing of dairy products (40% vs 16%, respectively), fresh produce (46% vs 20%, respectively) and protein (45% vs 21%, respectively). They are also more likely to cut back on cleaning or personal care products and other household supermarket items, and to rely on credit cards or Buy-Now-Pay-Later apps to defer payments.

<b>Figure 20 Managing cost of living pressures 2024</b>			
<b>Column % (ranked on index score)</b>	<b>Severe food insecure household</b>	<b>Average Australian household</b>	<b>Index<sup>8</sup></b>
<i>Reduced purchasing of dairy products (e.g., milk, cheese, yoghurt, butter)</i>	40%	16%	257
<i>Cut back on cleaning or personal care products (e.g., detergent, cleaning sprays, soap, shampoo, toothpaste,</i>	46%	20%	225
<i>Reduced purchasing of fresh produce (e.g. fruits, vegetables)</i>	47%	21%	224
<i>Reduced purchasing of protein (e.g., meat, fish, plant-based protein)</i>	45%	21%	217
<i>Deferred payment by spending more on credit cards or Buy-Now-Pay-Later apps</i>	28%	13%	214
<i>Cut back on other household supermarket items (e.g., aluminium foil, plastic wrap, trash bags, food storage b</i>	49%	23%	212
<i>Moved to lower-cost accommodation</i>	11%	5%	211
<i>Refinanced loans</i>	11%	5%	204
<i>Cut back on other food and grocery items (e.g., oils, sauces/dressings, condiments, cereals, soups, canned go</i>	52%	26%	202
<i>Portioned meals and/or ingredients to reduce food waste</i>	44%	27%	164

<sup>8</sup> Index scores of 120 or higher are highlighted in green, indicating that this group is more likely to engage in this behaviour than the average household. For instance, an index score of 200 indicates that this group is two times more likely to engage in this behaviour.

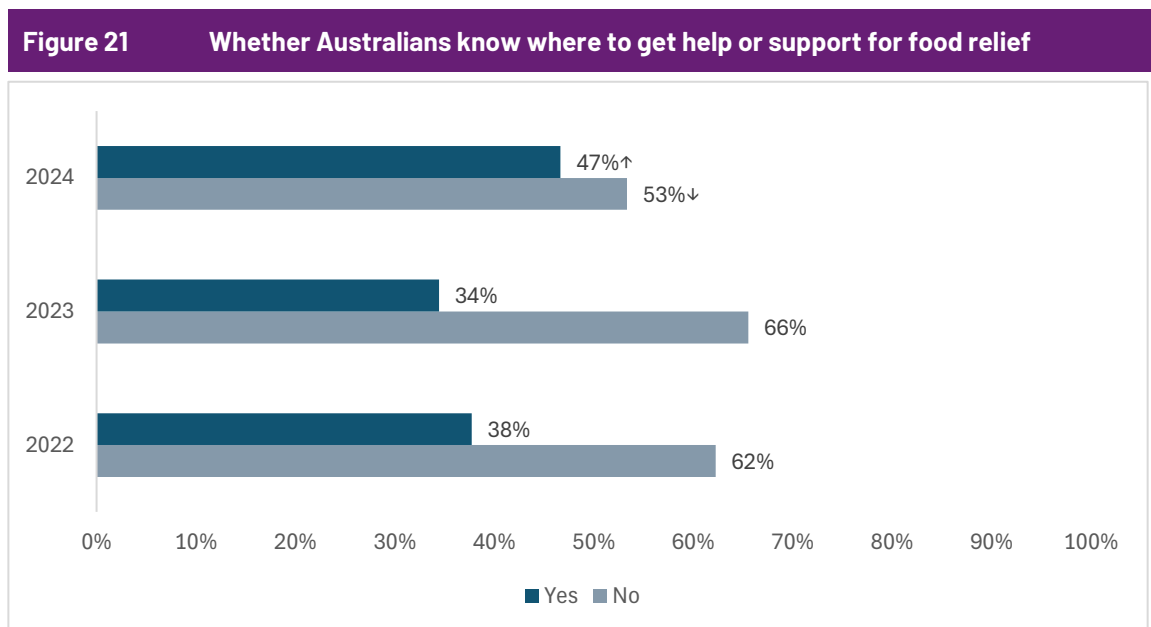
<i>Other ways to manage (please specify)</i>	4%	2%	155
<i>Swapped food for cheaper alternatives (e.g., frozen/tinned instead of fresh food, buying imperfect food/ home)</i>	55%	36%	152
<i>Drove less or used cheaper alternatives (e.g. cycling, public transport)</i>	36%	25%	147
<i>Dipped into personal/ household savings</i>	44%	31%	139
<i>Reduced home energy use (e.g. cutting back on heating or cooling)</i>	48%	39%	124
<i>Cut back on eating/drinking in restaurants, cafes and bars</i>	63%	54%	117
<i>Grown fresh produce at home (e.g., herbs, fruits, vegetables)</i>	22%	19%	116
<i>Bought food and groceries in bulk</i>	30%	26%	114
<i>Planned meals ahead of time (e.g., planning lunch, dinner and/or snacks on a weekly basis)</i>	40%	36%	111
<i>Looked for sales/discounts on food and grocery items</i>	63%	60%	105
<i>Switched energy plans or providers</i>	16%	15%	101

CL2 Thinking of the last 12 months, which, if any, of the following have you used to manage the cost of living for yourself and/or your household (Base Total 2024 n=4,260; Severe food insecure households n=726).

## Awareness of food relief services

**Levels of awareness of where to get formal food relief help and support have increased significantly over the past year among families experiencing food insecurity, this positive change is likely driven by the cost-of-living situation which continues to heavily impact this cohort.**

In 2024, nearly half (47%) of Australians reported knowing places they could get support from if they couldn't afford enough food, up from 34% in 2023 and 38% in 2022.

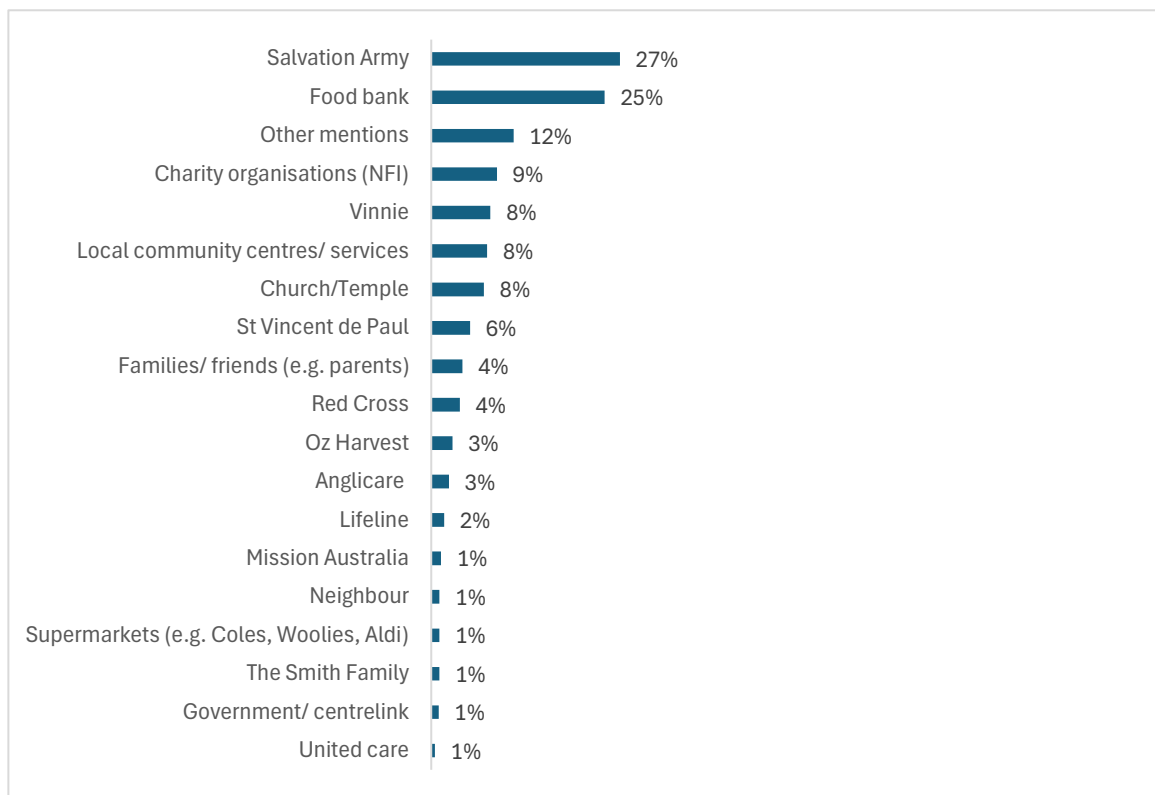


↑↓ Represents a significant change when comparing results from the previous year.

Q47 In the situation(s) where you could not afford enough food for yourself and/or your household, do you know of anywhere you could get any food relief help or support? (Base 2022 n=1,248; 2023 n=1,514; 2024 n=1,278)

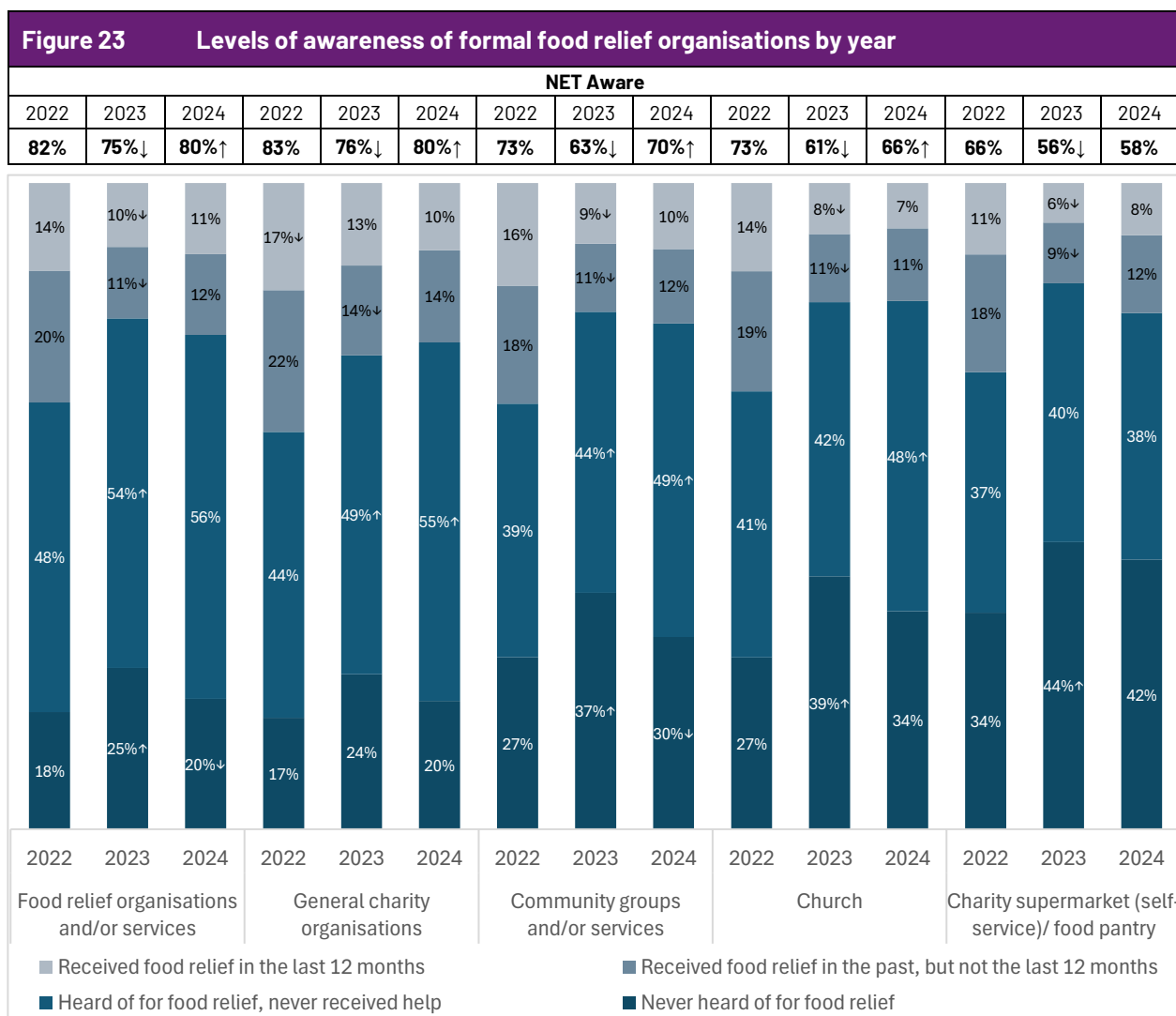
Among those people aware of where they can get formal food relief or support, the most common organisations mentioned were The Salvation Army (27%) and Foodbank (25%), with social media and Internet search being the most recalled channels.

**Figure 22 Organisations recalled as sources of food relief support**



Q48A Are there any specific organisations or service(s) that immediately come to mind? (Base 2024 n=604)

Coinciding with the spontaneous recollection of food relief organisations, results revealed that awareness of food relief organisations among Australians has also increased significantly over the past 12 months – from 75% in 2023 to 80% in 2024. Similarly, significant increases compared to 2023 are seen in awareness that community groups (from 63% in 2023 to 70% in 2024) and churches (from 61% in 2023 to 66% in 2024) offer formal food relief or support services.



