Shelter Affordability and Housing Needs: A Study of Winnipeg Food Bank Users

FINAL REPORT

DECEMBER, 1997

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This project was carried out with the assistance of a grant from Canada Mortgage and Housing Corporation under the terms of the External Research Program. The views expressed are those of the authors and do not represent the official views of the Corporation.

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Acknowledgements

The authors wish to acknowledge the many people who made this project possible. First and foremost, a debt of gratitude is owed the food bank clients who so openly shared with us their experiences while they were struggling to obtain food for survival. They placed their trust in us to accurately portray their economic plight hoping the results of our survey would lead to some concrete improvement in their situation.

The staff and volunteers at Winnipeg Harvest generously gave their time during the formative stages of this study and were crucial to the success of the survey process. The advice, input, and support of David Northcott, Coordinator and Ellen Olfert, Researcher of Winnipeg Harvest not only facilitated the project, but ensured that the human dimension of the research was always at the forefront. We are grateful to the food bank operators who gave us the opportunity to talk to the people they are working to help.

The bulk of the study was carried out by the twenty-five interviewers who traveled to the many food banks, sometimes in -40° C weather conditions, and faithfully adhered to randomization procedures and professional protocols while building a rapport with the users. The project's primary research assistant, Cheryl Shindruk, deserves much of the credit for ensuring the sampling plan was carried out and that all the practical hurdles of the multi-site survey were overcome.

Data entry operators, Lanette Ludwig, Shannon Scott and Bryan Mueller were vital to the integrity of the computer database. Margaret-Rose Thompson and Susan Shanley from the Faculty of Architecture did much to help with manuscript preparation. Pamela Atherton Skaff and Rhonda Larsen of the Mayo Clinic carried the final report through to fruition. Finally, we are thankful to CMHC for the financial support which made this project possible.

Abstract

The aim of this study was to construct a sociodemographic profile of food bank users in Winnipeg, Manitoba, Canada. A random sample of 1,019 food bank users, stratified proportionally across 34 Winnipeg agencies, was used to answer questions regarding financial status, housing conditions and satisfactions, food bank usage, employment history, health and perceptions of prospects for the future and other sociodemographic information.

There were 582 men and 433 women who participated in face-to-face interviews during the winter of 1993-94. Results of this study showed that over 75 percent of the respondents in this study were receiving social assistance. The majority of the food bank users were young, single, employable males on welfare living in rented accommodations that consumed well over 50 percent of their monthly income.

The housing situations of all of the respondents were examined using the affordability, suitability and adequacy indicators from Canada Mortgage and Housing Corporation's core housing need model. Survey results on income and affordability issues indicated that food bank users do not have sufficient income to exist without some form of supplementary aid. Although shelter costs were low in terms of absolute dollar amounts, once shelter costs were subtracted from the food bank user's monthly income, there was very little left to obtain the basic requirements for existence. In other words, the majority of food bank users were shelter poor. While housing conditions were modest, they were reported satisfactory for the most part. Despite this high rate of general satisfaction with housing and neighborhood, 25 percent of the respondents reported a lack of space and 20 percent reported housing in need of major repair.

Sub-populations selected for additional analysis included: welfare recipients; single parent families; families without children; single male, and single female households; households with seniors and persons with disabilities. Content analysis was performed on

open-ended responses and on written observations made by interviewers during the interviews.

Data from the survey were combined with Statistics Canada 1991 Census data aggregated across forward sortation areas (FSAs) for 18 Winnipeg neighborhoods. Results indicate a strong relationship between the socioeconomic status of a neighborhood and the amount of food bank activity. Neighborhoods in the core area, specifically R2W, R3B, and R3C had the strongest relationship between low socioeconomic status and high food bank use.

The findings hold implications for the remaking of housing policy and social welfare policy in Canada.

Biographical Sketch: Jeff A. Sloan, Ph.D.

At the time of funding, Dr. Sloan was Associate Professor/Statistical Consultant in the Faculty of Nursing at the University of Manitoba with a professional consulting practice, Significant Findings. A statistician working primarily in health care, Dr. Sloan's research encompasses a wide variety of projects from measurement theory through quality of care to epidemiology. Dr. Sloan is presently Lead Statistician at the Mayo Clinic, Rochester, Minnesota.

Biographical Sketch: Dana G. Stewart, Ph.D.

At the time of funding, Dr. Stewart was Associate Professor and Director of the Housing Studies, Research and Development Program in the Faculty of Architecture at the University of Manitoba. Dr. Stewart's research was concerned with the design considerations of housing and communities, with policy implications of urban revitalization, and with the housing concerns of the elderly and persons with special needs and low income.

