



Foodbank

Hunger Report 2025

foodbank.org.au





“This unfortunately is something that happens quite frequently in our household, almost every week there’s just not enough money to go around. The price of groceries is ridiculous. When my children were young I would average our shopping at roughly \$10 per bag of shopping, now I’m lucky if I can get a bag full for \$50.”

A message from our CEO

Food insecurity can affect anyone. The Foodbank Hunger Report 2025 continues to offer a vital snapshot of our country's hunger problem.

In its 13th year of publication, the Foodbank Hunger Report 2025 shows persistent and endemic food insecurity with an unacceptable 1 in 3 (3.5 million) households still facing the distressing question of what, if anything, they will put on their table come their next meal.

It would appear the economic volatility of recent years is not going to ease in the foreseeable future, so it's concerning we're not getting any better at protecting the food security of particularly vulnerable Australians. Rather, despite a number of short-term measures, such as one-off payments and rebates, a significant number of households continue to struggle to meet their fundamental needs.

Australia's housing affordability crisis appears to be supercharging food insecurity in a way we haven't seen before with nearly 1 in 2 rental households reporting as food insecure. It is entirely unacceptable that people across Australia are facing scenarios where food and shelter have become mutually exclusive.

Overall food insecurity levels have not improved on 2024, with certain groups being observably worse off. Shockingly, nearly 7 in 10 (67%) of households that have a person with a disability or health issue now experience food insecurity, with three quarters of these severely affected. Also, alarming is that the similar proportion (68%) of single-parent households are now food insecure.

At the same time, while this year's Report tells us awareness of food relief services is increasing, it also reflects the fact that too many people still hesitate to seek help. Almost half of food insecure households say embarrassment, stigma or shame prevent them from accessing assistance, while many others believe someone else is in greater need.

The Foodbank Hunger Report 2025 makes it clear that for millions of Australians, the basics of life, food, shelter and security are still far from guaranteed in spite of what we hear about economic improvement. Ultimately, greater investment in food relief, combined with action on the underlying causes of hunger including housing affordability, income inequality, and tax policy, is essential. At Foodbank, we remain committed to working with our communities, partners and governments to achieve an Australia where no one goes hungry.

Kylea Tink

Foodbank Australia CEO

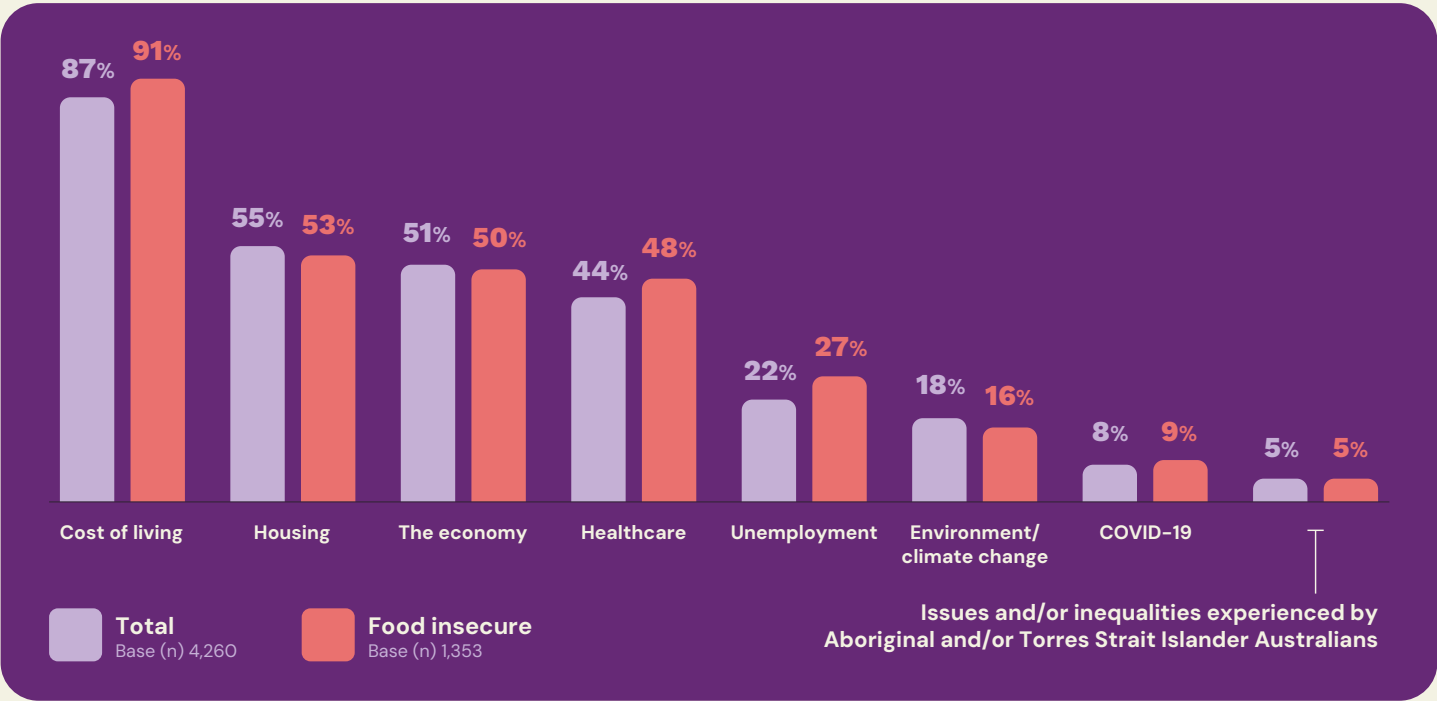
No reprieve in sight for many on cost-of-living pressures