↑↓ Represents a significant change when comparing results from the previous year.

Q48 Which of the following are you aware of for providing food relief support and which have you used for food relief? (Base 2022 n=1,248; 2023 n=808; 2024 n=1,278)

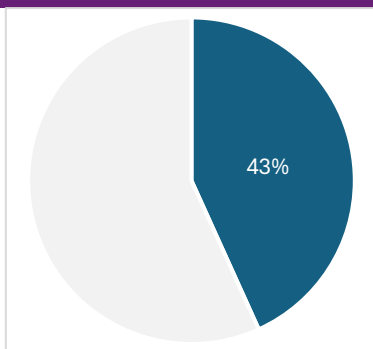
These results suggest that the work done by organisations such as Foodbank over the past year has likely contributed to strengthen the knowledge that formal food relief is available for households in need.

### Access to food relief services

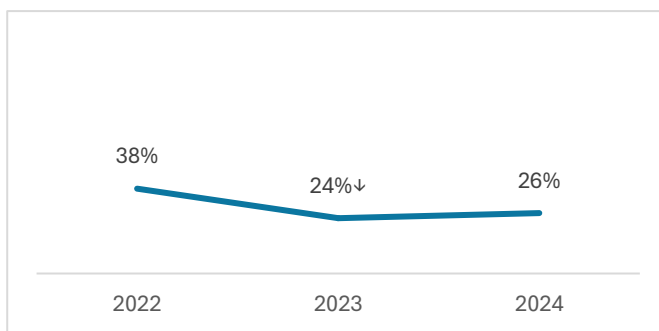
#### **The proportion of food insecure households accessing formal food relief from an organisation remained relatively steady from 2023.**

Overall, just over 2-in-5 (43%) households in Australia experiencing food insecurity in the past 12 months have received formal food relief from an organisation at any point. Moreover, only 26% of these households reported receiving formal food relief from an organisation in the past 12 months. This figure is marginally higher than that seen in 2023, when 24% of households experiencing food insecurity accessed any form of formal food relief.

**Figure 24 Food relief received by food insecure households**



**Households in Australia experiencing food insecurity who have ever received formal food relief from an organisation**



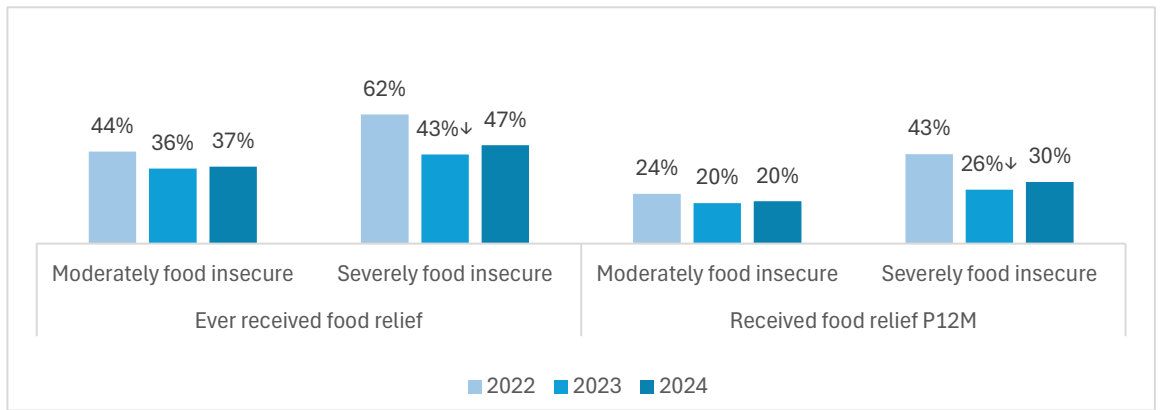
**Households in Australia experiencing food insecurity who have received formal food relief from an organisation in the last 12 months**

↑↓ Represents a significant change when comparing results from the previous year.

Q48 Which of the following are you aware of for providing food relief support and which have you used for food relief (Base 2022 n=1,248; 2023 n=1,514; 2024 n=1,278. Base received in past 12 months 2022 n=483; 2023 n=333; 2024 n=317)

Households experiencing severe food insecurity are slightly more likely than those in the moderate food insecurity to have accessed formal food relief services, either in the past 12 months (30% vs 20%, respectively) or at any point but not in the past 12 months (47% vs 37%, respectively).

**Figure 25 Formal food relief received by food insecure households**

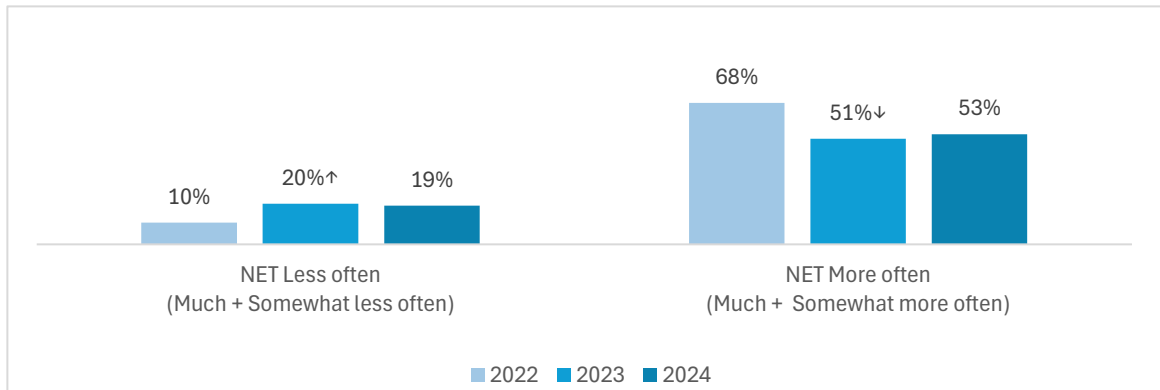


↑↓ Represents a significant change when comparing results from the previous year.

Q48 Which of the following are you aware of for providing food relief support and which have you used for food relief (Base ever received 2022 n=718; 2023 n=579; 2024 n=535. Base received in past 12 months 2022 n=483; 2023 n=333; 2024 n=317)

Over half (53%) of food-insecure households reported they are receiving formal food relief more often (either much more or somewhat more often) than a year ago. This figure is also marginally higher than 2023 when 51% of households reported the same.

**Figure 26 Frequency of formal food relief access compared to last year among formal food relief recipients (past 12 months)**



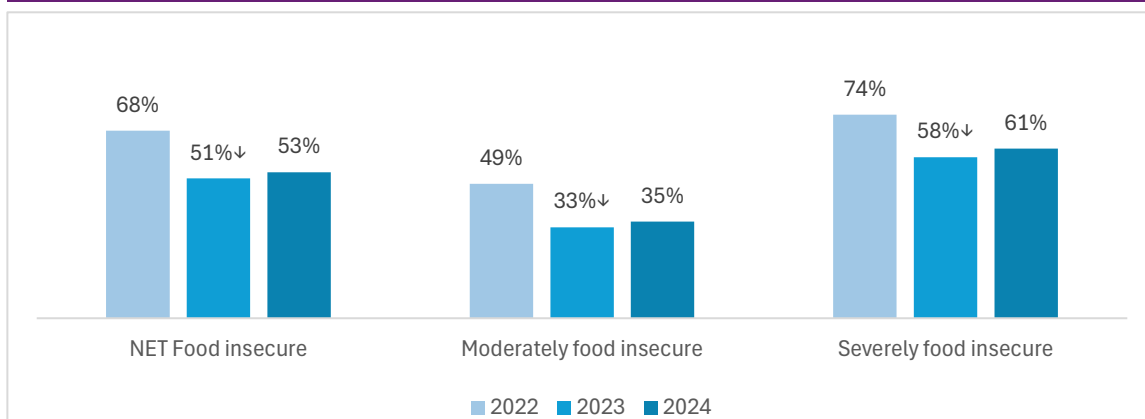
↑↓ Represents a significant change when comparing results from the previous year.

Q51. If you compare this year to last year, are you receiving food relief for yourself and/or your household more or less often this year? (Base 2022 n=483; 2023 n=333; 2024 n=317)



Households experiencing severe food insecurity are more likely than those in moderate food insecurity to say they have received support from formal food relief organisations more often than a year ago – 61% vs 35%, respectively. This is evidence that the support from food relief organisations is critical for families in need.

**Figure 27 Food insecure households report receiving food relief more often**

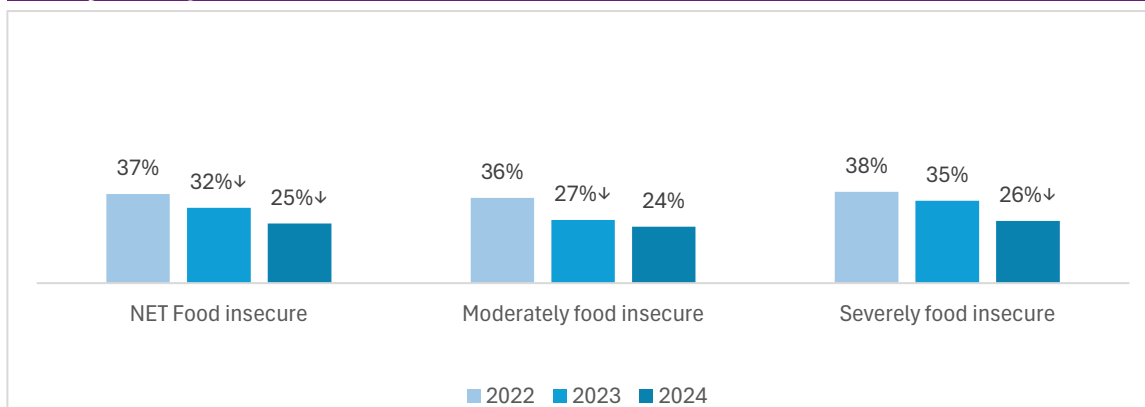


↑↓↑ Represents a significant change when comparing results from the previous year.

Q51. If you compare this year to last year, are you receiving food relief for yourself and/or your household more or less often this year? (Base 2022 n=483; 2023 n=333; 2024 n=317)

Family and friends are an important support net. However, in the past 12 months, the proportion of Australian households experiencing food insecurity that have received informal food relief has decreased significantly from 32% in 2023 to 25% in 2024.

**Figure 28 Food insecure households receiving informal food relief from friends or family in the past 12 months**



↑↓ Represents a significant change when comparing results from the previous year.

Q48 Which of the following are you aware of for providing food relief support and which have you used for food relief (Base 2022 n=1,248; 2023 n=1,514; 2024 n=1,278)

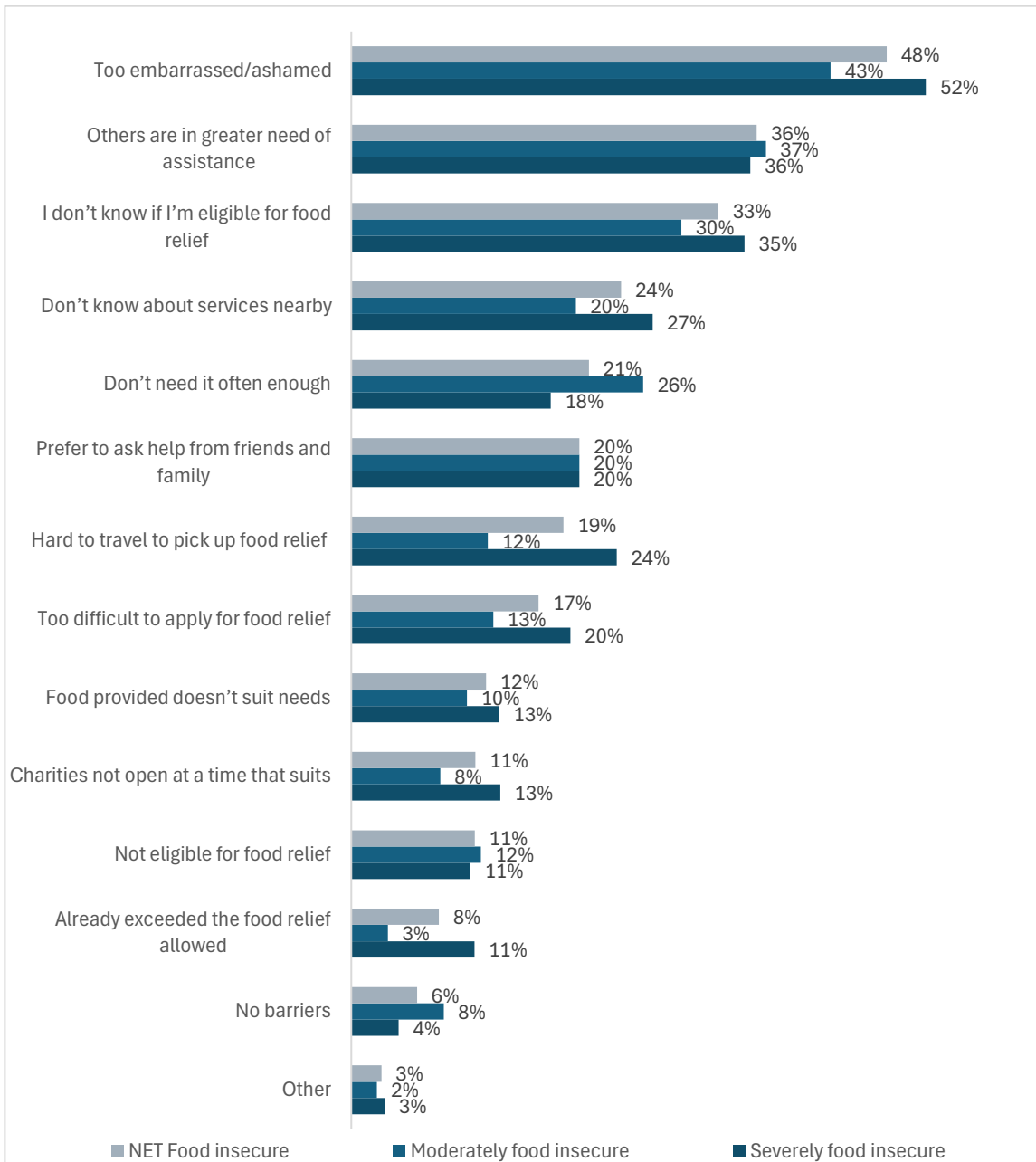
This suggests that the role of food relief organisations has grown even more essential. The increased levels of awareness of formal food relief organisations, along with the directional increases in the proportion of households experiencing severe food insecurity accessing these services, indicate that the support provided by these organisations is critical in helping households overcome food insecurity.