Executive Summary

The purpose of the study was to examine the phenomenon associated with increased use of food banks in Manitoba and to develop a profile of the typical food bank user with respect to shelter needs and other sociodemographic variables. Specifically, the study sought to develop a research instrument and interview methodology that would address the unique sampling difficulties encountered when surveying this group and accurately assess the housing needs of local food bank users relating to shelter affordability, adequacy, and suitability. The study included a stratified proportional random sample of 1,019 individuals who were interviewed in thirty-four food banks in the City of Winnipeg during the winter of 1993-1994. Factors included for study were housing mobility; type and tenure of current and former housing; current dwelling condition, costs, size and space; housing and neighborhood satisfactions; food bank usage; income, employment and other sociodemographic information. The study was designed to provide data from which a more comprehensive examination of housing needs of low income individuals can be developed. Results of the study will be important to private and government agencies in assessing the gaps in the social safety net relevant to this group of people and for identifying appropriate social and housing services.

Results of the study portray the typical food bank user as a young, single, employable male on welfare, but this does not tell the whole story. There were 582 men and 433 women in the study. The median age was 38.7 years with over 50 percent in the 25-44 age group. While 40 percent of the food bank users were single, close to one-out-five were married/living as married or divorced and 12 percent were separated. Household size was relatively small with 65 percent of the respondents reporting no dependent children. The number of children averaged less than 1 child per household. Twenty percent of the respondents were from single parent households with one (39 percent) or two (30 percent) children. There were very few seniors over 65 years old (3.6 percent) and about half of these were from single person households.

Level of education, employment and income were strongly related. Generally, the education levels of the majority of the food bank users were low; over 60 percent did not have a high school education. On the other hand, 15 percent had completed some post-secondary education. Most of the respondents were unemployed (91 percent), although more than half of those unemployed reported that they were able and willing to work. Approximately a third of the unemployed were not able to work. Of those respondents who were employed, the majority had been employed for a short time -- two years or less. The majority of the unemployed had been out of work for two years or more with 11 percent reporting that they had been out of work for ten years or more. The median duration of longest period of employment for each person was 3.5 years. As a result of high levels of unemployment and the types of jobs that the food bank users did hold when employed, the household monthly incomes reported by the respondents were correspondingly low. Almost 50 percent of the respondents reported that their monthly income was under $500.00. Over 85 percent of the respondents had a monthly income of under $1,000.00. More than three-quarters of the food bank users reported that social assistance was their primary source of income.

In keeping with the income and household demographics reported by the majority of food bank users, respondents in this study were generally housed in small rental accommodations -- bachelor or one or two bedroom units. Nearly 50 percent reported living in an apartment unit or in other types of units such as rooming houses (12 percent), row/townhouses (10 percent), and hotel or hostel rooms (.2 percent). Nineteen percent lived in a single detached house and 9 percent lived in a duplex. They were a relatively mobile population with the median lenth of time spent in their current home between 11 and 12 months.

In general, housing expenditures for rent or mortgage payments were relatively low in absolute amounts -- the median housing expenditure without utilities was $310.00. Housing affordability was estimated by creating an affordability index using the median

value of each income category reported as an estimate of household income and dividing by the actual value of the rent or mortgage payment. When median housing costs were compared with the median income category ($582.00 per month) reported by respondents in this study, an overall affordability index of 58 percent (310/582) was produced. The median of the affordability indexes calculated for an individual client was 73 percent, well over the 30 percent guidelines used as our Canadian standard.

Food bank users were located in the greatest numbers in the R2W, R3B, and R3C neighborhoods of Winnipeg. The number of food bank clients decreased further away from the center of the city. Mapping the geographic distribution of socioeconomic variables indicated that the number of food bank users in a neighborhood was strongly related to the number of welfare recipients, unemployed people who were able to work, people without a telephone and people who were renters. No matter where food bank users live, their average income is low and their average shelter affordability is high (well above 30 percent). The core area contains most of the problem housing, with housing needing major repairs and homes in poor condition being most prevalent in this area.

The new food bank users are coming from the ranks of the recently unemployed (within the previous five years). This group is disproportionately high in terms of the number of single young males and disproportionately low in terms of seniors, large families, and the disabled. The needs of the latter groups, one would assume, are being taken care of to a certain extent by existing government programs which alleviate their need to access food banks.

