

Foodbank

Hunger Report 2026

26 October 2026

Prepared for Foodbank Australia
26-015623-01 Ipsos Public Affairs

GAME CHANGERS



Table of Contents

Foodbank Hunger Report™ 2026	0
Executive summary	4
Research context	6
Study Design	7
2026 Key Findings	9
2026 Hunger Report Findings	12
Australia's Economic Context and Household Sentiment	12
Food Security in Australia	17
The Australians Most Affected by Food Insecurity	23
Food Insecurity in Regional and Metropolitan Areas	34
State by State Breakdown of USDA Segments in Regional Australia	36
State by State Breakdown of USDA Segments in Metropolitan Australia	40
Factors Contributing to Food Insecurity among Australian households	44
Australian Households' Experiences of Food Insecurity	53
Awareness of Food Relief Services	59
Access to Food Relief Services	65
Awareness of and Participation in School Breakfast Programs Among Australian Households with Children	72
Appendix	89
USDA – US Household Food Security Survey Module (HFSSM)	89
Weighting	92
ERP population proportions for weighting cells	92
Food relief glossary	94
Profile of households experiencing food insecurity for the first time in the past 12 months	97
Households experiencing food insecurity	100
Frequency and duration of food insecurity among Australia's most vulnerable cohorts	

.....103

Demographic breakdown of USDA segments reported in 2026 106

Contact

Hannah Caine – hannah.caine@ipsos.com

Daniel Pole – daniel.pole@ipsos.com

Ellie Kirby – ellie.kirby@ipsos.com

Ian Eng – ian.eng@ipsos.com

Ipsos Level 15.1,
60 City Road
Southbank, VIC 3006
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Alexandra Zhen – alexandra@foodbank.org.au

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



Executive summary

The Foodbank Hunger Report™ 2026 revealed that food insecurity remains entrenched across Australia. One in three households (33%), equivalent to an estimated 3.6 million households, experienced food insecurity in the previous 12 months. This included 13% experiencing moderate food insecurity and 20% experiencing severe food insecurity.

National stability masks substantial disparities. Food insecurity remained particularly high among households affected by disability or health issues (65%), households represented by a respondent who identified as Aboriginal and/or Torres Strait Islander (57%), low-income households (53%), households with children (45%) and renters (51%). Among low-income households, severe food insecurity reached 37%, the highest level recorded for this group since 2022. While the increase from 2025 was not statistically significant, the longer-term pattern indicates that hardship remains particularly concentrated among households with the fewest financial resources.

Regional households also experienced poorer food-security outcomes than metropolitan households. Food insecurity was significantly higher in regional Australia (36% compared with 32%), as was severe food insecurity (23% compared with 18%).

For households experiencing severe food insecurity, hardship continued to affect both the quantity and quality of food available. Almost all worried that food would run out before they had money to buy more (97%), almost as many could not afford balanced meals (93%) and half reported that an adult had gone without food for an entire day (50%).

Rising living expenses remained the leading reported contributor to food insecurity (80%), including increased food and grocery costs (68%), energy costs (54%), and mortgage or rent costs (49%). Employment pressures also intensified, with significant increases in the proportions citing difficulty finding work and job loss. More broadly, financial pessimism grew, with 35% of Australian households expecting their finances to worsen over the next year, up significantly from 31% in 2025.

The effects extended beyond food. Food-insecure households were significantly more likely than food-secure households to drive less or use cheaper transport, reduce home energy use, and cut back on personal care and social participation, showing how food insecurity affects many aspects of everyday life.

Awareness and recent use of formal food relief remained stable. Just over half of food-insecure households knew where they could obtain food relief or support (52%), while 26% had received food relief from a formal organisation in the past year. Informal support from family and friends increased significantly from 25% to 29%, while embarrassment and shame remained the most commonly reported barriers to seeking help from charities or community organisations.

Findings relating to School Breakfast Programs provided an encouraging indication that support is reaching families experiencing need. Participation among households with school-aged children increased significantly from 28% to 34%, while participation among food-insecure households rose significantly from 36% to 45%. The proportion of non-participating food-insecure households believing that other children needed the support more also fell significantly from 27% to 14%. Together, these findings point to the growing reach and acceptance of School Breakfast Programs among families experiencing food insecurity.

The 2026 findings show that while the national rate of food insecurity remains steady, this should not be mistaken for improvement. Food insecurity remains deeply entrenched and unevenly distributed, while expectations for household finances are worsening. At the same time, the increasing reach of School Breakfast Programs demonstrates the important role of accessible and inclusive support for families experiencing need. Continued support from food relief organisations and School Breakfast Programs remains essential, alongside efforts to address the underlying drivers of food insecurity and ensure households can access help in a dignified and inclusive way.

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™ 2026 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, culturally appropriate 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 2026 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 access to food (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 understanding of food insecurity in Australia.

Study Design

The Foodbank Hunger Report™ 2026 research was conducted between 09th July – 04th August 2026, through an online survey of 4,000 Australians aged 18 years or older (main sample) and a booster of 1,880 Australians aged 18 years or older from TAS (n=470), NT (n=110), WA (n=700) and SA (n=600). The main sample was nationally representative with interlocking quotas by age, gender and location.

The data was weighted to nationally representative proportions 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=5,880)	Total weighted (%)
Gender	Male	2,679	46%
	Female	3,201	54%
Age	18-24	547	9%
	25-44	2,047	35%
	45-54	923	16%
	55-74	1,758	30%
	75 or above	605	10%
State	NSW	1,257	31%
	VIC	1,035	26%
	QLD	812	20%
	SA	281	7%
	WA	428	11%
	TAS	276	2%
	NT	102	1%
	ACT	69	2%
Location	Capital city	4,125	70%
	Rest of state/territory	1,755	30%
Remoteness area*	Major cities of Australia	3,680	63%
	Inner regional Australia	1,714	29%
	Outer regional Australia	394	7%
	Remote Australia	73	1%
	Very remote Australia	10	0%

All 5,880 Australians answered the core HFSSM for measurement of the prevalence of household food security over the past 12 months. A total of 1,797 respondents (33%) were identified through the HFSSM as being from moderately and severely food insecure

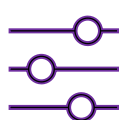
households. This group continued to answer a deep dive module about their experience living with food insecurity over the last 12 months.

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 3 and 4).

The Foodbank Hunger Report™ 2026 survey also included modules on the cost-of-living, school breakfast programs and pet/s related questions.

2026 Key Findings

The Foodbank Hunger Report™ 2026 provides a comprehensive snapshot of food insecurity across Australia. While the national rate has remained relatively stable, financial pressure remains entrenched, pessimism about future household finances is growing, and some groups continue to experience disproportionately high levels of food insecurity. At the same time, increased awareness and participation in School Breakfast Programs offer an encouraging indication that support is reaching households experiencing need.



Food Insecurity Has Plateaued at Around One in Three Households, but Hardship Remains Entrenched

Food insecurity in Australia remained stable at a national level in 2026 at 33%. However, this stability offers little evidence that conditions have improved for households already experiencing hardship. Food affordability remains a persistent challenge, with 85% of food-insecure households reporting that they were unable to afford balanced meals and 76% saying that the food they purchased did not last and they did not have enough money to buy more. These findings show that financial pressure remains deeply entrenched for households experiencing food insecurity.



Growing Financial Pessimism Despite Stable Food Insecurity

Although national food insecurity remained relatively stable, Australians became increasingly concerned about their future financial circumstances. More than one-third (35%) of Australian households now expect their household finances to worsen over the next year, representing a significant increase from 2025 (31%). At the same time, fewer expect their circumstances to remain stable (43% vs 46% in 2025), while optimism remains largely unchanged (21% vs 22%). This growing pessimism extended beyond households already struggling, with those who described themselves as coping on their present income significantly more likely than in 2025 to anticipate that their financial circumstances would worsen (31% vs 27% in 2025).



Financial Pressure Is Reshaping Everyday Life

At a national level, Australians are increasingly reducing transport and energy costs, while some food-related coping behaviours have become less common among food secure households. Pressure remains far greater among food-insecure households, who were significantly more likely than food-secure households to drive less or use cheaper transport (70% compared with 41%), reduce home energy use (65% compared with 39%), and move to lower-cost accommodation (14% compared with 3%). They were also significantly more likely to cut back on personal care (66% compared with 32%) and taking part in social events and celebrations (65% compared with 31%), demonstrating how food insecurity affects not only food consumption, but many aspects of daily life and quality of life.



Affordability and Economic Pressures Remain the Leading Reported Contributors to Food Insecurity

Rising living expenses remained the leading reported contributor to food insecurity in 2026, cited by four in five food-insecure households (80%). More than two-thirds cited increased food and grocery costs (68%), while around half cited increased energy costs (54%) or mortgage and rent costs (49%). The proportion citing increased interest rates rose significantly from 19% in 2025 to 25% in 2026. Employment pressures also intensified, with the proportion of food-insecure households citing difficulty finding work increasing significantly to 15% (11% in 2025), while those citing job loss rose significantly to 13% (10% in 2025).



A Disproportionate Burden: Some Households Continue to Face Greater Risk

Food insecurity continues to affect some households at substantially higher rates than the national average of 33%. In 2026, this included renters (51%), households with children (45%), Aboriginal and Torres Strait Islander households (57%), households receiving government benefits (41%), and households affected by disability or health issues¹ (65%). Renters were significantly more likely to experience food insecurity than homeowners, regardless of mortgage status, while almost half of Australians aged 18 to 34 were food insecure (48%). These findings demonstrate that exposure to food

¹ Households with a person with a disability are defined as those that reported being sick or unable to work (myself/someone in my household), indicating that reduced/low income or government benefits contributed to their food insecurity situation in the past 12 months. The definition also includes households that reported someone having mobility issues (e.g., injured, disabled), which limited their access to travel and obtain food, thus contributing to food insecurity in the same period. It also encompasses those who reported receiving a Disability Support Pension, having an assistance animal (e.g., an accredited disability support animal), or describing their employment status as disability pension/carer.

insecurity is uneven and often associated with overlapping financial, household, housing and health-related circumstances



Food Insecurity Remains Concentrated Among Low-Income Households

Food insecurity remains strongly linked to household income. In 2026, more than half of low-income households (earning under \$33,799)² were food insecure (53%), including 37% experiencing severe food insecurity, the highest level recorded for this group since data collection began in 2022. While the year-on-year increases were not statistically significant, the results continue a gradual trend towards worsening food security among low-income households. Hardship remains concentrated among Australians with the fewest financial resources, while outcomes among middle- and high-income households remain relatively stable.



Food Insecurity Is Higher in Regional than Metropolitan areas in Australia

Food insecurity was significantly higher in regional Australia than in metropolitan areas in 2026, affecting 36% of regional households compared with 32% of metropolitan households. Regional households were also significantly more likely to experience severe food insecurity (23% compared with 18%). This disparity was particularly pronounced among households with children, with more than half (51%) of regional households with children experiencing food insecurity in 2026, compared with 43% in metropolitan areas.



School Breakfast Program Awareness and Participation Reach New Highs

Among households with school-aged children, awareness of School Breakfast Programs reached a record 70% in 2026. Participation increased significantly in 2026, rising from 28% to 34%. The increase was particularly marked among households experiencing low food security, where participation rose significantly from 36% to 45%, demonstrating that the programs continue to reach families experiencing need. Among food-insecure households, the proportion reporting that other children needed the support more almost halved, falling significantly from 27% to 14%. However, access remains a barrier for some families, with 24% of non-participating food-insecure households reporting that their children's schools did not offer a program.

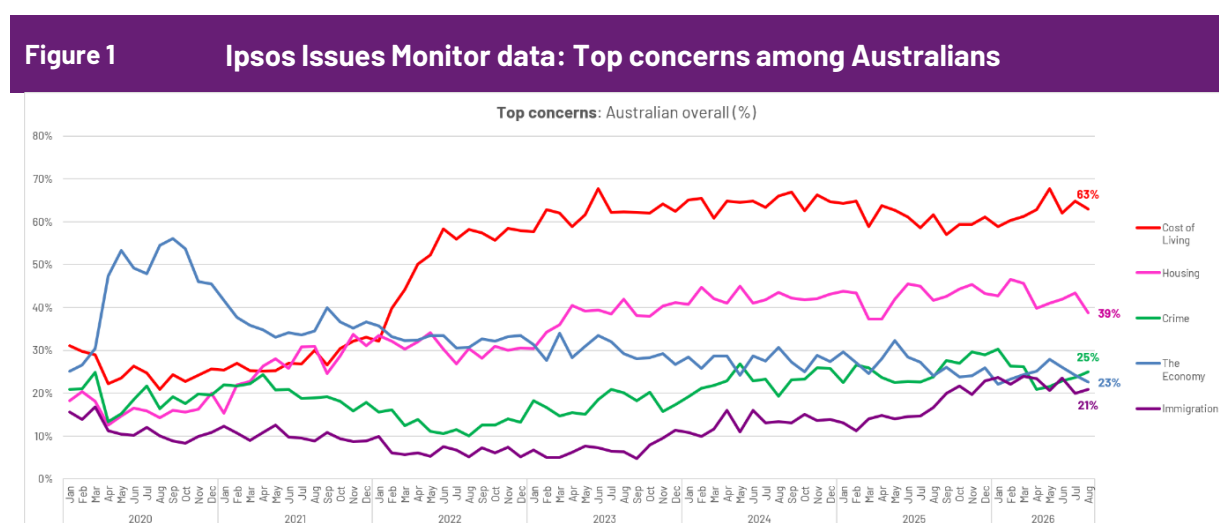
² The household income question was updated in 2025 to include a more comprehensive list aligned with the ABS Census data. Previously, low-income households were classified as those with a gross annual income (i.e., before tax) of less than \$30,000 AUD. In 2025, the definition of low-income households was updated to include those with a gross annual income (i.e., before tax) of less than \$33,799 AUD.

2026 Hunger Report Findings

Australia's Economic Context and Household Sentiment

In 2026, Australians continued to identify cost-of-living as their foremost concern.

According to the Ipsos Issues Monitor³ (August 2026), 63% cited cost-of-living as the primary issue. While cost-of-living concerns showed signs of easing in 2025, this progress appears to have reversed in 2026. An average of 63% identified cost of living as a concern between January and August 2026, returning results closer to the elevated levels recorded in 2024.



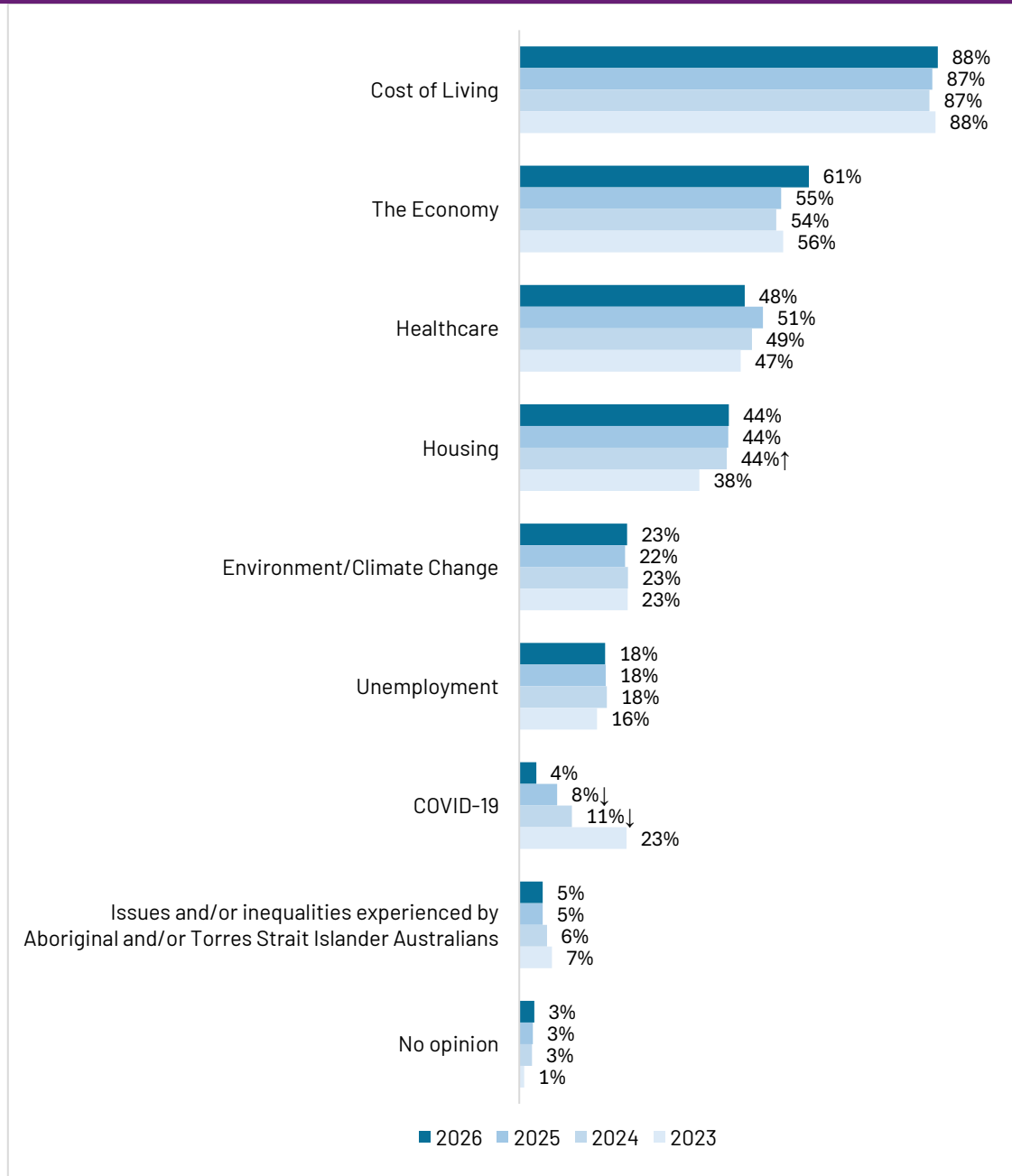
Findings from the Foodbank Hunger ReportTM 2026 also show that cost of living remains a major concern for Australians, with almost nine in ten Australian households citing cost of living as a main concern for their household in 2026 (88%), consistent with previous years. Meanwhile, concern about the broader economy rose significantly from 55% in 2025 to 61%, its highest level since tracking began in 2023. Healthcare and housing were also prominent concerns, cited by 48% and 44% of households respectively.

³ Ipsos, Issues Monitor August 2026. Retrieved September 2026:

https://www.ipsos.com/sites/default/files/ct/publication/documents/2026-09/IM_Nat_Aug_26_v1.pdf

Figure 2

Issues Australian households are worried about

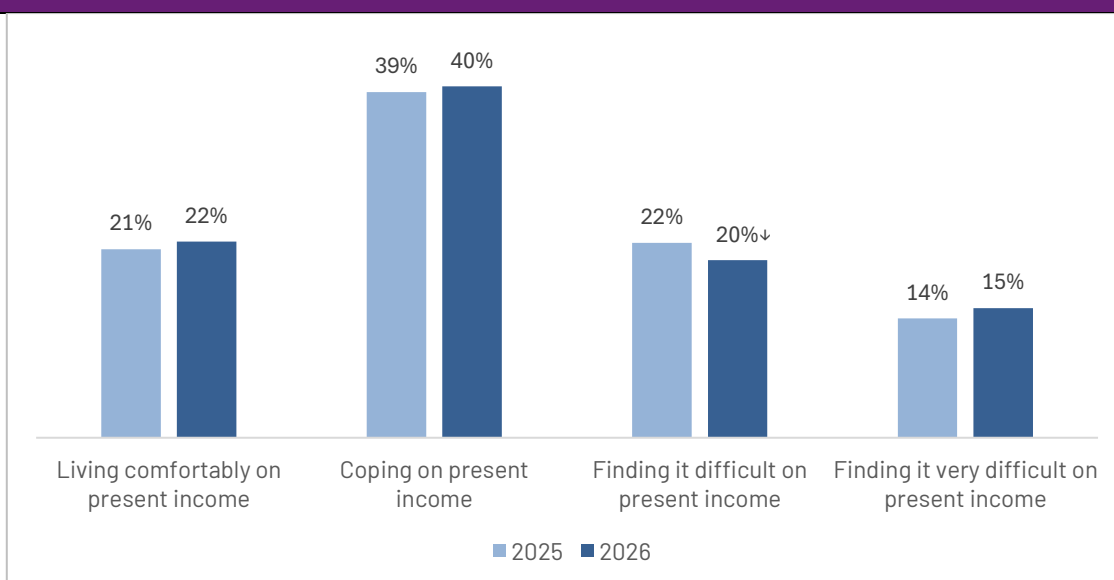


↑↓ Represents a significant change when comparing results from the previous year.

CL1. Which of the following would you consider as the most important issues you and/or your household have been concerned about over the last 12 months [any rank] (Base [Total] 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880)

Household finances remain under pressure in 2026. Around one in five Australian households reported living comfortably on their present income (22%), while 40% said they were coping. More than one-third were finding it difficult or very difficult to manage (35%). Although the proportion finding it difficult declined significantly from 22% in 2025 to 20%, there was no corresponding decline among those finding it very difficult, which remained relatively stable at 15%.

Figure 3 How Australian households feel about their financial circumstances

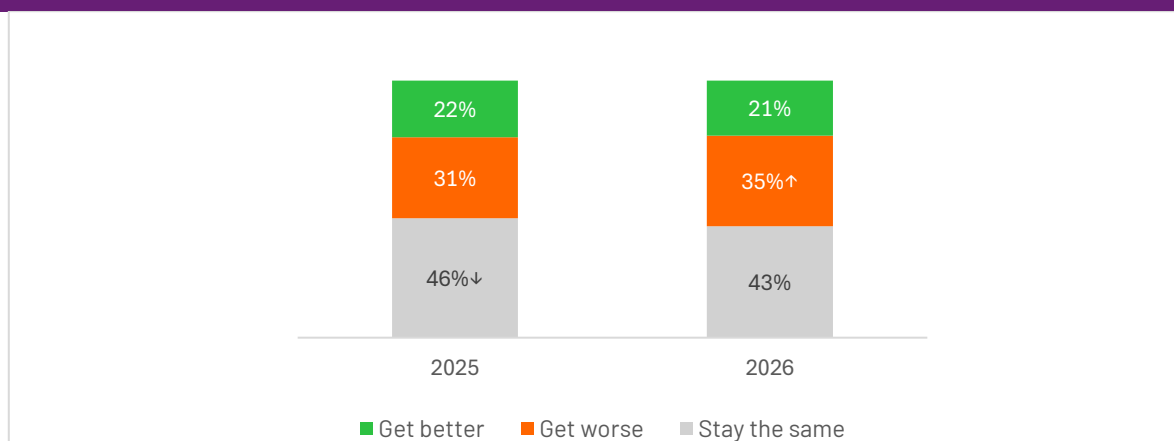


↑↓ Represents a significant change when comparing results from the previous year.

F1. Which of these descriptions comes closest to how you feel about your household's income nowadays? (Base [Total] 2025 n=4,260; 2026 n=5,880)

Financial pessimism increased in 2026, with the proportion of Australians expecting their household finances to worsen over the next year rising significantly from 31% to 35%, while fewer expected their circumstances to remain stable. Expectations about the future were closely linked to households' current financial situation, with pessimism greatest among those already under pressure. Households living comfortably on their present income were significantly more likely than those coping to expect their finances to remain stable over the next year (61% compared with 47%). Confidence declined as financial pressure increased, with half of households finding it difficult on their present income expecting their circumstances to worsen (50%), rising to a significantly higher 61% among those finding it very difficult.

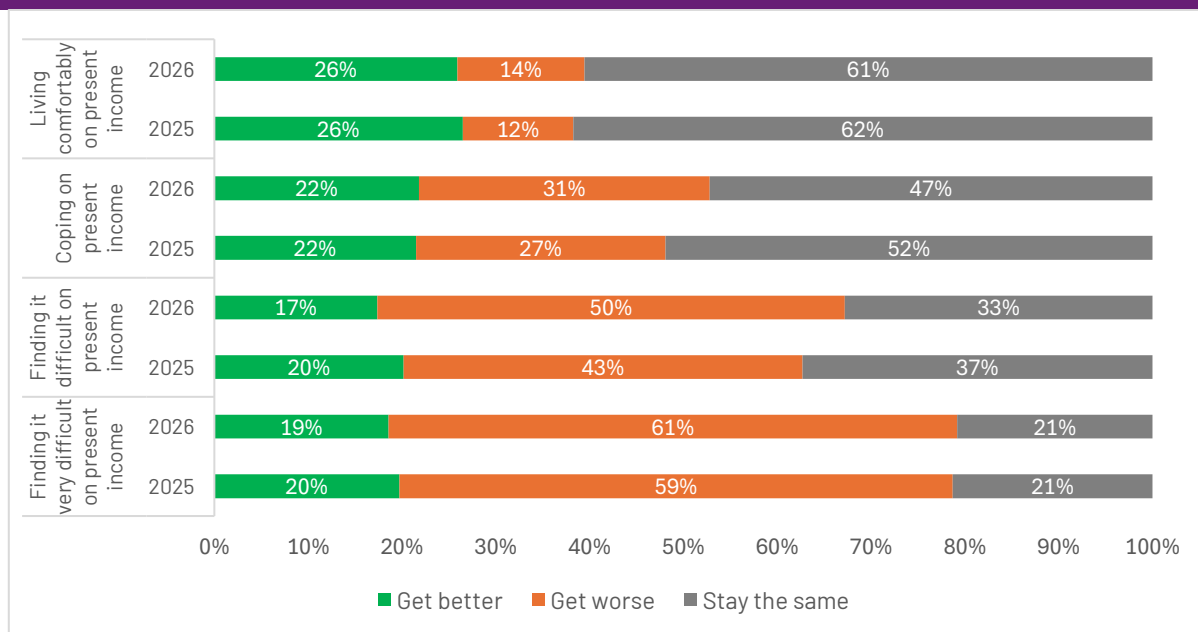
Figure 4 Australian households' financial circumstances



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

F2. Do you think your household financial circumstances will get better, worse or stay the same over the next year? (Base [Total] 2025 n= 4,260; 2026 n=5,880)

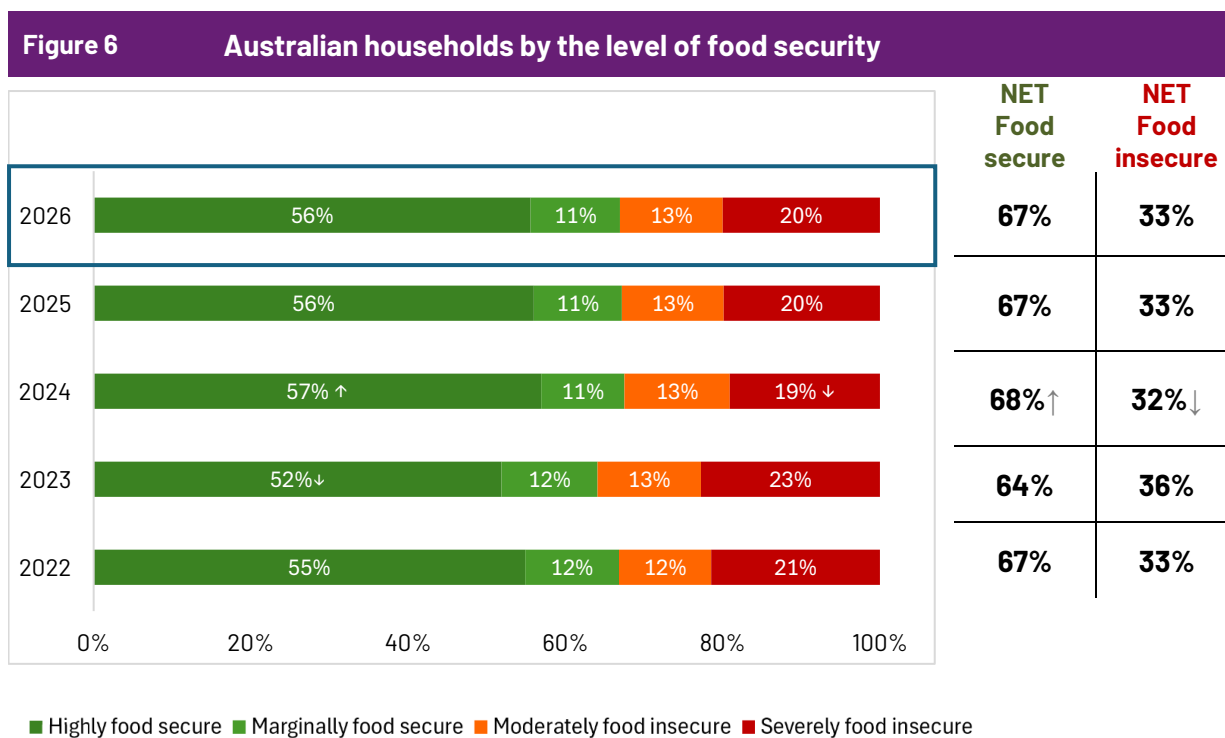
Figure 5 Australian households' perceptions of financial circumstances year-on-year



F1. Which of these descriptions comes closest to how you feel about your household's income nowadays? / F2. Do you think your household financial circumstances will get better, worse or stay the same over the next year? (Base [Total] 2025 n=4,260; 2026 n=5,880)

Food Security in Australia

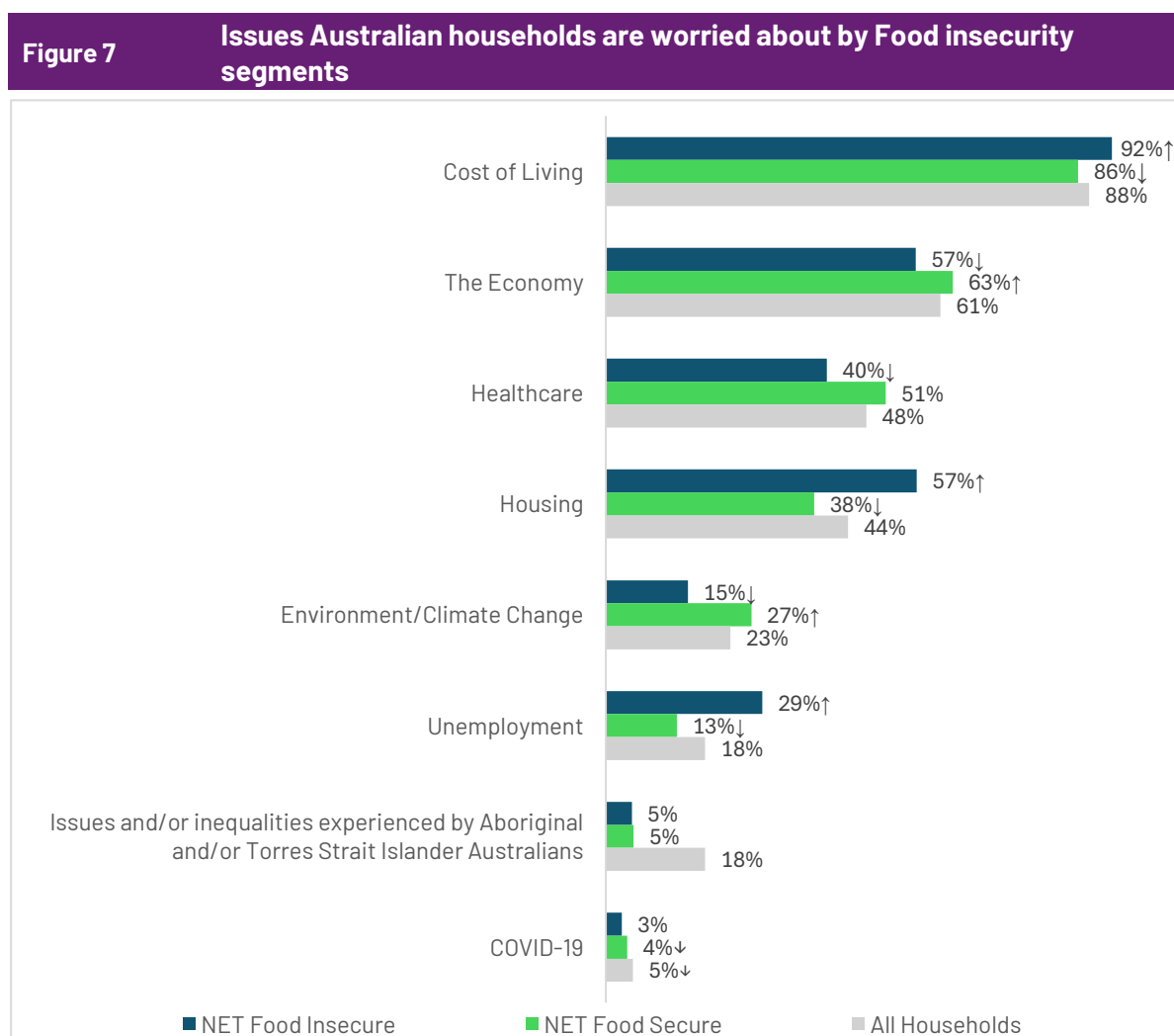
The proportion of Australian households experiencing moderate or severe food insecurity remained stable year on year. In 2026, one in three Australian households (33%), equivalent to an estimated 3.6 million households, experienced food insecurity in the previous 12 months. This included 13% experiencing moderate food insecurity and 20% experiencing severe food insecurity. While the national rate remains stable, there is little evidence of improvement in 2026, with food insecurity continuing to affect a substantial proportion of Australian households.



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

USDA Food Security Summary from HFSSM 18 questions (Base [Total] 2022 n=4,024; 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880)

Consistent with the broader population, cost of living was the leading concern among food-insecure households in 2026 (92%). However, food-insecure households were significantly more likely than food-secure households to identify housing (57% compared with 38%) and unemployment (29% compared with 13%) as important concerns. These differences highlight the compounding housing and employment pressures experienced by households already facing difficulty accessing enough food.



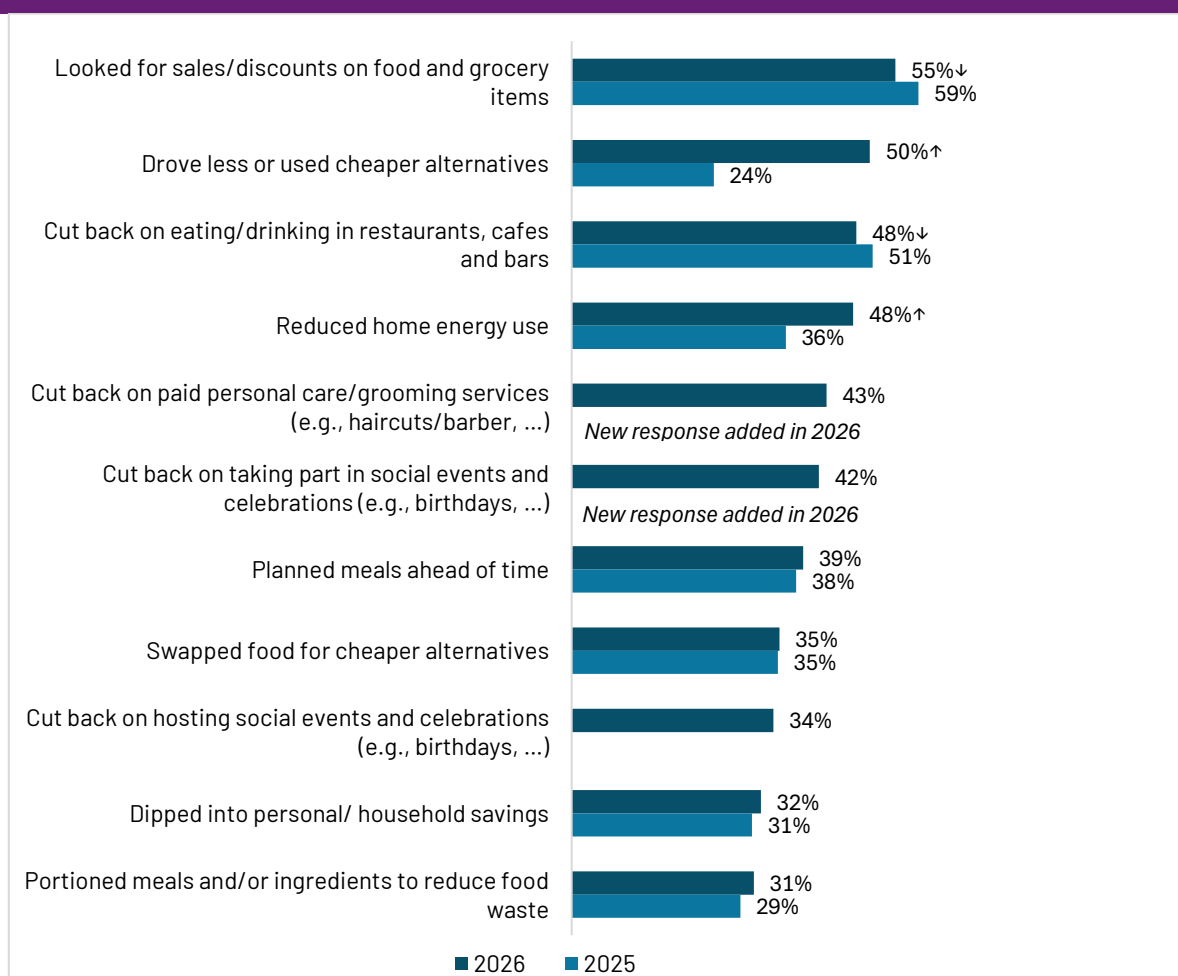
↑↓ Represents a significant difference when comparing results of food security summary against the average household.