**Fear of social stigma continues to be the main barrier for accessing formal food relief from a charity or community organisations, with nearly half (48%) of the households experiencing food insecurity saying feelings of embarrassment and shame is a barrier.**

Feelings of embarrassment or shame impact those households experiencing severe food insecurity slightly more than those in *moderate* food insecurity. Over half (52%) of households in the severe food insecurity segment mentioned feeling embarrassed or ashamed as the main barrier in seeking formal food relief, compared to 43% of households in the *moderate* food insecurity segment.

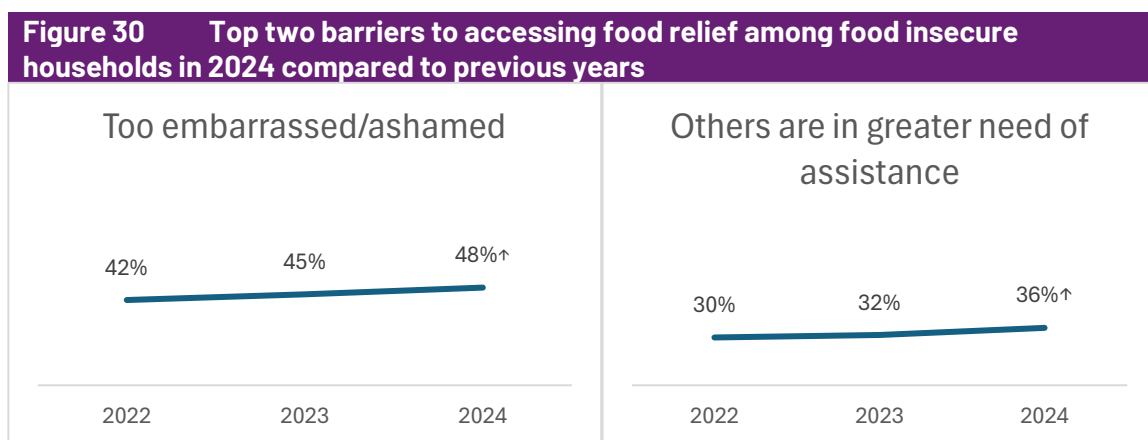
In addition, the perception that others may be in greater need also continues to be a deterrent for accessing support. Over 1-in-3 (36%) households in need of food relief believe others may need the support more than what they do. Similarly, 1-in-3 (33%) said they are unsure if they are eligible for food relief support.

**Figure 29 Barriers to accessing food relief among food insecure households 2024**



Q54 Which of the following are barriers for you in seeking food relief from a charity or community organisation? (Base 2024 Net Food Insecure n=1,278; Moderately food insecure n=552; Severely food insecure n=726)

An interesting finding when looking at the year-on-year data is that the proportion of households that mentioned embarrassment, shame or the perception that others may be in greater need as barriers for accessing formal food relief has increased significantly from 2022. This increase could be driven by a sense that during the Covid-19 pandemic, formal support was more broadly accessed and therefore it was somewhat normalised.



Q54 Which of the following are barriers for you in seeking food relief from a charity or community organisation? (Base 2024 Net Food Insecure n=1,278; Moderately food insecure n=552; Severely food insecure n=726)

While we have seen gains in awareness of formal organisations that provide food relief or support, results suggest that there are opportunities to increase the knowledge about the availability of the support and who can access it. More importantly, there is room for improvement in terms of reducing the stigma associated with access to food relief and support services in Australia.

### Awareness of and participation in School Breakfast Programs among Australian households with children

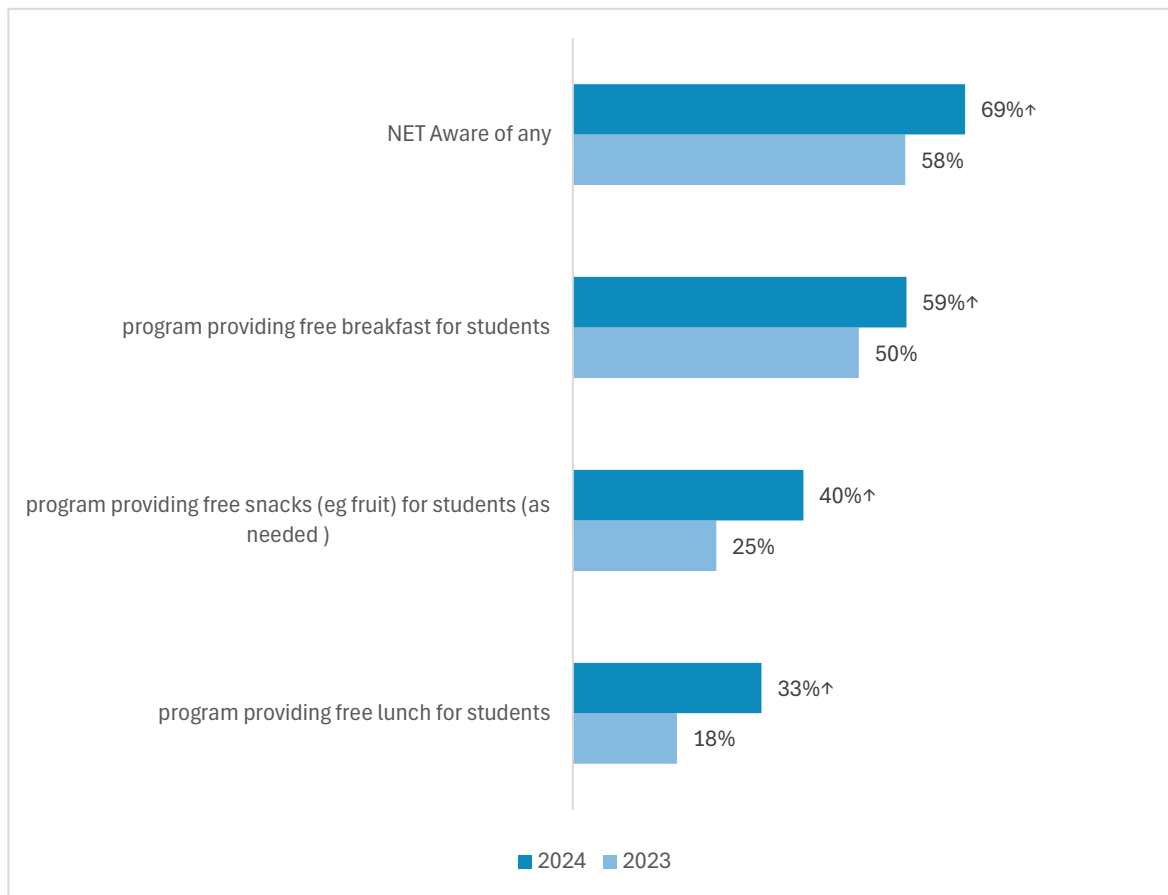
School Breakfast Programs in Australia are initiatives designed to ensure that students start their day with a nutritious meal. With these programs children will have access to a balanced meal to improve their overall nutrition, and positively impact physical and mental health, social skills, concentration, behaviour, attendance and academic outcomes<sup>9</sup>. Access to these programs is beneficial, particularly for children who might not otherwise have access to a nutritious meal.

<sup>9</sup> Impacts of eating breakfast, source: <https://www.foodbank.org.au/homepage/who-we-help/schools/?state=vic>  
24-048445-01

**In the past 12 months, awareness of school food programs among parents with children of school age has significantly increased, with 7-in-10 (69%) households aware of these programs.**

Most households are aware of school programs providing free breakfast for students (59%, significantly higher than previous year), followed by programs providing free snacks (40%, significantly higher than previous year) and free lunch (33%, significantly higher than previous year).

**Figure 31 Awareness of SBP among households with children 2023 vs 2024**

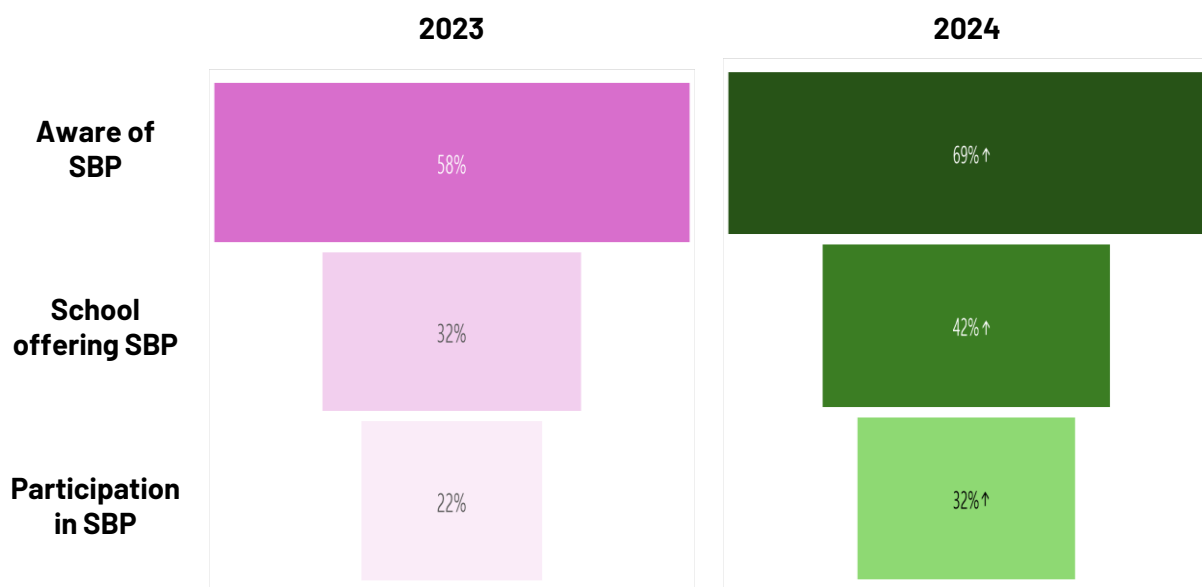


↑↓ Represents a significant change when comparing results from the previous year.

SBP1 Before today, have you heard of any schools in Australia providing any of the following to their students at school? (Base 2023 n=790; 2024 n=940)

Results also suggest that the offering of school food programs has increased significantly over the past year, with 2-in-5 (42%, up from 32% in 2023) households with kids of school age saying the schools their children attended offer any of the food programs. In terms of accessing the services, almost a third of households (32%) reported their children have participated in any of the school food programs.

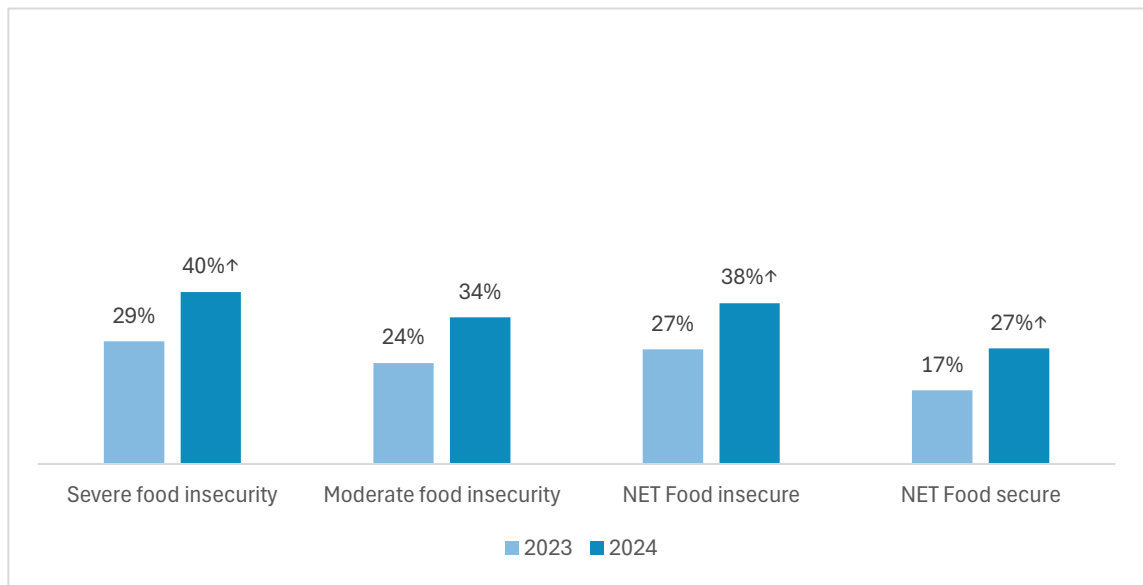
**Figure 32 SBP awareness, availability and participation among Australian households with children of school age**



↑↓ Represents a significant change when comparing results from the previous year. Note: Question not asked in 2022.  
 SBP1 Before today, have you heard of any schools in Australia providing any of the following to their students at school?; SBP2 You mentioned earlier that you have child/ren currently of school age. Over the last year, have any of your child/ren's school(s) provided...; SBP3 Have any of your child/ren got food at their school(s) from any of the following over the last year? (Base 2024 n=940)

Food insecure households are considerably more likely to participate in school food programs than food secure households (38% vs 27%, respectively). Furthermore, 40% of households experiencing severe food insecurity are participating in these programs, which is evidence of the scale of support that these programs are providing to households in need.