There is a significant divide between macroeconomic and household recovery.



One in three Australian households, nearly 3.5 million, experienced food insecurity in the past 12 months. This is a slight increase on last year's results (3.4 million households), despite targeted government efforts such as one-off energy bill subsidies, cost-of-living remains

the number one concern for 87% of households. This jumps to 91% for food insecure households, who are also increasingly concerned about the cost of healthcare, up 4% on the same time last year.



This year's report highlights a significant lag between economic and household-level recovery. Whilst positive signs of economic recovery are being observed at the macro level, the same cannot be said at the household level, particularly for those experiencing severe food insecurity.

Household finances remain under pressure with just 1 in 5 (21%) Australian households reporting that they are living comfortably on their current income, while more than 1 in 3 (36%) are finding it difficult or very difficult to make ends meet.

Of particular concern is that 61% of food insecure households are severely affected, meaning they are compromising on nutrition, actively skipping meals or in some cases, going entire days without eating. This has unfortunately not improved in the last 12 months.

The pressure is reshaping household diets. Almost half of severely food insecure households report reducing their purchases of fresh fruit and vegetables, protein, and other essentials. Even among moderately food insecure households, almost one in three have been forced to cut back on the similar core items such as fresh produce in order to cope with rising costs.

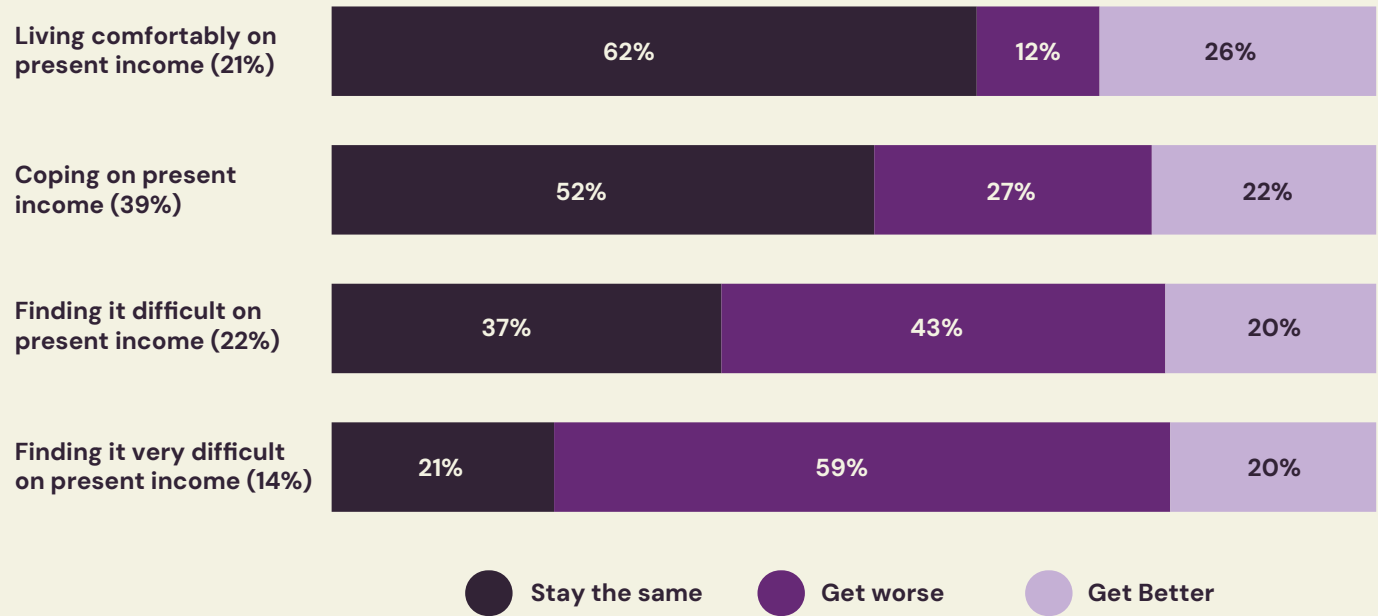
Thinking of the last 12 months, which, if any, of the following have you used to manage the cost of living for yourself and/or your household

2025 Data	Moderately food insecure	Severely food insecure
Looked for sales/discounts on food and grocery items	64%	65%
Cut back on eating/drinking in restaurants, cafes and bars	61%	62%
Swapped food for cheaper alternatives	49%	57%
Cut back on other household supermarket items	34%	52%
Cut back on other food and grocery items	39%	50%
Cut back on cleaning or personal care products	31%	47%
Reduced purchasing of protein	28%	46%