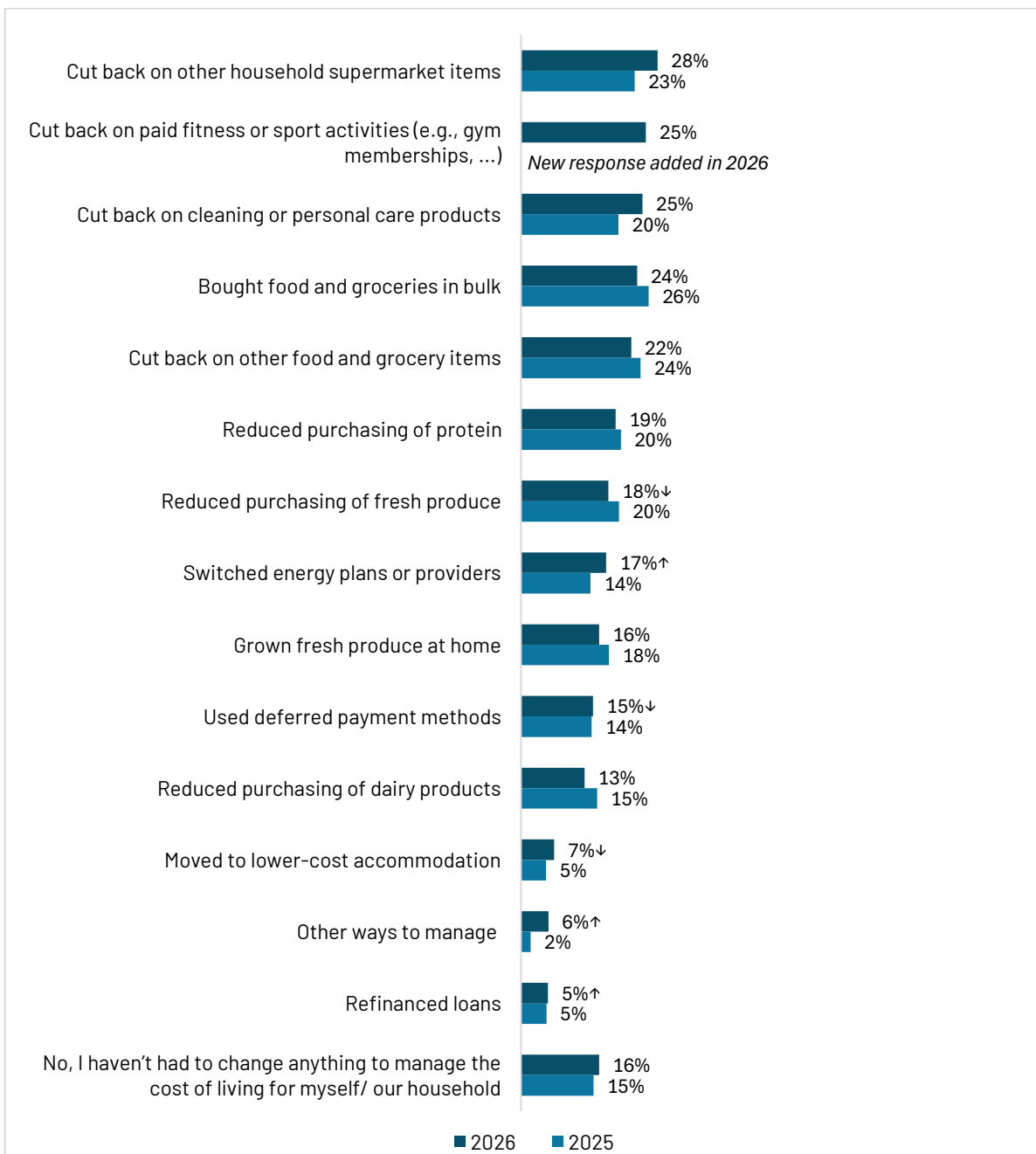
CL1. Which of the following would you consider as the most important issues you and/or your household have been concerned about over the last 12 months [any rank] (Base [Total] 2026 n=5,880; NET Food secure n=4,083; NET Food insecure n=1,797).

Australian households continue to adjust their spending in response to cost-of-living pressures, with cost-saving behaviours increasingly focused on transport and energy. Half (50%) of the households surveyed drove less or used cheaper forms of transport in 2026, a significant increase from 24% in 2025, while the proportion reducing home energy use also rose significantly from 36% to 48% in 2026.

New measures introduced in 2026 show that financial pressure is also affecting broader aspects of everyday life, with more than four in ten households cutting back on paid personal care or grooming services (43%) and participation in social events and celebrations (42%).

Figure 8 Households managing the cost-of-living pressure





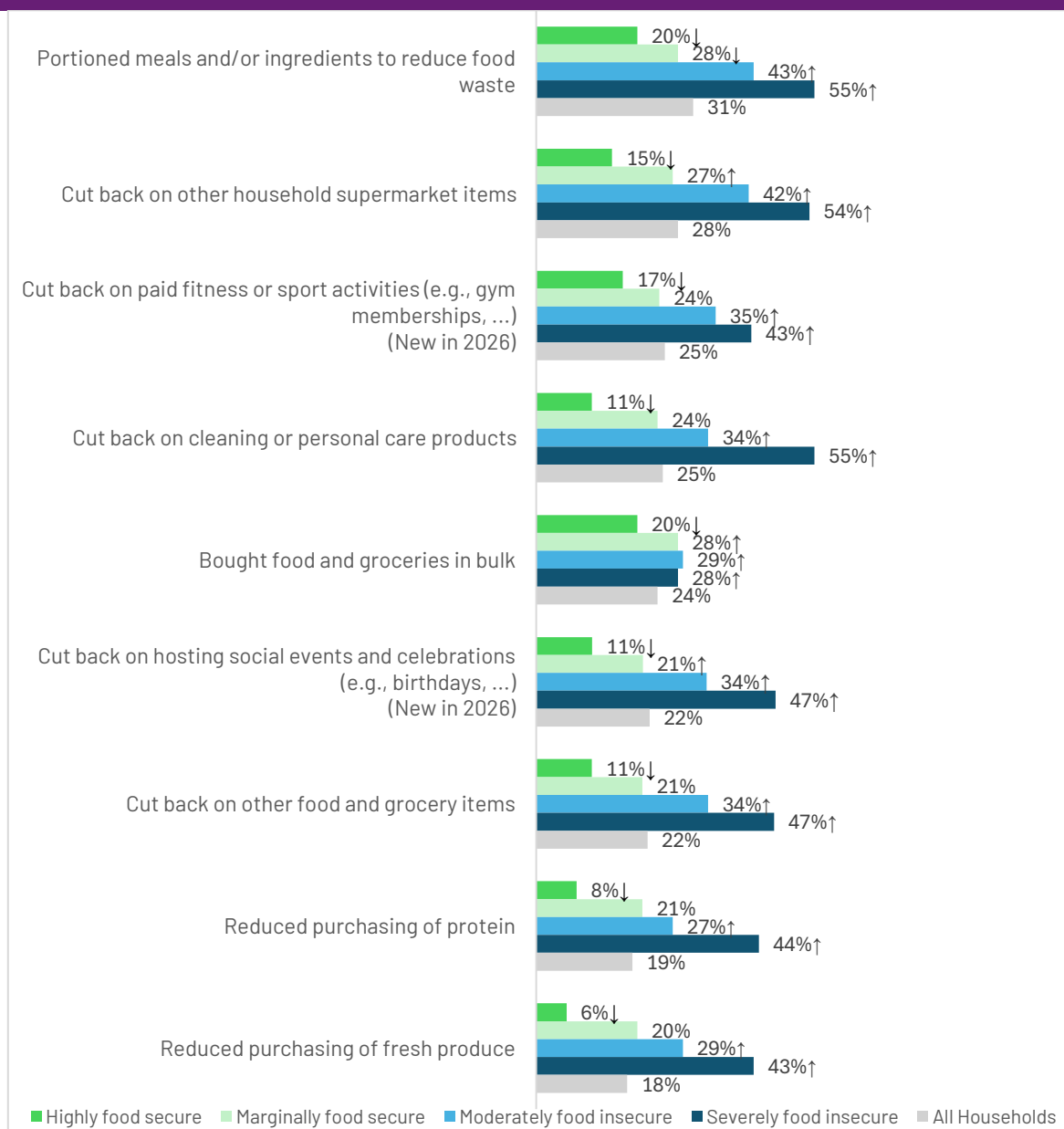
↑↓ Represents a significant change when comparing results from the previous year.

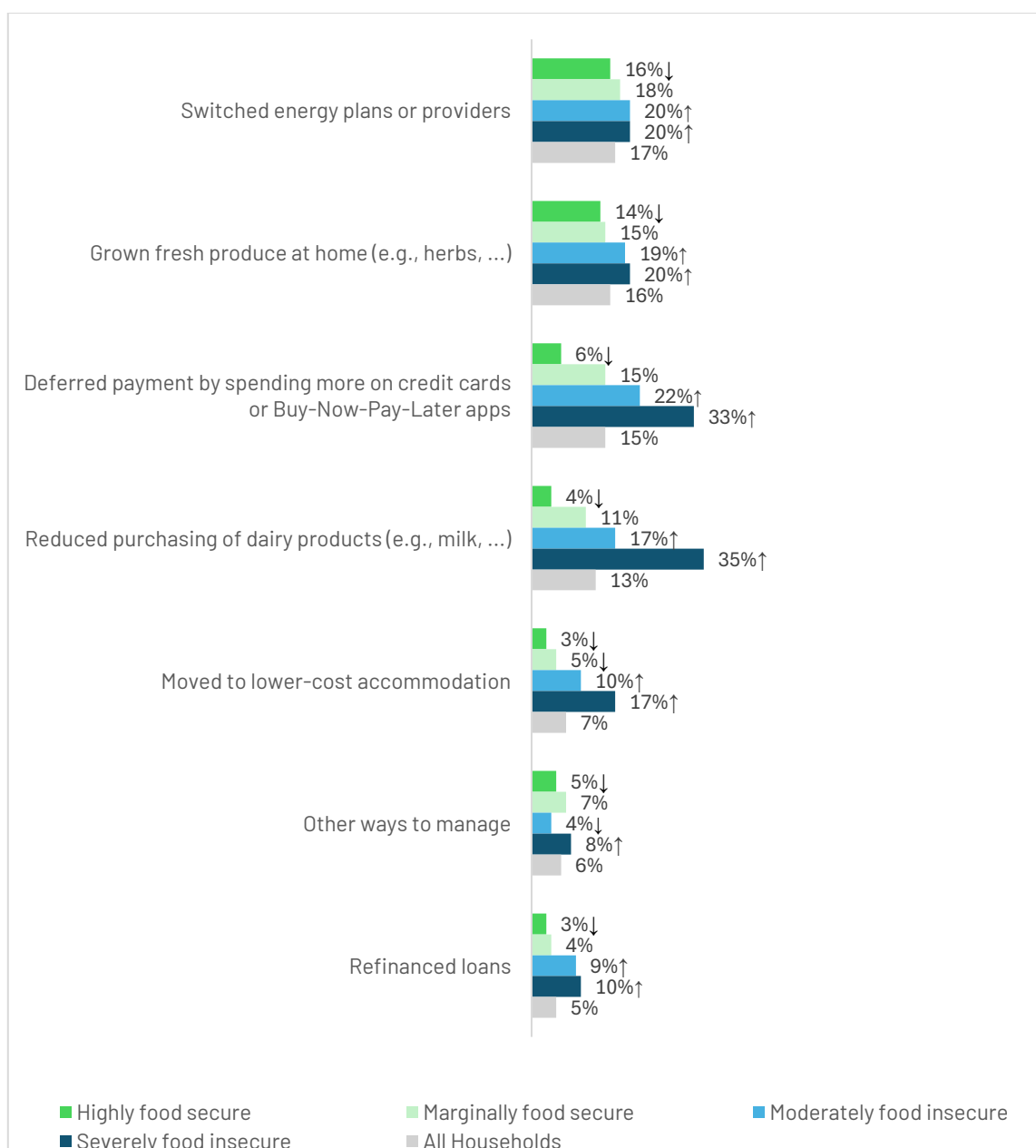
CL2 Thinking of the last 12 months, which, if any, of the following have you used to manage the cost-of-living for yourself and/or your household (Base [Total] 2024 n=4,260; 2025 n=4,260; 2026 n=5,880)

While at a national level, fewer households looked for sales or discounts on food and groceries (55%, down from 59%) or cut back on eating and drinking out (48%, down from

51%), this easing in some food-related coping behaviours stems from food-secure households, while food-insecure households experienced no equivalent relief and continued to make broader and more substantial adjustments. Together, these findings show that household responses to cost-of-living pressure are evolving and extending across many aspects of daily life.

Figure 9 Households managing the cost-of-living pressure by food security level





↑↓ Represents a significant difference when comparing results of food security segment against the average household.

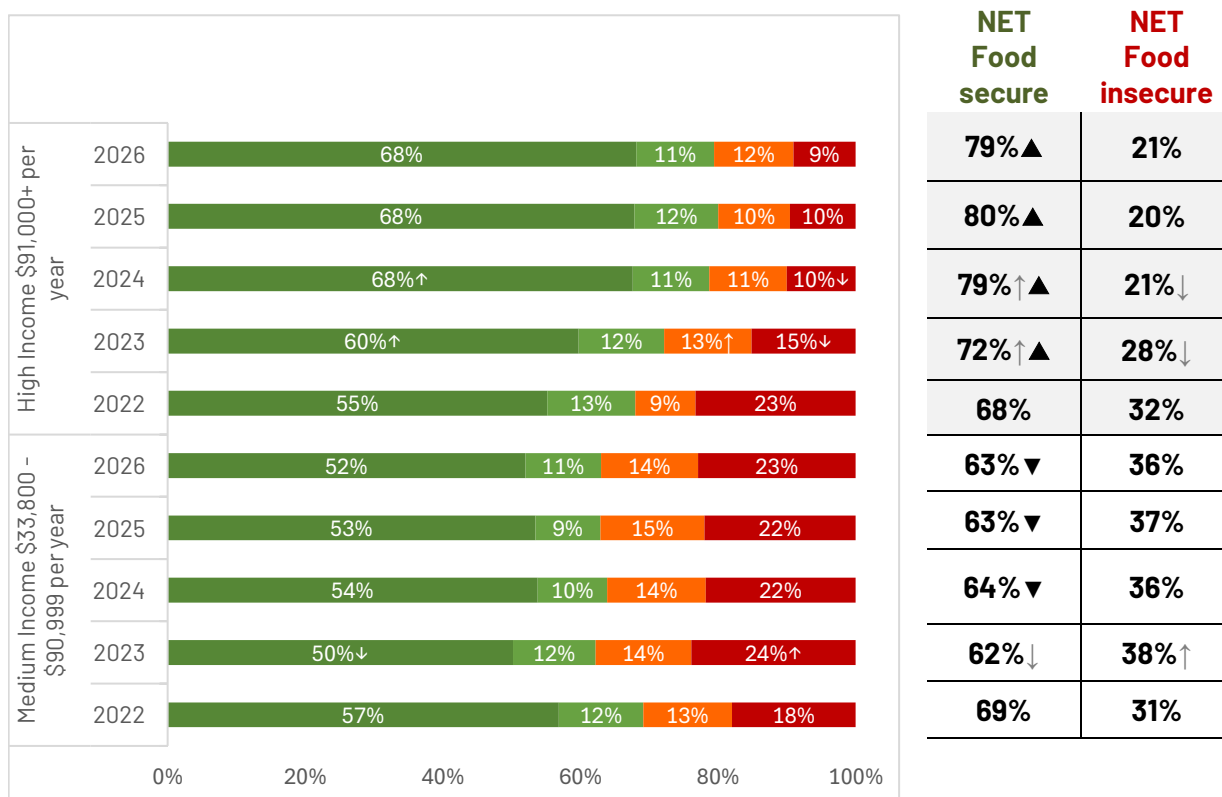
CL2 Thinking of the last 12 months, which, if any, of the following have you used to manage the cost-of-living for yourself and/or your household (Base [Total] 2026 n=5,880; Highly food secure n=3,432; Marginally food secure n=651; Moderately food insecure n=731; Severely food insecure n=1,066)

The Australians Most Affected by Food Insecurity

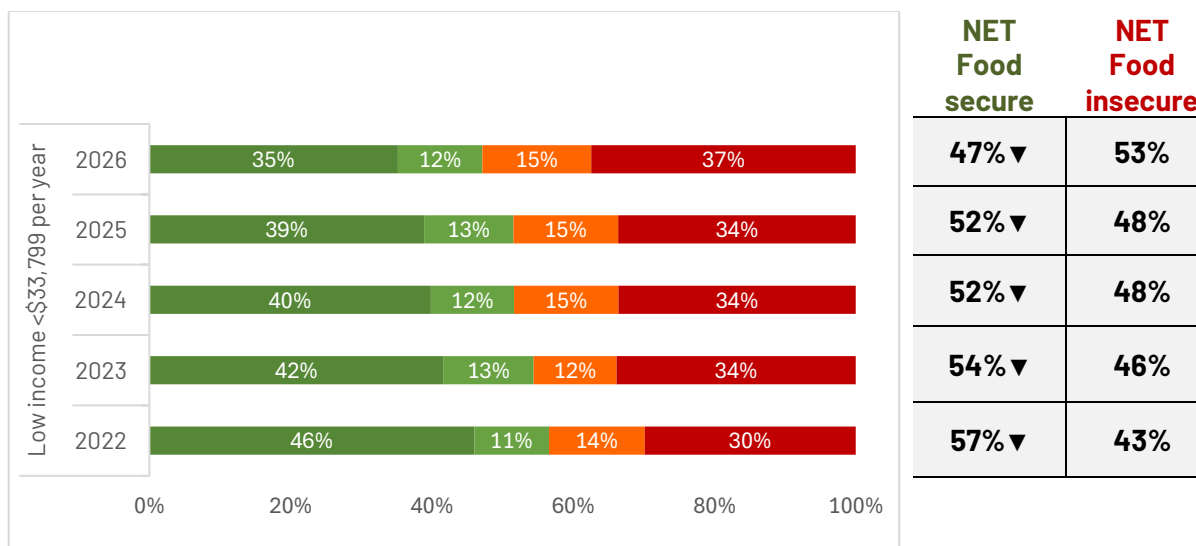
Low-income households continue to experience substantially higher levels of food insecurity than households with greater financial resources. In 2026, more than half of households earning less than \$33,799 annually experienced food insecurity (53%), including 37% experiencing severe food insecurity, the highest level recorded for this group since data collection began in 2022. While the increases from 2025 were not statistically significant, the results continue a gradual trend towards worsening food security among low-income households.

By comparison, food insecurity remained stable among middle-income households at 37%, while high-income households continued to be comparatively protected, with 21% experiencing food insecurity. The differing trajectories by household income suggest that hardship is becoming increasingly concentrated among Australians with the fewest financial resources, providing emerging evidence of greater economic polarisation.

Figure 10 Household income status among food security segments by year



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



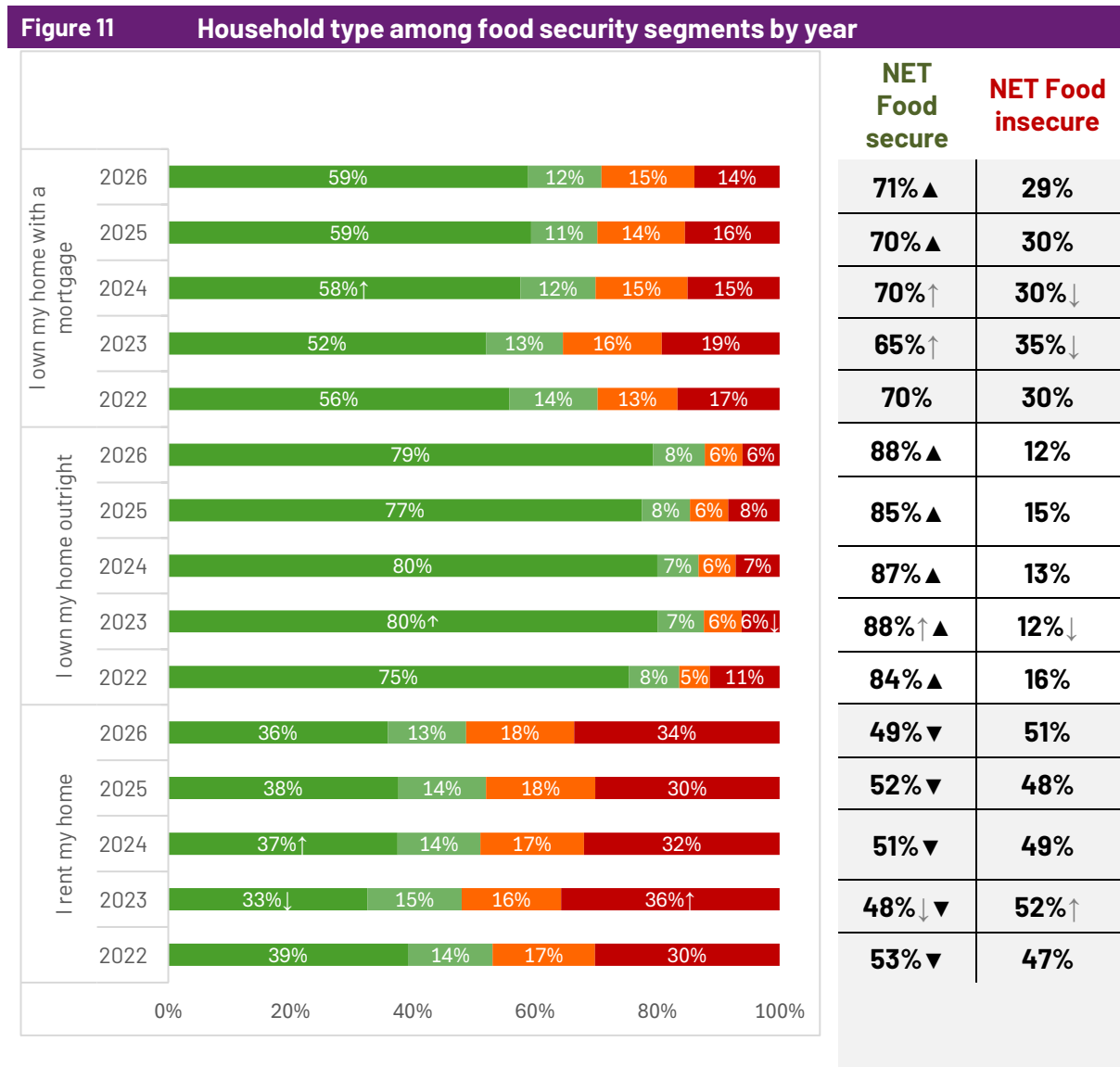
■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

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

▲ ▼ Represents a significant difference when comparing FS results to the average of the categories in the group.

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 [Total] 2022 n=4,024; 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; Low income 2022 n=656; 2023 n=660; 2024 n=574; 2025 n=678; Medium income 2022 n=1,696; 2023 n=1,918; 2024 n=1,686; 2025 n=1,501; High income 2022 n=1,353; 2023 n=1,415; 2024 n=1,621; 2025 n=1,601) Note: Household income question was updated in 2025 and the nets are slightly different to the brackets used prior to 2025.

Renters continue to experience disproportionately high levels of food insecurity. In 2026, more than half of households renting their home were food insecure (51%), this was significantly higher than households that owned their home with a mortgage (29%) or outright (12%). One-third of renters experienced severe food insecurity (34%), compared with 14% of mortgage holders and 6% of outright homeowners.



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

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

▲ ▼ Represents a significant difference when comparing FS results to the average of the categories in the group.

USDA Food Security Summary from HFSSM 18 questions and P7. What is your current housing status? (Base [Total] 2022 n=4,024;

2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880; I rent my home 2022 n=1,040; 2023 n=1,413; 2024 n=1,194; 2025 n=1,229; 2026 n=1,657; I own my home outright 2022 n=1,370; 2023 n=1,189; 2024 n=1,315; 2025 n=1,241; 2026 n=1,737; I own my home with a mortgage 2022 n=1,040; 2023 n=1,164; 2024 n=1,186; 2025 n=1,187; 2026 n=1,694).

Food insecurity remained significantly higher among households with children than households without children in 2026 (45% compared with 28%). Single-parent households experienced particularly high levels of food insecurity, with 60% affected, including 38% experiencing severe food insecurity. This was significantly higher than the severe food insecurity recorded among non-single-parent households with children (22%) and households without children (18%). While food insecurity among single-parent households declined from 68% in 2025, this year-on-year change was not statistically significant. These findings show that households with children, particularly single-parent households, continue to experience disproportionately high levels of food insecurity.

Figure 12

Family status among food security segments by year



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

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

▲ ▼ Represents a significant difference when comparing FS results to the average of the categories in the group.

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 [Total] 2022 n=4,024; 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880; Households (HH) with children - single-parent HHs 2022 n=123; 2023 n=167; 2024 n=145; 2025 n=130; 2026 n=216; HH with children - non single-parent HHs 2022 n=1,085; 2023 n=983; 2024 n=1,055; 2025 n=1,080; 2026 n=1,384; HH with children -

Relative/Co-resident of child 2022 n=78; 2023 n=133; 2024 n=114; 2025 n=133; 2026 n=196; HH Without Children 2022 n=2,738, 2023 n=3,059; 2024 n=2,946; 2025 n=2,917; 2026 n=4,084)

In 2026, almost half of households represented by Australians aged 18 to 34 experienced food insecurity (48%), including 28% experiencing severe food insecurity. Food insecurity was lower among households represented by Australians aged 35 to 54 (37%) and those aged 55 and over (19%), with severe food insecurity affecting 23% and 11% respectively. These results remained relatively stable year on year and show that younger households continue to experience substantially higher levels of food insecurity than older households.



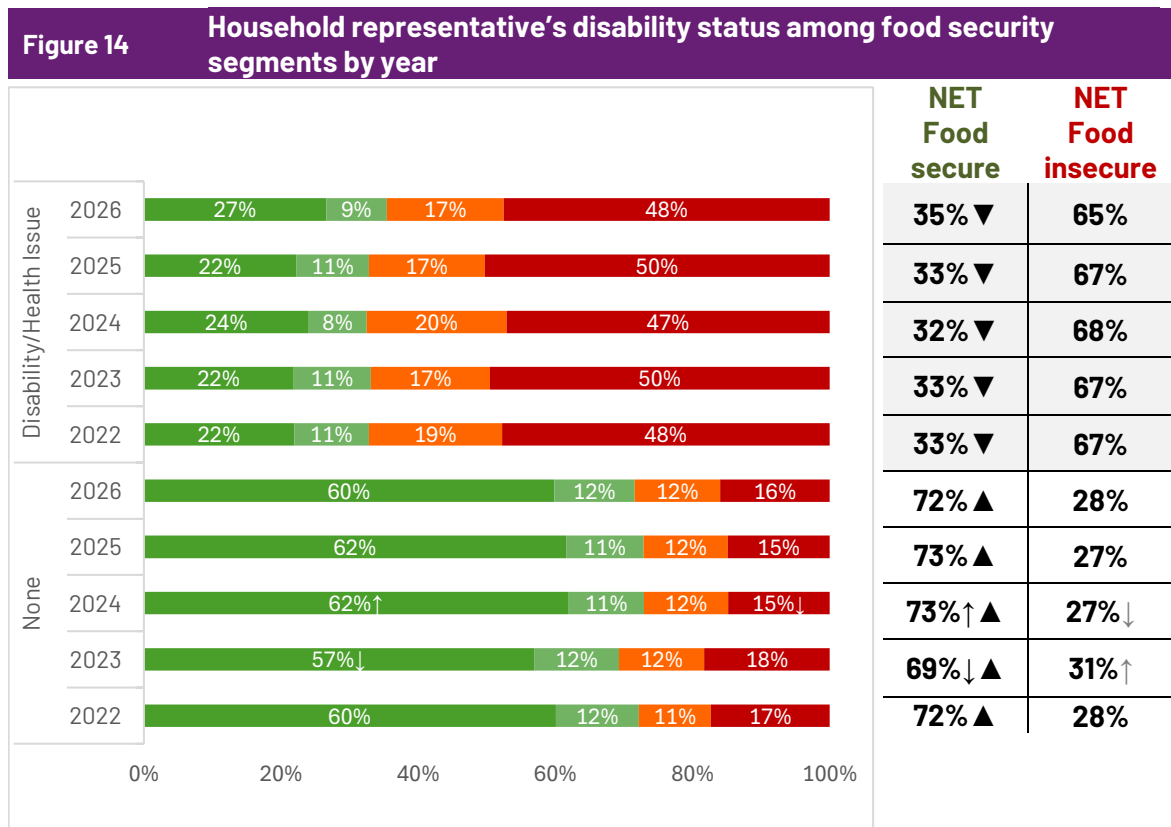
■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

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

▲ ▼ Represents a significant difference when comparing FS results to the average of the categories in the group.

USDA Food Security Summary from HFSSM 18 questions and RESP_AGE What is your date of birth? (Base [Total] 2022 n=4,024; 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880; 18-34 2022 n=1,167; 2023 n=1,261; 2024 n=1,196; 2025 n=1,245; 2026 n=1,545; 35-54 2022 n=1,314; 2023 n=1,478; 2024 n=1,441; 2025 n=1,420; 2026 n=1,972; 55+ 2022 n=1,543; 2023 n=1,603; 2024 n=1,623; 2025 n=1,595; 2026 n=2,363)

Households affected by disability or health issues also experienced disproportionately high levels of food insecurity in 2026. Almost two-thirds were food insecure (65%), significantly higher than households not affected by disability or health issues (28%). This included 48% experiencing severe food insecurity, compared with 16% of households not affected. These findings highlight the disproportionately high levels of food insecurity experienced by households affected by disability or health issues.



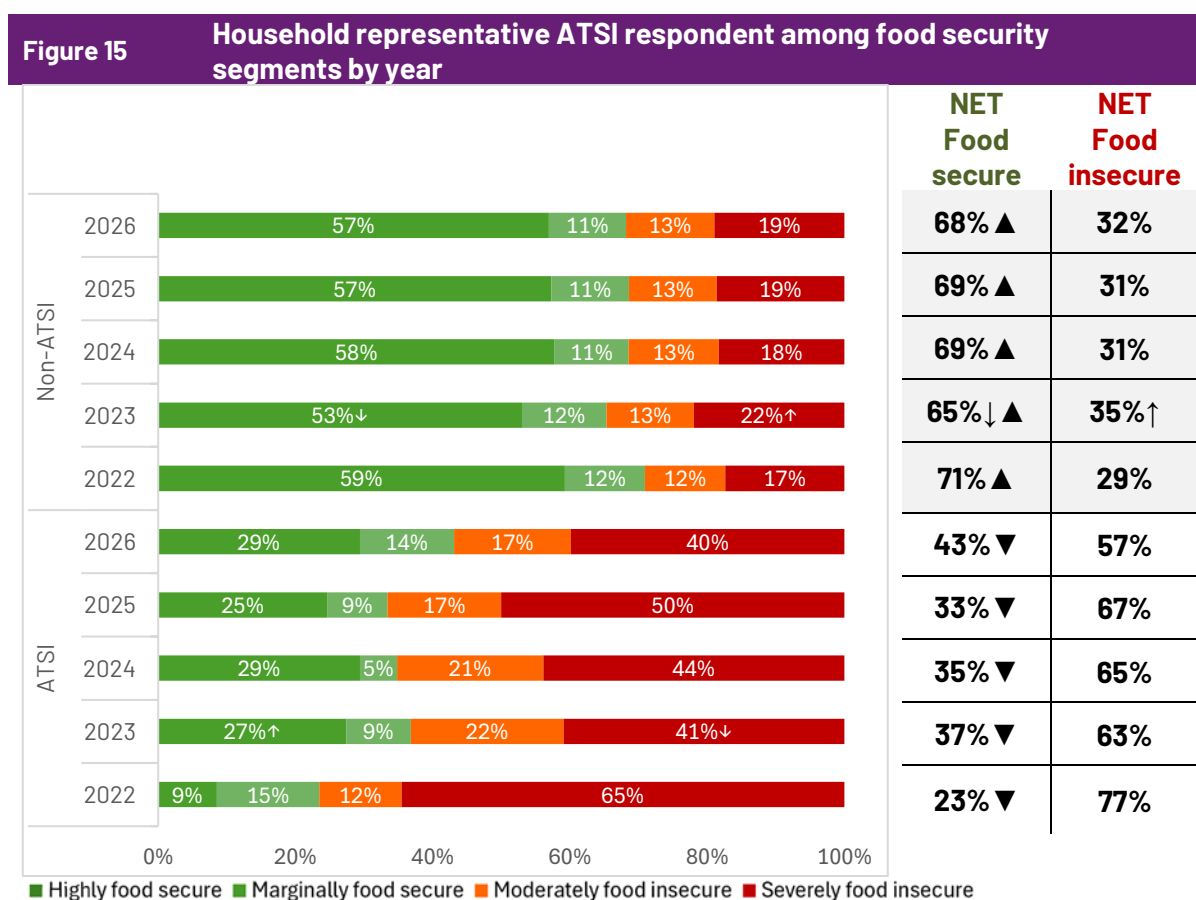
■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

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

▲ ▼ Represents a significant difference when comparing FS results to the average of the categories in the group.