**Figure 33 Participation in SBP by household food security level**



↑↓ Represents a significant change when comparing results from the previous year.

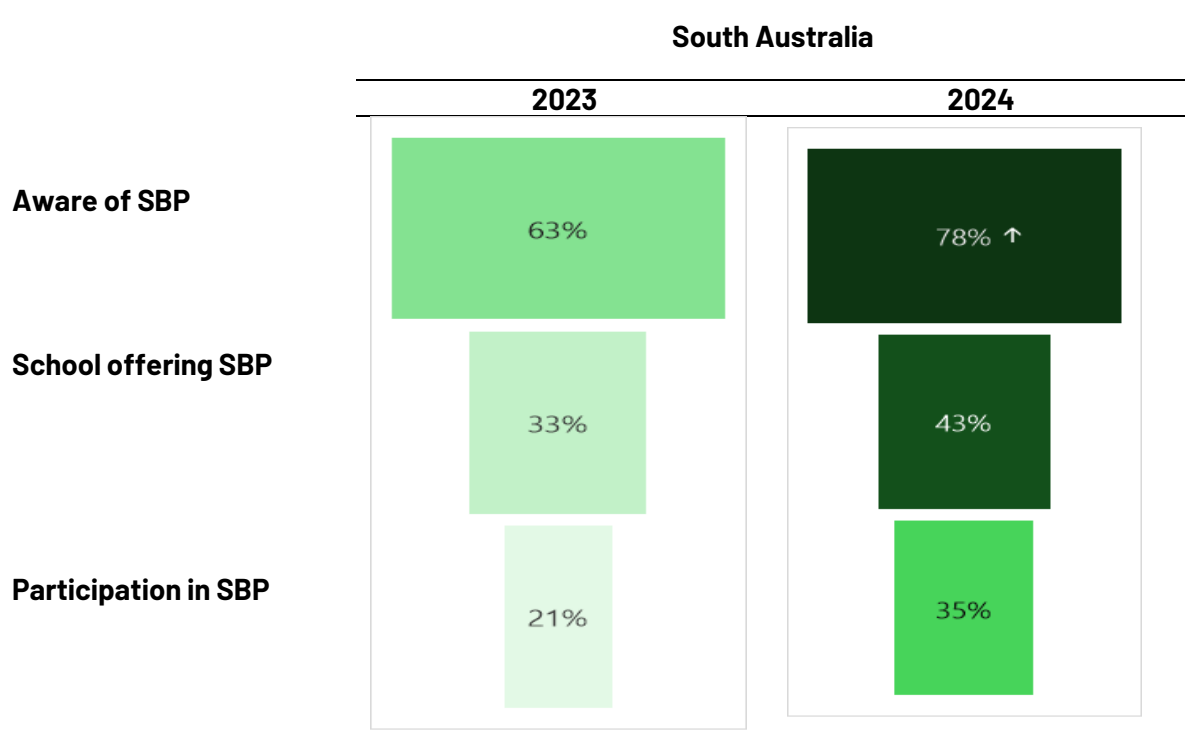
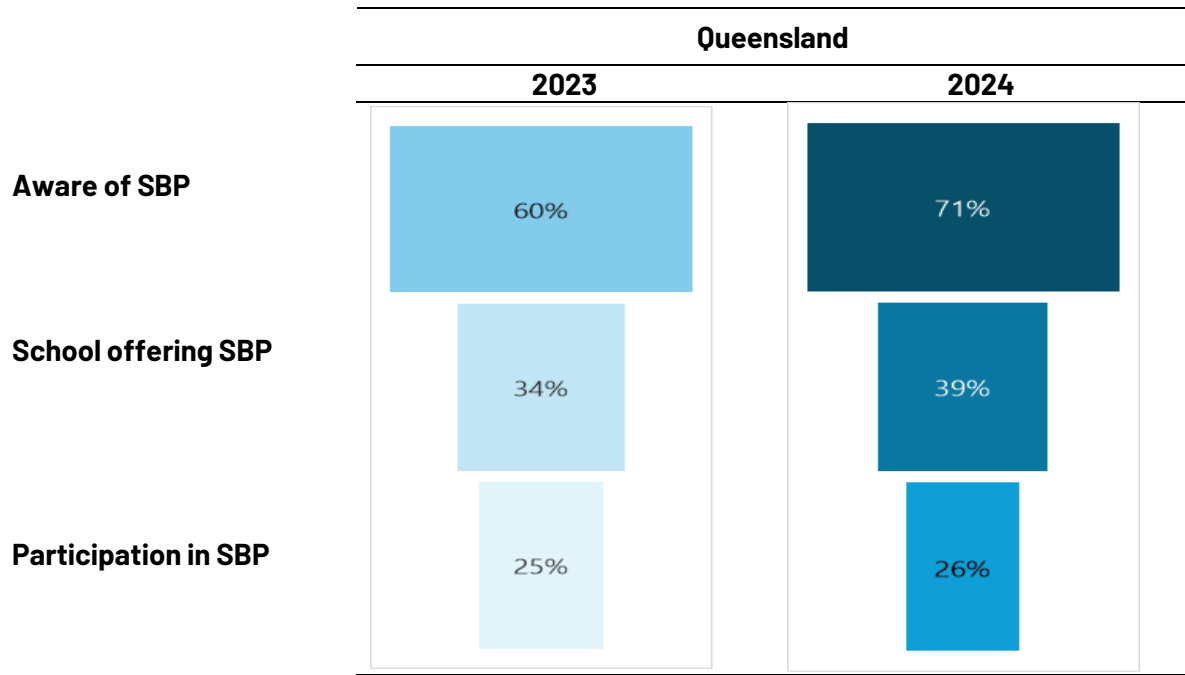
SBP3 Have any of your child/ren got food at their school(s) from any of the following over the last year? (Base 2023 n=790; 2024 n=940)

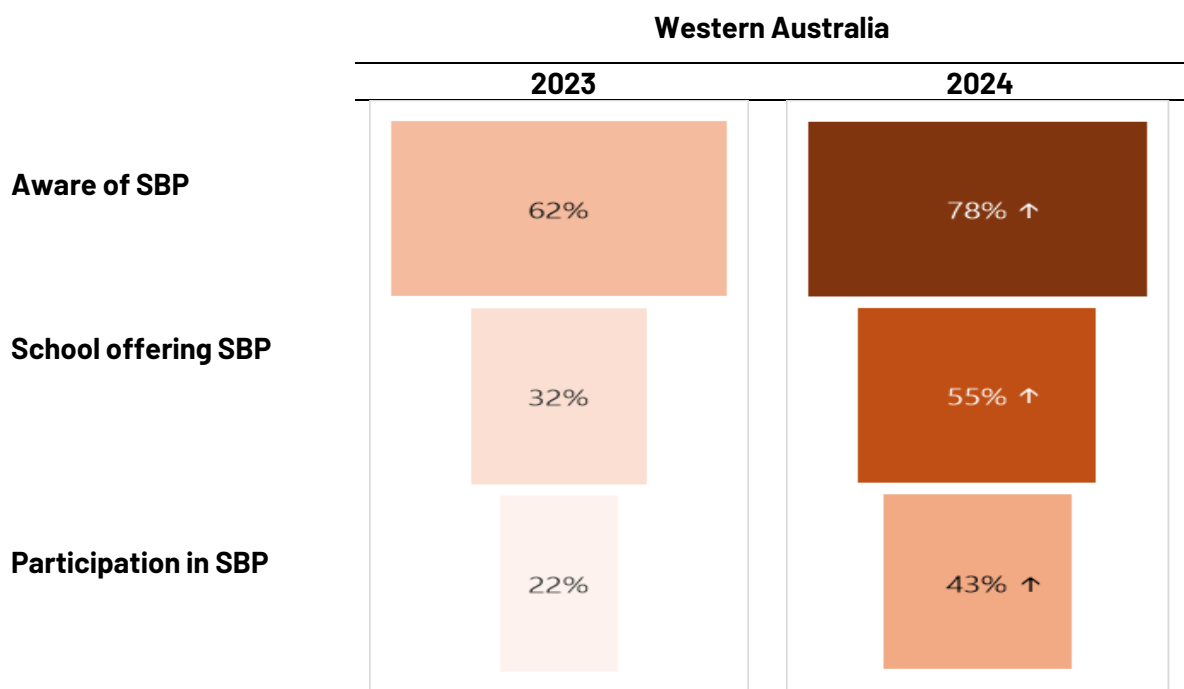
Results revealed much progress has been made in New South Wales, South Australia and Western Australia in terms of promotion of school food programs in the past 12 months. Levels of awareness, offering and participation have increased significantly in these states. Similarly, although not statistically significant, improvements were also seen in the awareness, offering and participation of school food programs in Queensland and Victoria.

**Figure 34 SBP awareness, availability and participation among Australian households with children of school age by state**









↑↓ Represents a significant change when comparing results from the previous year.

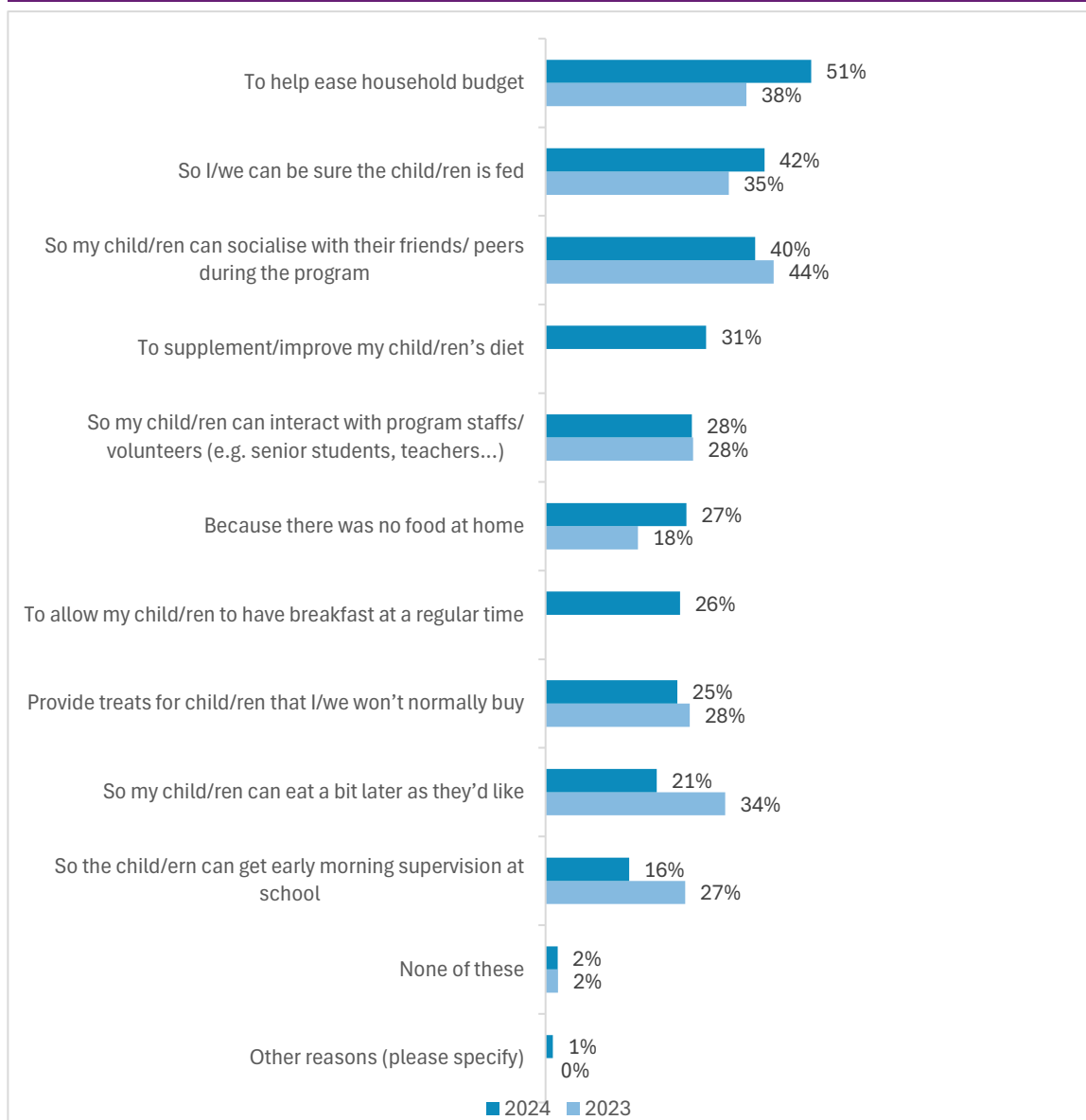
SBP1 Before today, have you heard of any schools in Australia providing any of the following to their students at school?; SBP2 You mentioned earlier that you have child/ren currently of school age. Over the last year, have any of your child/ren's school(s) provided...; SBP3 Have any of your child/ren got food at their school(s) from any of the following over the last year? (Base 2024 n=940)

**There are multiple reasons why school food programs are beneficial for children in Australia. However, the main reason for children participating in these types of programs varies depending on the food situation experienced at home.**

Among food insecure households, the main reason for children participating in these programs is to help ease household budget, with half (51%) of households participating in school food programs saying this was the main reason – this figure has increased considerably from 38% in 2023. This suggests school food programs are critical to supporting children in families coping with food scarcity.