Reduced home energy use	42%	45%
Portioned meals and/or ingredients to reduce food waste	43%	45%
Reduced purchasing of fresh produce	30%	45%
Planned meals ahead of time	48%	42%
Dipped into personal/ household savings	44%	41%
Drove less or used cheaper alternatives	29%	39%
Reduced purchasing of dairy products (e.g., milk, cheese, yoghurt, butter)	23%	39%
Bought food and groceries in bulk	30%	31%
Deferred payment by spending more on credit cards or Buy-Now-Pay-Later apps	22%	29%
Grown fresh produce at home (e.g., herbs, fruits, vegetables)	22%	20%
Switched energy plans or providers	16%	13%
Moved to lower-cost accommodation	7%	12%
Refinanced loans	8%	7%

Coping mechanisms highlighted in purple if "Severely food insecure" households show results ≥3% higher than "Moderately food insecure" households.

Worryingly, many Australians don't feel confident that things will improve any time soon. Almost half of all households (46%) believe their financial situation will stay the same over the next year, a view held mostly by those already living comfortably. But for households who are already struggling, the outlook is far more worrying. Nearly one in two (49%) households that currently finding it difficult or very difficult, expect things to get even harder, especially as housing costs continue to climb and eat into already stretched budgets.

Australian household financial circumstances



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



“The adults in the home have gone without or with reduced food to ensure we can cover bills and ensure the kids get everything they need. This is due to being out of work since December due to medical reasons, so we are living on a single income.”

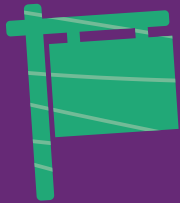


“I went from living week to week when I was working, then I lost my job because I was asked to look after my grandchildren, so then I went to government benefits leaving me financially worse off but now having 3 mouths to feed instead of one. I went through my savings well before I even received government benefits because I had to wait 5 weeks before my application was processed and I didn’t qualify for back payment.”



“I try to buy the cheapest food items. I can’t afford meat or fruit and veg, but still, that’s not enough. I still have to pay bills.”