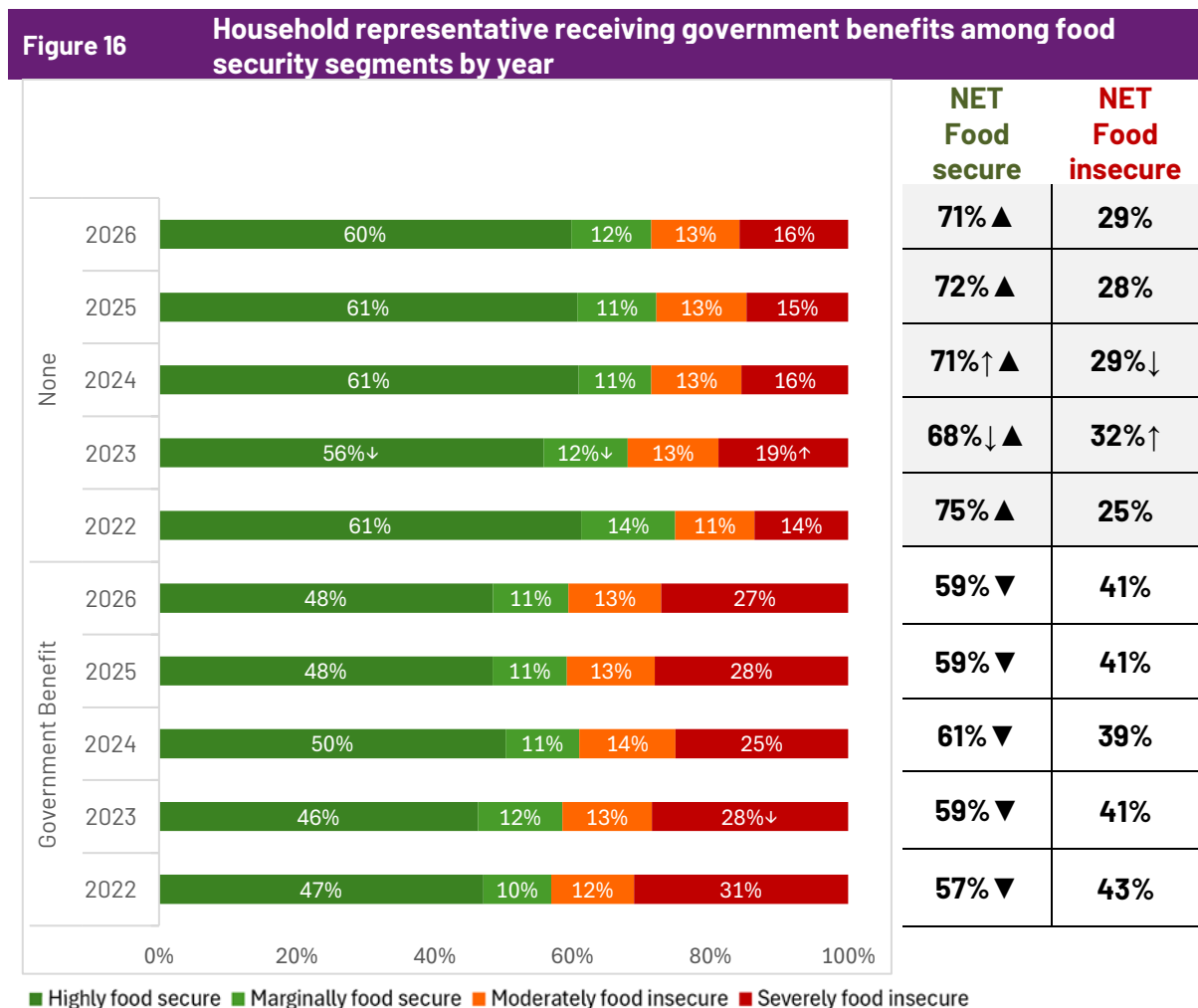
USDA Food Security Summary from HFSSM 18 questions and Disability/Health Issue from 5 questions (Base [Total] 2022 n=4,024; 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880; Disability/health issue 2022 n=468; 2023 n=611; 2024 n=520; 2025 n=544; None 2022 n=3,556; 2023 n=3,731; 2024 n=3,740; 2025 n=3,716; 2026 n=5,144)

Households represented by an Aboriginal or Torres Strait Islander respondent continue to experience disproportionately high levels of food insecurity. In 2026, 57% of these households experienced food insecurity, including 40% experiencing severe food insecurity, compared with 33% and 20% nationally. While both results were directionally lower than in 2025, neither year-on-year change was statistically significant. The findings show that a substantial disparity in food-security outcomes remains.



USDA Food Security Summary from HFSSM 18 questions and ATSI from 5 questions (Base [Total] 2022 n=4,024; 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880; ATSI 2022 n=379; 2023 n=191; 2024 n=128; 2025 n=171; 2026 n=265).

Receipt of government benefit payments is also associated with higher levels of food insecurity. In 2026, food insecurity affected 41% of households where the survey respondent received government benefit payments, including 27% experiencing severe food insecurity. These figures were stable year on year but remained above the national rates of 33% and 20%, showing that households represented by benefit recipients continue to face greater food-security challenges.

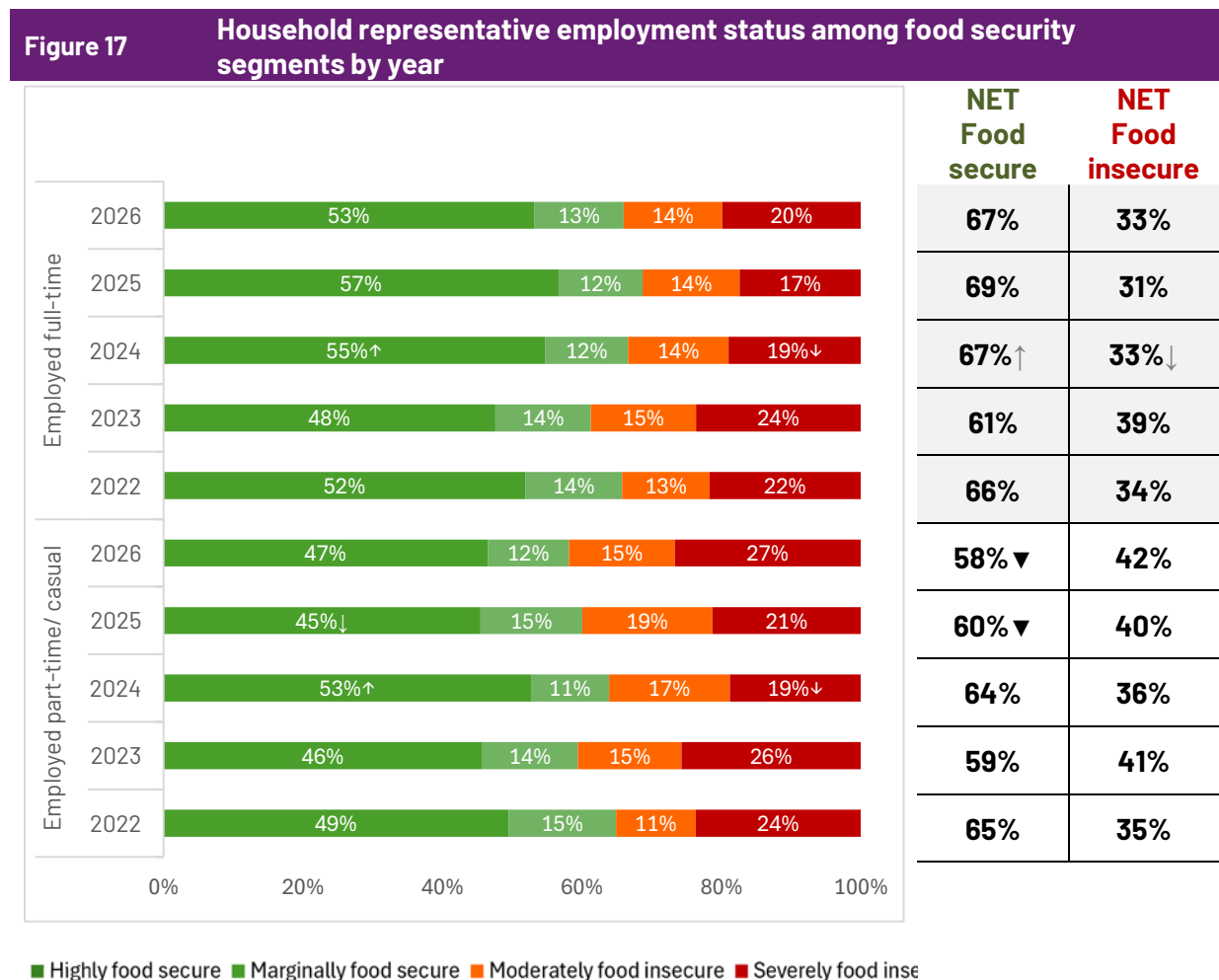


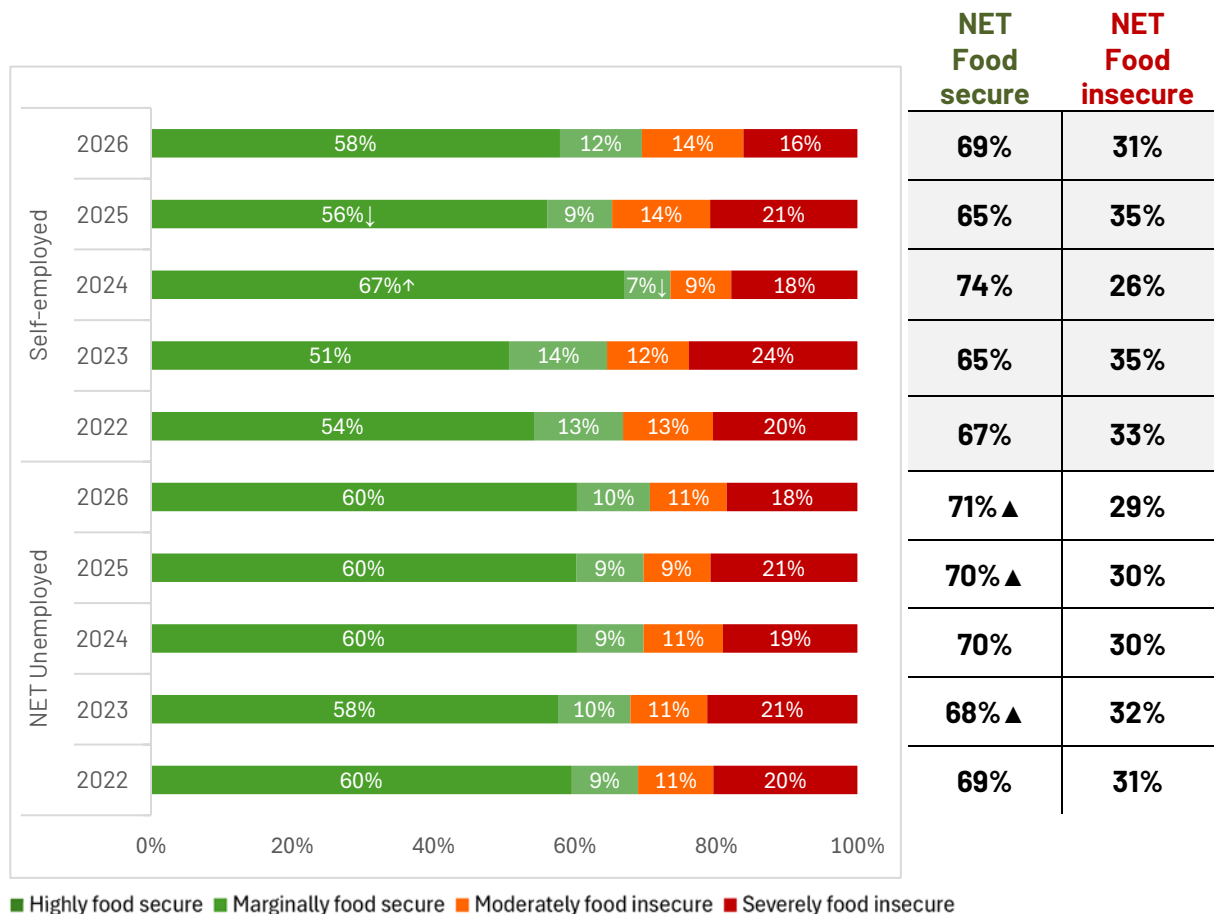
↑ ↓ Represents a significant change when comparing results from the previous year.

▲ ▼ Represents a significant difference when comparing FS results to the average of the categories in the group.

USDA Food Security Summary from HFSSM 18 questions and receiving government benefit from 5 questions (Base [Total] 2022 n=4,024; 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880; Government Benefits 2022 n= 1,720; 2023 n=1,635; 2024 n=1,467; 2025 n=1,497; 2026 n=2,155).

Food insecurity also remained elevated among households with part-time or casual workers in 2026, affecting 42% compared with 33% of Australian households nationally. While this represents a directional increase from 40% in 2025, the year-on-year change was not statistically significant. Severe food insecurity among households with part-time or casual workers also continued its non-significant upward trend, rising from 19% in 2024 to 21% in 2025 and 27% in 2026.





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

▲ ▼ Represents a significant difference when comparing FS results to the average of the categories in the group.

USDA Food Security Summary from HFSSM 18 questions and P3 Which of the following best describes your employment status?

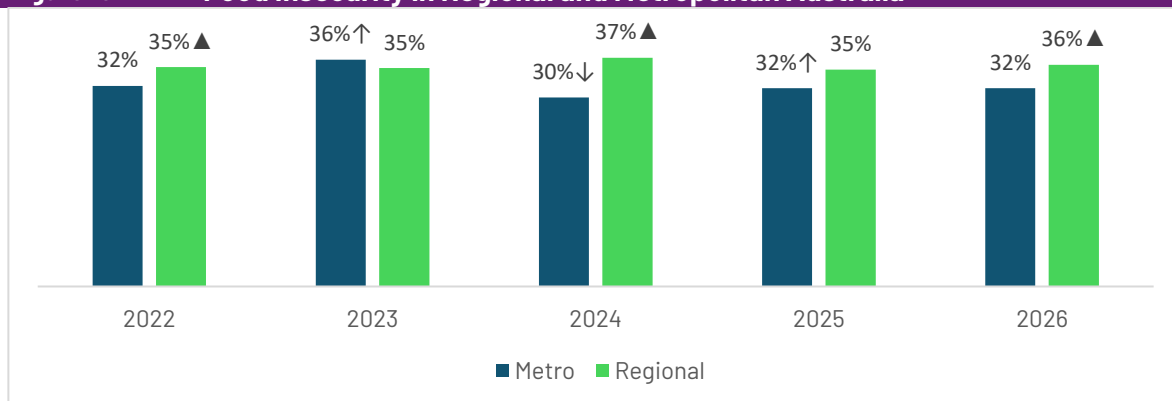
Base [Total] 2022 n=4,024; 2023 n=4,342; 2024 n=4,260; 2025 n=4,260; 2026 n=5,880; Employed full-time 2022 n=1,223; 2023 n=1,420; 2024 n=1,462; 2025 n=1,468; 2026 n=1,884; Employed part-time/ casual 2022 n=714; 2023 n=757; 2024 n=731; 2025 n=759; 2026 n=1,054; Self-employed 2022 n=179; 2023 n=245; 2024 n=226; 2025 n=215; 2026 n=298; NET Unemployed 2022 n=1,794; 2023 n=1,814; 2024 n=1,737; 2025 n=1,712; 2026 n=2,472)

Food Insecurity in Regional and Metropolitan Areas

Food insecurity levels in both regional and metropolitan areas of Australia have held relatively steady.

Food insecurity remained relatively stable across both regional and metropolitan Australia in 2026. However, the disparity between regional and metropolitan households emerged again, with regional households experiencing significantly poorer food security. Food insecurity was significantly higher among regional households than metropolitan households (36% compared with 32%), while severe food insecurity affected almost one in four regional households (23%), significantly higher than the rate among metropolitan households (18%). These findings highlight that stable national food-insecurity rates continue to mask the disproportionate challenges faced by households in regional Australia.

Figure 18 Food Insecurity in Regional and Metropolitan Australia

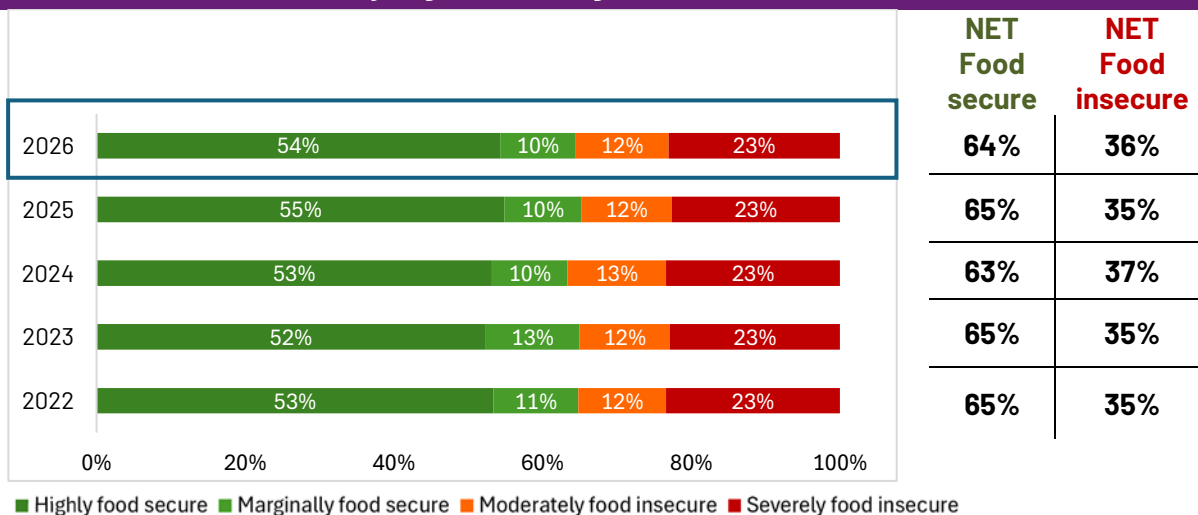


↑ ↓ Represents a significant change when comparing results from the previous year.

▲ ▼ Represents a significant difference when comparing results to the regional and metropolitan Australia.

USDA Food Security Summary from HFSSM 18 questions (Base [food insecure households - Metro] 2022 n=2,776, 2023 n=3,087; 2024 n=2,980; 2025 n=2,946; 2026 n=4,125; [food insecure households - Regional] 2022 n=1,248, 2023 n=1,255; 2024 n=1,280; 2025 n=1,314; 2026 n=1,755).

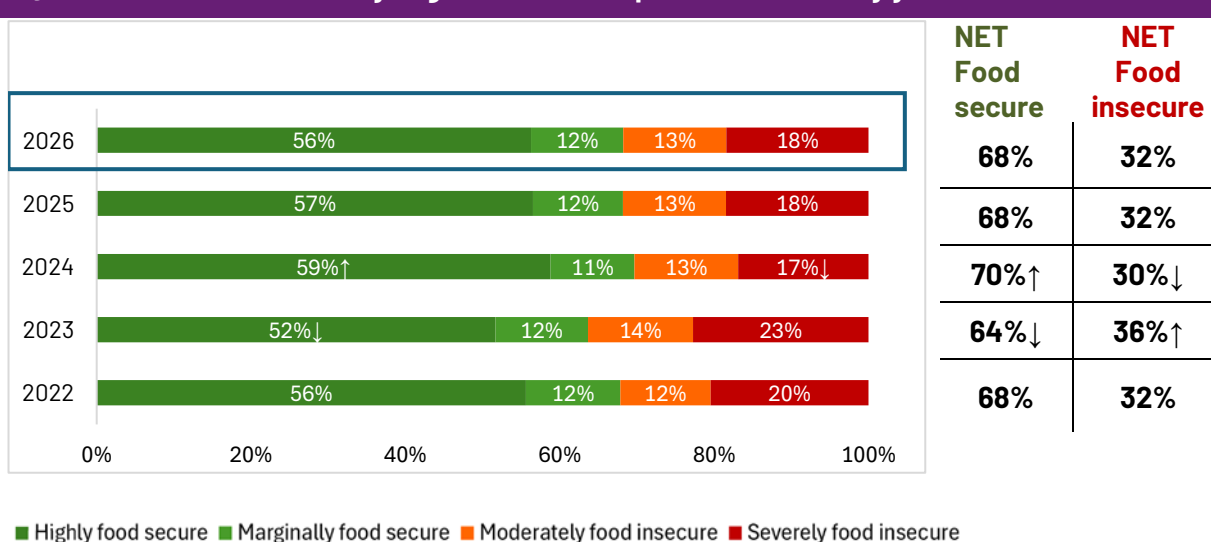
Figure 19 Food security segments in Regional Australia



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

USDA Food Security Summary from HFSSM 18 questions (Base [food insecure households] 2022 n=1,248; 2023 n=1,255; 2024 n=1,280; 2025 n=1,314; 2026 n=1,755).

Figure 20 Food security segments in Metropolitan Australia by year

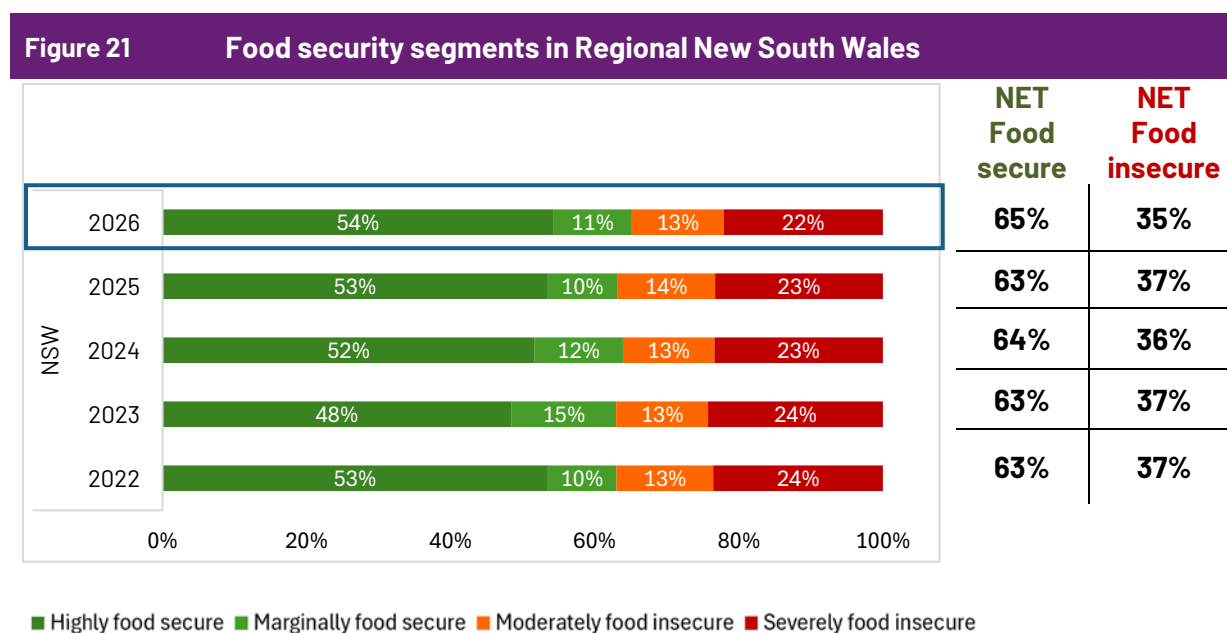


↑ ↓ Represents a significant change when comparing results from the previous year.

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 [Metro] 2022 n=2,776; 2023 n=3,087; 2024 n=2,980; 2025 n=2,946; 2026 n=4,125)

State by State Breakdown of USDA Segments in Regional Australia

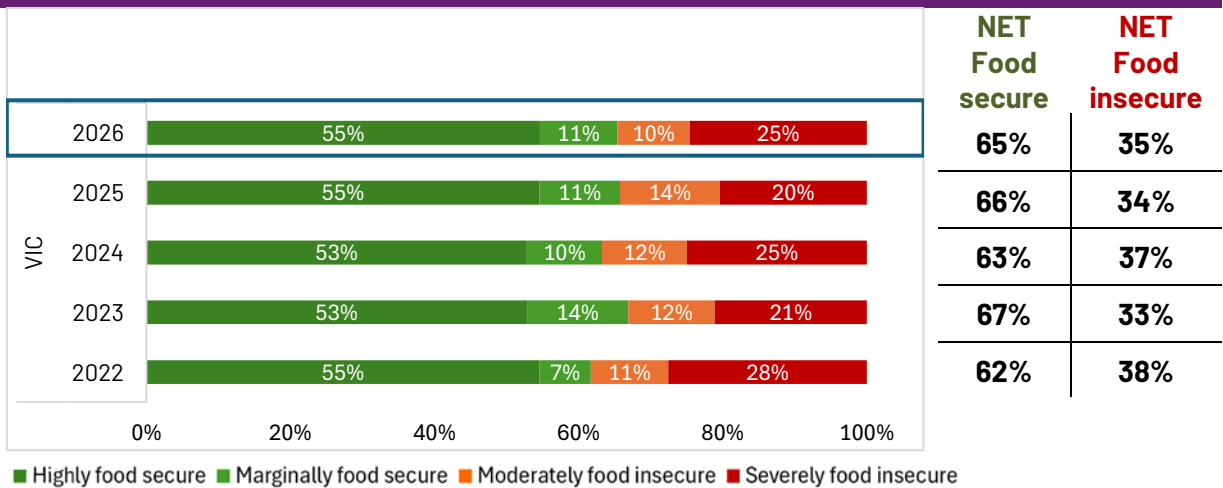
Food insecurity varied modestly across regional Australia in 2026. Rates were highest in regional Western Australia (40%), followed by regional South Australia and Tasmania (both 37%), Queensland (36%), and New South Wales and Victoria recorded the lowest rates (both 35%). None of the year-on-year differences were statistically significant, indicating that food insecurity remained broadly stable across regional areas, despite some variation between states. State-level results should be interpreted with care due to the smaller samples available in some regional jurisdictions.



↑ ↓ 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 [Regional NSW] 2022 n=379; 2023 n=367; 2024 n=409; 2025 n=409; 2026 n=388).

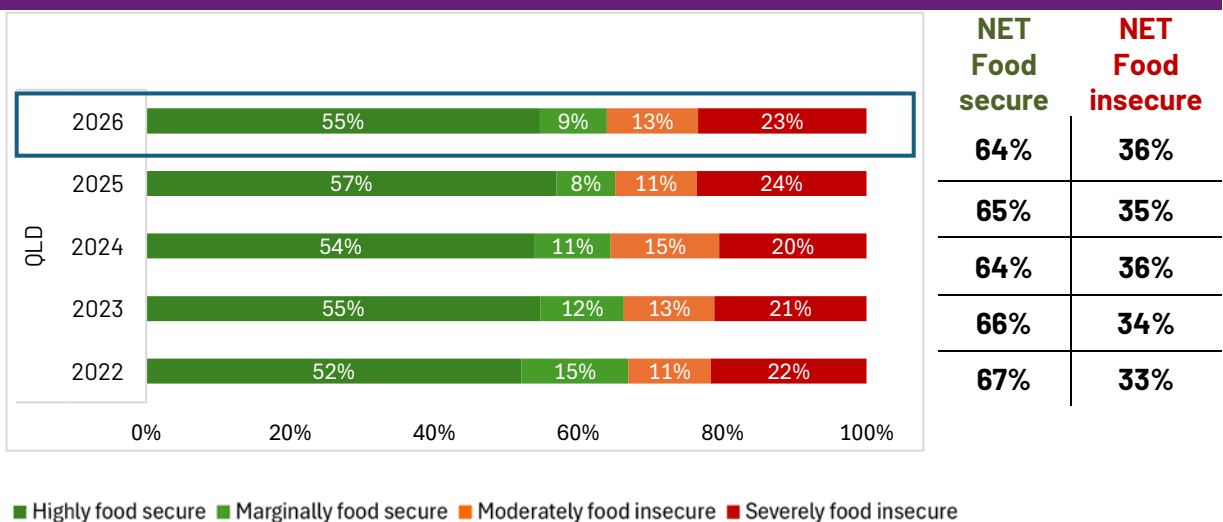
Figure 22 Food security segments in Regional Victoria



↑ ↓ 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 [Regional VIC] 2022 n=200; 2023 n=192; 2024 n=249; 2025 n=245; 2026 n=255).

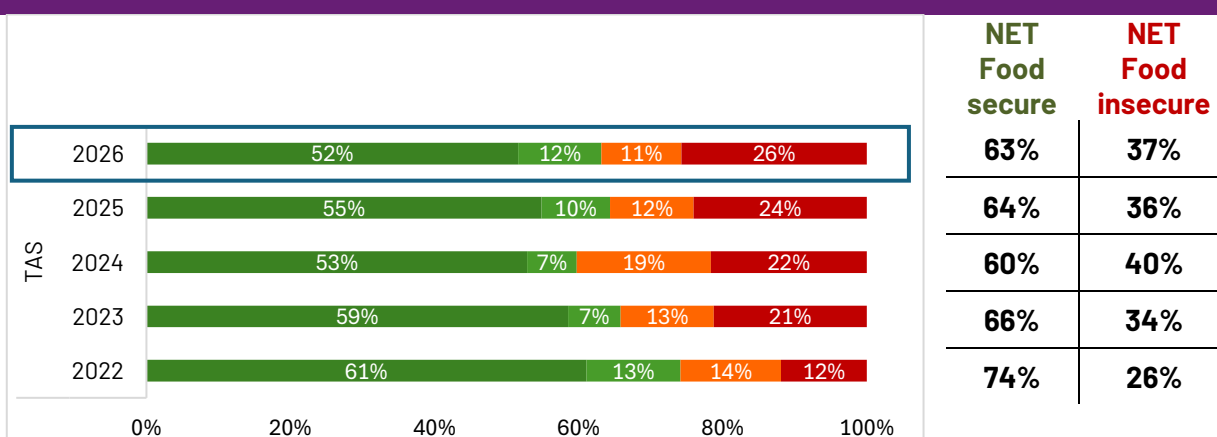
Figure 23 Food security segments in Regional Queensland



↑ ↓ 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 [Regional QLD] 2022 n=349; 2023 n=350; 2024 n=364; 2025 n=378; 2026 n=388).

Figure 24 Food security segments in Regional Tasmania



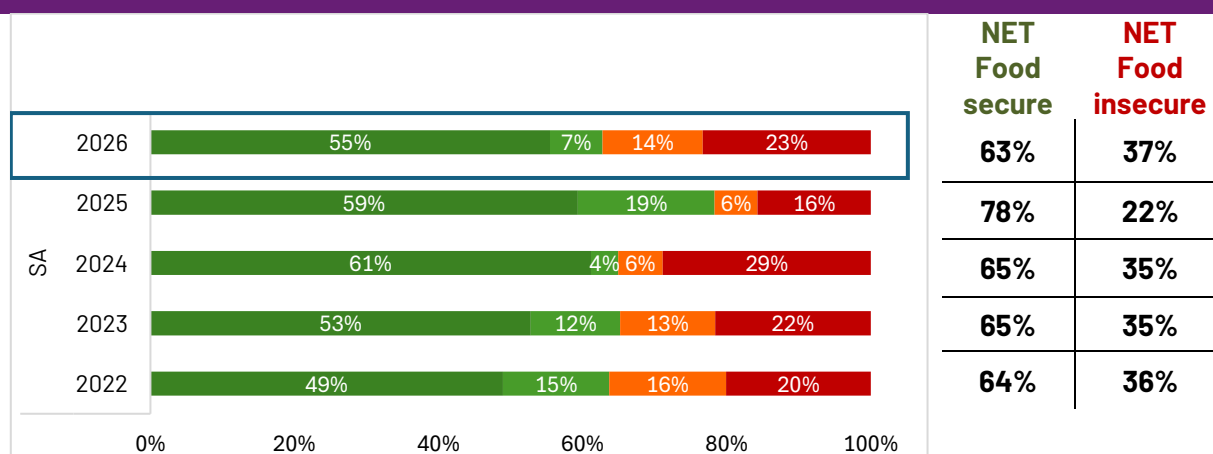
■ Highly food secure ■ Marginally food secure ■ Moderately food insecure ■ Severely food insecure

↑ ↓ 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 [Regional TAS] 2022 n=72; 2023 n=140; 2024 n=123; 2025 n=130; 2026 n=294).

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

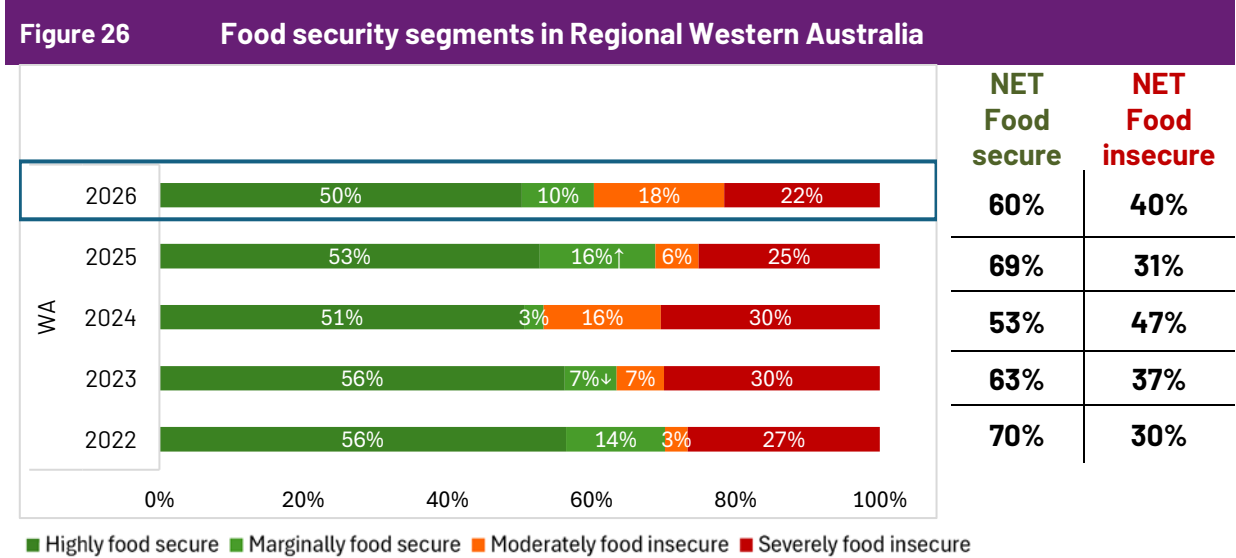
Figure 25 Food security segments in Regional South Australia



■ 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 and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base [Regional SA] 2022 n=117; 2023 n=118; 2024 n=50; 2025 n=60; 2026 n=190. Sample size for 2024 is small, interpret with caution).

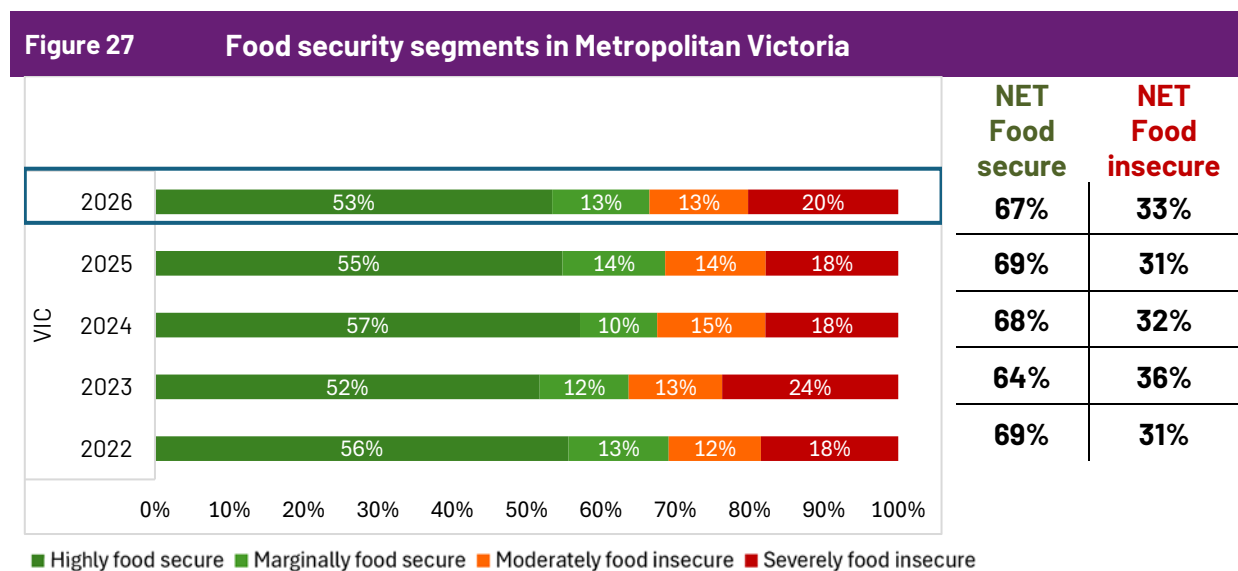


↑ ↓ Represents a significant change when comparing results from the previous year.