That said, the financial benefit is not the only benefit that these families see from these programs; 40% of these households also see the benefits for their children to socialise with their friends or peers during the program.

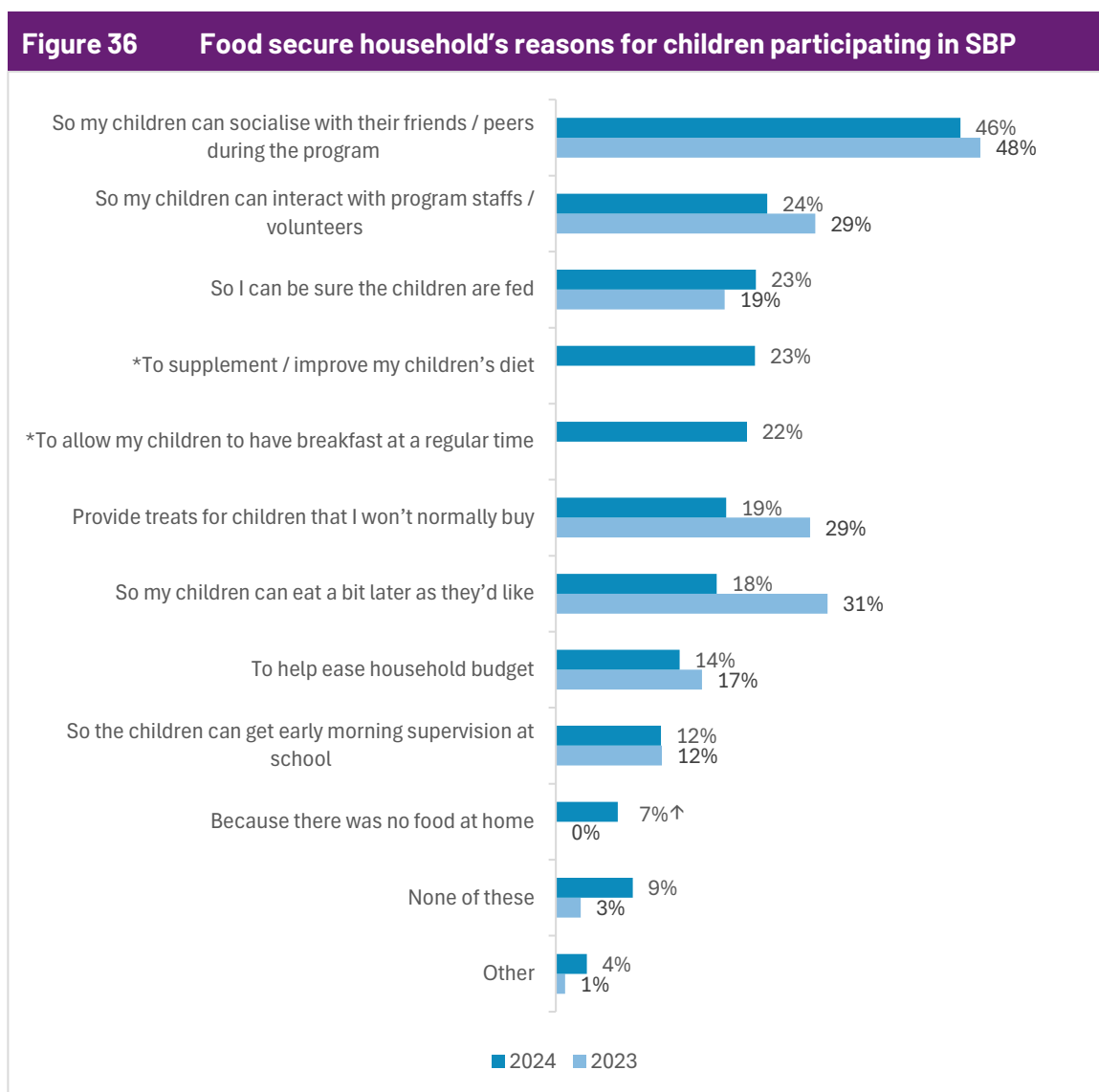
**Figure 35 Food insecure household’s reasons for children participating in SBP**



↑↓ Represents a significant change when comparing results from the previous year.

SBP5A What are the main reasons for your child/ren to get food from their school program(s) providing free meals and/or snacks (Base 2023 n=77; 2024 n=124)

Meanwhile, among food secure households, the main reason for their children participating in school food programs is socialisation with friends and peers during the program (46%), followed by interaction with staff and volunteers (24%). Making sure children are fed and supplementing their diet were also seen as beneficial factors (23%) as well as making sure children have breakfast at a regular time (22%).



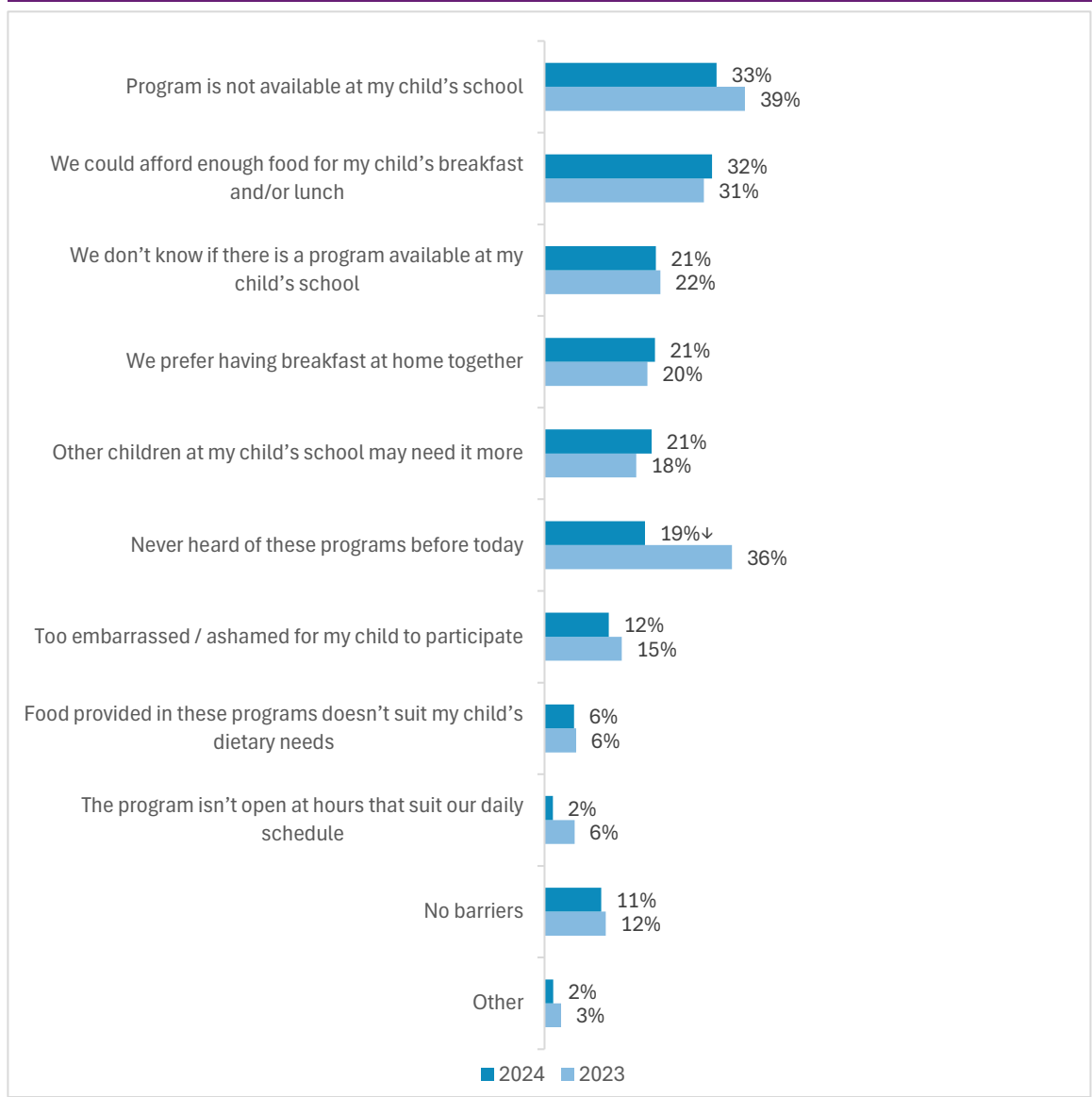
↑↓ Represents a significant change when comparing results from the previous year.

'SBP5A What are the main reasons for your child/ren to get food from their school program(s)'(Base 2023 n=54; 2024 n=150)

\*Note: Answer options 'To allow my children to have breakfast at a regular time' and 'To supplement / improve my children's diet' were not asked in 2023

**Among those households not participating in any food school program, 1-in-3 (33%) households mentioned lack of programs as the main barrier for accessing these programs.**

**Figure 37 Barriers to participation in SBP among Australian households**

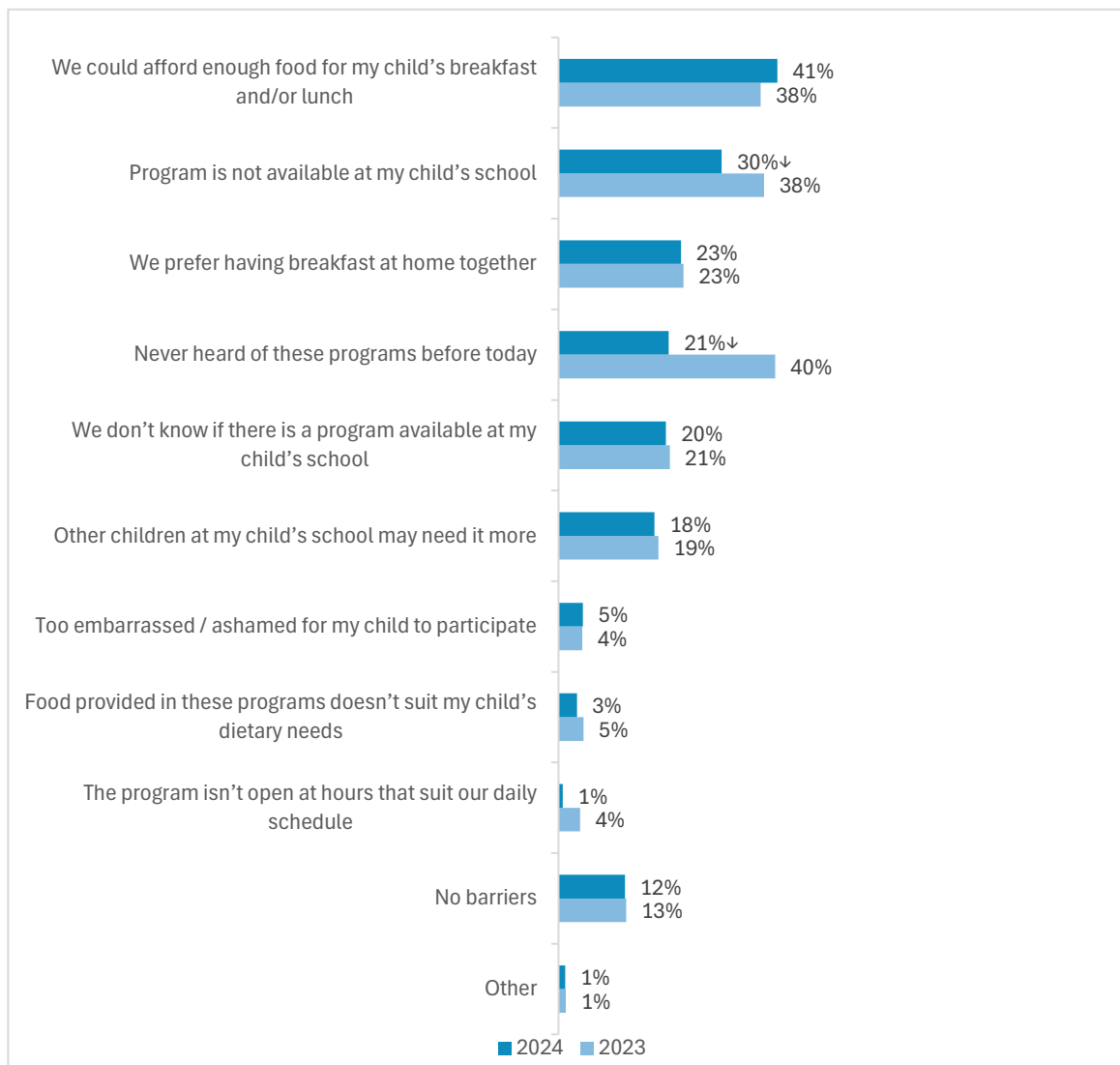


↑↓ Represents a significant change when comparing results from the previous year.