Australia's housing affordability crisis is supercharging food insecurity



Average price of residential dwellings passed the \$1 million mark in Australia



35% of renters cite "changes in my household or living arrangements" as cause to food insecurity



48% of renting households are food insecure

This year's report paints a bleak picture in the broader context of Australia's housing crisis, particularly the rental market, where the connection between housing stress and food insecurity has become more pronounced.

2025 saw the average price of residential dwellings pass the \$1 million mark¹, highlighting the nation's housing affordability crisis. The combination of housing unaffordability and unavailability is impacting food insecurity in Australia in ways never seen before. While the rate of food insecurity amongst renters remains high at almost 1 in 2 (48%), there has been a significant increase in households citing "changes in my household/ living arrangements" as a reason for their food insecurity (now 29%, up from 25% in 2024). This is partly driven by a notable rise in households that have had to move residence numerous times in the past year.

For single-parent families – one of the hardest hit groups – the situation has become even tougher. Many point to changes in their housing or living arrangements, like moving house or rising rent, as a key reason they're struggling more than the average food insecure household.

For the nearly one-in-three (30%) Australian households who rent, the housing climate over the past few years presents a landscape of unrelenting financial strain.

For households experiencing food insecurity, keeping a roof over their heads has to come first. They know that falling behind on rent or mortgage payments has far more serious long-term consequences than cutting back on food.

¹ <https://www.abs.gov.au/statistics/economy/price-indexes-and-inflation/total-value-dwellings/latest-release>

“It’s the same once a month. Rent is too expensive. I just manage to pay rent then it’s that part of the cycle where I am going to be short of money for something such as food.”

“Chose to pay rent and bills instead of buying food or put food onto buy-now-pay-later.”



“We need private health insurance because of my husband’s medical issues. His health comes first and we can’t wait years for public hospitals. The trade-off is compromising on food and other essentials like warming our home.”



Food insecurity highlights growing inequality

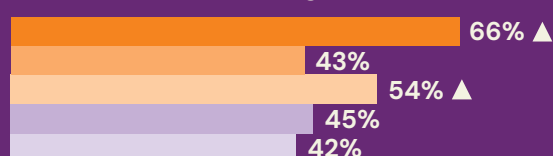
Overall food insecurity levels are not improving and the predicament for certain vulnerable sectors of the community is only getting worse.

Increased / high living expenses

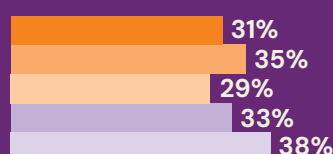
(e.g. for food and housing)



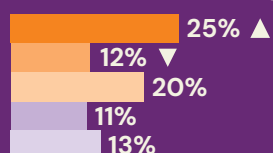
Reduced / low income or government benefits



Changes in my household / living arrangements

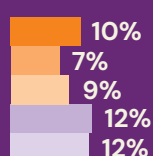


Limited access / ability to travel and get food



Natural disaster(s)

(e.g. flood, bushfire, drought)



- Disability/Health Issue
- I rent my home
- Low income <\$33,799 per year
- Employed part-time/ casual
- Single parent 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] 2025 n=1,353; Employed part-time/ casual n=295; Disability/Health Issue n=366; Low income <\$33,799 per year n=341; Single parent HHs n=86; I rent my home n=591).

Nearly 7 in 10 (67%) households that include a person with a disability or health issue now experience food insecurity, with three quarters of those in the severe category. These households are significantly more likely than other food insecure households to cite the following as contributing factors:

- Increased/high living expenses (e.g. for food and housing);
- reduced or low income and/or government funding; and/or
- limited access or the ability to travel and get food.

Low-income households (earning at, or under \$33,799 p.a.) continue to struggle, with more than two-thirds (69%) experiencing severe food insecurity.

Households with part-time or casual workers facing food insecurity jumped from 36% in 2024 to 40% in 2025. This is particularly concerning because non-permanent or inconsistent work makes it difficult for households to budget and plan, leaving them more vulnerable or exposed financially.

When it comes to income brackets and who is affected, there has been a sharp increase in the proportion of households earning \$33,800 – \$90,999 p.a. experiencing food insecurity, now 37%, compared to 31% only three years ago.

Even households earning \$91,000 or more p.a. are not immune, with one in five food insecure, showing no improvement in the last 12 months.