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 [Regional WA] 2022 n=129; 2023 n=63; 2024 n=58; 2025 n=69; 2026 n=217. Sample size for 2023 and 2024 is small, interpret with caution)

State by State Breakdown of USDA Segments in Metropolitan Australia

Food insecurity remained relatively stable across metropolitan Australia in 2026, although outcomes varied between jurisdictions. Food insecurity affected 36% of households in Queensland and 33% in Victoria, compared with 30% in New South Wales, 30% in South Australia and 28% in Western Australia. None of the year-on-year changes were statistically significant, indicating that food insecurity remained broadly stable across metropolitan areas.



↑ ↓ 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 [Metro VIC] 2022 n=653; 2023 n=686; 2024 n=810; 2025 n=790; 2026 n=776).

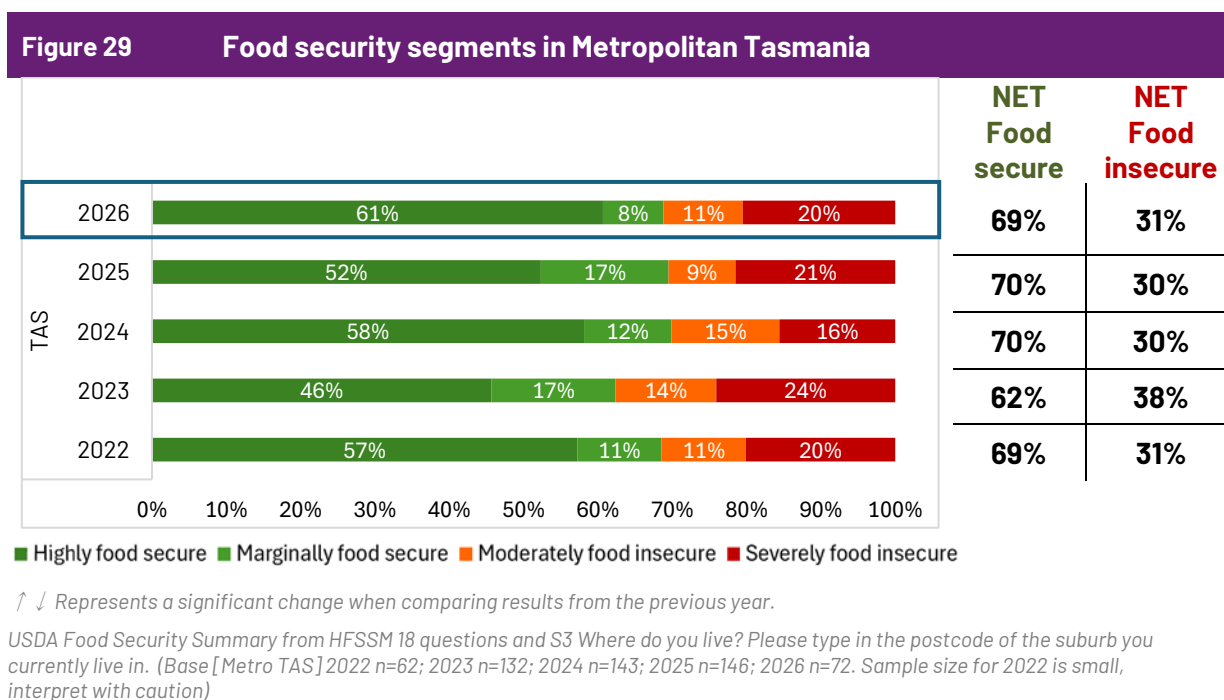
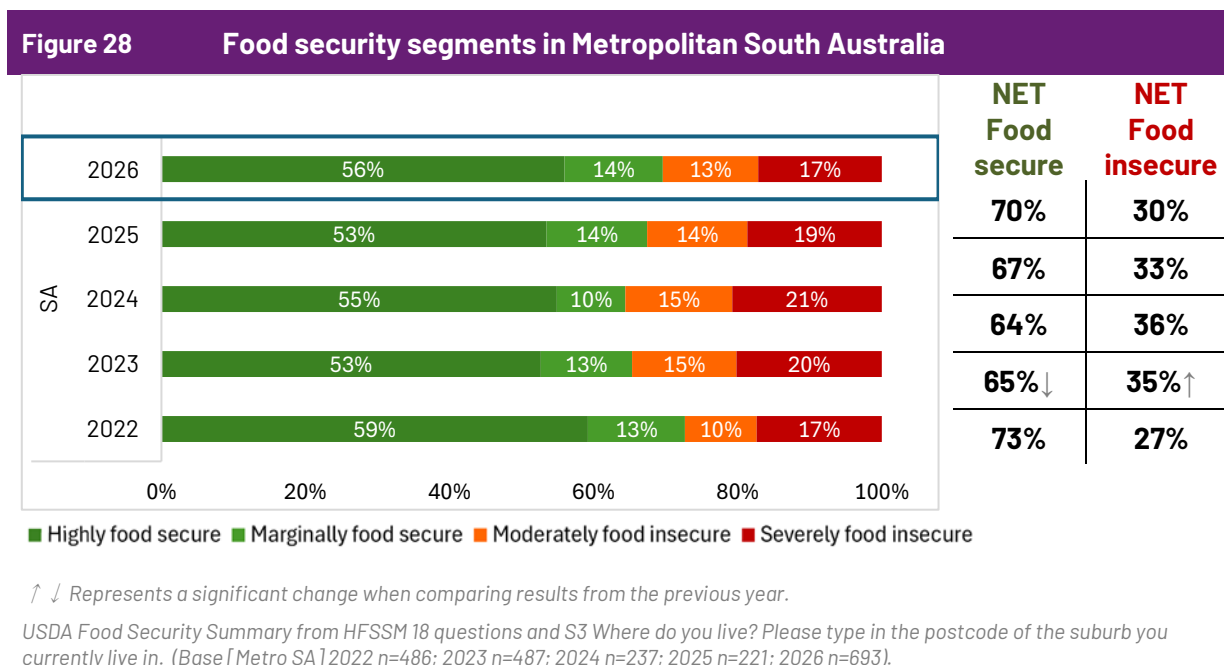
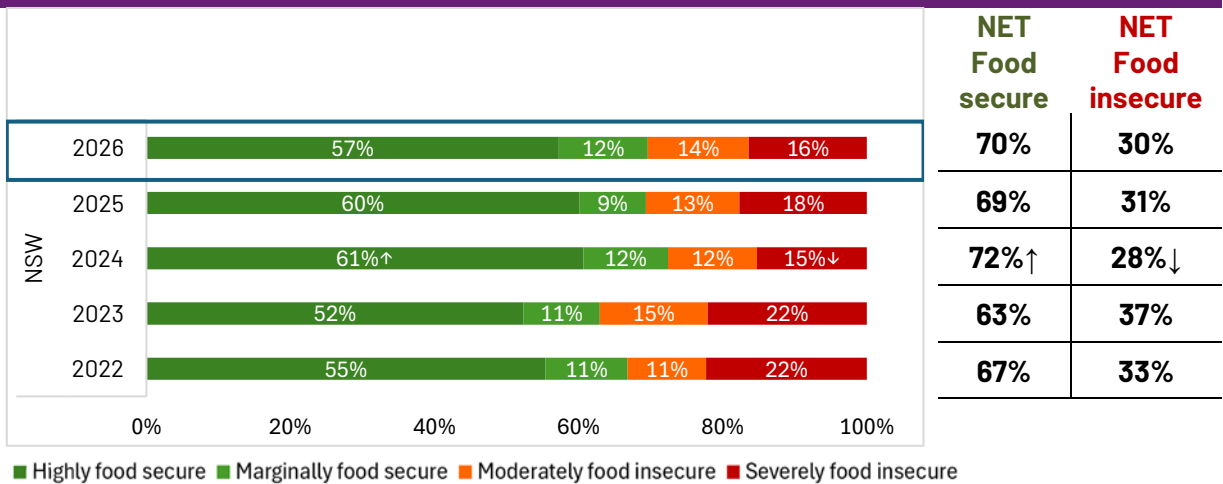


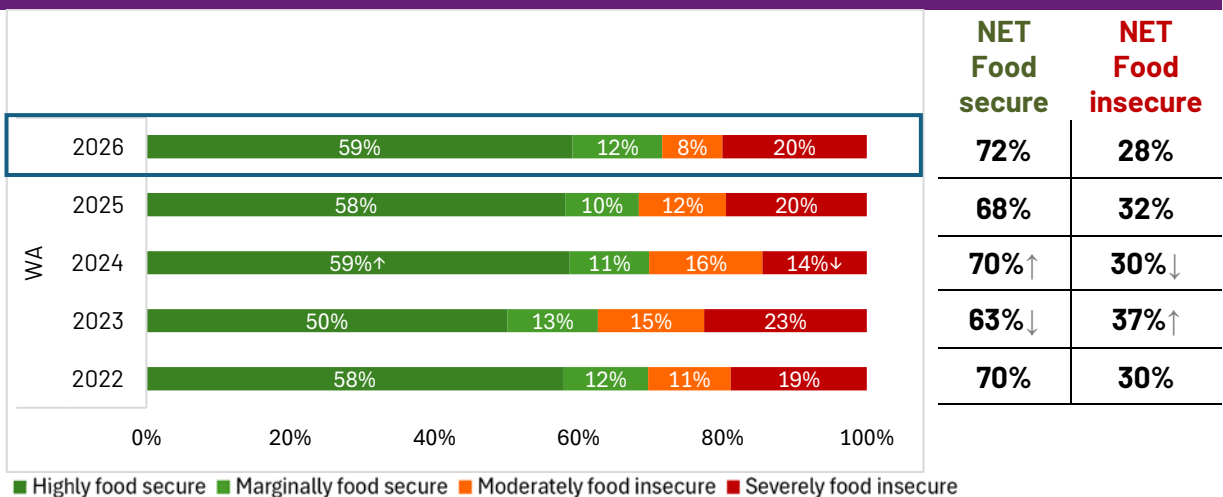
Figure 30 Food security segments in Metropolitan New South Wales



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

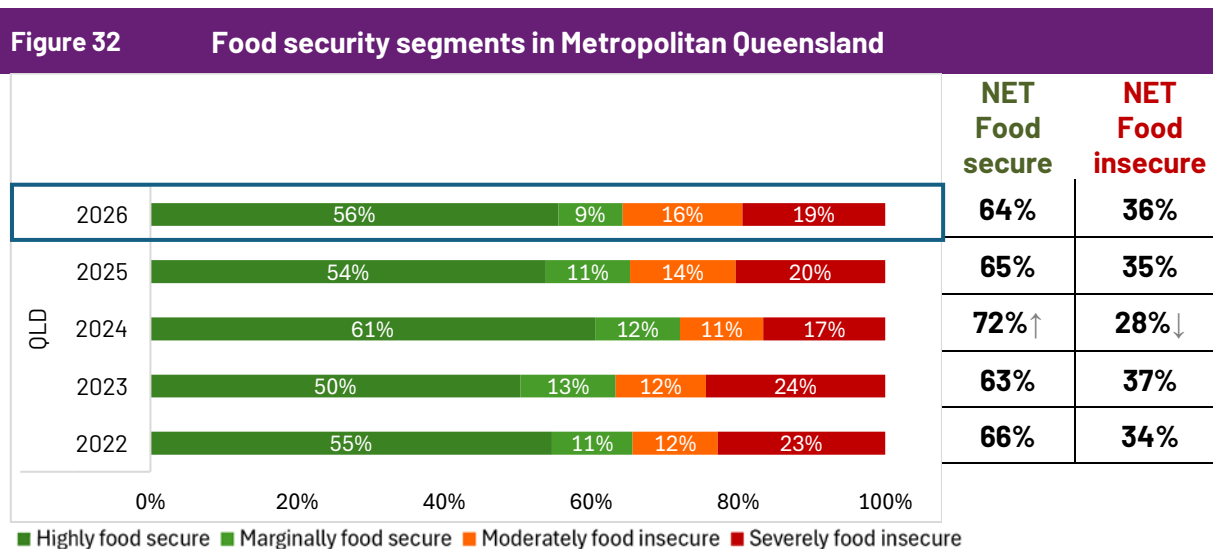
USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base [Metro NSW] 2022 n=674; 2023 n=701; 2024 n=896; 2025 n=848; 2026 n=871).

Figure 31 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 [Metro WA] 2022 n=475; 2023 n=563; 2024 n=352; 2025 n=359; 2026 n=913).



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

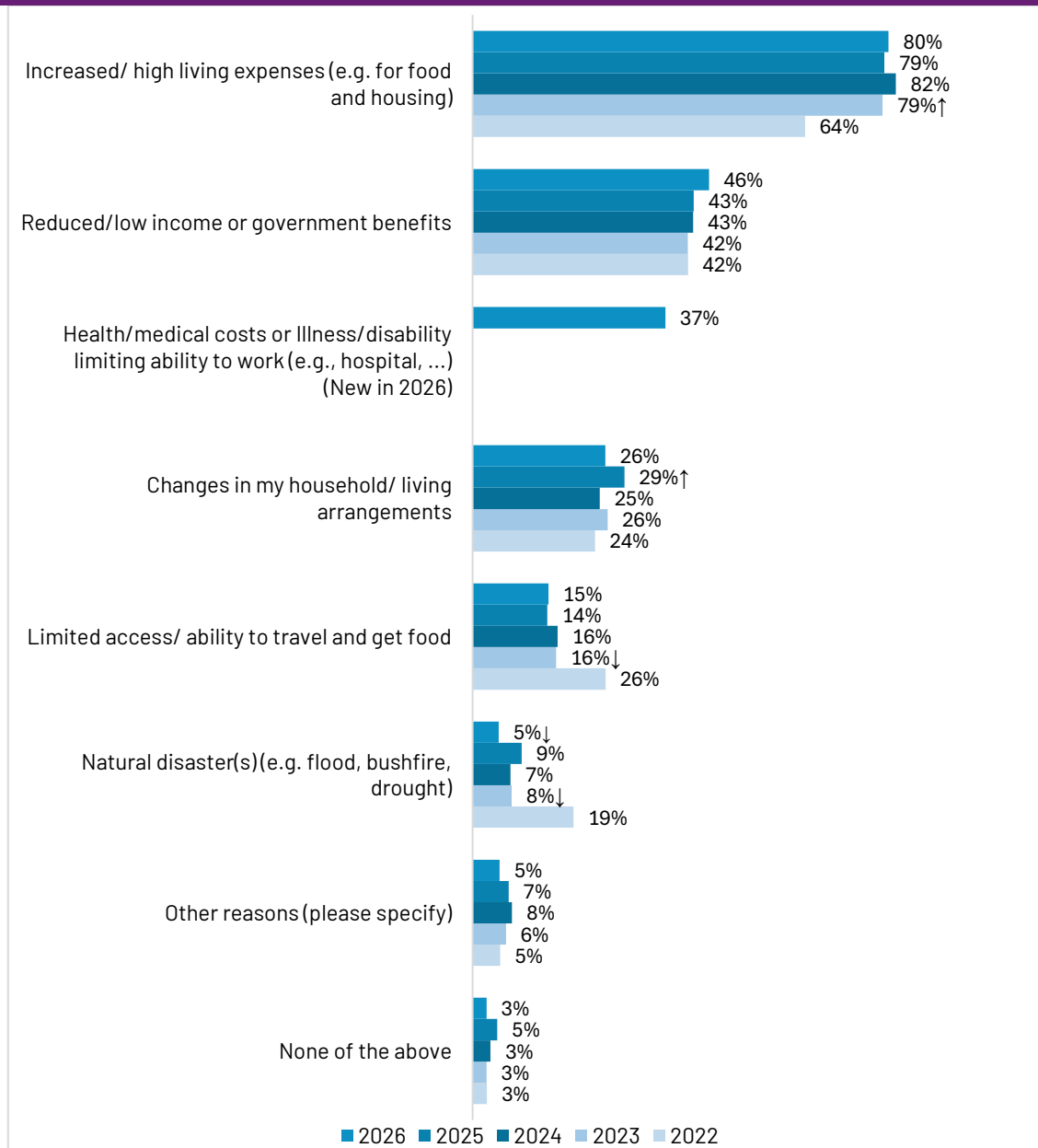
USDA Food Security Summary from HFSSM 18 questions and S3 Where do you live? Please type in the postcode of the suburb you currently live in. (Base [Metro QLD] 2022 n=353; 2023 n=351; 2024 n=404; 2025 n=434; 2026 n=435).

Factors Contributing to Food Insecurity among Australian households

High living expenses remained the leading reported contributor to food insecurity in 2026, cited by four in five food-insecure households (80%). Reduced or low income or government benefits were cited by 46%, while 37% identified health or medical costs, or illness or disability limiting the ability to work, a measure introduced in 2026. Changes in household or living arrangements were reported by 26%, compared with 29% in 2025. Although this year-on-year difference was not statistically significant, the 2026 result was more consistent with the levels recorded before the significant increase in 2025.

Figure 33

Factors contributing to food insecurity among Australian households

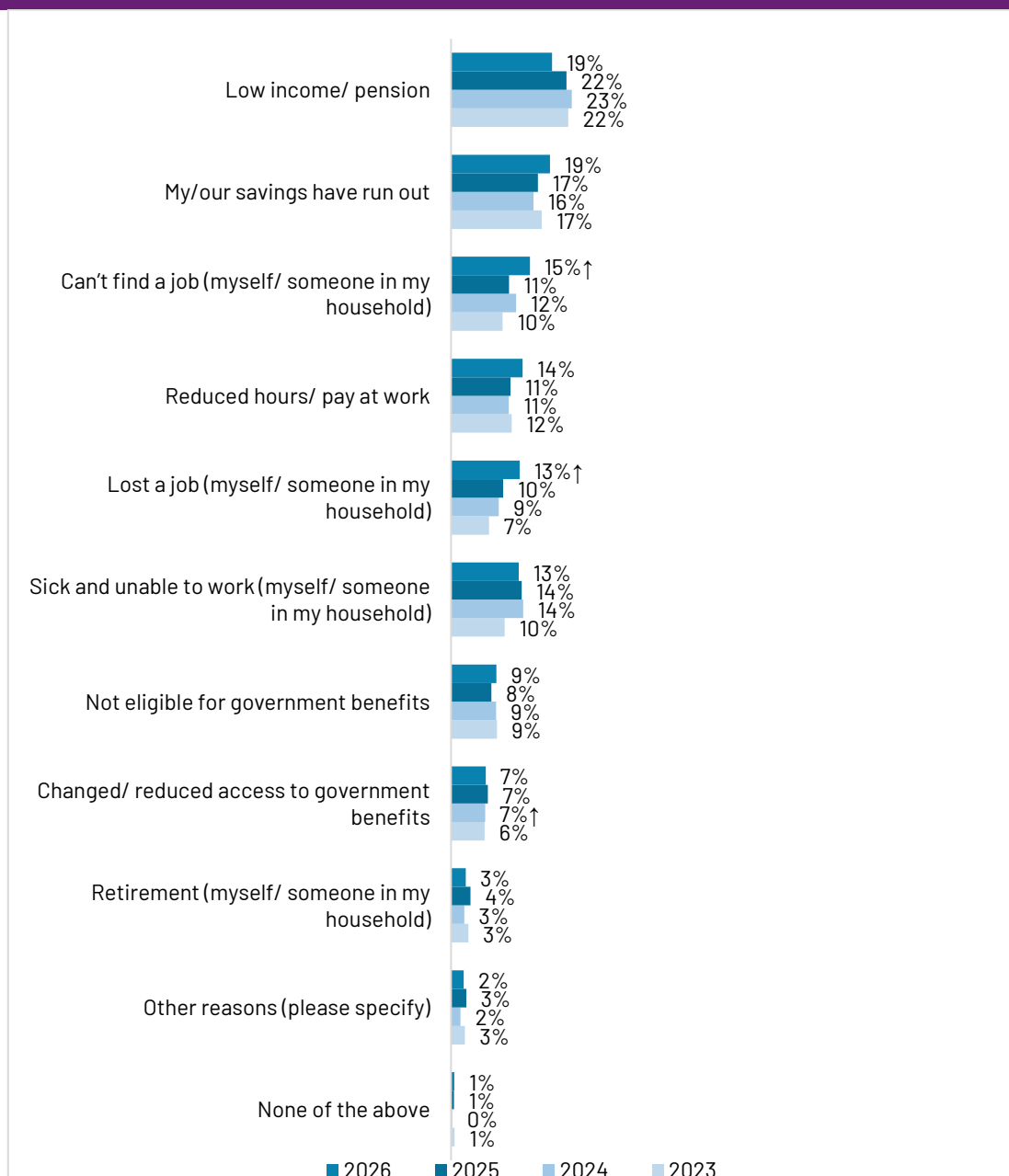


↑ ↓ Represents a significant change when comparing results from the previous year.

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 [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797)

Employment pressures became more prominent among food-insecure households in 2026. The proportion reporting that difficulty finding work contributed to their food situation increased significantly to 15%, compared with 11% in 2025, while job loss also rose significantly from 10% to 13%. Reduced hours or pay was cited by 14%, and 19% reported that their savings had run out; neither have changed significantly year on year. Together, employment disruption and depleted financial reserves are placing additional pressure on households' ability to afford food.

Figure 34 **Income-related pressures among at-risk Australian households**



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

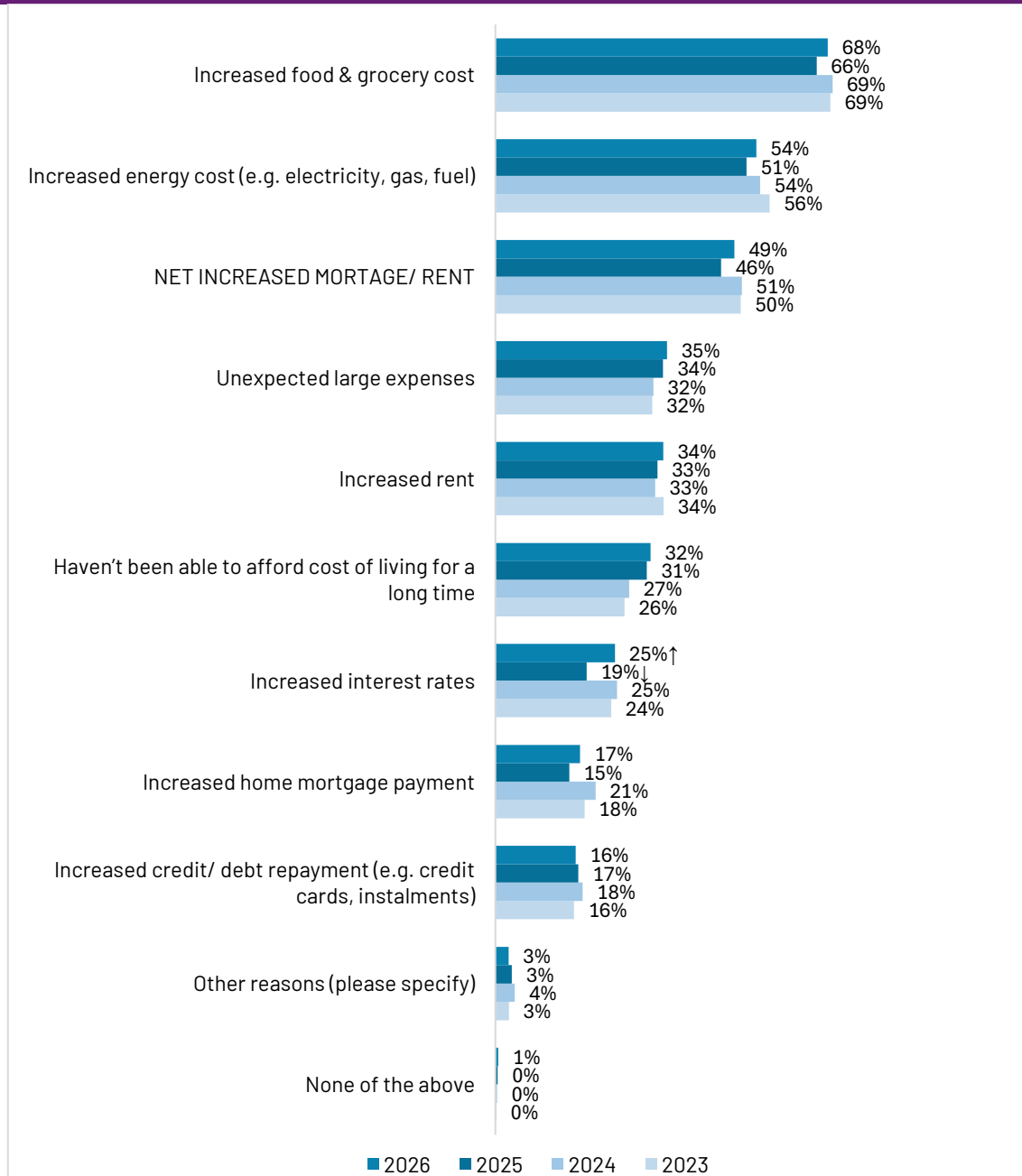
Q40a. Can you tell us more in what way reduced/low income or government benefits contributed to your food situation(s) in the past 12 months? (Base [Food insecure households] 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797)

Rising food, energy and housing costs continued to place substantial pressure on food-insecure households in 2026. More than two-thirds identified increased food and grocery costs as contributing to their food situation (68%), while 54% cited increased energy costs and 49% identified higher mortgage or rent costs.

The reported impact of interest rates also became more pronounced. After declining to 19% in 2025, the proportion identifying increased interest rates as a contributor rose significantly to 25%, returning to similar levels recorded in 2023 and 2024. The lower 2025 result coincided with an easing interest-rate environment, before the reductions made that year were reversed in 2026⁴. This renewed pressure aligns with the broader deterioration in financial confidence evident in the 2026 findings, with more households expecting their finances to worsen and fewer expecting them to remain stable over the next year.

⁴ Reserve Bank of Australia (RBA) 2026. Retrieved September 2026:
<https://www.rba.gov.au/statistics/cash-rate/>

Figure 35 High living expense among at-risk Australian households



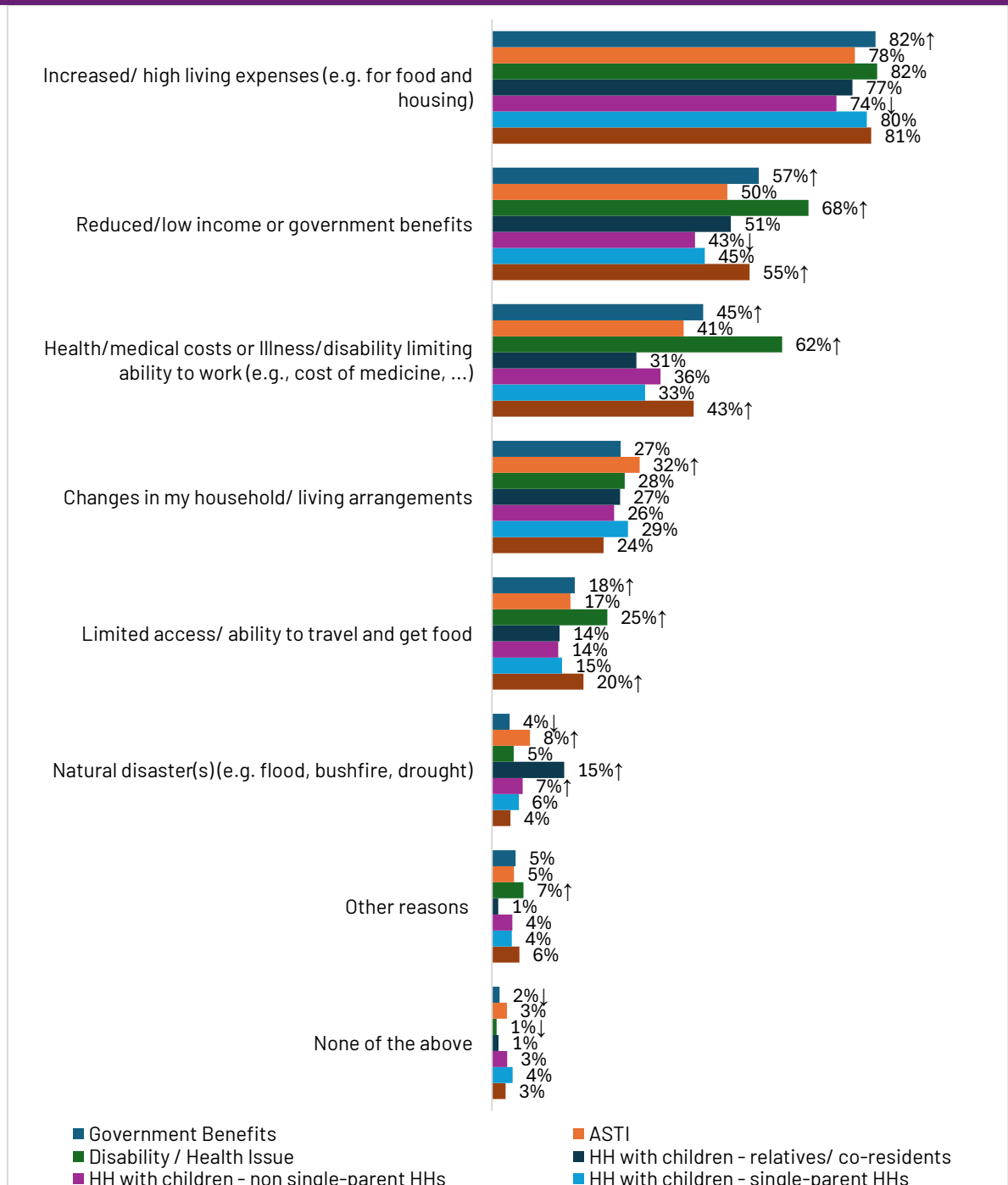
↑ ↓ Represents a significant change when comparing results from the previous year.

Q40b. Can you tell us more in what way increased/high living expenses (e.g. for food and housing) contributed to your food situation(s) in the past 12 months? (Base [Food insecure households] 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797)

The factors contributing to food insecurity differed across household groups in 2026. Compared with food-insecure households overall, those receiving government benefits were significantly more likely to identify reduced or low income or government benefits, health or medical costs or an inability to work due to illness or disability, changes in household or living arrangements, and limited access or ability to travel and obtain food as contributors to their food situation. Food-insecure households with part-time or casual workers were also significantly more likely than food-insecure households overall to cite reduced or low income or government benefits. These differences highlight the varied income, health, access and household pressures reported by groups experiencing food insecurity.

Figure 36

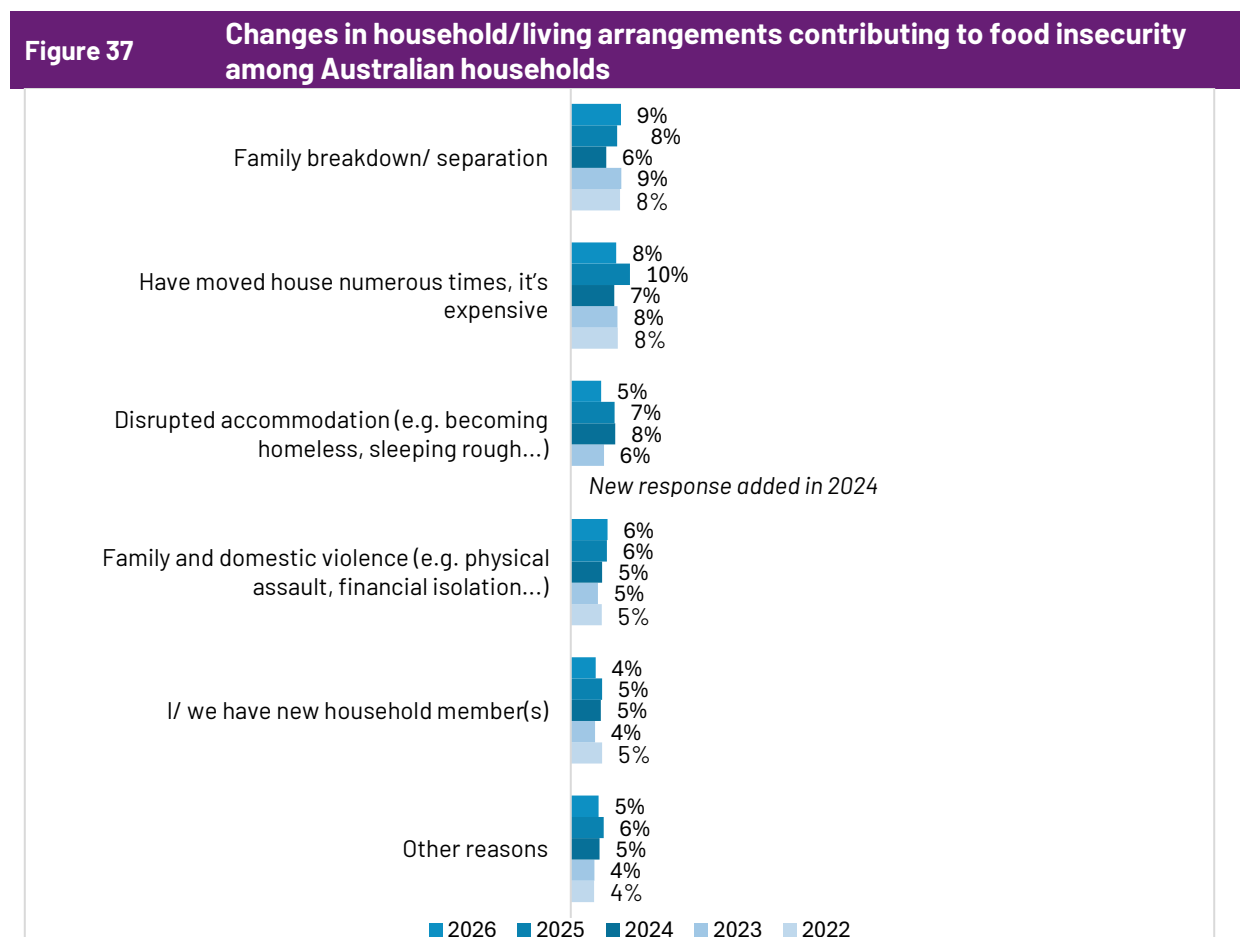
Factors contributing to food insecurity among at-risk Australian households



↑ ↓ Represents a significant difference compared to the average NET Food insecure household.

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 [Food insecure households] 2026 n=1,797; Low income <\$33,799 per year n=491; HH with children - single-parent HHs n=120; HH with children - non single-parent HHs n=551; HH with children - relatives/ co-residents n=76; Disability/Health Issue n=491; ATSI n=154; Government Benefits n=829).

Changes in household or living arrangements continued to affect some food-insecure households in 2026. Family breakdown or separation was cited by 9%, while 8% reported the financial strain of moving house numerous times. Family and domestic violence affected 6%, and 5% identified disrupted accommodation, including homelessness or sleeping rough.



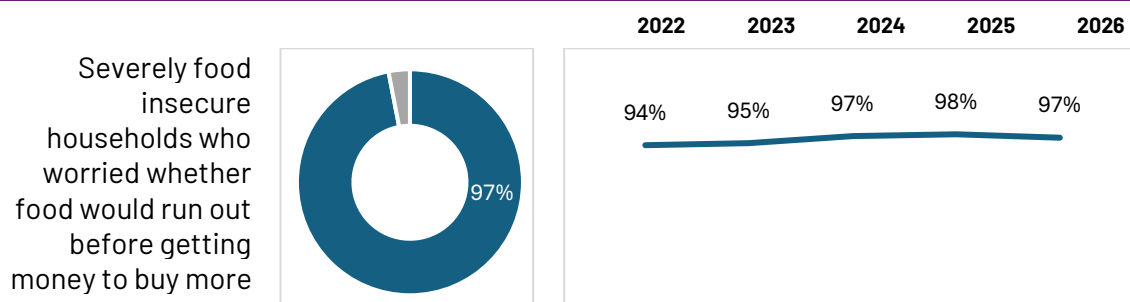
↑ ↓ Represents a significant change when comparing results from the previous year.