'SBP6 What are main barriers why your child/ren haven't been getting food from school program(s) providing free meals and/or snacks for students (Base 2023 n=616; 2024 n=666)

While program availability is still a barrier for accessing school food relief programs, other barriers also come into play when making the decision about participation. Among food secure households, the ability to afford enough food for children in the household is the main reason for children not participating in these programs (41%), followed by programs not being available at school (30%) and a preference for children to have breakfast at home with the family (23%).

**Figure 38 Barriers to participation in SBP among food secure households**

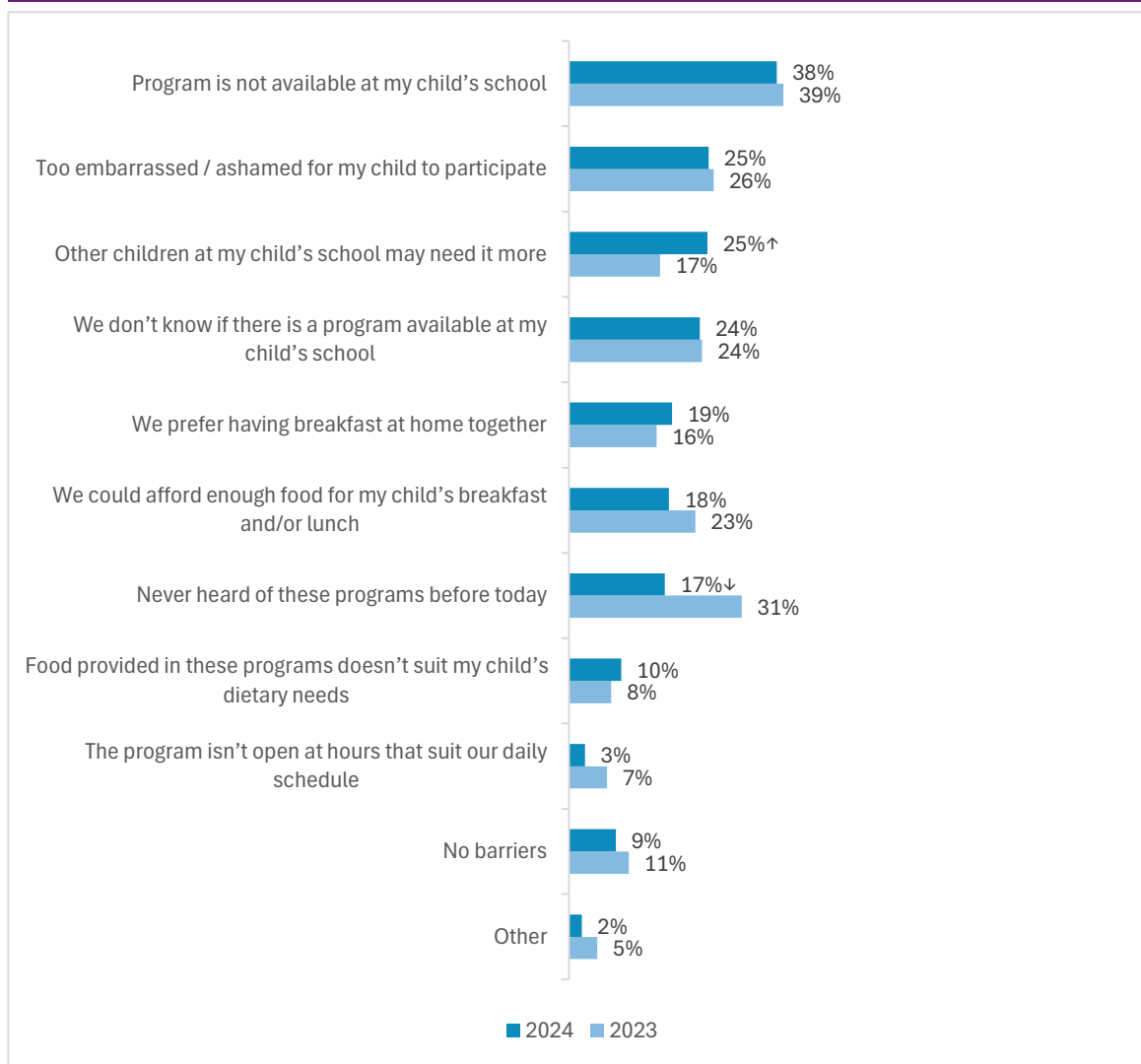


↑↓ Represents a significant change when comparing results from the previous year.

'SBP6 What are main barriers why your child/ren haven't been getting food from school program(s) providing free meals and/or snacks for students (Base 2023 n=347; 2024 n=429)

Among households experiencing food insecurity the barriers are slightly different. The main barrier is schools not having food programs (38%), which suggests there is a need for supporting more schools to get on board with these programs.

**Figure 39 Barriers to participation in SBP among food insecure households**



↑↓ Represents a significant change when comparing results from the previous year.

'SBP6 What are main barriers why your child/ren haven't been getting food from school program(s) providing free meals and/or snacks for students (Base 2023 n=269; 2024 n=237)

In addition, normalising school food programs as something that can benefit all children could potentially help to mitigate stigmatisation and encourage participation among food insecure households. One quarter (25%) of these households are too embarrassed or ashamed for their children to participate in the programs or think other children at the schools may need it more than their children. This suggests that more needs to be done to reduce the stigma around food insecurity that is still preventing some households from accessing the available assistance due to fear of judgment.



# Appendix

## USDA – US Household Food Security Survey Module (HFSSM)

Foodbank Hunger report survey follows the USDA HFSSM to measure food insecurity in Australia. The table below provides a definition of each of the four categories, the full USDA survey instrument and implementation guide can be found available at <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/survey-tools/>

**Table 1**

	Level of impact	Label as per HFSSM	Definition
<b>Food Secure</b>	Highly food secure	High food security	No reported indications of food-access problems or limitations.
	Marginally food secure	Marginal food security	One or two reported indications—typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.
<b>Food Insecure</b>	Moderately food insecure	Low food security	Reports of reduced quality, variety or desirability of diet. Little or no indication of reduced food intake
	Severely food insecure	Very low food security	Reports of multiple indications of disrupted eating patterns and reduced food intake.

A summary of all HFSSM indicators used to measure household level of food security is provided in the table below. Each indicator, if receiving an affirmative response from the survey respondent, will be coded with a score of one for the relevant respondent.

Depending on their levels of household food security, and whether there are children in the households, the food insecure households can receive a raw score of minimum three to maximum eighteen for those living with children, and a raw score of minimum three to

maximum ten for those without.

**Table 2**

Household members	Indicators	Definition or affirmative responses for each indicator
<b>Anyone in the household</b>	Agree with the statement that they “worried whether my/our food would run out before I/we got money to buy more”	Sometimes true/ often true
	Agree with the statement that “the food that I/we bought just didn’t last, and I/we didn’t have money to get more”	Sometimes true/ often true
	Agree with the statement that “I/we couldn’t afford to eat balanced meals”	Sometimes true/ often true
<b>Any adult(s) in the household</b>	The respondent, or any other adult in their household, have had experience ever cutting the size of meals or skip meals because there wasn’t enough money for food in the last 12 months	Self-reported “yes”
	The frequency of experience cutting the size of meals/ skipping meals because there wasn’t enough money for those	Experience happened more often than ‘only 1 or 2 months’

	who did undergo such situation in the last 12 months	
<b>The adult respondent themselves</b>	Experience in the last 12 months of ever eating less than they felt they should because there wasn't enough money for food	Self-reported "yes"
	Experience in the last 12 months of ever being hungry but did not eat because there wasn't enough money for food	Self-reported "yes"
	Experience in the last 12 months of ever losing weight because there wasn't enough money for food	Self-reported "yes"
<b>Any adult(s) in the household</b>	The respondent, or any other adult in their household, have had experience ever not eating for a whole day because there wasn't enough money for food	Self-reported "yes"
	The frequency of experience not eating for a whole day because there wasn't enough money for food, for those who did undergo such situation in the last 12 months	Experience happened more often than 'only 1 or 2 months'

<b>Any children in the household (for households with children)</b>	Agree with the statement that they “relied on only a few kinds of low-cost food to feed the child/ren because of running out of money to buy food”	Sometimes true/ often true
	Agree with the statement that they “couldn’t feed the child/ren a balanced meal, because I/we couldn’t afford that”	Sometimes true/ often true
	Agree with the statement that their child/ren “were not eating enough because I/we just couldn’t afford enough food”	Sometimes true/ often true
	Experience of the respondent ever cutting the size of their child/ren’s meals because there wasn’t enough money for food in the last 12 months	Self-reported “yes”
	Experience of the child/ren ever skipping meals because there wasn’t enough money for food in the last 12 months	Self-reported “yes”
	The frequency of the child/ren’s experience ever skipping meals because there wasn’t enough money for food for those who did in the last 12 months	Experience happened more often than ‘only 1 or 2 months’

	Experience of the child/ren ever being hungry in the last 12 months because the respondent “just couldn’t afford more food”	Self-reported “yes”
	Experience of the child/ren ever not eating for a whole day because there wasn’t enough money for food in the last 12 months	Experience of the child/ren ever not eating for a whole day because there wasn’t enough money for food in the last 12 months

## Weighting

Weighting information (age, sex, state, cap city/rest of state) were obtained from all respondents, representing general Australian population aged 18 years and over. Weighting cells were defined by State x GCCSA (cap city/ rest of state) x Sex x Age (18-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75+).

## ERP population proportions for weighting cells

The ABS. Stat module (available from <http://stat.data.abs.gov.au>) was used to obtain projections of the Estimated Resident Population (ERP) proportions classified by Age by Sex by the Greater Capital City Statistical Areas for reference period 2023. These population projections were published by ABS in August 2024. Weighted data is based on Estimated Resident Population (ERP) for 2024.

The creation of the person weight is to redistribute the proportion of the participant sample to the representative national profile as outlined below:

**Table 3**

	New South Wales	Victoria	Queensland	South Australia	Western Australia	Tas/ ACT/ NT
<b>Male</b>	49%	49%	49%	49%	50%	49%
<b>Female</b>	51%	51%	51%	51%	50%	51%

<b>18-24</b>	11%	11%	12%	11%	11%	32%
<b>25-34</b>	19%	20%	18%	17%	19%	
<b>35-44</b>	18%	18%	17%	16%	19%	33%
<b>45-54</b>	16%	16%	16%	15%	16%	
<b>55-64</b>	15%	14%	15%	15%	15%	35%
<b>65-74</b>	12%	11%	12%	13%	12%	
<b>75+</b>	10%	10%	10%	12%	9%	
<b>Capital city</b>	65%	76%	49%	78%	80%	67%
<b>Rest of state</b>	35%	24%	51%	22%	20%	33%
<b>Total</b>	31%	26%	20%	7%	11%	5%

## Creation of household weight for household and child referenced data

Once the participant weight at personal level is created, we will further create an additional weight that takes household size and child count into account. The household weight for a particular household is the inverse of its household selection probability multiplied by representative proportion of the type of household per state in general Australian population (based on ERP Series II Household projections for year 2024).

The selection probability of a particular household is the equivalent of the number of adults in the household. This was collected in the survey as the computed S5a No. of adults at home, through the combination of two questions S4 HH size and S5 No. of child/ren at home.

The classification of household types was collected in the survey through a detailed living arrangement question S7, which will be re-aggregate during weighting to match classifications available in the ERP projections. ERP projection of household types by state for 2024:

**Table 4**

<b>HH_Type</b>	<b>NSW</b>	<b>VIC</b>	<b>QLD</b>	<b>SA</b>	<b>WA</b>	<b>TAS</b>	<b>NT</b>	<b>ACT</b>	<b>Australia</b>
<b>Family households</b>	69%	70%	70%	67%	71%	67%	72%	69%	70%

<b>Lone person households</b>	27%	26%	26%	29%	26%	29%	22%	26%	26%
<b>Group households</b>	4%	4%	4%	3%	4%	3%	5%	5%	4%
<b>Total</b>	100%	100%	100%	100%	100%	100%	100%	100%	100%

