

# CALGARY FOOD BANK

## FOOD INSECURITY DOESN'T RETIRE: AFFORDABILITY CRISIS IMPACTING MORE OLDER ADULTS IN CALGARY



### Findings

**64% of retired older adults who access the Calgary Food Bank experienced food insecurity for the first time after retirement.**

Interviews reveal that a combination of rising living costs, limited savings, and insufficient Canada Pension Plan (CPP) payments are driving factors. As a result, 80% of non-retired older adults report they cannot financially afford to retire. Of this group, 85% indicate that they have no savings.

1 in 6 older adults are living with either a health condition or disability, and 48% had retired due to a health issue. Decreased ability to work and higher health expenses added additional financial strain on older adults. For others, retirement plans were disrupted by unforeseen circumstances, such as familial caring responsibilities. Due to these cumulative economic stressors, 61% of retirees are currently carrying debt.



### Challenges Impacting Low-Income Older Adults



**38%**

are dealing with transportation barriers



**36%**

experience social isolation



**34%**

feel guilty, ashamed, or embarrassed to access community supports



**30%**

say long wait times make it harder to access community supports



*I knew that retirement was going to be tight, but who could've predicted this economy? It sounds like an excuse, but that's my reality. I just don't have any money.*

– A Research Interview Participant



## **Rationale & Methodology**

Our data shows that seniors were nearly three times more likely to reuse services from the Calgary Food Bank when compared to the general population in fiscal year 2024/25.

To understand what factors are contributing to these startling levels of food insecurity among seniors, the Calgary Food Bank conducted 30 interviews and collected 736 survey responses from older adults.

**View the full report at [calgaryfoodbank.com](https://calgaryfoodbank.com)**

**By Community For Community**