

CALGARY FOOD BANK

WORK THAT ISN'T WORKING: FOOD INSECURITY AMONG EMPLOYED CALGARIANS

Methodology

30 in-depth, semi-structured interviews with employed clients and 1525 survey respondents.

Findings

65% of households receive an employment income.

The most selected main source of income was full-time employment at 27%, followed by part-time employment at 19%.

65% of the working sample experienced severe food insecurity, compared to 73% of those who are not working.



INSUFFICIENT WAGES

Average hourly wage: \$19.30 (median: \$19.00).

"I make around \$2500 per month as an office clerk, but my rent and utilities are \$2200 per month so I can't make ends meet."



LIMITED AND INCONSISTENT HOURS

Average number of hours worked per week was 38 for full-time employees, while part-time employees worked an average of 26 hours a week. Overall, 81% of workers would have liked to have worked additional hours per week.

"The biggest problem for us right now is not having full-time jobs."



LACK OF JOB SECURITY

Average amount worked was roughly 7 months of the past year. 79% wish they could have worked more.

"This is his fourth or fifth job in the last two years. It's not issues of his own, he has just been let go because the company is shrinking, or two of the companies shut down after hiring him for a couple of months."



DEMOGRAPHIC GROUPS AT HIGHER RISK OF IN-WORK SEVERE FOOD INSECURITY

- Female-led single parent households – 73%
- Indigenous individuals – 77%
- Individuals living with disability – 81%
- 62% of non-Canadian citizens utilizing the Calgary Food Bank hold a diploma or university degree, compared to 38% of Canadian citizens.



JOB INDUSTRY

29% work in sales and service occupations (e.g., cleaning, retail, food service).

29% work in trades, transport, and equipment operation (e.g., construction, warehouse jobs, delivery).



About the Lead Researcher

Dr Lucy Harry is Head of Research at the Calgary Food Bank. She holds a Masters and Doctorate from the Law Faculty of the University of Oxford, UK. After finishing her PhD, she worked as a researcher at the University of Oxford, as well as a lecturer, and research consultant for international non-profits.

View the full report at calgaryfoodbank.com