## Food relief glossary

**Table 5**

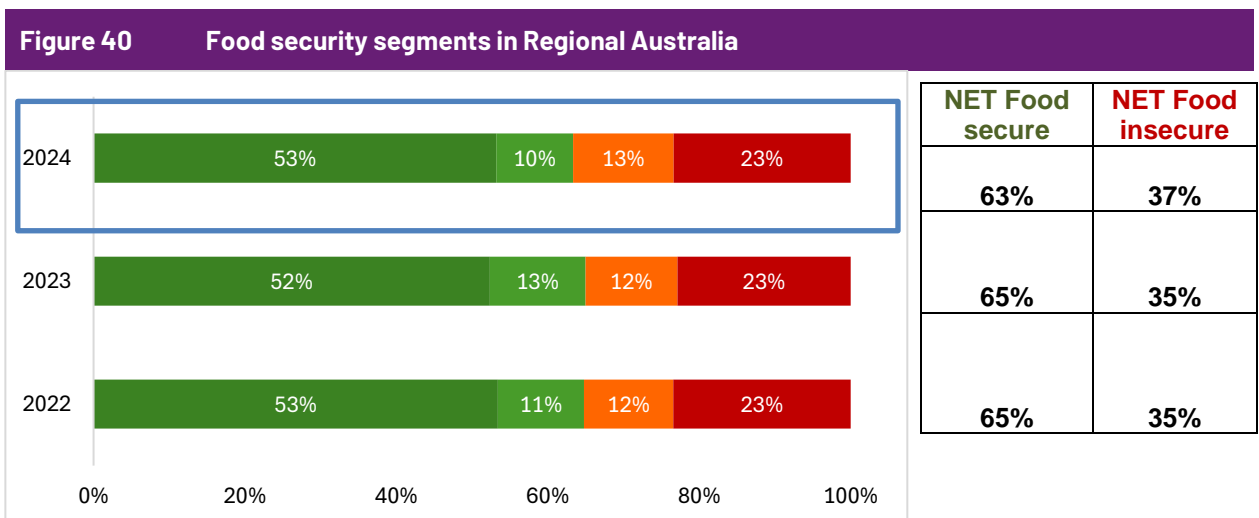
<b>Food relief</b>	<b>Indicators</b>	<b>Definition or affirmative responses for each indicator</b>
<b>Aware of formal food relief</b>	Agree with the statement that they were “aware of the Church for providing food relief support”	Heard of for food relief, never received help / Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
	Agree with the statement that they were “aware of Community groups and/or services (e.g. the local community centre) for providing food relief support”	Heard of for food relief, never received help / Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
	Agree with the statement that they were “aware of General charity organisations (e.g. the Salvation Army, Anglicare) for providing food relief support”	Heard of for food relief, never received help / Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
	Agree with the statement that they were “aware of Food relief organisations and/or services (e.g. Foodbank, OzHarvest) for providing food relief support”	Heard of for food relief, never received help / Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
	Agree with the statement that they were “aware of Charity	Heard of for food relief, never received help / Received food

	supermarket (self-service)/ food pantry for providing food relief support”	relief in the past, but not the last 12 months / Received food relief in the last 12 months
<b>Aware of informal food relief</b>	Agree with the statement that they were “aware of From my/our families or friends for providing food relief support”	Heard of for food relief, never received help / Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
<b>Received formal food relief</b>	Agree with the statement that they were “aware of the Church for providing food relief support and have used for food relief”	Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
	Agree with the statement that they were “aware of Community groups and/or services (e.g. the local community centre) for providing food relief support and have used for food relief”	Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
	Agree with the statement that they were “aware of General charity organisations (e.g. the Salvation Army, Anglicare) for providing food relief support and have used for food relief”	Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
	Agree with the statement that they were “aware of Food relief organisations and/or services (e.g. Foodbank, OzHarvest) for providing food relief support and have used for food relief”	Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
	Agree with the statement that they were “aware of Charity supermarket (self-service)/ food pantry for providing food relief	Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months



	support and have used for food relief”	
<b>Received informal food relief</b>	Agree with the statement that they were “aware of From my/our families or friends for providing food relief support and have used for food relief”	Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months

### State by state breakdown of USDA segments in regional Australia

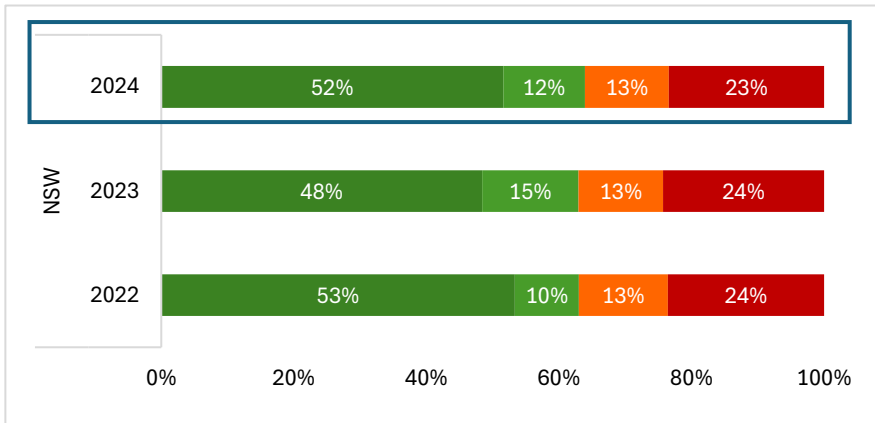


■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions (Base 2022 n=1,248, 2023 n=1,255; 2024 n=1,280)

**Figure 41 Food security segments in Regional New South Wales**



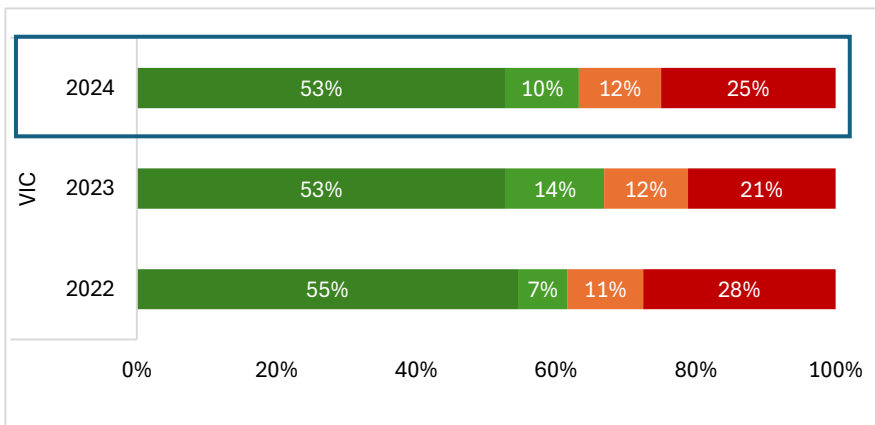
NET Food secure	NET Food insecure
64%	36%
63%	37%
63%	37%

■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=379; 2023 n=367; 2024 n=409)

**Figure 42 Food security segments in Regional Victoria**



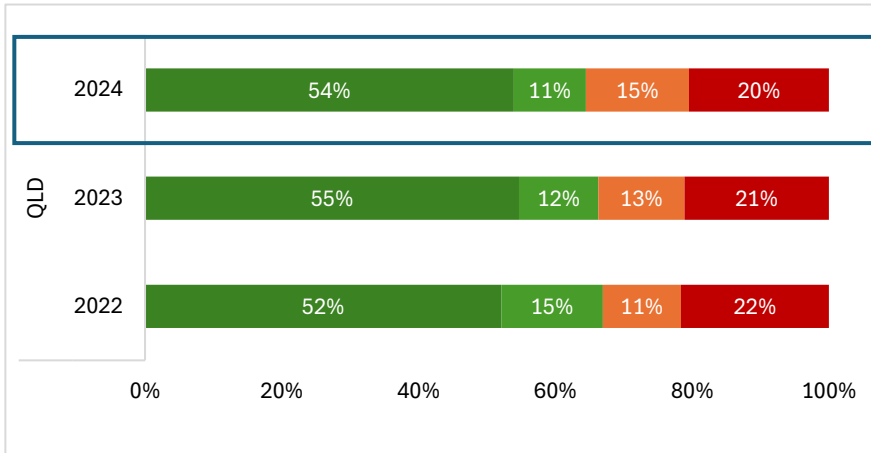
NET Food secure	NET Food insecure
63%	37%
67%	33%
62%	38%

■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=200; 2023 n=192; 2024 n=249)

**Figure 43 Food security segments in Regional Queensland**



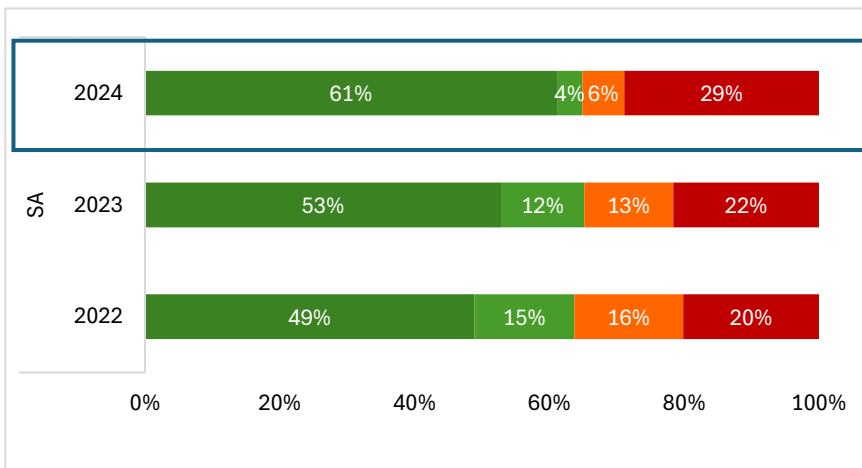
NET Food secure	NET Food insecure
64%	36%
66%	34%
67%	33%

■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=349; 2023 n=350; 2024 n=364)

**Figure 44 Food security segments in Regional South Australia**



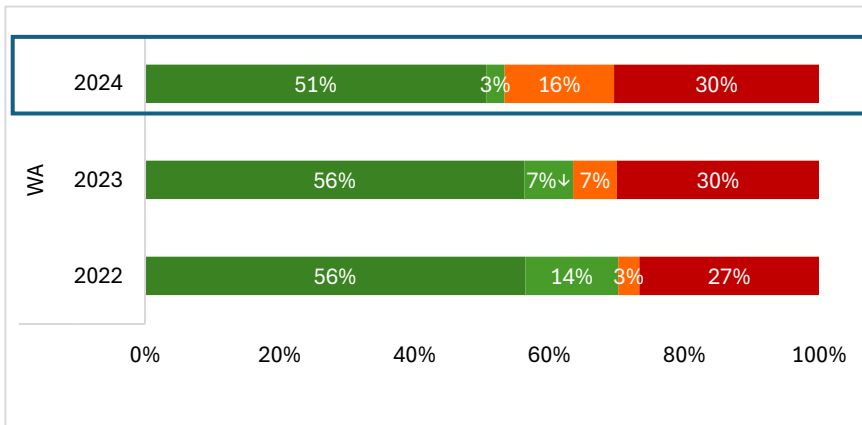
NET Food secure	NET Food insecure
65%	35%
65%	35%
64%	36%

■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=117; 2023 n=118; 2024 n=50. Sample size for 2024 is small, interpret with caution.)

**Figure 45 Food security segments in Regional Western Australia**



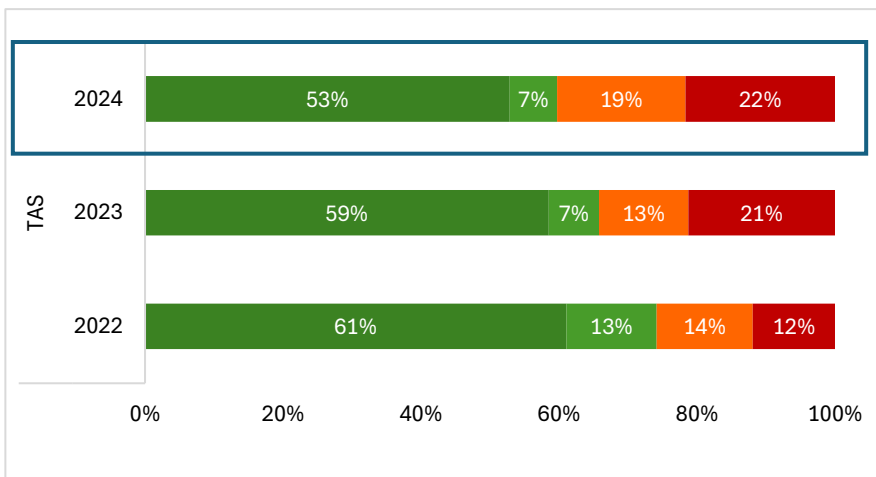
NET Food secure	NET Food insecure
53%	47%
63%	37%
70%	30%

■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=129; 2023 n=63; 2024 n=58. Sample size for 2023 and 2024 is small, interpret with caution)

**Figure 46 Food security segments in Regional Tasmania**



NET Food secure	NET Food insecure
60%	40%
66%	34%
74%	26%

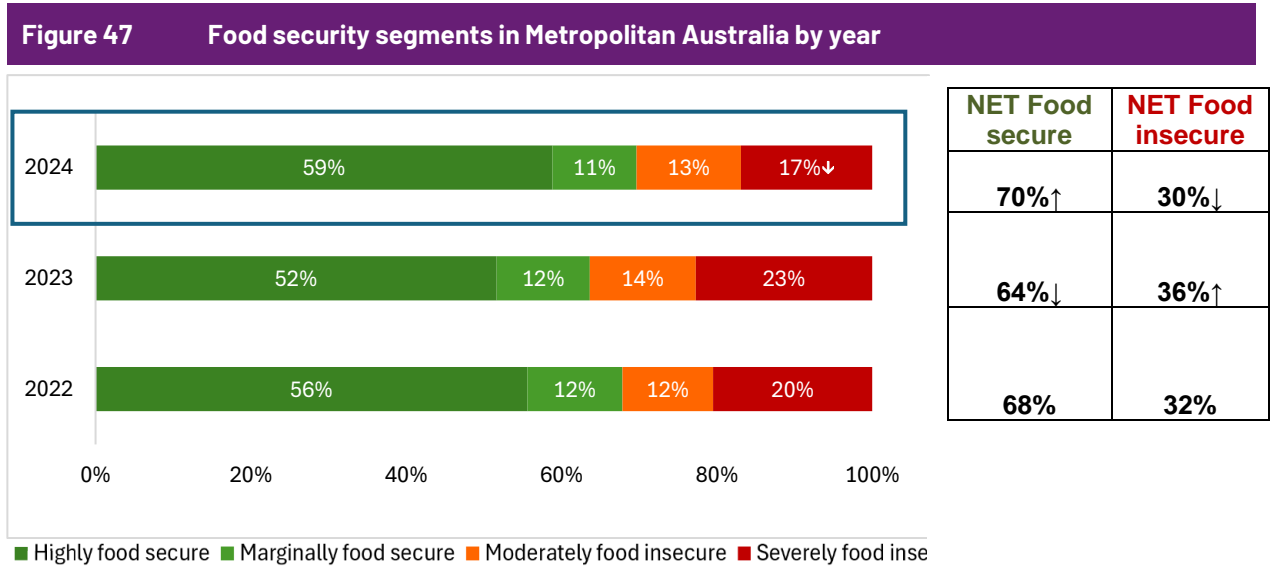
■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=72; 2023 n=140; 2024 n=123. Sample size for 2022 is small, interpret with caution)