Q40c. Can you tell us more in what way changes in your household/ living arrangement contributed to your food situation(s) in the past 12 months? (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797)

Australian Households' Experiences of Food Insecurity

Severe food insecurity continued to involve persistent uncertainty about whether households could afford enough adequate food. In 2026, worry about food running out remained almost universal among households experiencing severe food insecurity, with 97% worried that food would run out before they had money to buy more. Access to balanced meals remains a persistent challenge with 93% not being able to afford balanced meals and 75% reporting that purchased food did not last, with no significant year-on-year change in these measures.

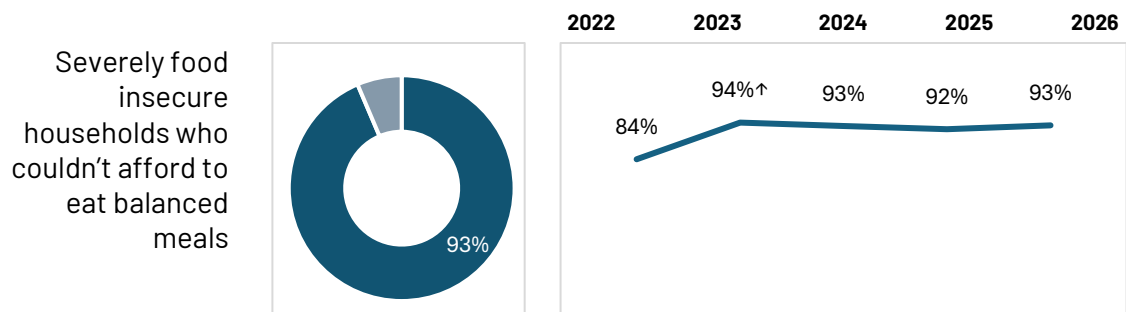
Figure 38 Severely food insecure households



↑ ↓ 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 [filtered to severely food insecure households] 2022 n=803; 2023 n=925; 2024 n=726; 2025 n=780; 2026 n=1,066)

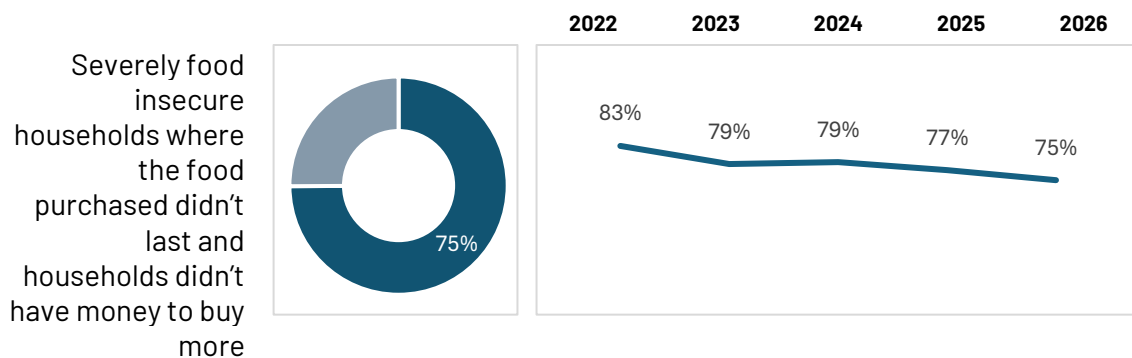
Figure 39 Severely food insecure households



↑ ↓ 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 [filtered to severely food insecure households] 2022 n=803, 2023 n=925; 2024 n=726; 2025 n=780; 2026 n=1,066).

Figure 40 Severely food insecure households

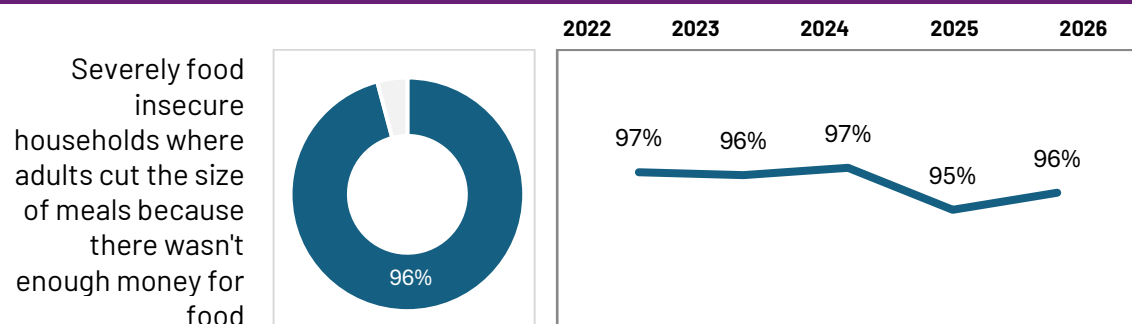


↑ ↓ Represents a significant change when comparing results from the previous year.

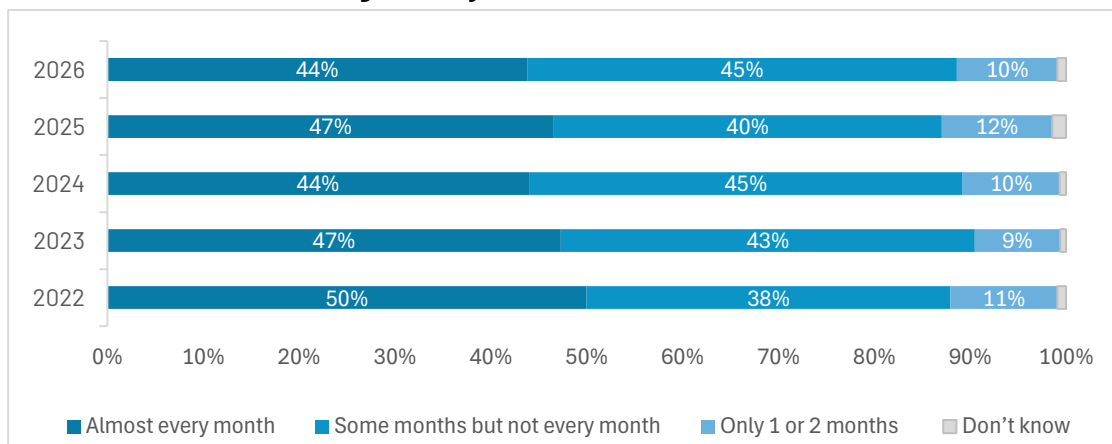
FB0 In the last 12 months, was there any time when you or anyone in your household ran out of food and did not have enough money to purchase more? (Base [filtered to severely food insecure households] 2022 n=803, 2023 n=925; 2024 n=726; 2025 n=780; 2026 n=1,066).

For many households, this pressure resulted in adults reducing or going without food. Almost all severely food-insecure households reported that an adult had reduced the size of meals or skipped meals because there was not enough money for food (96%). Half reported that an adult had gone without food for an entire day, and for most of these households this occurred in multiple months during the year.

Figure 41 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

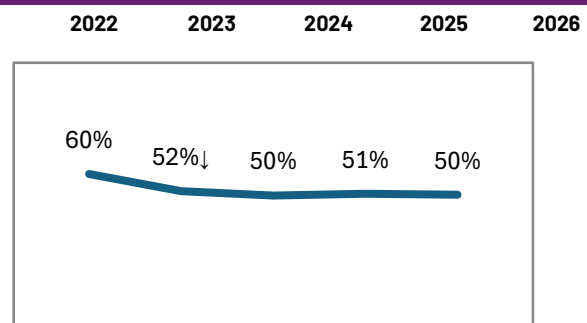
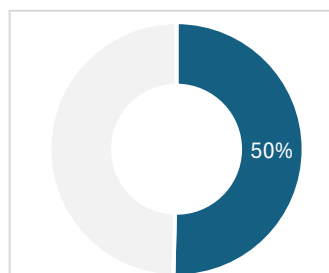


↑ ↓ Represents a significant change when comparing results from the previous year.

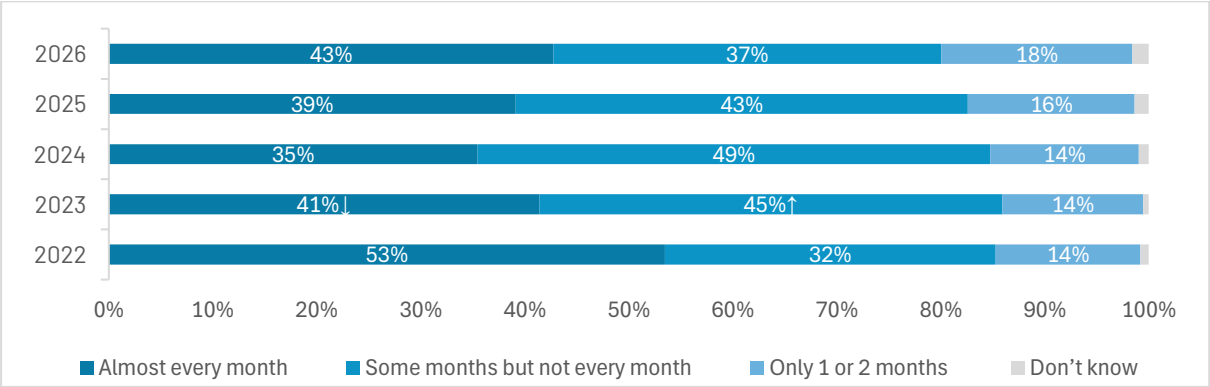
AD1. In the last 12 months, did you or any other adult in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? (Base [filtered to severely food insecure households] 2022 n=803, 2023 n=925; 2024 n=726; 2025 n=780; 2026 n=1,065) AD1A. And how often did this happen? (Base [severely food insecure households] 2022 n=780, 2023 n=890; 2024 n=700; 2025 n=736; 2026 n=1,014). Note: Data labels below 5% not shown.

Figure 42 Severely food insecure households not eating for a whole day

Severely food insecure households where adults had not eaten for a whole day because there wasn't enough money for food



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.

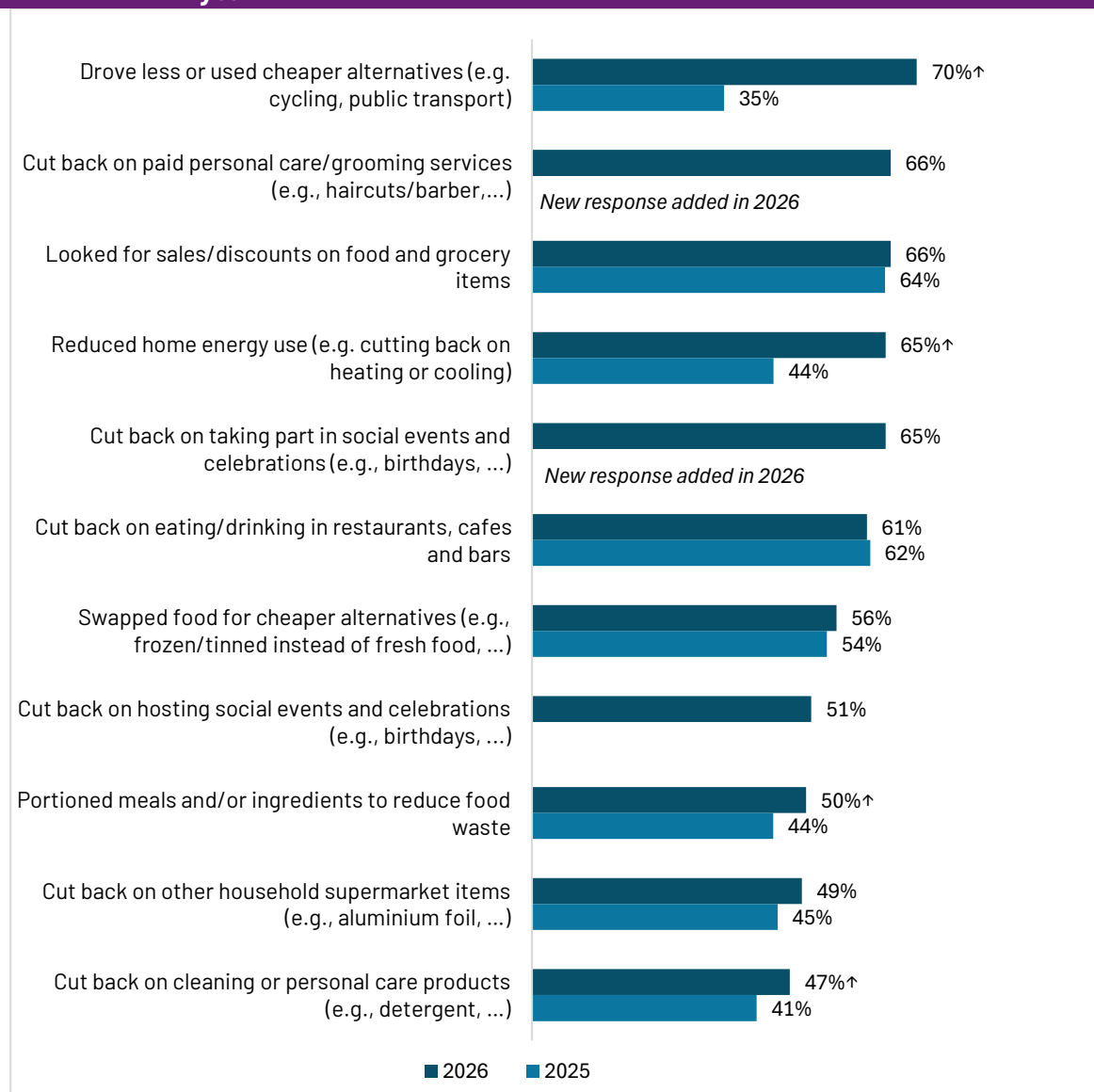
AD5. In the last 12 months, did you or any other adult in your household ever not eat for a whole day because there wasn't enough money for food? (Base [filtered to severely food insecure households] 2022 n=803, 2023 n=925; 2024 n=726; 2025 n=778; 2026 n=1,065); AD5A How often did this happen? (Base [filtered to severely food insecure households] 2022 n=488, 2023 n=464; 2024 n=361; 2025 n=396; 2026 n=535)

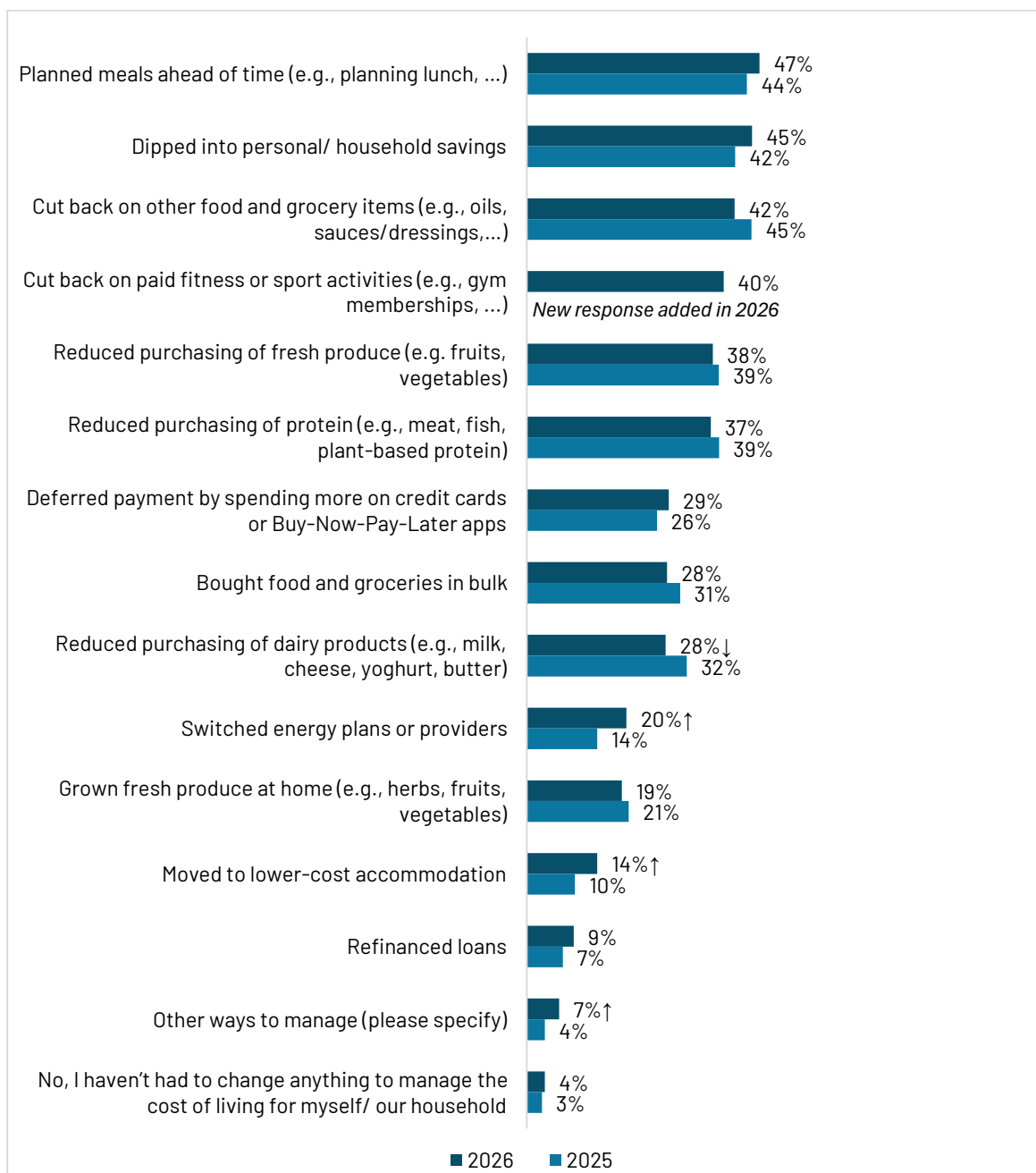
For some food-insecure households, managing rising costs now involves more fundamental changes to how and where they live. In 2026, the proportion moving to lower-cost accommodation increased significantly from 10% to 14%, while switching energy providers rose significantly from 14% to 20%. Significantly more also drove less or used cheaper transport (70%, up from 35%), reduced their home energy use (65%, up from 44%), and cut back on household essentials such as cleaning and personal care products (47%, up from 41%). While food-related strategies such as seeking grocery discounts, meal planning and cutting back on dining out remained common, these findings show that some households are making more consequential sacrifices across housing, transport, energy and other essential expenses to manage the cost of living.

These adjustments also extend into personal wellbeing and social participation; the effects of food insecurity extend well beyond what households eat. In 2026, around two-thirds of food-insecure households cut back on paid personal care or grooming services (66%) and participation in social events and celebrations (65%). Half reduced spending on hosting social occasions (51%), while 40% cut back on paid fitness or sporting activities. These sacrifices show how food insecurity can limit participation in everyday, family and community life.

Figure 43

Food Insecure households managing the cost-of-living pressure year on year





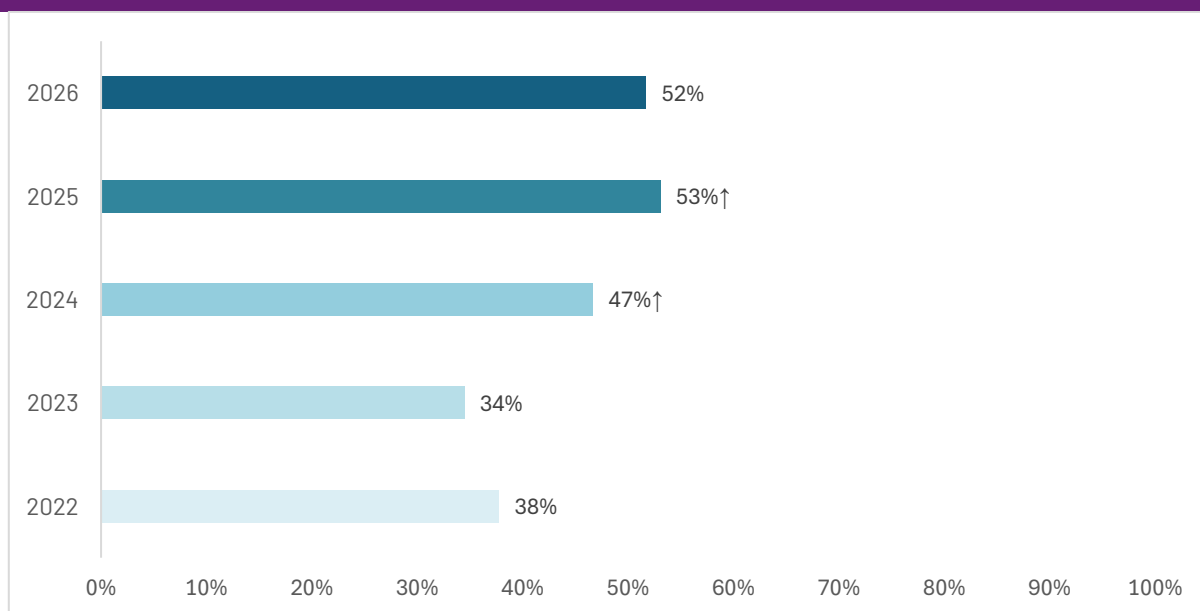
↑ ↓ Represents a significant difference when comparing results of food security segment against the average household.

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 [Food insecure households] 2025 n=1,353; 2026 n=1,797).

Awareness of Food Relief Services

Awareness of food relief remains high among food-insecure households. In 2026, just over half knew where to access food relief or support if they could not afford enough food (52%), broadly unchanged from 2025. While awareness has improved considerably since 2023, the latest result suggests this progress has stabilised.

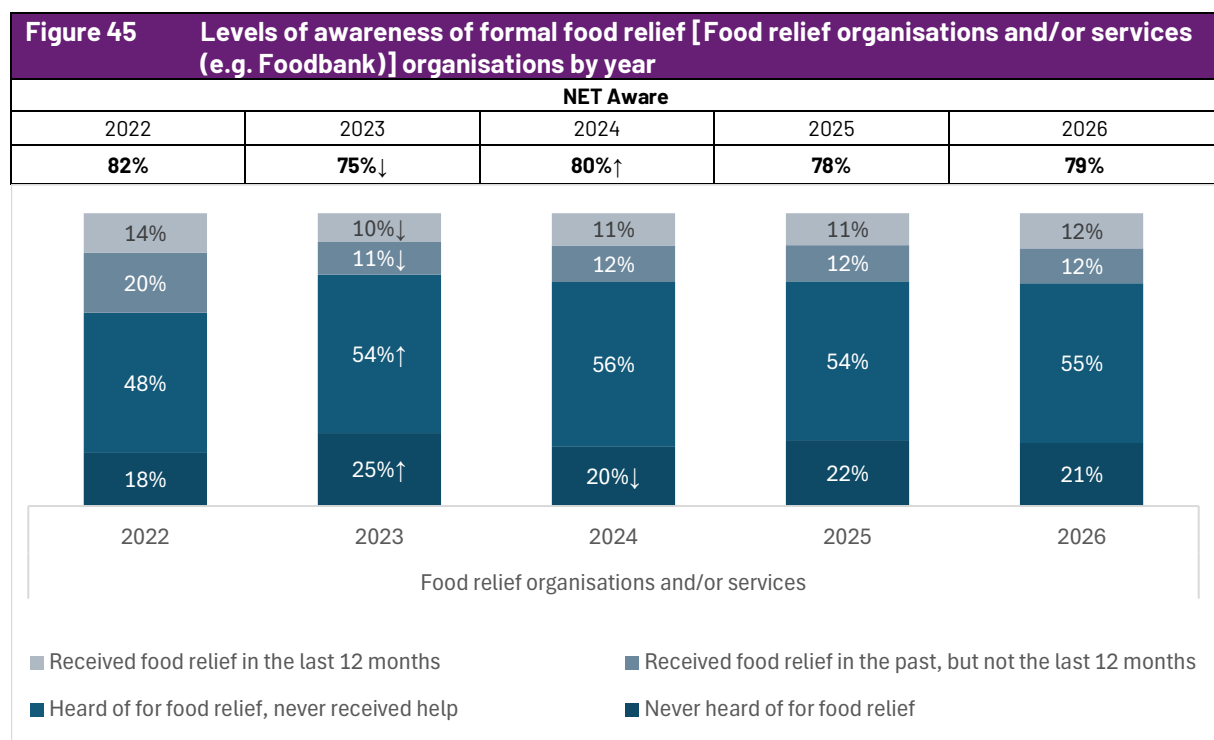
Figure 44 Whether Australians know where to get help or support for food relief



↑ ↓ 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 [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

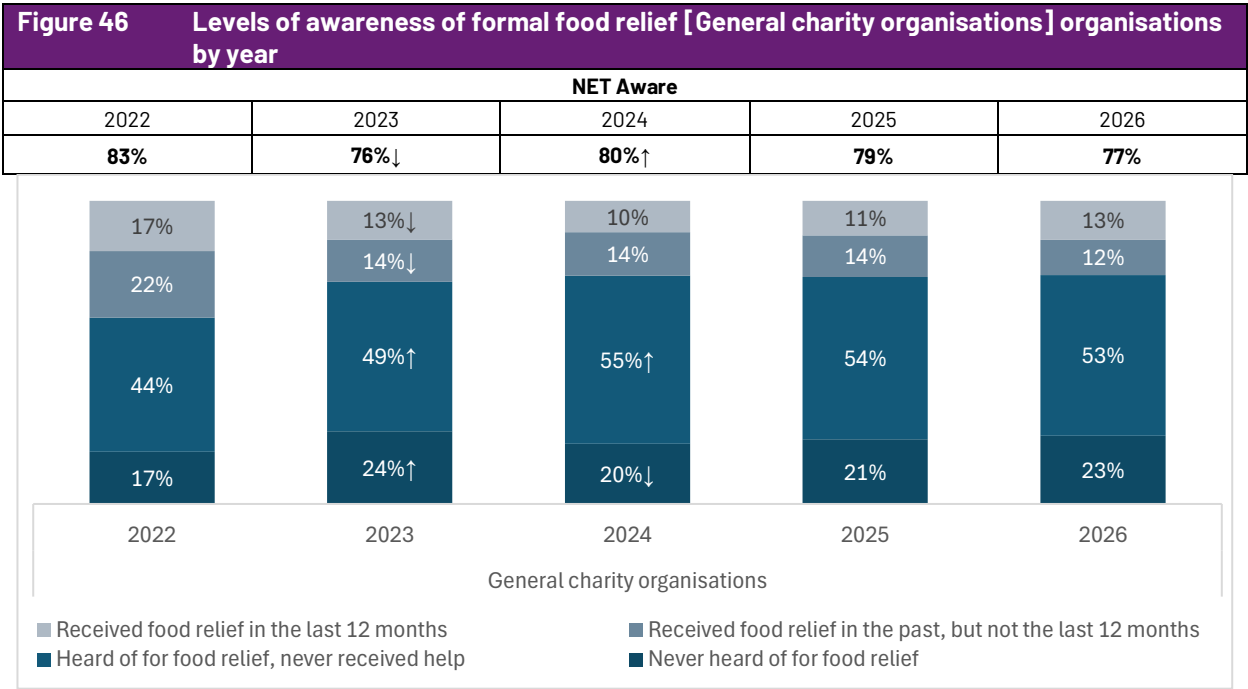
Prompted awareness of formal food relief organisations and services remained high among food-insecure households in 2026. Almost four in five were aware of these services (79%), broadly unchanged from 2025. Approximately one in ten had received formal food relief in the past 12 months (12%) or had accessed it previously (12%), while more than half had heard of these services but had never received support (55%).



↑ ↓ 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 [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

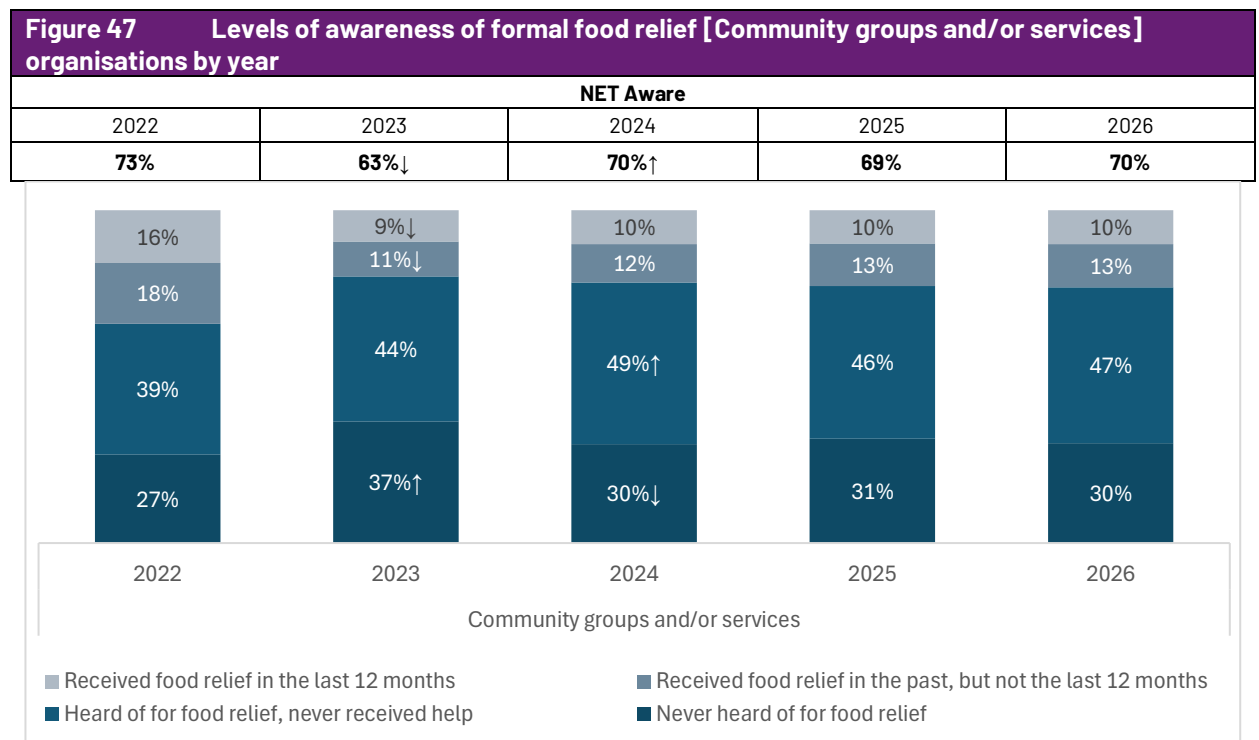
Prompted awareness of general charity organisations providing food relief remained high among food-insecure households in 2026. More than three-quarters were aware that these organisations offered food relief (77%), broadly unchanged from 2025. Thirteen per cent had received support in the past 12 months and a further 12% had accessed it previously, while more than half were aware of these organisations but had never received food relief (53%).



↑ ↓ 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 [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

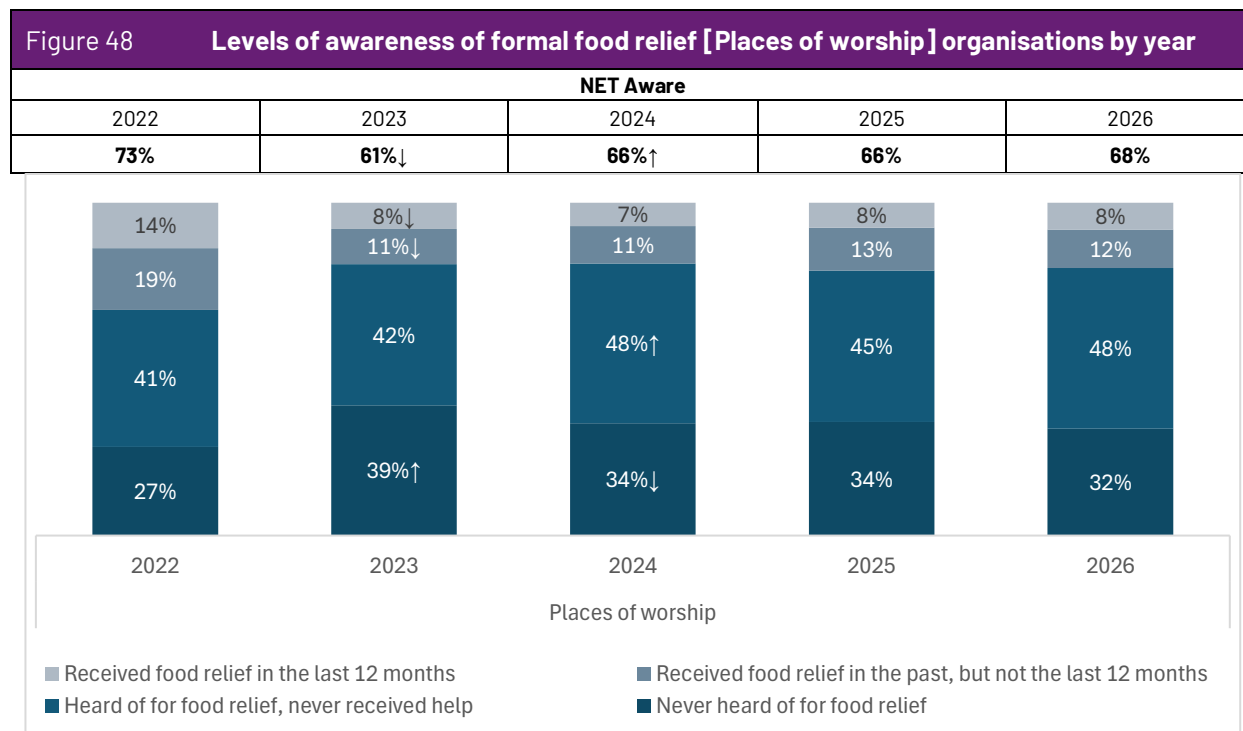
Awareness of community groups providing food relief remained high among food-insecure households in 2026. Seven in ten were aware that these groups offered food relief (70%), broadly unchanged from 2025. Almost one-quarter had accessed this support, including 10% in the past 12 months and 13% who had received food relief previously, while 47% were aware of community-based support but had never accessed it.