Single-parent households remain one of the most 'at-risk groups', with 7 in 10 (68%) now food insecure. This group attributes this more to changes in household or living arrangements than the average food insecure household.

“In the past few weeks, we have had to help supplement my mother’s income/meals because she had been waiting over 18 months for her disability support pension review, and she has many health issues... and she can’t care for herself and job seeker is not enough for her to live on, so we have to take on that burden. On top of that the endless rent increases are so crushingly brutal.”

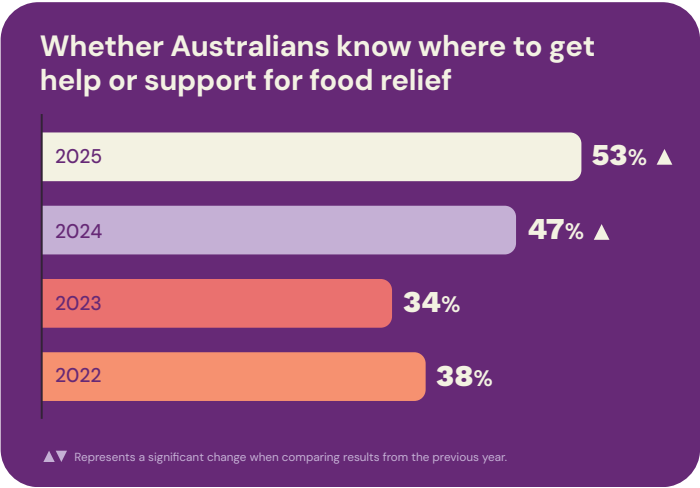
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Greater awareness of food relief, but stigma keeps people from reaching out

Whilst more Australians know where to find help, shame and uncertainty are preventing many from accessing vital support.

There has been positive progress when it comes to community awareness of food relief. More households now know where to turn if they can't afford enough to eat, with awareness reaching a record 53% this year, a big jump from just 34% in 2023.



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).

However, knowing where to get help doesn't always mean people access it. 43% of households experiencing food insecurity have ever used formal food relief, and just 1 in 4 (25%) did so in the past year, similar to in 2024. Despite growing awareness and efforts to reduce stigma, many people still hold back due to a sense of shame or stigma attached. Almost half (45%) feel embarrassed or ashamed to ask for help, while 35% worry that others are in greater need. A lack of clarity around eligibility or how to access support is another barrier, leaving too many households going without the assistance they need.

Which of the following are barriers for you in seeking food relief from a charity or community organisation?		2025
Too embarrassed/ashamed		45%
Others are in greater need of assistance		35%
I don't know if I'm eligible for food relief		30%
Don't know about services nearby		22%
Don't need it often enough		22%
Prefer to ask help from friends and family		21%
Hard to travel to pick up food relief (e.g. no transport, no car)		18%
Too difficult to apply for food relief		14%
Food provided doesn't suit needs		12%
Not eligible for food relief		12%
Charities not open at a time that suits		11%
No barriers		7%
Already exceeded the food relief allowed		7%
Other (please specify)		2%



“There are people far worse off, I would feel bad taking food.”

Methodology

The Foodbank Hunger Report 2025 research was conducted between 24th June – 17th July 2025, through an online survey of 4,260 Australians aged 18 years or older (main sample) and a booster of 260 Australians 18+ from NT (n=102) and TAS (n=276). The main sample was nationally representative with interlocking quotas by age, gender and location.

The data was weighted to nationally representative proportion of age, gender, state and location as summarised in Table 1 below.

All 4,260 Australians answered the core HFSSM for measurement of the prevalence of household food security over the past 12 months. A total of 1,353 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.

		Sample size (n=4,260)	Total weighted (%)
Gender	Male	2,059	49%
	Female	2,201	51%
Age	18–24	466	11%
	25–44	1,525	37%
	45–54	674	16%
	55–74	1,170	27%
	75 or above	425	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	2,946	68%
	Rest of state/territory	1,314	32%
Remoteness area*	Major cities of Australia	2,665	63%
	Inner regional Australia	1,318	31%
	Outer regional Australia	225	4%
	Remote Australia	42	1%
	Very remote Australia	10	0%

Acknowledgements

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