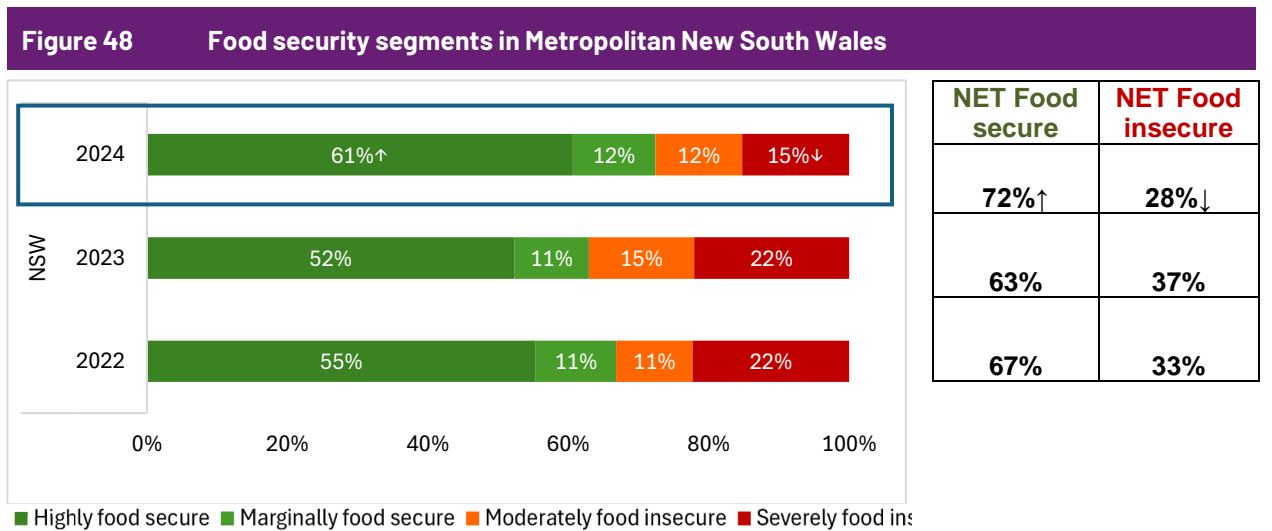
Note: Northern Territory (NT) not reported due to low base size.

## State by state breakdown of USDA segments in metropolitan Australia



↑↓ Represents a significant change when comparing results from the previous year.

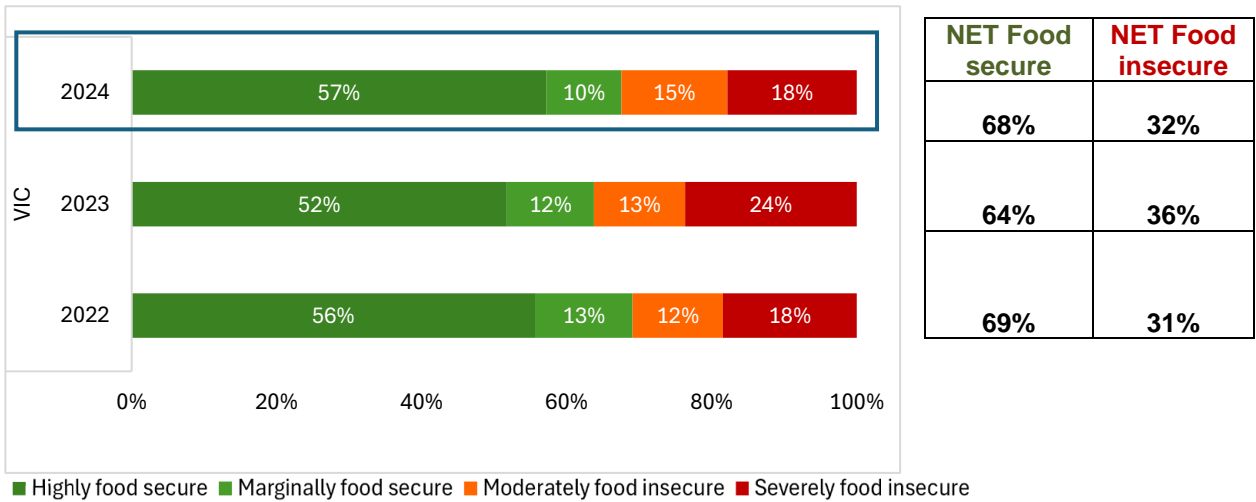
USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=2,776; 2023 n=3,087; 2024 n=2,980)



↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=674; 2023 n=701; 2024 n=896)

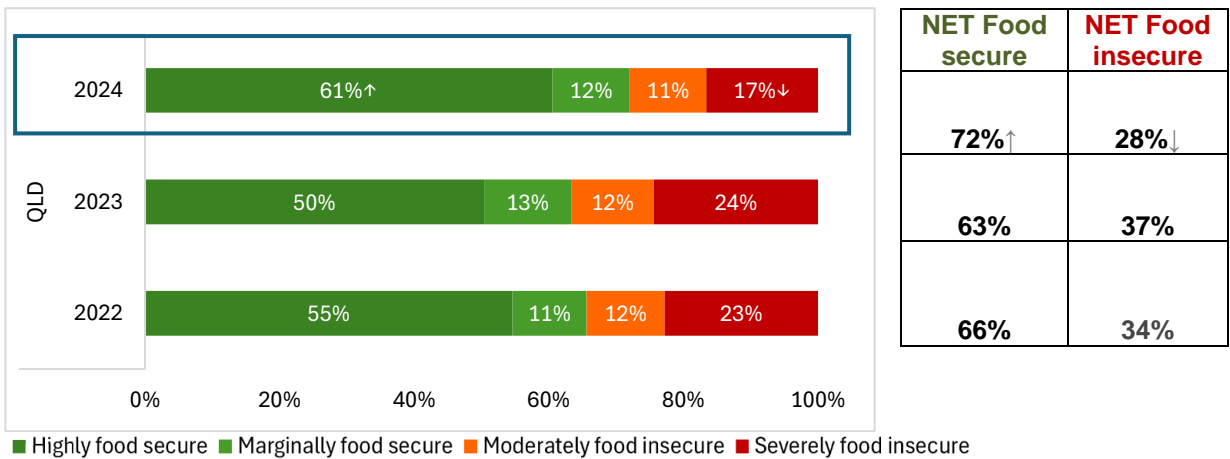
**Figure 49 Food security segments in Metropolitan Victoria**



↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=653; 2023 n=686; 2024 n=810)

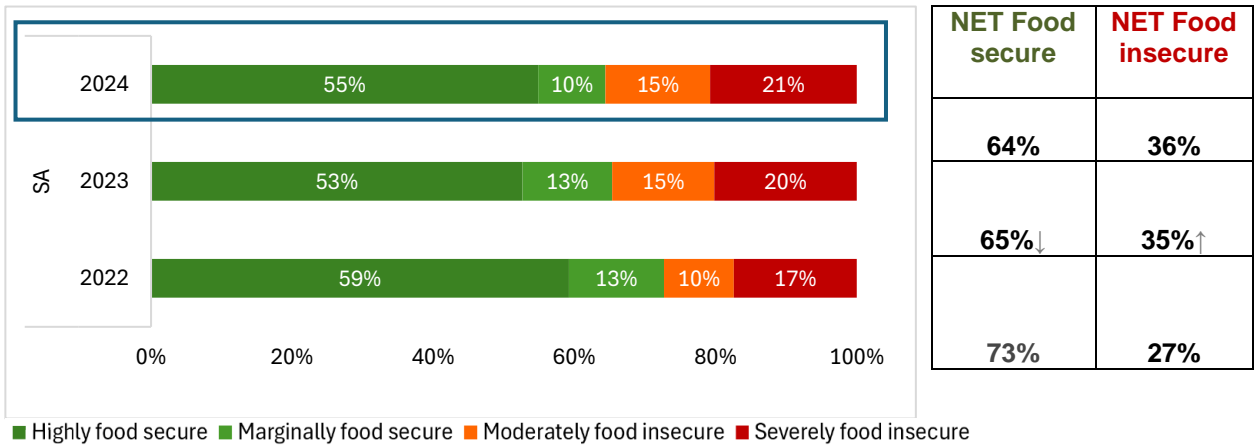
**Figure 50 Food security segments in Metropolitan Queensland**



↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=353; 2023 n=351; 2024 n=404)

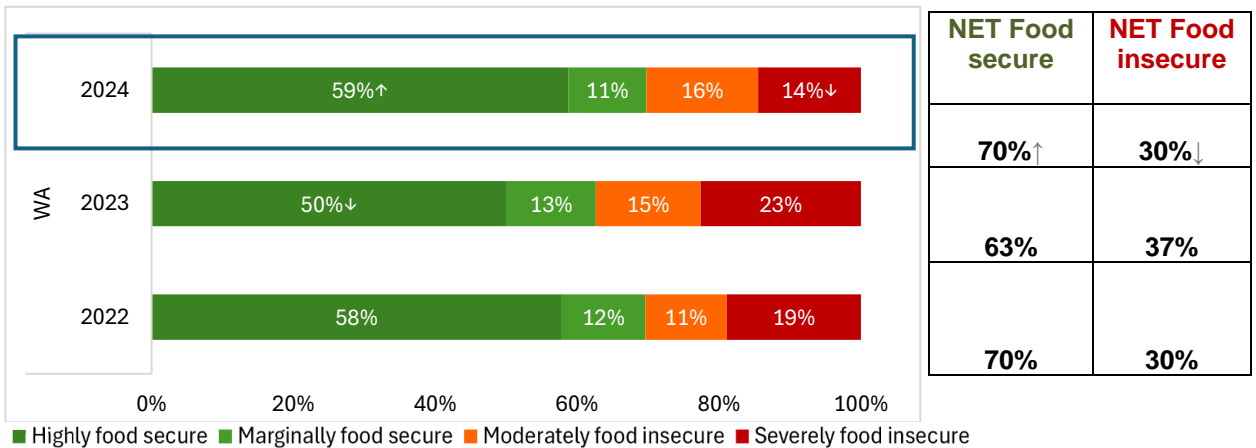
**Figure 51 Food security segments in Metropolitan South Australia**



↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=486; 2023 n=487; 2024 n=237)

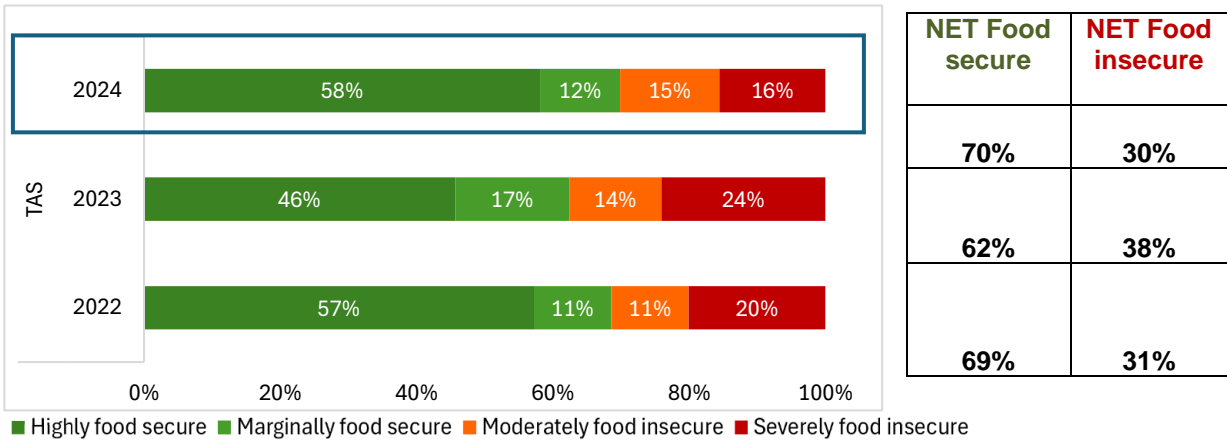
**Figure 52 Food security segments in Metropolitan Western Australia**



↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=47; 2023 n=563; 2024 n=352)

**Figure 53 Food security segments in Metropolitan Tasmania**



↑↓ Represents a significant change when comparing results from the previous year.

USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base 2022 n=62; 2023 n=132; 2024 n=143. Sample size for 2022 is small, interpret with caution)

Note: Northern Territory (NT) not reported due to low base size.





**FOODBANK.ORG.AU**

## **Foodbank Australia**

Level 2, Building A  
11 Talavera Road  
North Ryde, NSW 2113  
[admin@foodbank.org.au](mailto:admin@foodbank.org.au)  
02 9887 4144