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

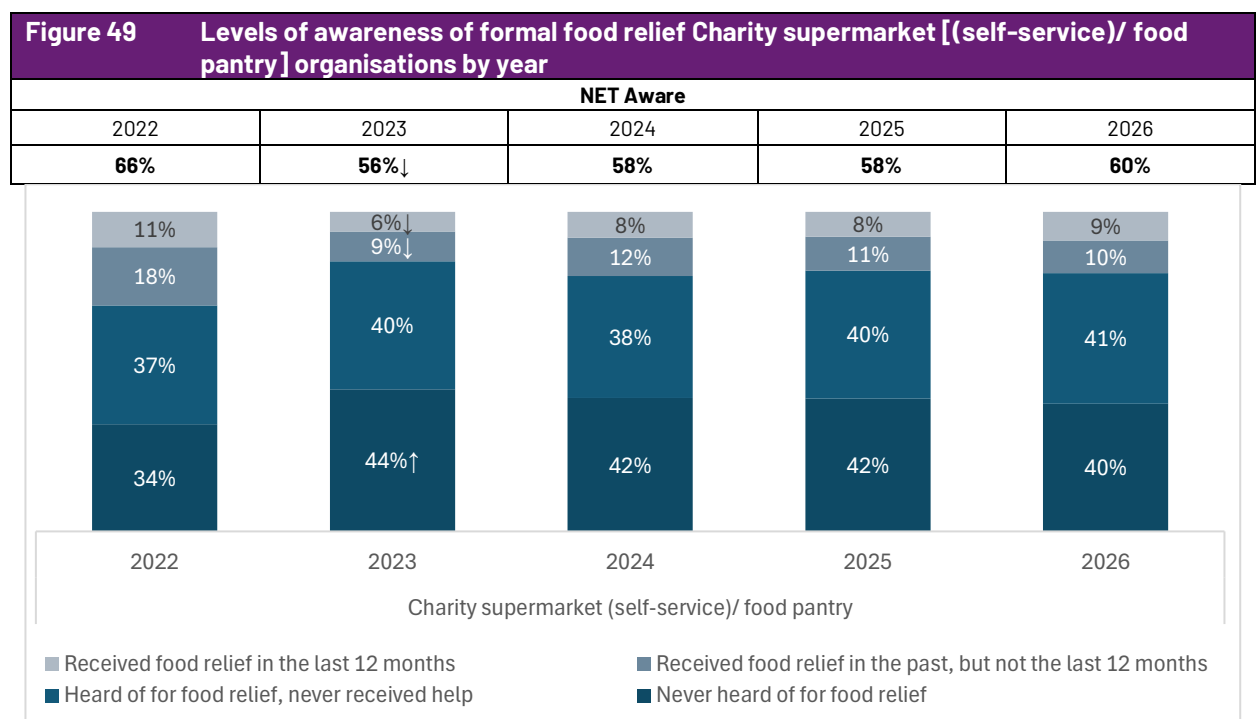
Q48 Which of the following are you aware of for providing food relief support and which have you used for food relief? (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

More than two-thirds of food-insecure households were aware that places of worship provided food relief in 2026 (68%), although only one in five had ever accessed this support (20%). Almost half knew that help was available but had never received it (48%).



Q48 Which of the following are you aware of for providing food relief support and which have you used for food relief? (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

Finally, charity supermarkets and food pantries were known to three in five food-insecure households in 2026 (60%), yet fewer than one in five had ever accessed support through them (19%). A further 41% were aware of these services but had never received food relief. Awareness and access remained broadly stable year on year.



↑ ↓ 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 [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

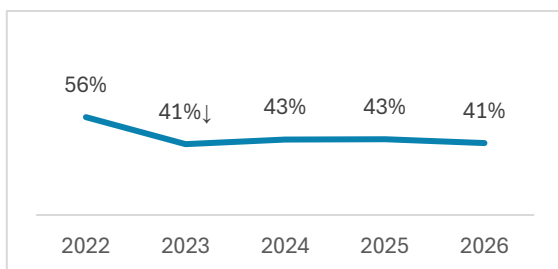
Access to Food Relief Services

Despite high awareness of food relief services, access has remained steady year-on-year.

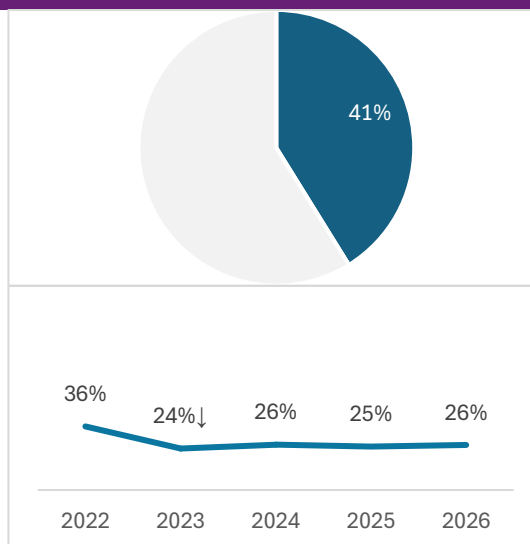
Around two in five had ever received food relief from an organisation (41%), while just over one in four had accessed support in the past 12 months (26%). These findings indicate that awareness of available support continues to exceed its use among households experiencing food insecurity.

Figure 50 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 ever received formal food relief from an organisation

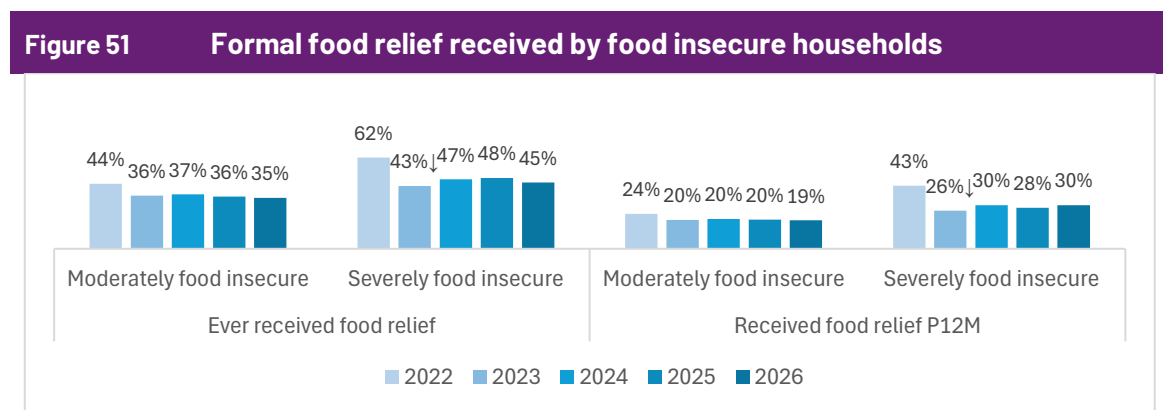


Households in Australia experiencing food insecurity who have received formal food relief from an organisation in the last 12 months

↑ ↓ 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 [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

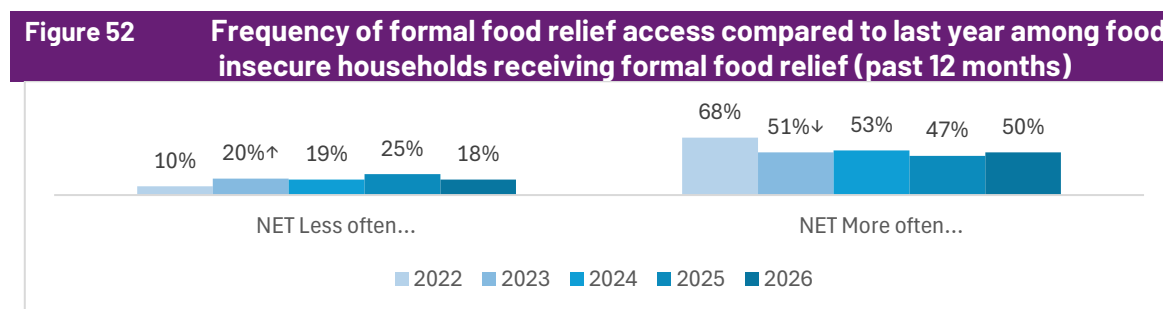
Access to formal food relief remained higher among severely food-insecure households in 2026. Almost half had ever received support from an organisation (45%), compared with 35% of moderately food-insecure households. Recent use differed by severity, with 30% of severely food-insecure households receiving formal food relief in the past year, compared with 19% of moderately food-insecure households. This gap was broadly unchanged from 2025.



↑ ↓ 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 [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

Among food-insecure households that received formal food relief in the past 12 months, half reported accessing support more often than the previous year (50%). Fewer than one in five received support less often (18%), down from 25% in 2025, although neither year-on-year change was statistically significant.

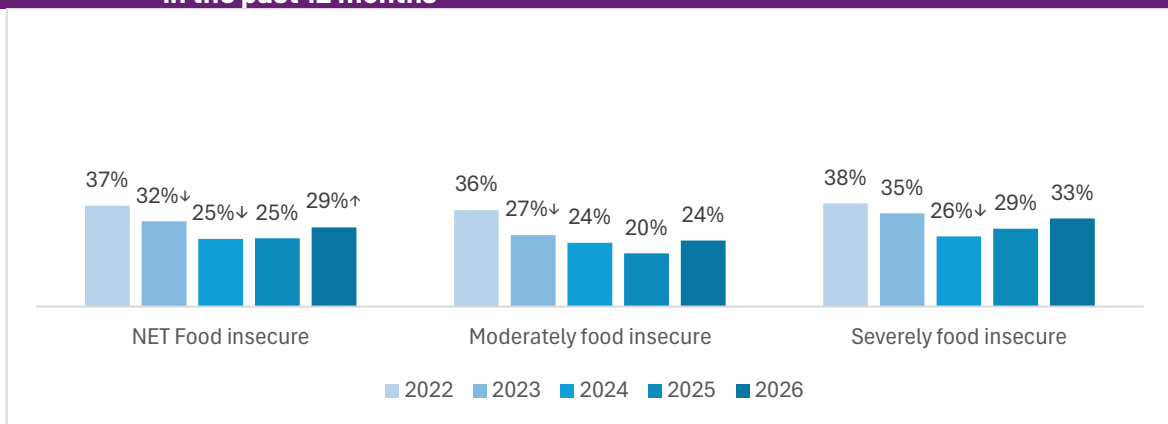


↑ ↓ Represents a significant change when comparing results from the previous year.

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 [food insecure households who have received food relief in the past 12 months] 2022 n=483; 2023 n=333; 2024 n=317; 2025 n=328; 2026 n=476).

Informal support from family and friends increased significantly year on year among food-insecure households. In 2026, 29% received this support, up from 25% in 2025. Receipt was higher among severely food-insecure households (33%) than moderately food-insecure households (24%), although neither subgroup changed significantly year on year.

Figure 53 Food insecure households receiving informal food relief from friends or family in the past 12 months

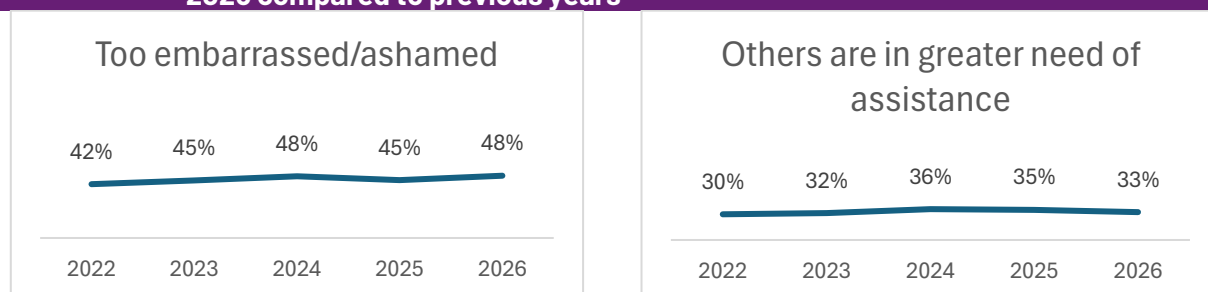


↑ ↓ Represents a significant change when comparing results from the previous year.

Q48 Which of the following are you aware of for providing food relief support and which have you used for food relief (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278, 2025 n=1,353; 2026 n=1,797).

Embarrassment and shame remain the primary barriers to seeking help from charities or community organisations, with almost half (48%) of food insecure households reporting these feelings as obstacles to accessing food relief. Additionally, over one in three (33%) households refrain from seeking food relief because they believe others are in greater need of assistance.

Figure 54 Top two barriers to accessing food relief among food insecure households in 2026 compared to previous years



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

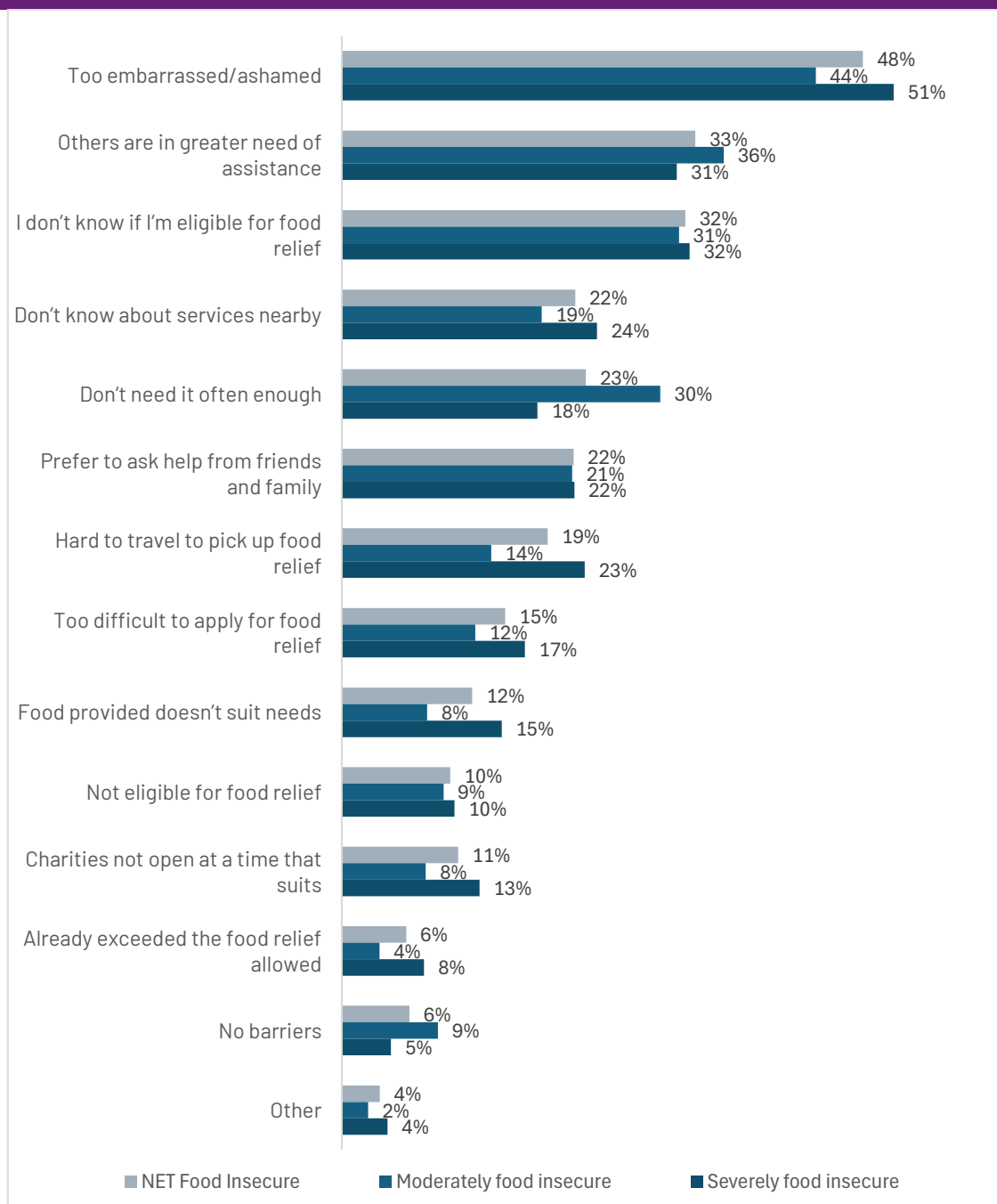
Q54 Which of the following are barriers for you in seeking food relief from a charity or community organisation? (Base [Food Insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797).

The fear of social stigma was significantly higher among severely food insecure households (51%) than moderately food insecure households (44%) in 2026. However, this remains the main barrier among moderately food insecure households.

The barriers to accessing food relief from charities or community organisations also differed according to the severity of households' food insecurity. Moderately food-insecure households were significantly more likely to report that they did not need support often enough to seek assistance. This suggests that some households may be trying to manage periods of food insecurity without regularly accessing formal support.

Meanwhile, severely food-insecure households were significantly more likely than moderately food-insecure households to encounter physical barriers, including not knowing of services nearby, difficulty collecting food relief due to transport access or costs, and charities not being open at suitable times. They were also more likely to experience procedural barriers, such as difficulty applying for food relief or having exceeded the amount of support available, and to report that the food relief provided was unsuitable for their needs.

Figure 55 Barriers to accessing food relief among food insecure households 2026



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

Q54 Which of the following are barriers for you in seeking food relief from a charity or community organisation? (Base [Food Insecure households] 2025 n=1,797; Moderately food insecure n=731; Severely food insecure n=1,066).

Differences in barriers across households experiencing moderate and severe food insecurity offer an opportunity to address these challenges in targeted ways. Awareness of organisations that can provide food relief when households are experiencing difficult circumstances is high, but greater awareness of available services could help improve access.

The Hunger Report survey also asked households experiencing food insecurity to describe what would make it easier to access food relief services when needed. Key themes emerging from these responses included stigma and embarrassment, with many participants reporting feelings of shame or embarrassment when seeking support. At the same time, the spontaneous responses highlighted the importance of dignified, non-judgemental treatment and a desire for more discreet and confidential ways to access food relief and interest in simpler, more private ways of requesting support, including online access and delivery.

Question	In your own words, what kind of things would make it easier for you to get food relief when you need it?
““	<i>“I would have to be dying from hunger to seek any food relief rather than tell anyone else what is happening.”</i>
““	<i>“There is a deep shame in going. It feels like being defeated as you feel like you can't manage yourself.”</i>
““	<i>“There is nothing preventing me from accessing food relief beyond the limited amount pride I have managed to cling on to.”</i>
““	<i>“It wouldn't matter, I wouldn't ask for assistance, I'll go without.”</i>
““	<i>“Very embarrassed to ask, so anonymity would be crucial. I've had a lot to do with the local community so don't want to be seen in this position and seeing people that I know at food bank would be awkward.”</i>
““	<i>“If they treated us like humans not cattle and just a mouth to feed...”</i>
““	<i>“Nonjudgement from providers. Some make it feel like you are scabbing for food. Feels like a police interrogation to ask for food.”</i>
““	<i>“An anonymous service where food can be requested online and delivered to a home address.”</i>



"An online application, no onboarding needed, not having to feel like you're begging a random stranger behind a desk whose judging you to help."

Other responses related to the proximity and logistical barriers that can make it challenging to access food relief services. Participants also indicated a lack of knowledge about available services and uncertainty about eligibility requirements. Some expressed a preference for simpler access processes that required less personal information, particularly due to privacy concerns.

Question In your own words, what kind of things would make it easier for you to get food relief when you need it?



"Information on where to receive help without judgement, as I am not sure where to go. Councils or state governments could help with that information by sending booklets to the households."



"If I could just attend a site and be given a few items to tide me over without having to give out all my details. I have privacy concerns after my details were compromised in a data breach."



"Knowing where is possible for people who are not on Centrelink."



"If there is something nearby, and if I'm eligible for it, and if there is plenty of it there and I wouldn't be taking it from people who need it more than I do."



"Open more often, more locations closer to me, being able to access vouchers like Vinnies offer, home visits with vouchers provided (Vinnies)."

Taken together, the findings point to the need for different responses to the barriers experienced by moderately and severely food-insecure households. There is an opportunity to improve perceptions of accessibility and support by clearly communicating that food relief services are available to all people experiencing food insecurity, not only those experiencing severe hardship. This could help foster a culture of acceptance and understanding, reducing the embarrassment and shame that can be associated with seeking support. Similarly, there is an opportunity to overcome physical barriers by developing practical solutions to address the logistical, transport and mobility challenges experienced by some severely food-insecure households.

Awareness of and Participation in School Breakfast Programs (SBP) Among Australian Households with Children

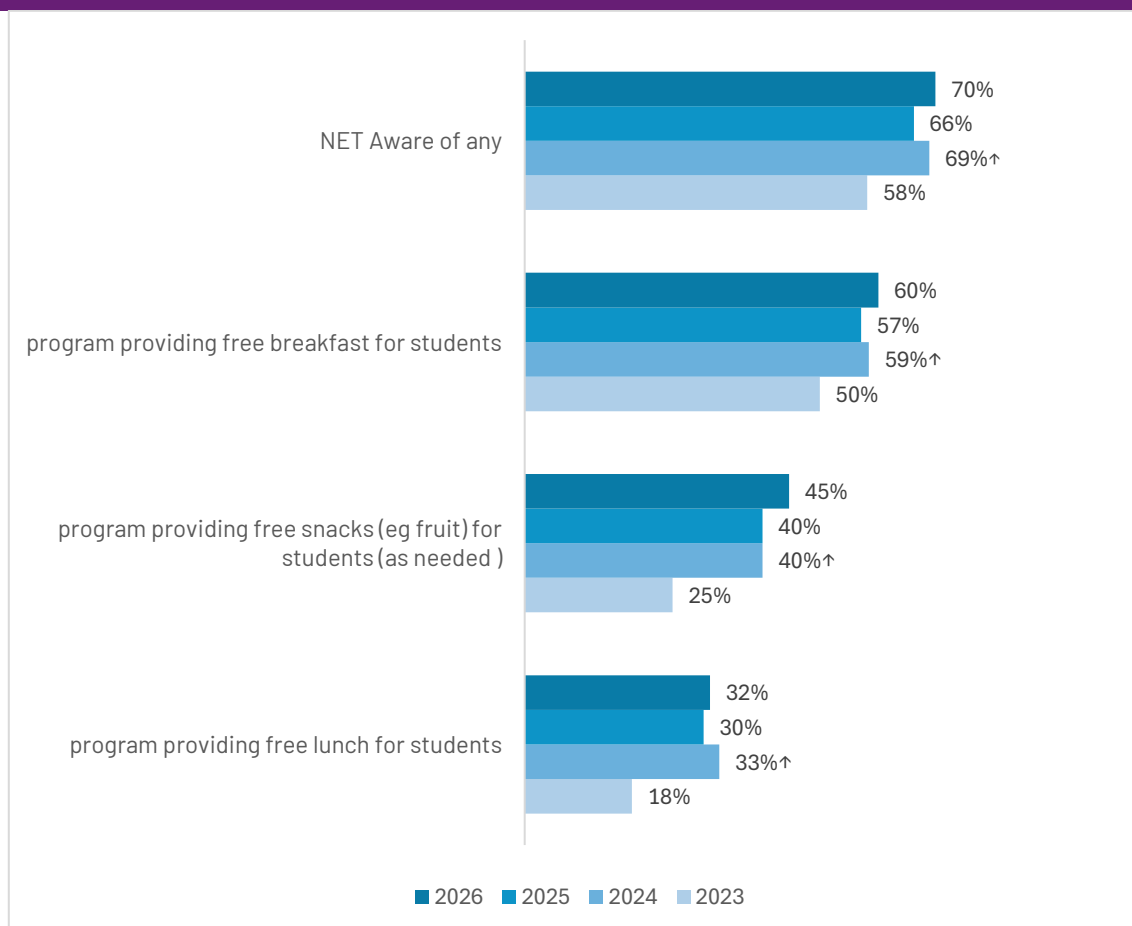
School Breakfast Programs in Australia provide students with reliable access to nutritious food at the beginning of the school day. Beyond addressing hunger, these programs can help students arrive at class ready to focus, engage and learn, while creating opportunities for connection with school staff and peers. When delivered in an inclusive and discreet way, they can also protect student dignity, strengthen relationships across the school community and connect students with additional support when needed. These programs are particularly important for children who may otherwise have limited access to nutritious meals⁵.

Awareness of school food programs among households with school-aged children reached its highest recorded level in 2026, with seven in ten aware of at least one type of program (70%).

Awareness was highest for programs providing free breakfast to students (60%), followed by programs offering free snacks as needed (45%) and free lunches (32%). Small directional increases were recorded across all three program types in 2026, although none of the year-on-year changes were statistically significant. Awareness also remains higher than in 2023, when the question was first introduced, indicating that school food programs have become more visible to Australian families over time.

⁵ Foodbank Australia School Breakfast Programs: source: <https://www.foodbank.org.au/who-we-help/schools/>

Figure 56 Awareness of SBP among households with children

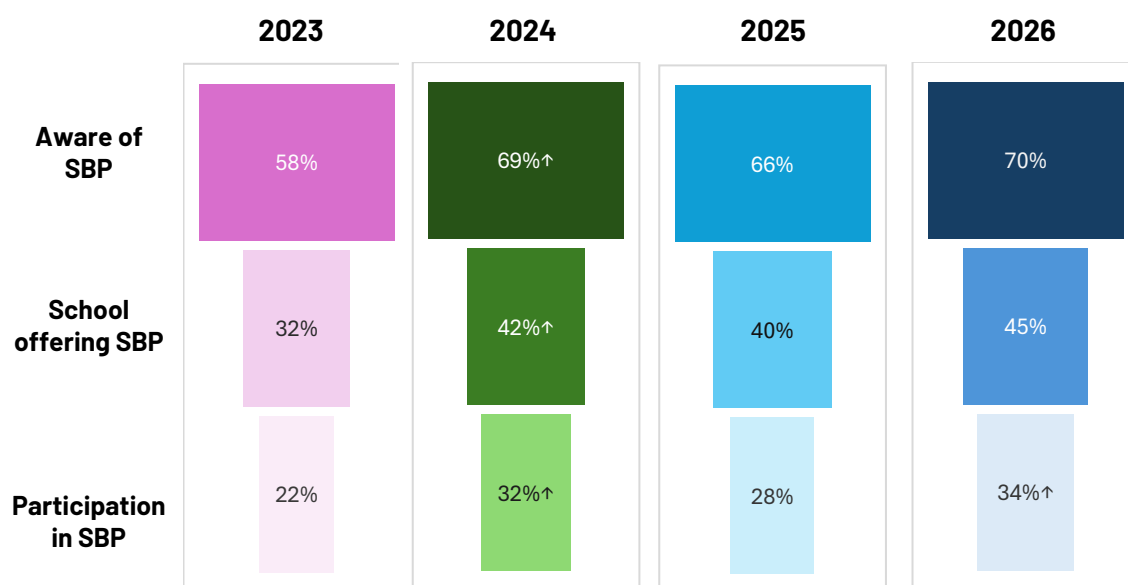


↑ ↓ Represents a significant change when comparing results from the previous year.

SBP1 Before today, have you heard of any schools in Australia providing any of the following to their students at school? (Base [Households with children of school age] 2023 n=790; 2024 n=940; 2025 n=913; 2026 n=1,243).

Participation in school food programs increased significantly in 2026, with 34% of households with school-aged children reporting that their children had received food through a program in the past 12 months, up from 28% in 2025. Reported availability also increased directionally, with 45% indicating that their child's school offered a food program, compared with 40% in 2025, although this change was not statistically significant.

Figure 57 SBP awareness, availability and participation among Australian households with children of school age



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

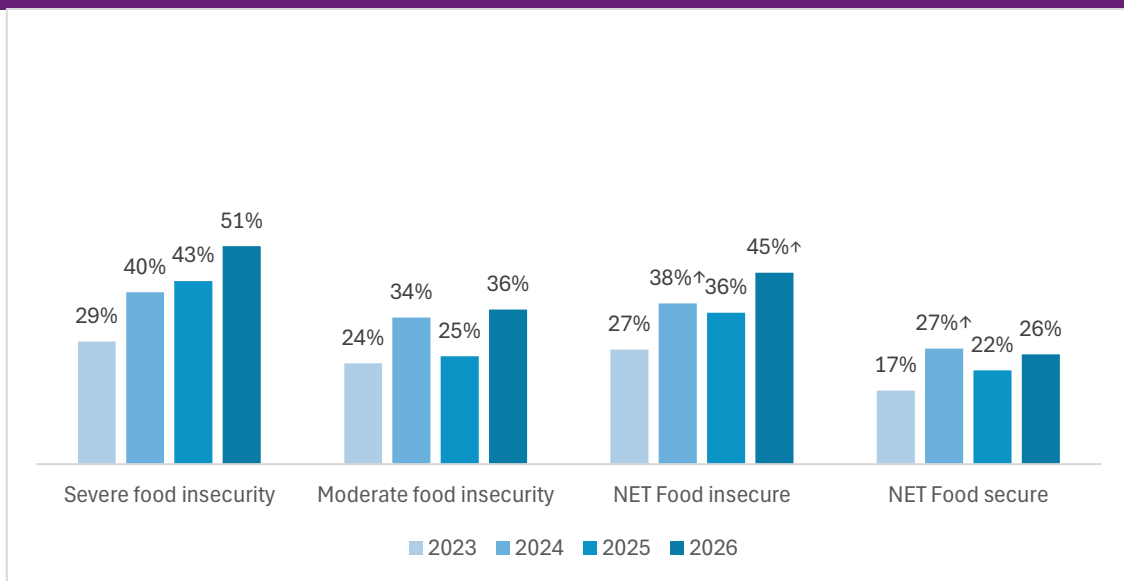
SBP1 Before today, have you heard of any schools in Australia providing any of the following to their students at school?; SBP2 You mentioned earlier that you have child/ren currently of school age. Over the last year, have any of your child/ren's school(s) provided...; SBP3 Have any of your child/ren got food at their school(s) from any of the following over the last year? (Base [Households with children of school age] 2023 n=790; 2024 n=940; 2025 n=913; 2026 n=1,243).

Participation in school food programs increased significantly among food-insecure households in 2026, providing encouraging evidence that these programs are reaching families experiencing need.

Participation among food-insecure households rose significantly from 36% in 2025 to 45% in 2026. Food-insecure households also remained considerably more likely to participate than food-secure households (45% compared with 26%).

Participation was highest among severely food-insecure households, reaching a record 51% in 2026, compared with 43% in 2025, continuing the upward trend observed since 2023. Participation among moderately food-insecure households also increased directionally, from 25% to 36%, returning to a level similar to that recorded in 2024. Although these subgroup changes were not statistically significant year on year, the results show that school food programs continue to reach households experiencing different levels of food insecurity.

Figure 58 Participation in SBP by household food security level



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

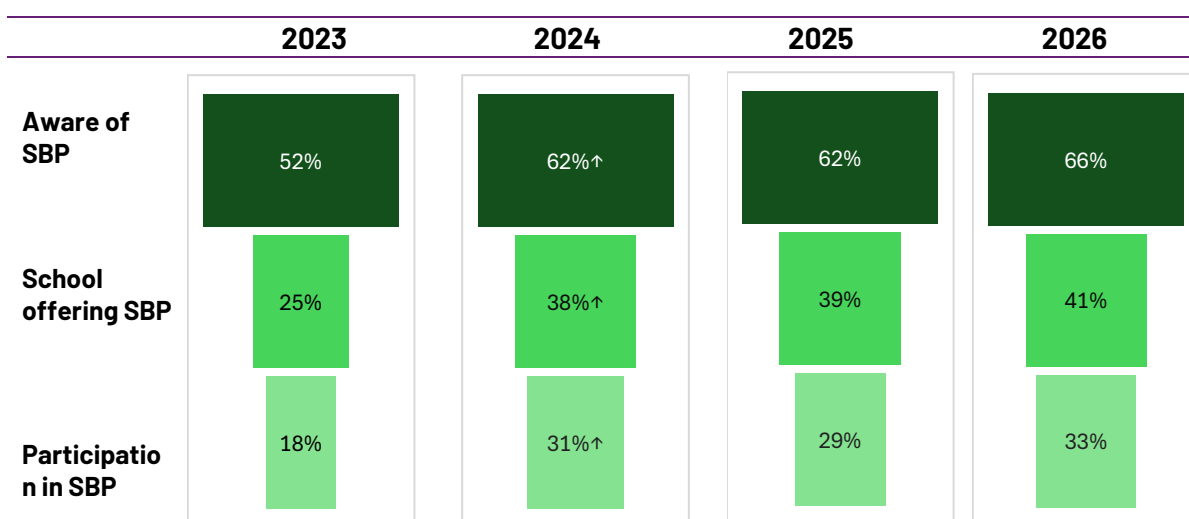
SBP3 Have any of your child/ren got food at their school(s) from any of the following over the last year? (Base [Households with children of school age] 2023 n=790; 2024 n=940; 2025 n=913; 2026 n=1,243).

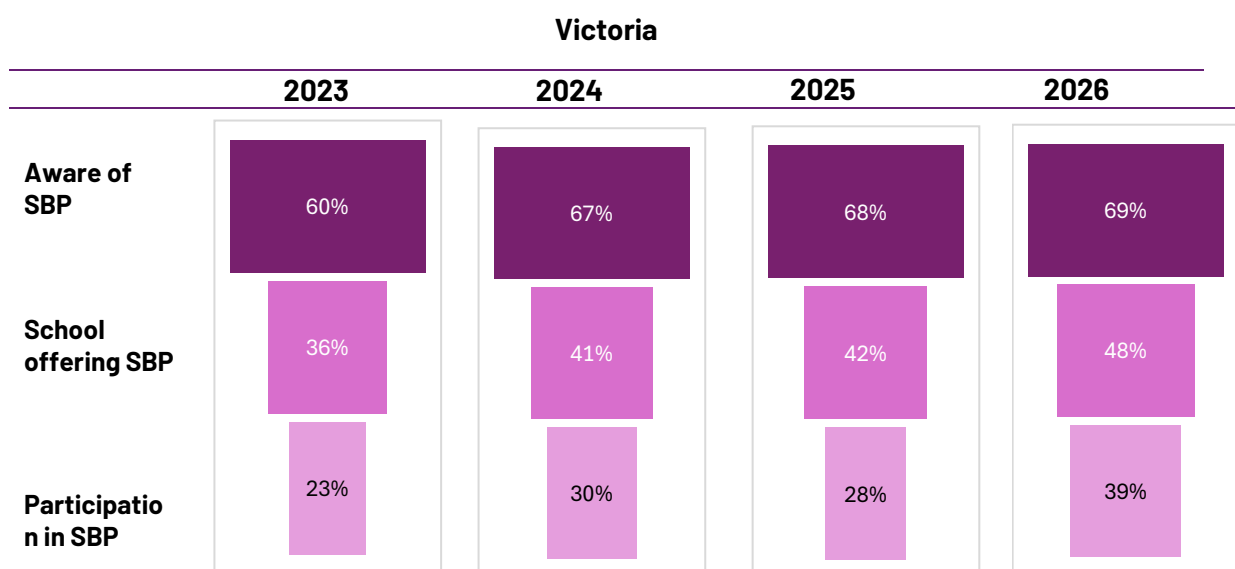
Results show encouraging, though mixed, growth in awareness, reported availability and participation in school food programs across Australian states in 2026.

In New South Wales, awareness, reported availability and participation increased slightly, although none of these year-on-year changes were statistically significant. Victoria recorded a larger directional increase in participation, rising from 28% in 2025 to 39% in 2026, alongside an increase in reported program availability from 42% to 48%. Awareness in Victoria remained relatively stable at 69%.

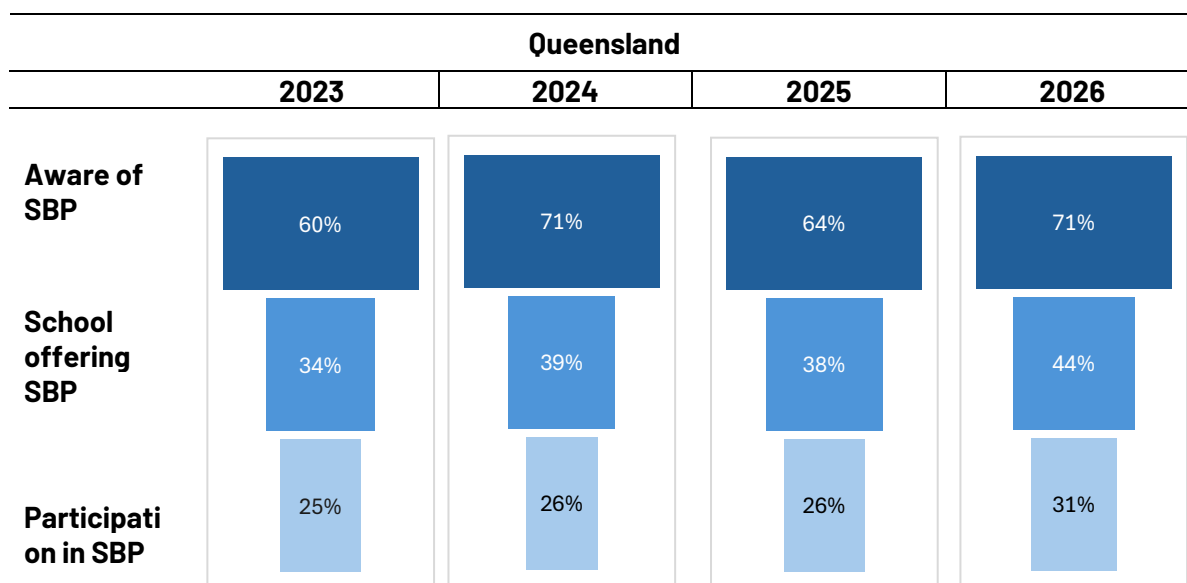
Figure 59 SBP awareness, availability and participation among Australian households with children of school age by state

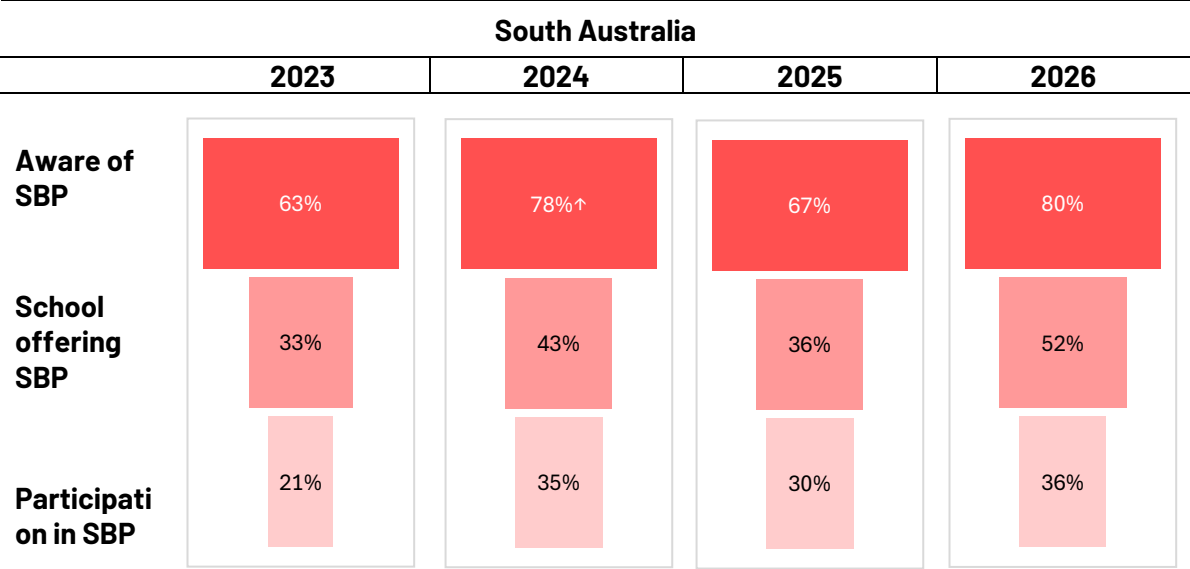
New South Wales



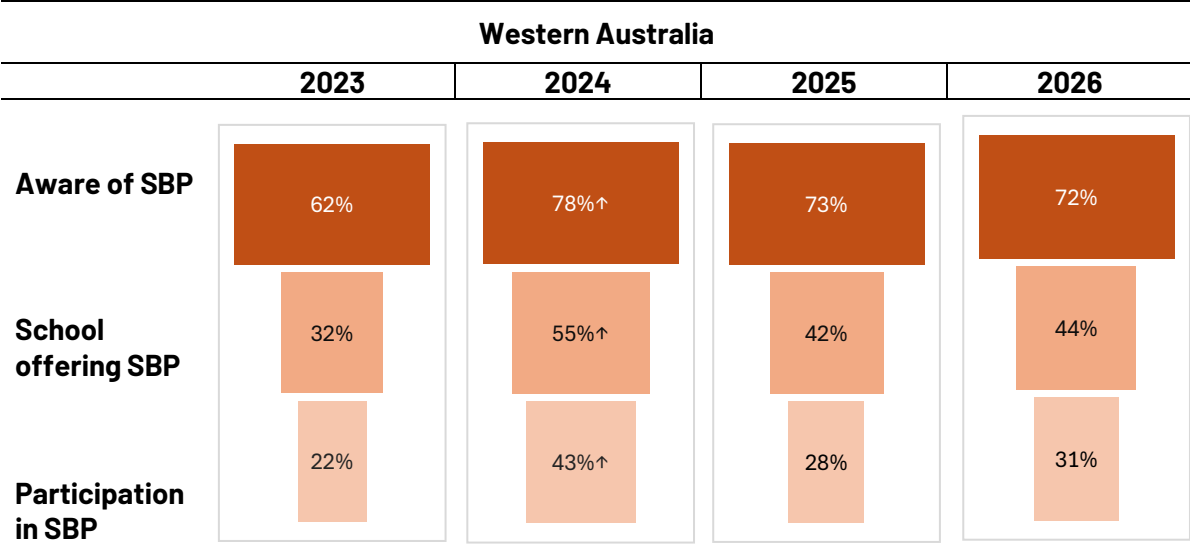


Awareness of school food programs increased directionally in Queensland and South Australia in 2026, reaching 71% and 80% respectively, although neither year-on-year change was statistically significant. In Queensland, reported program availability rose from 38% to 44%, while participation increased from 26% to 31%. South Australia recorded directional increases across all three measures, with reported availability rising from 36% to 52% and participation from 30% to 36%.





Meanwhile, in Western Australia, awareness remained relatively stable at 72%, while reported availability increased slightly to 44% and participation to 31%. None of these year-on-year changes was statistically significant.



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

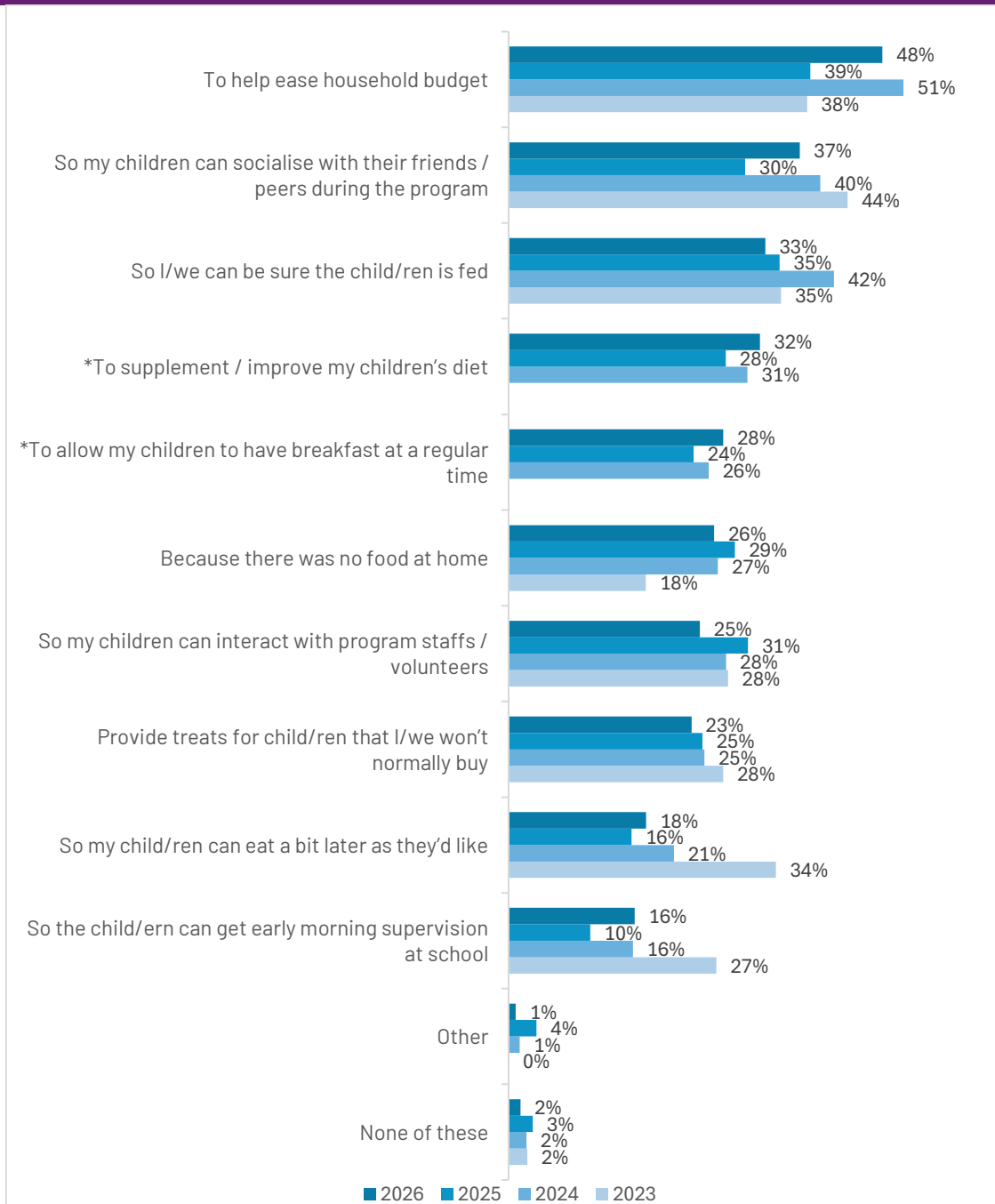
SBP1 Before today, have you heard of any schools in Australia providing any of the following to their students at school?; SBP2 You mentioned earlier that you have child/ren currently of school age. Over the last year, have any of your child/ren's school(s) provided...; SBP3 Have any of your child/ren got food at their school(s) from any of the following over the last year? Base [Parents or guardians with school-aged children at home] 2023 n=790; 2024 n=940; 2025 n=913, 2026 n=1,243).

There are multiple reasons why school food programs are beneficial for children in Australia. However, the perception of the benefits varies depending on the food security situation experienced at home.

Among food-insecure households participating in school food programs, easing pressure on the household budget was the most commonly reported reason for participation in 2026 (48%). Around one-third participated to ensure their children were fed (33%) or to supplement and improve their children's diet (32%), while 26% reported that there was no food at home. These findings highlight the important role school food programs play in providing reliable access to food for children from households experiencing need.

Families also recognised the social benefits of participation. More than one-third reported that the programs allowed their children to socialise with friends or peers (37%), while one-quarter valued opportunities for their children to interact with program staff or volunteers (25%). This shows that school food programs can provide opportunities for connection alongside access to food.

Figure 60 Food insecure household's reasons for children participating in SBP



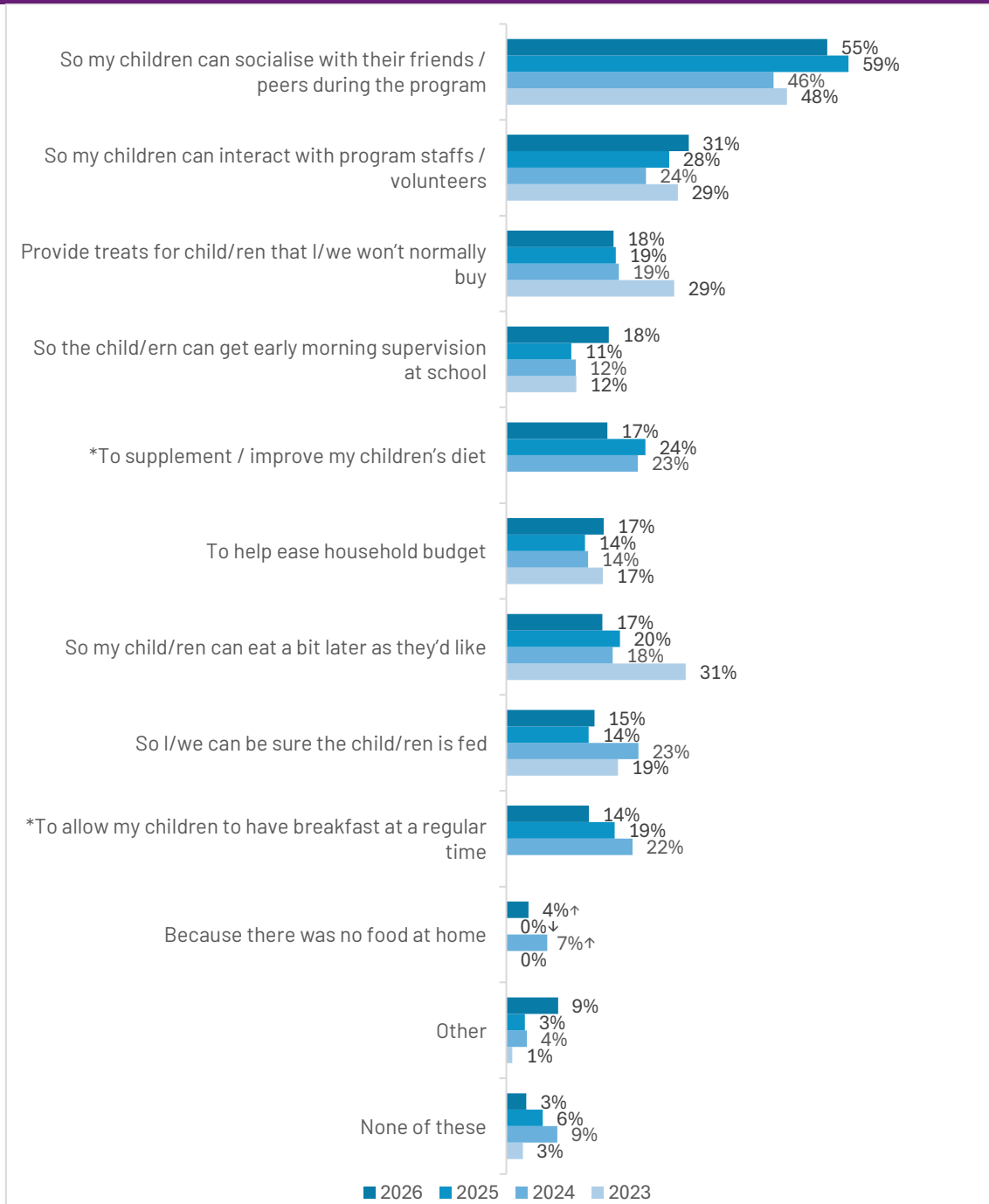
↑ ↓ Represents a significant change when comparing results from the previous year.

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 [Food insecure households with children of school age] 2023 n=77; 2024 n=124; 2025 n=130; 2026 n=244). *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 food-secure households, social connection remained the leading reason for children participating in school food programs. More than half reported that the programs allowed their children to socialise with friends or peers (55%), while almost one-third valued opportunities for interaction with program staff or volunteers (31%). Other reasons included providing treats that families would not normally purchase (18%), supplementing or improving children's diets (17%), and helping to ease pressure on the household budget (17%).

Figure 61 Food secure 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)'(Base [Food secure households

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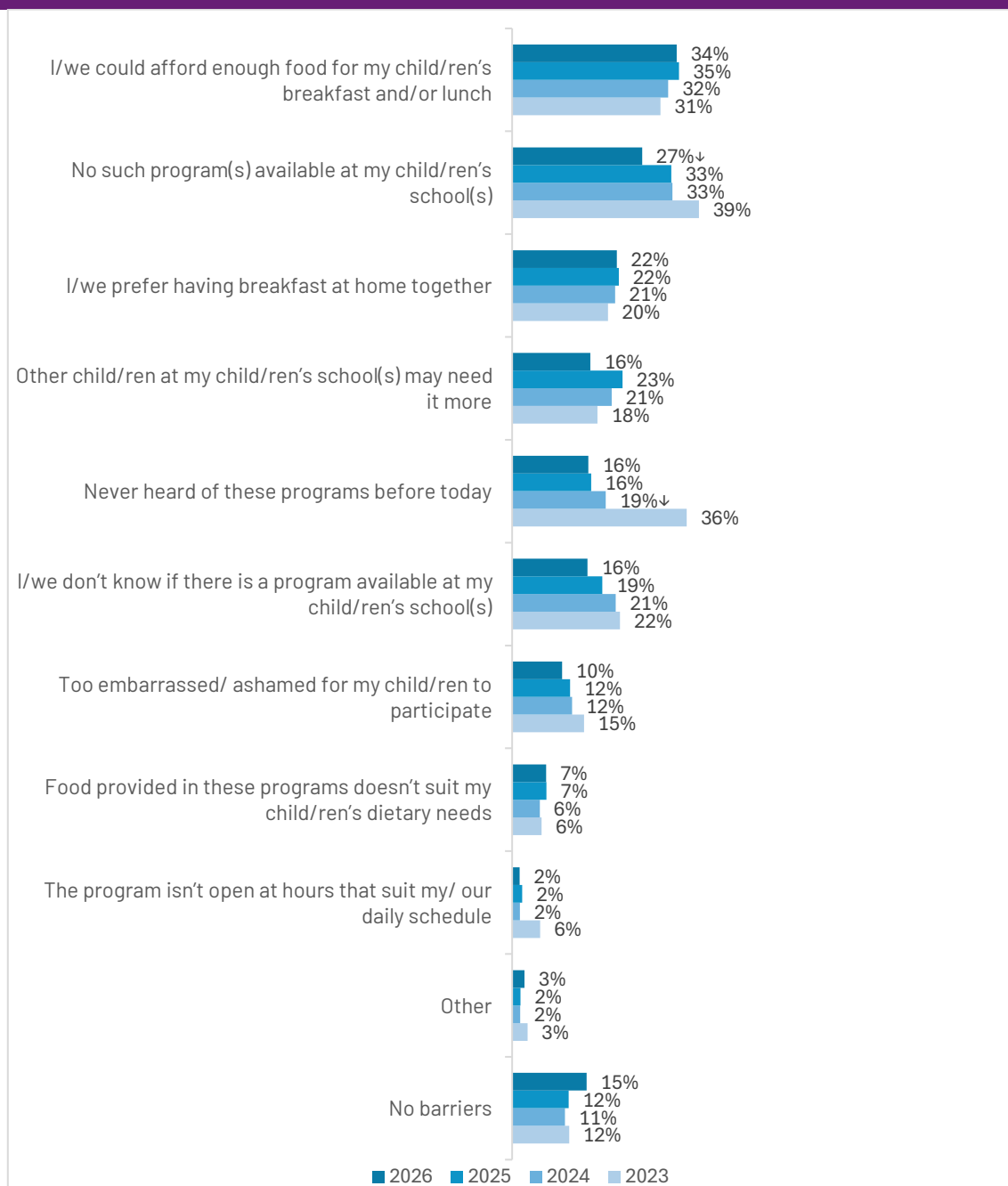
Foodbank Hunger Report™ 2026

*with children of school age.] 2023 n=54; 2024 n=150; 2025 n=118; 2026 n=197). *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 households not participating in a school food program, the most common reason was being able to afford enough food for their children's breakfast or lunch (34%).

Program availability remained the next most common barrier, although the proportion reporting that their child's school did not offer a program continued the decline observed since 2023, declining further from 33% in 2025 to 27% in 2026. Encouragingly, significantly fewer households believed that other children needed the support more, falling from 23% in 2025 to 16% in 2026. This suggests that School Breakfast Programs are increasingly being recognised as support available to families who may benefit, rather than assistance that should be reserved for others.

Figure 62 Barriers to participation in SBP among Australian households

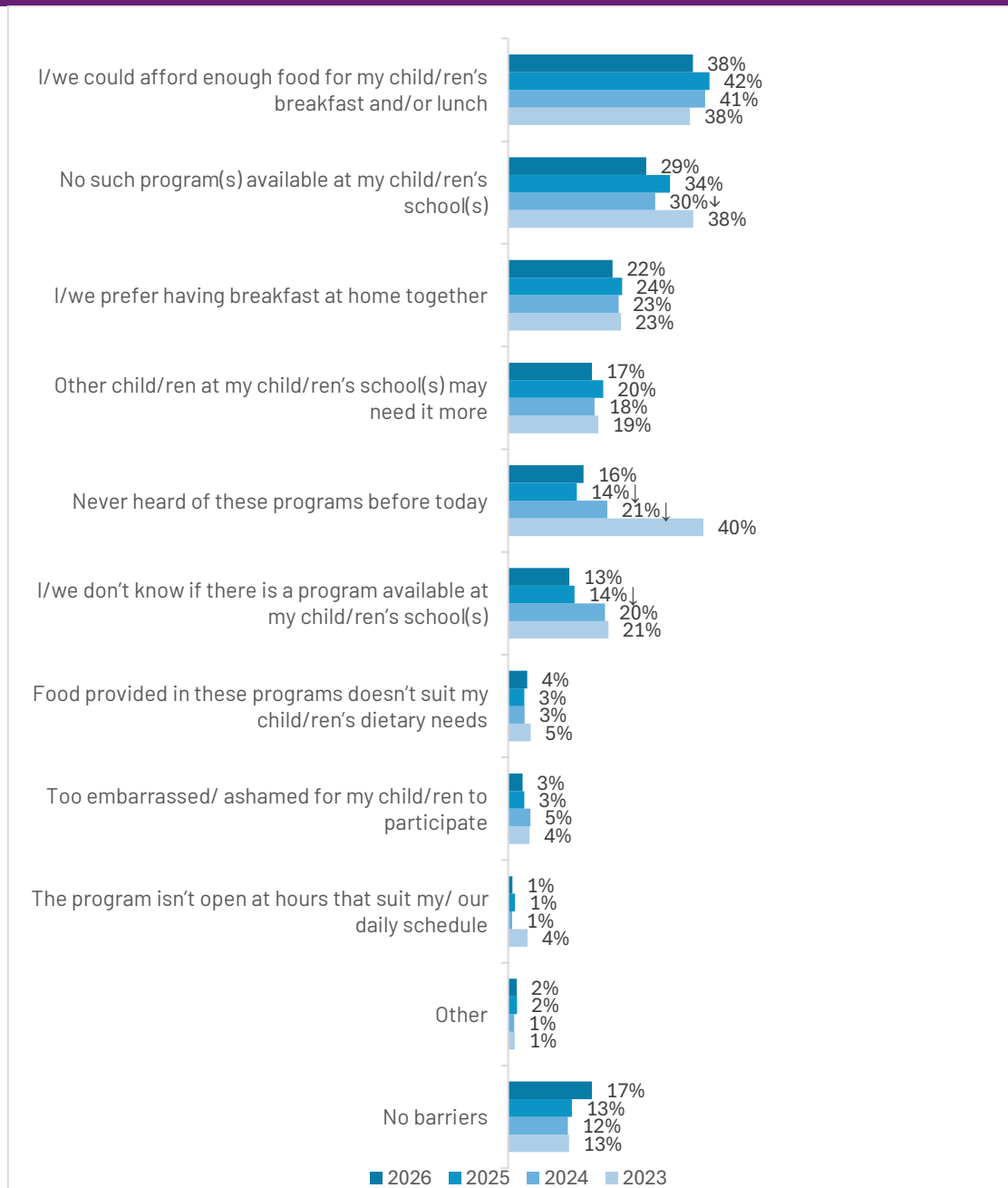


↑ ↓ Represents a significant change when comparing results from the previous year.

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 [households with children of school age] 2023 n=616; 2024 n=666; 2025 n=665; 2026 n=802).

The barriers influencing participation in school food programs differ between food-secure and food-insecure households. Among food-secure households, being able to afford enough food for their children remained the most common reason for non-participation in 2026 (38%). This was followed by programs not being available at their children's schools (29%) and a preference for having breakfast together at home (22%). These findings remained broadly unchanged from 2025.

Figure 63 Barriers to participation in SBP among food secure households



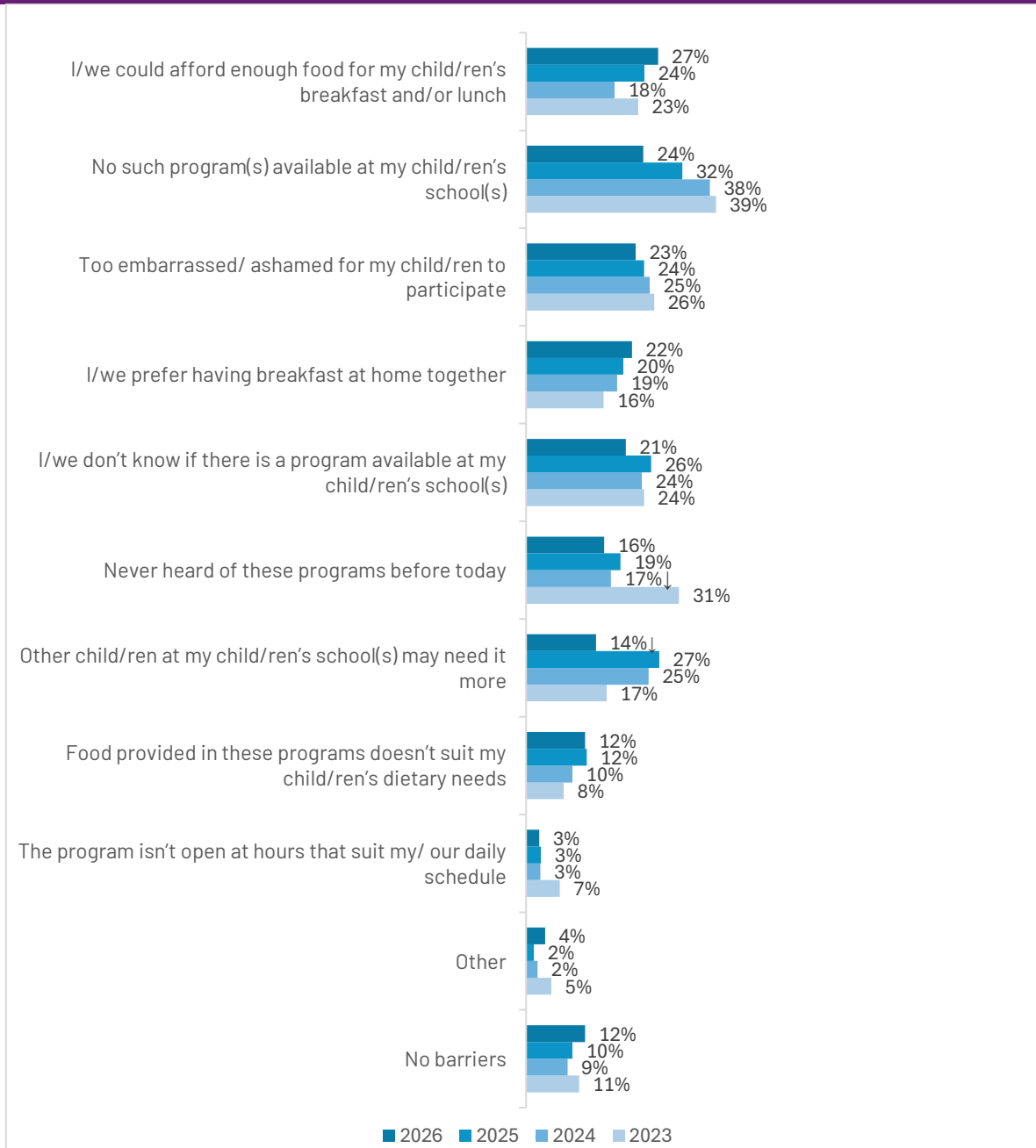
↑ ↓ Represents a significant change when comparing results from the previous year.

'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 [Food secure households with children of school age] 2023 n=347; 2024 n=429; 2025 n=407; 2026 n=535).

Encouragingly, the proportion of food-insecure households reporting that other children needed the support more almost halved, falling significantly from 27% in 2025 to 14% in 2026.

Among non-participating food-insecure households, 27% reported that they could afford enough food for their children's breakfast or lunch. Program availability nevertheless remained a challenge for some families, with 24% reporting that their children's schools did not offer a program, down from 32% in 2025, although this year-on-year change was not statistically significant.

Figure 64 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 [food insecure households with children of school age] 2023 n=269; 2024 n=237; 2025 n=258; 2026 n=267).

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 2

	Level of impact	Label as per HFSSM	Definition
Food Secure	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.
Food Insecure	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

household, 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 3

Household members	Indicators	Definition or affirmative responses for each indicator
Anyone in the household	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
Any adult(s) in the household	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 who did undergo such situation in the last 12 months	Experience happened more often than ‘only 1 or 2 months’
The adult respondent themselves	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	Self-reported “yes”

	there wasn't enough money for food	
	Experience in the last 12 months of ever losing weight because there wasn't enough money for food	Self-reported "yes"
Any adult(s) in the household	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'
Any children in the household (for households with children)	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 2026.

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

Table 4

	New South Wales	Victoria	Queensland	South Australia	Western Australia	Tas/ ACT/ NT
Male	48%	49%	49%	46%	49%	51%
Female	52%	51%	51%	54%	51%	49%
18-24	10%	9%	9%	7%	8%	30%
25-34	18%	19%	17%	16%	19%	
35-44	18%	19%	19%	17%	18%	38%
45-54	15%	15%	16%	15%	16%	
55-64	16%	14%	14%	15%	15%	32%
65-74	13%	12%	13%	15%	12%	
75+	12%	11%	11%	15%	11%	
Capital city	63%	75%	49%	77%	80%	67%
Rest of state	37%	25%	51%	23%	20%	33%
Total	31%	26%	21%	7%	11%	5%

Creation of household weight for household and child referenced data

Once the participant weight at personal level is created, we 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 2025).

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. For the household weighting, the ABS household type classification was used by introducing a household type correction factor. ERP projection of household types by state for 2025:

Table 5

HH_Type	NSW	VIC	QLD	SA	WA	TAS	NT	ACT	Australia
Family households	61%	56%	63%	57%	58%	56%	64%	65%	60%
Lone person households	35%	40%	30%	38%	37%	41%	31%	31%	36%
Group households	4%	4%	7%	4%	5%	3%	6%	4%	5%
Total	100%	100%	100%	100%	100%	100%	100%	100%	100%

Food relief glossary

Table 6

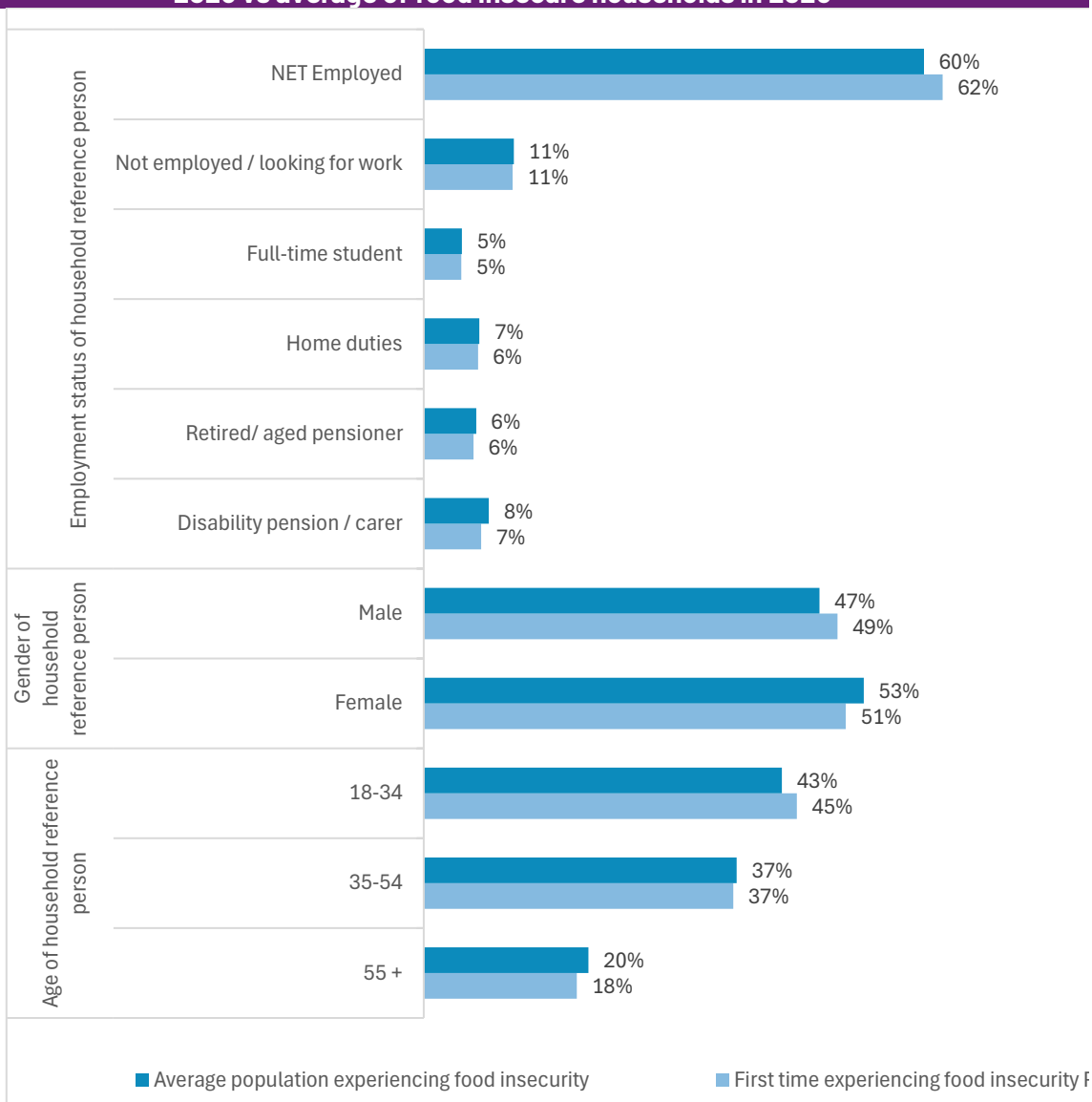
Food relief	Indicators	Definition or affirmative responses for each indicator
Aware of formal food relief	Agree with the statement that they were "aware of the Church for providing food relief support"	Heard of for food relief, never received help / Received food relief in the past, but not the last 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

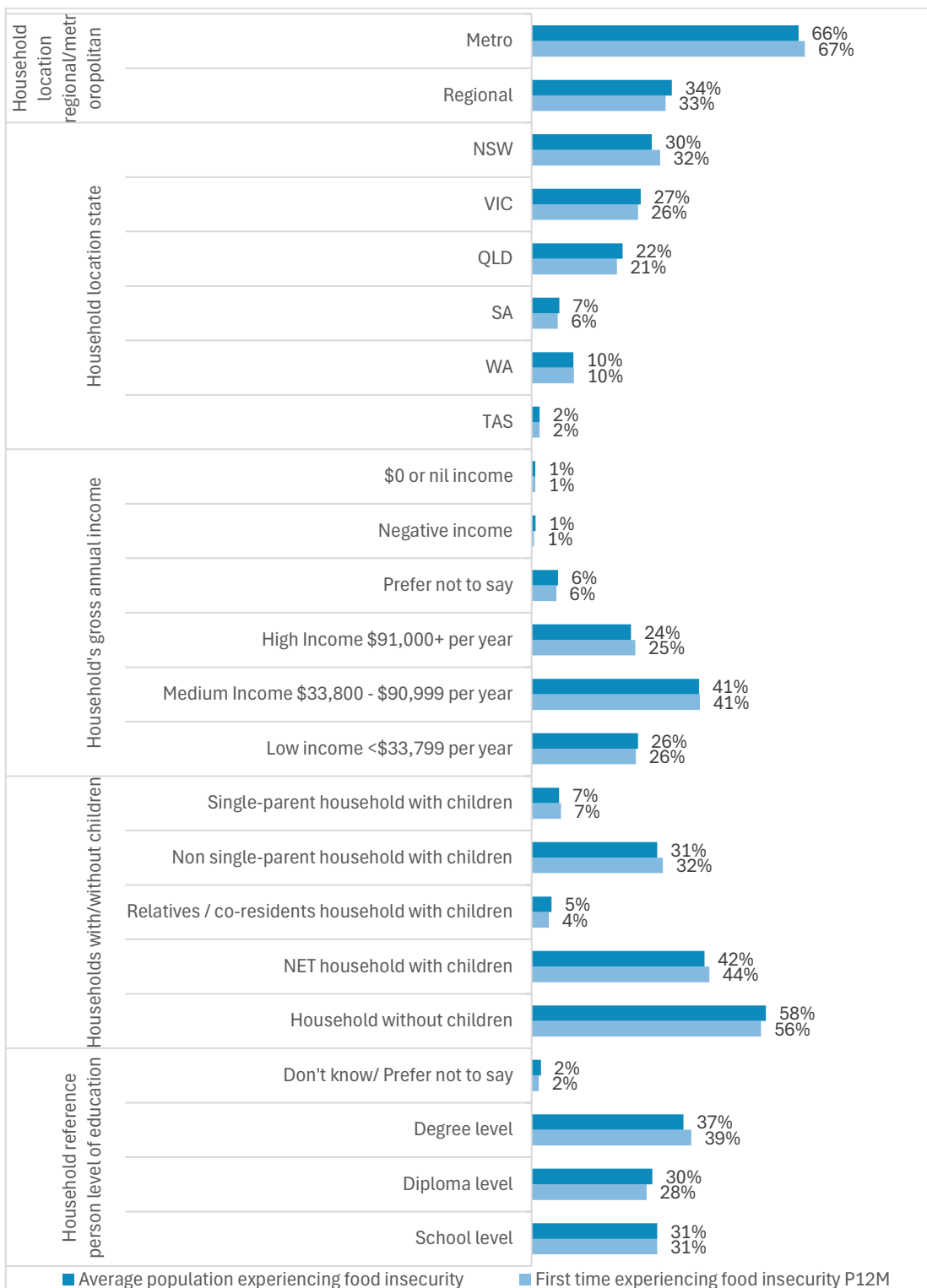
		relief in the last 12 months
	Agree with the statement that they were "aware of Charity supermarket (self-service)/ food pantry for providing food relief support"	Heard of for food relief, never received help / Received food relief in the past, but not the last 12 months / Received food relief in the last 12 months
Aware of informal food relief	Agree with the statement that they were "aware of food relief 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
Received formal food relief	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	Received food relief in the past, but not the last 12 months / Received food

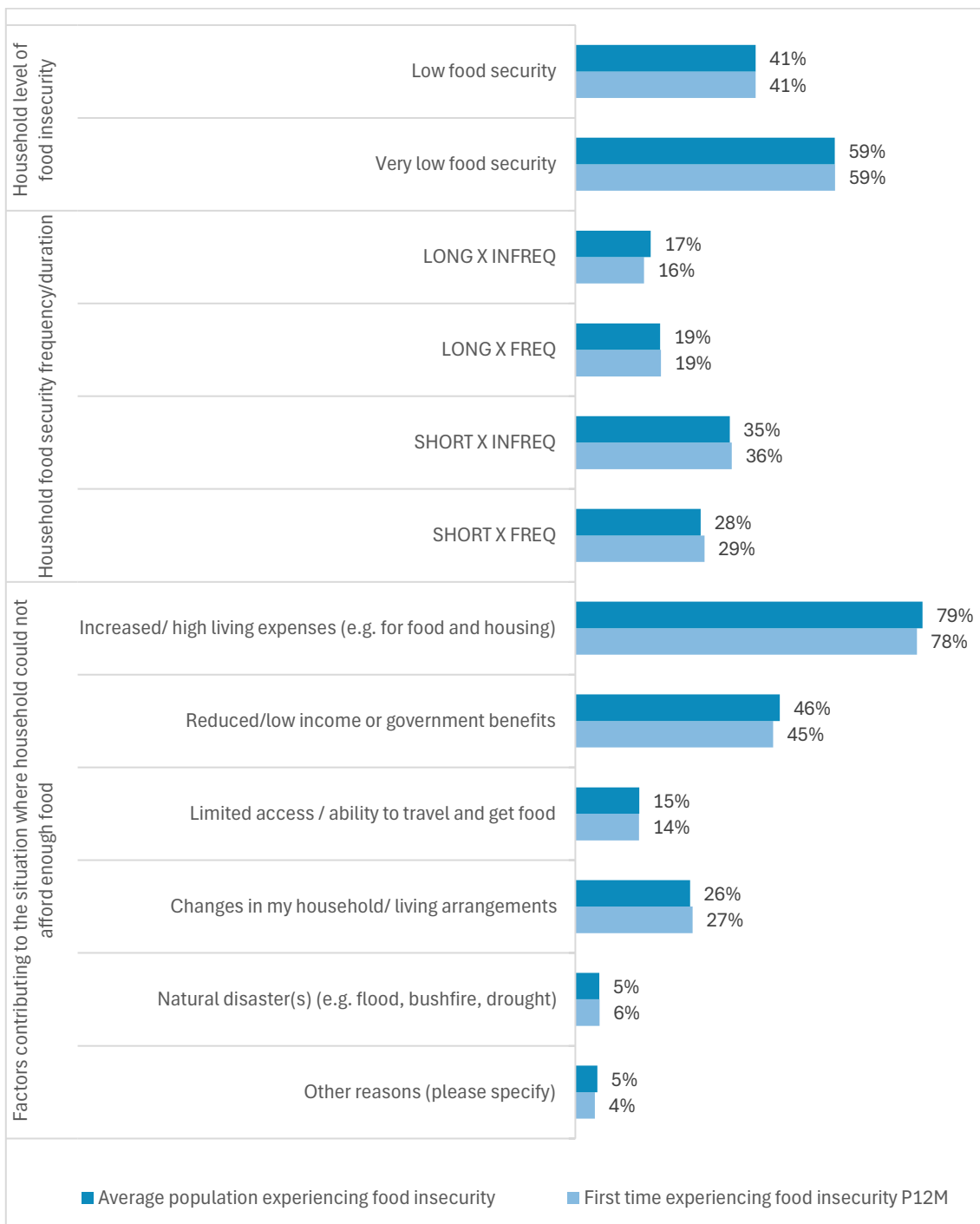
	pantry for providing food relief support and have used for food relief"	relief in the last 12 months
Received informal food relief	Agree with the statement that they were "aware of food relief From my/our families or friends for providing food relief support and have used for food relief"	Received food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

Profile of households experiencing food insecurity for the first time in the past 12 months

Figure 65 Demographics of those experiencing food insecurity for the first time in 2026 vs average of food insecure households in 2026

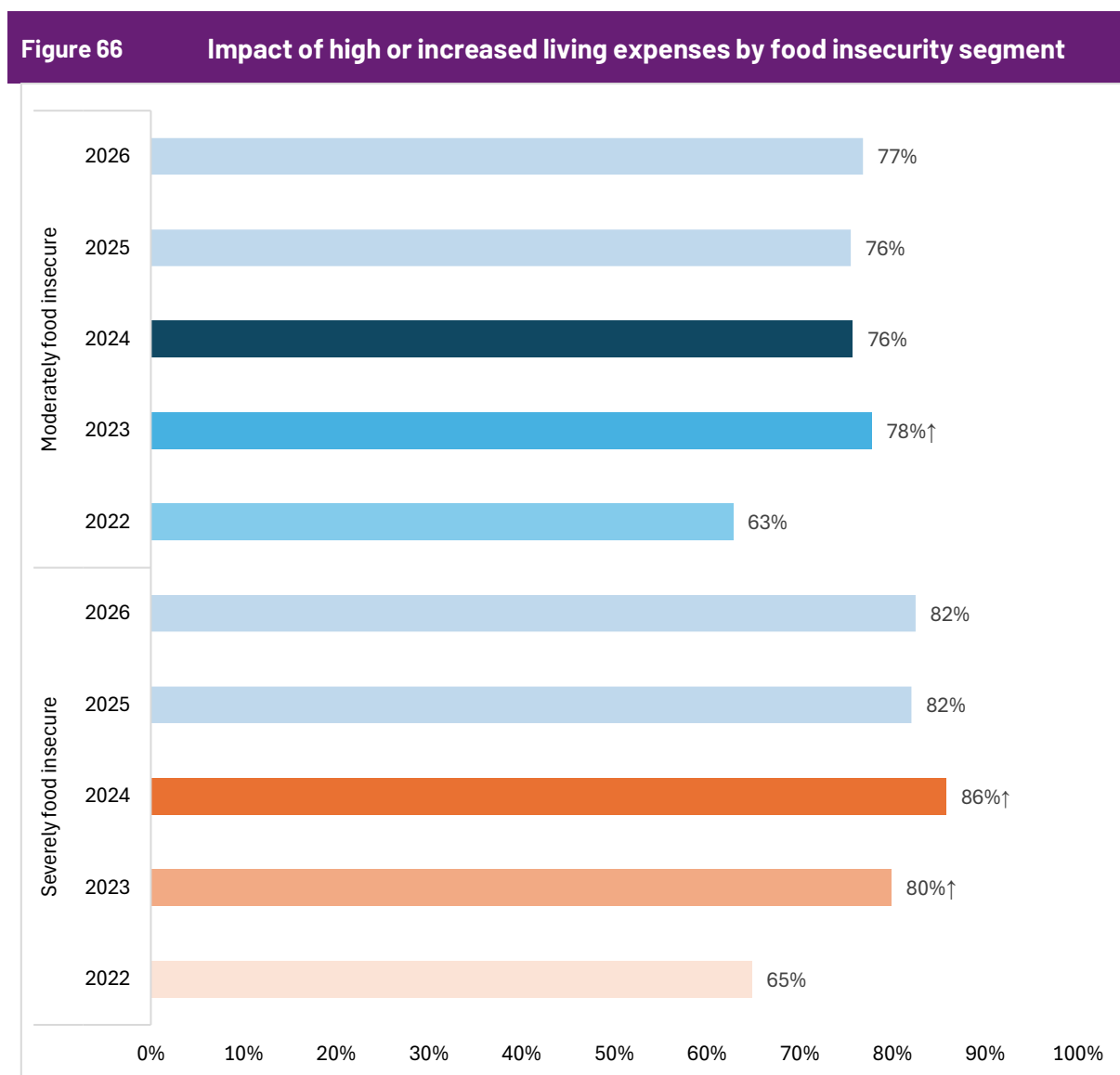






Q36. Approximately, when was the first time your household experienced not being able to afford enough food? (Base [food insecure households] 2026 n=1,797)

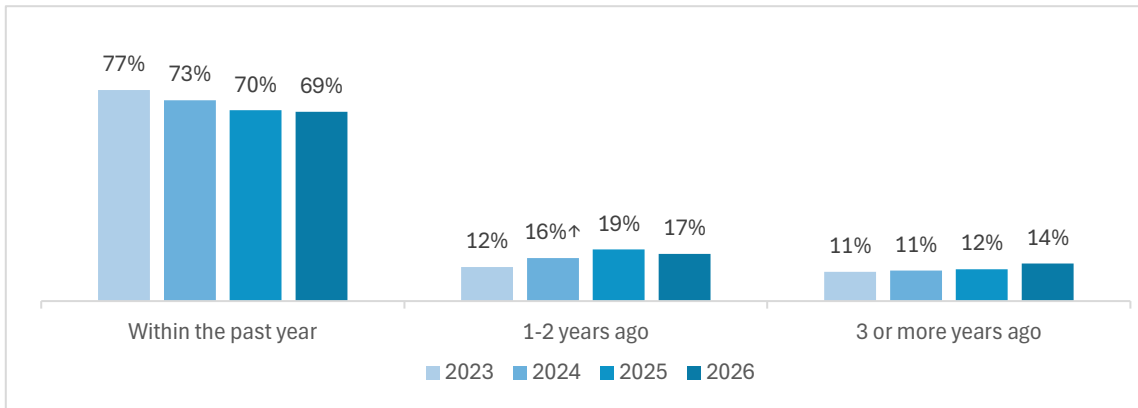
Households experiencing food insecurity



↑ ↓ 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 [food insecure households] Moderately food insecure 2022 n=445; 2023 n=589; 2024 n=552; 2025 n=573; 2026 n=731; Severely food insecure 2022 n=803; 2023 n=925; 2024 n=726; 2025 n=780; 2026 n=1,066).

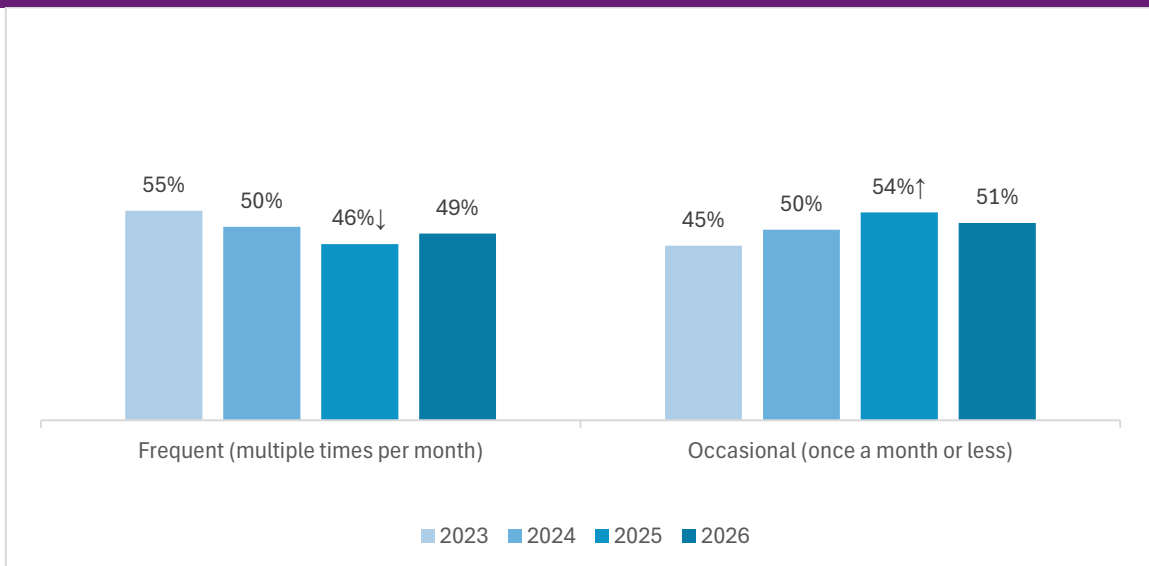
Figure 67 First time experiencing food insecurity among food insecure households



↑ ↓ 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 [Food insecure households] 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797)

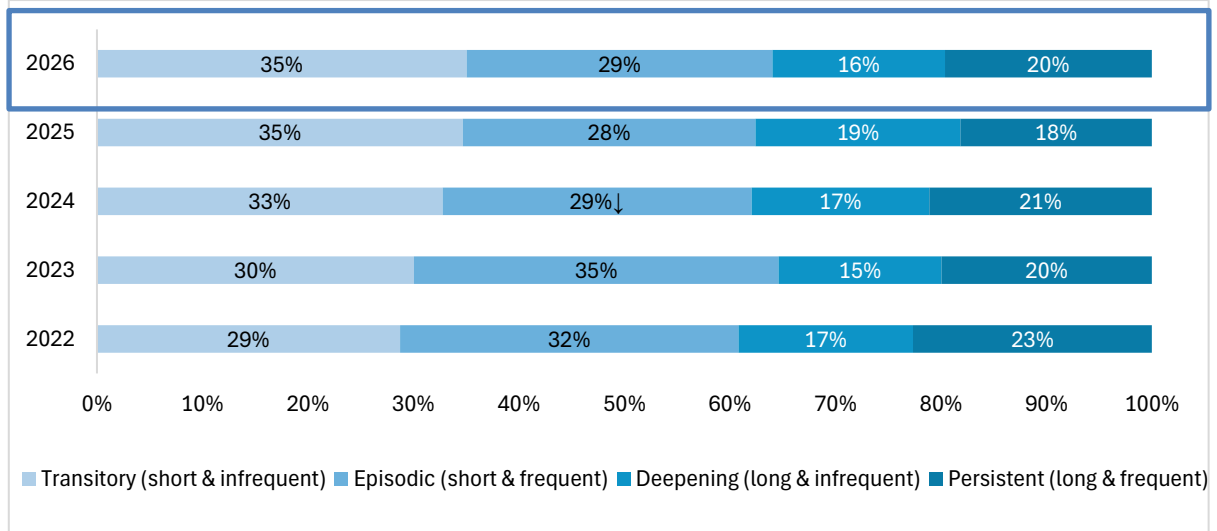
Figure 68 Frequency of food insecure households not being able to afford enough food



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

Q37. And in the last 12 months, how often have you/your household found yourself in such a situation(s)? (Base [Food insecure households] 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797)

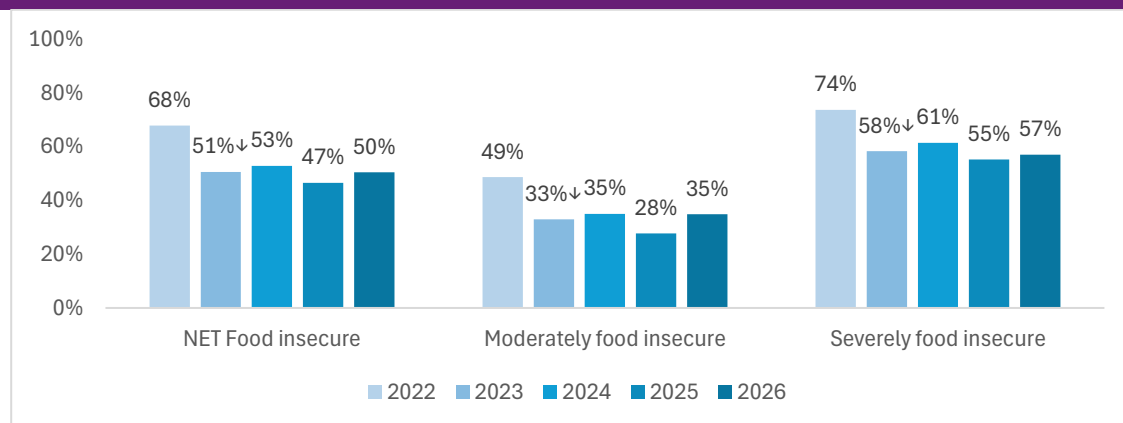
Figure 69 Frequency and duration of food insecurity among food insecure households



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

Q37. And in the last 12 months, how often have you found yourself and your household in such a situation(s)? Q38. Thinking of the last time you couldn't afford enough food for your household, how long were you and your household in that situation? (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797)

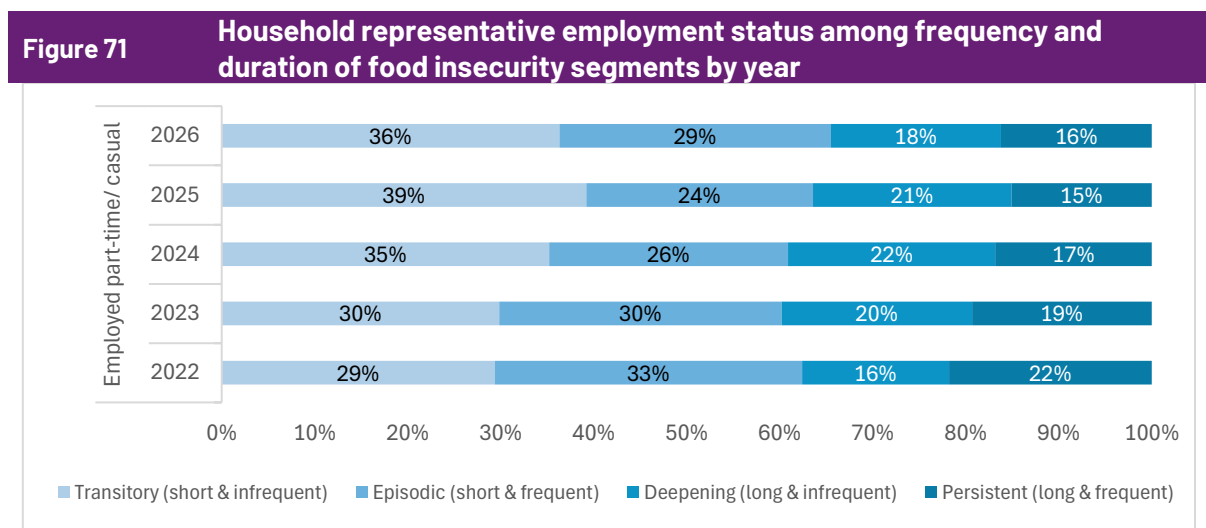
Figure 70 Food insecure households report receiving food relief more often



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

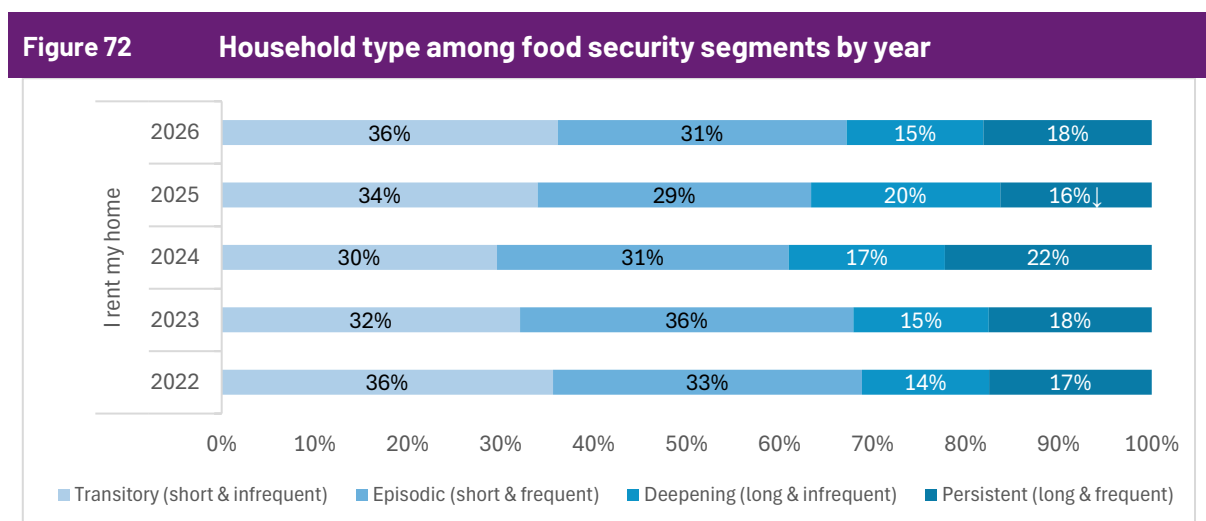
Q51. If you compare this year to last year, are you receiving food relief for yourself and/or your household more or less often this year? (Base [food insecure households who have received food relief in the past 12 months] 2022 n=483; 2023 n=333; 2024 n=317; 2025 n=328; 2026 n=476).

Frequency and duration of food insecurity among Australia's most vulnerable cohorts



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

USDA Food Insecurity Segment Frequency and Duration from Q37. And in the last 12 months, how often have you found yourself/your household in such a situation(s)? / Q38. Thinking of the last time you couldn't afford enough food for yourself/your household how long were you in that situation? and P3 Which of the following best describes your employment status? (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797; Employed part-time/ casual 2022 n=223; 2023 n=298; 2024 n=239; 2025 n=295; 2026 n=389).

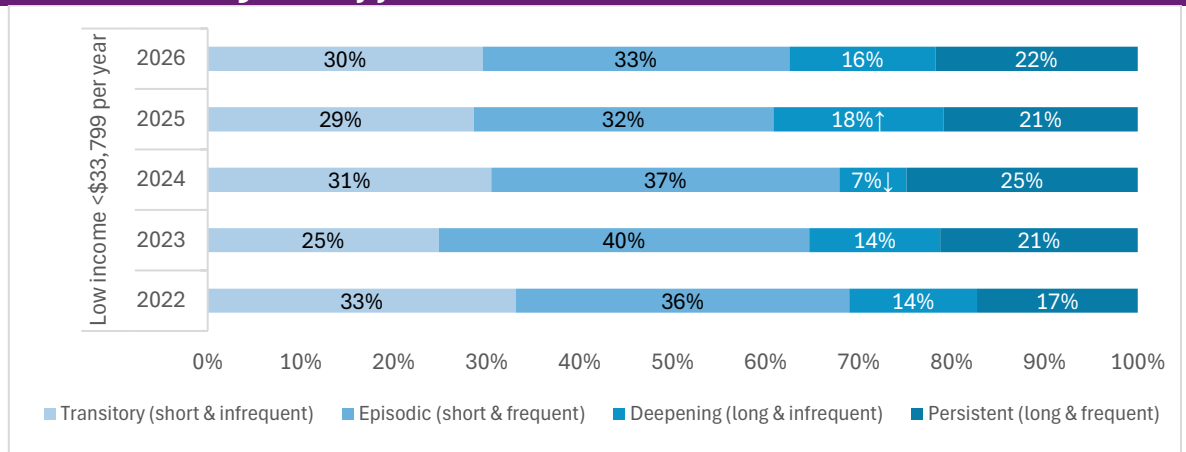


↑ ↓ Represents a significant change when comparing results from the previous year.

USDA Food Insecurity Segment Frequency and Duration from Q37. And in the last 12 months, how often have you found yourself/your household in such a situation(s)? / Q38. Thinking of the last time you couldn't afford enough food for yourself/your household how

long were you in that situation? and P7. What is your current housing status? (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797; I rent my home 2022 n=466; 2023 n=740; 2024 n=569; 2025 n=591; 2026 n=821).

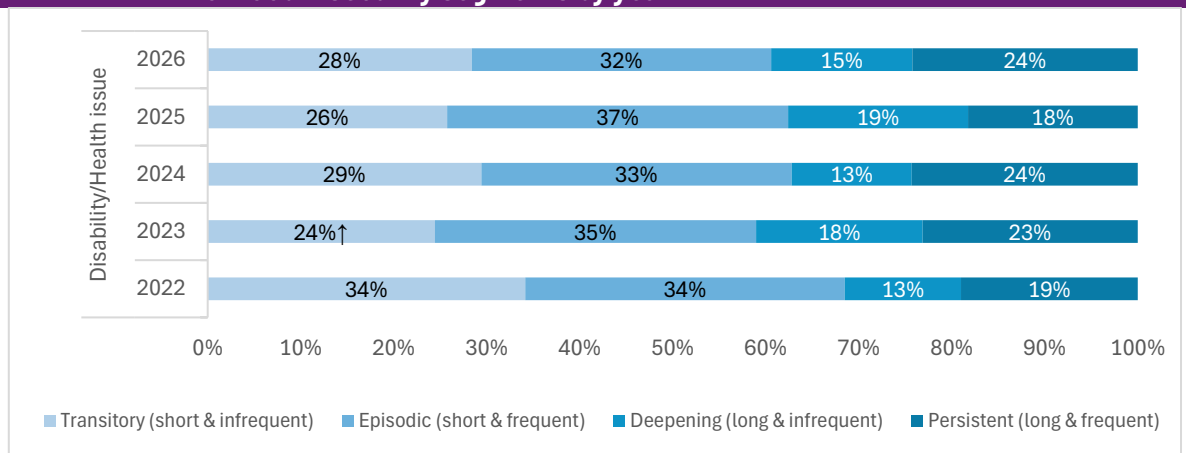
Figure 73 Household income status among frequency and duration of food insecurity segments by year



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

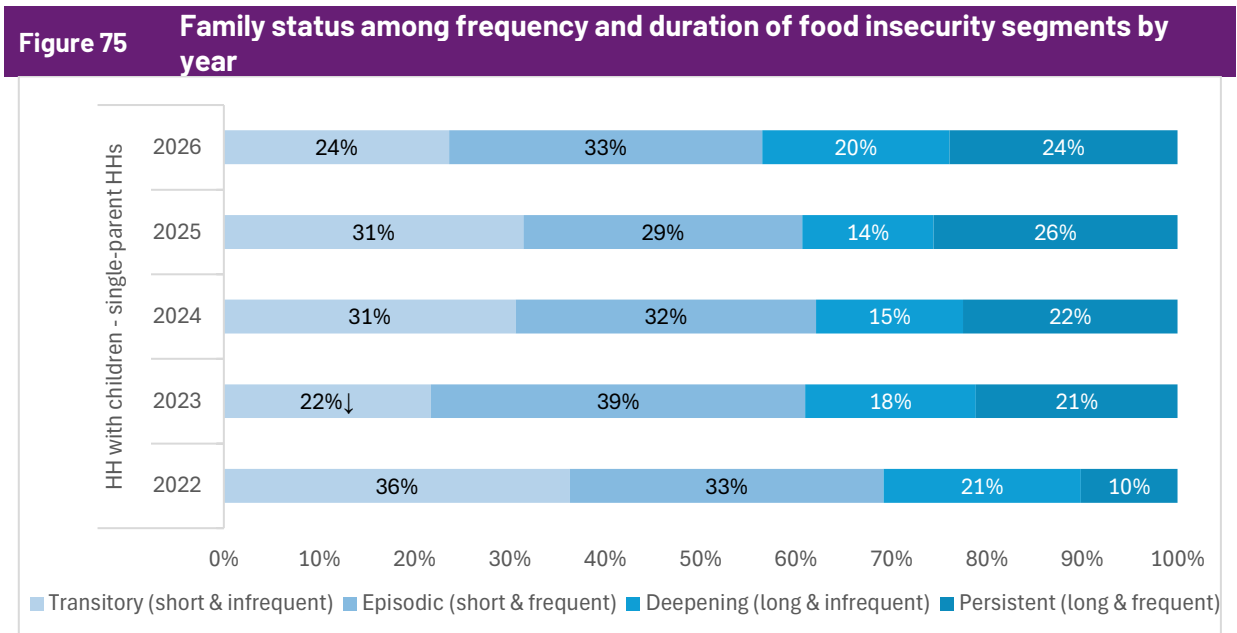
USDA Food Insecurity Segment Frequency and Duration from Q37. And in the last 12 months, how often have you found yourself/your household in such a situation(s)? / Q38. Thinking of the last time you couldn't afford enough food for yourself/your household how long were you in that situation? and P1. Which of the following best describes your/ your household's gross annual income (i.e. before tax)? (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797; Low income 2022 n=281; 2023 n=340; 2024 n=297; 2025 n=341; 2026 n=491). Note: Household income question was updated in 2025 and the nets are slightly different to the brackets used prior to 2025.

Figure 74 Household representative's disability status among frequency and duration of food insecurity segments by year



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

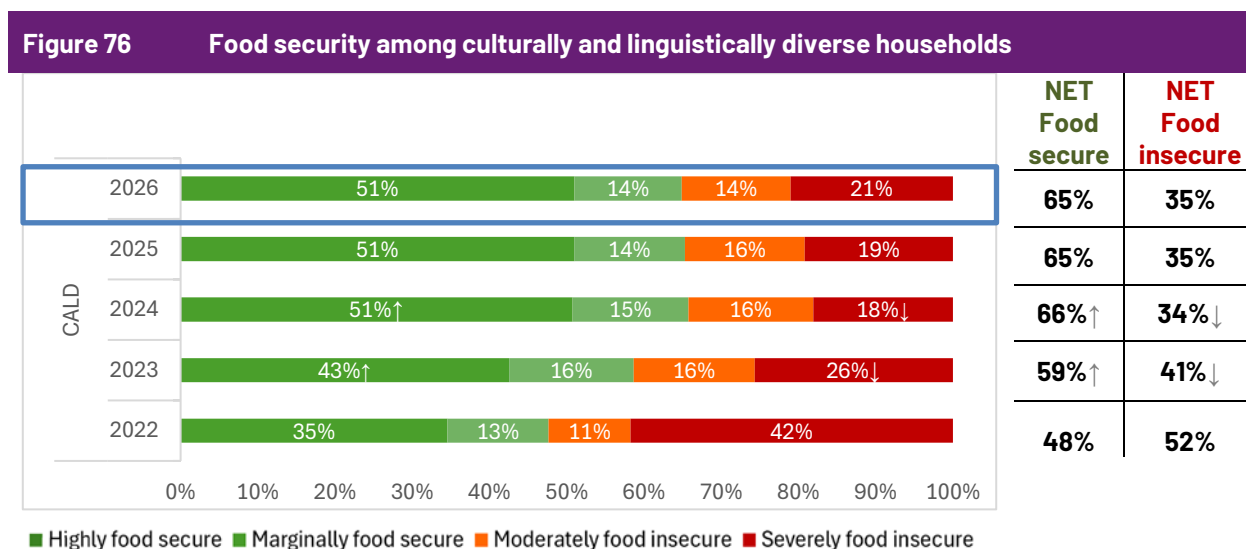
USDA Food Insecurity Segment Frequency and Duration from Q37. And in the last 12 months, how often have you found yourself/your household in such a situation(s)? / Q38. Thinking of the last time you couldn't afford enough food for yourself/your household how long were you in that situation? and Disability/Health Issue from 5 questions (Base [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797; Disability/health issue 2022 n=304; 2023 n=410; 2024 n=341; 2025 n=366; 2026 n=493).



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

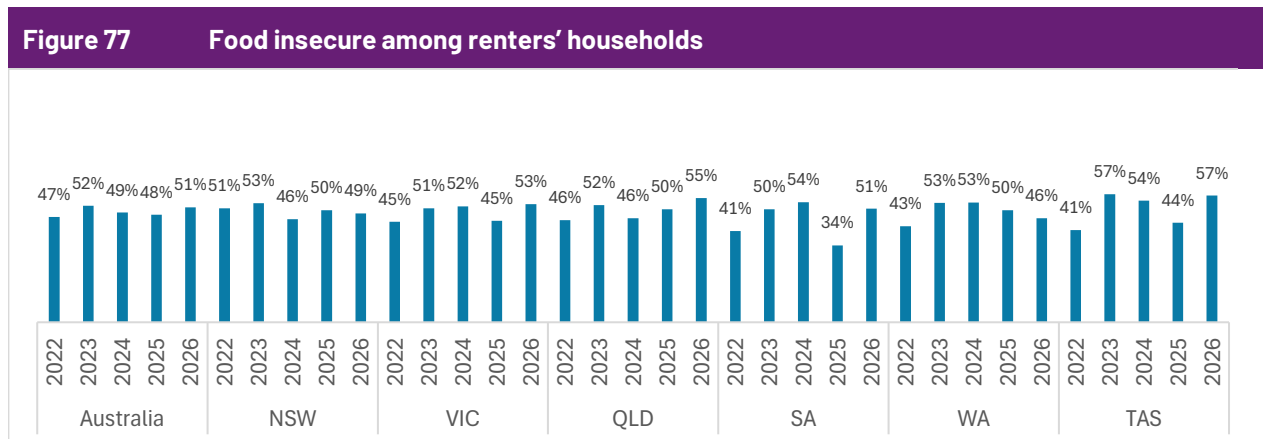
USDA Food Insecurity Segment Frequency and Duration from Q37. And in the last 12 months, how often have you found yourself/your household in such a situation(s)? / Q38. Thinking of the last time you couldn't afford enough food for yourself/your household how long were you in that situation? and S5 And 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 [Food insecure households] 2022 n=1,248; 2023 n=1,514; 2024 n=1,278; 2025 n=1,353; 2026 n=1,797; HH with children - single-parent HHs 2022 n=79; 2023 n=109; 2024 n=96; 2025 n=86; 2026 n=120).

Demographic breakdown of USDA segments reported in 2026



↑ ↓ 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 [filtered to CALD] 2022 n=751; 2023 n=664; 2024 n=721; 2025 n=664; 2026 n=870).



*Results for renter households in this figure are based on an updated renter definition in 2026. As a result, the results presented here are not directly comparable with equivalent renter results published in previous Hunger Reports.

↑ ↓ 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 [filtered to renters] 2022 n=1,040; 2023 n=1,413; 2024 n=1,194; 2025 n=1,229; 2026 n=1,657)



FOODBANK.ORG.AU

Foodbank Australia

Level 2, Building A
11 Talavera Road
North Ryde, NSW 2113
admin@foodbank.org.au
02 9887 4144