Strong evidence appeared linking the socioeconomic status of a neighborhood with the degree of food bank activity. In particular, the R2W forward sortation area accounted for the largest number of food bank users, while at the same time suffering from a level of socioeconomic activity more than five standard deviations below the average seen across the city. This disputes the contention that food banks appear in well-to-do neighborhoods and will generate activity by their mere existence.

Ancillary model building analysis by way of logistic and ordinary least squares regression was used to investigate the relative importance of socioeconomic variables with food bank usage. Results of these analyses supported the initial findings that the single male subpopulation were prevalent among the new food bank users and the recently unemployed. Single parents were seen to be unemployed for longer periods of time than non-single parents, as were people who rated their health as poor.

The data would suggest that the increasing use of food banks is not a temporary phenomenon. The majority of food bank users are employable and want to work, but cannot find employment in the present economy. Until the economy begins to produce jobs in increasing numbers, the numbers of people falling outside of the social safety net and therefore needing food banks to bridge the gap between support payments and the cost of living will increase.

Résumé

La présente étude visait à examiner le phénomène lié à l'utilisation accrue des banques alimentaires au Manitoba et à élaborer un profil de l'utilisateur typique des banques alimentaires en ce qui a trait aux besoins en matière d'hébergement et aux autres variables sociodémographiques. Plus précisément, on a essayé de mettre au point un outil de recherche et une méthode d'entrevue qui tiennent compte des difficultés propres à l'établissement d'un échantillon, éprouvées lors des enquêtes menées auprès de ce groupe de personnes, et tenté d'évaluer de façon précise les besoins des utilisateurs des banques alimentaires locales en matière de logements abordables, de taille et de qualité convenable. L'étude a porté sur un échantillon aléatoire proportionnel stratifié comprenant 1 019 personnes qui ont été interviewées dans 34 banques alimentaires de la ville de Winnipeg, durant l'hiver 1993-1994. Parmi les facteurs examinés, mentionnons la mobilité résidentielle, le type et le mode d'occupation du logement actuel et antérieur; l'état, le coût, la taille et la superficie du logement actuel; le degré de satisfaction à l'égard du logement et du voisinage; l'utilisation des banques alimentaires; le revenu, l'emploi et d'autres renseignements d'ordre sociodémographique. L'étude était conçue de manière à fournir des données à partir desquelles on pourrait effectuer une analyse plus approfondie des besoins en matière de logement des personnes à faible revenu. Les résultats de l'étude seront importants pour les organismes privés et publics, car ils leur permettront de déterminer les lacunes du filet de sécurité sociale pour ce groupe de gens ainsi que les services sociaux et les services d'habitation appropriés.

Selon les résultats de l'étude, l'utilisateur typique des banques alimentaires est un jeune homme, célibataire, assisté social, apte au travail, mais ce n'est pas tout. L'étude a porté sur 582 hommes et 433 femmes. Leur âge médian était de 38,7 ans, et plus de 50 % d'entre eux appartenaient au groupe des 25-44 ans. Même si 40 % des utilisateurs des banques alimentaires étaient célibataires, près de un sur cinq étaient mariés, vivaient avec un conjoint ou étaient divorcés, et 12 % étaient séparés. La taille des ménages était relativement petite, puisque 65 % des répondants ont indiqué n'avoir aucun enfant à charge. En moyenne, on comptait moins d'un enfant par ménage. Vingt pour cent des répondants faisaient partie de familles monoparentales ayant un enfant (39 %) ou deux (30 %). Peu de personnes avaient plus de 65 ans (3,6 %), et près de la moitié d'entre elles vivaient seules.

Il y avait une relation très étroite entre le niveau d'éducation, d'emploi et de revenu. En général, le niveau d'éducation de la majorité des utilisateurs des banques alimentaires était faible. Plus de 60 % n'avaient pas fait d'études secondaires. Par contre, 15 % avaient terminé quelques années d'études postsecondaires. La plupart des répondants étaient en chômage (91 %), mais plus de la moitié des personnes sans emploi ont indiqué qu'elles étaient aptes au travail et prêtes à occuper un emploi. Environ le tiers des répondants sans emploi étaient incapables de travailler. Parmi les répondants ayant un emploi, la majorité travaillait depuis peu de temps (deux ans ou moins). La majorité des répondants sans emploi ne travaillait pas depuis deux ans ou plus, et 11 % d'entre eux ont dit être en chômage depuis dix ans ou plus. La durée médiane de la période d'emploi la plus longue pour chaque personne était de 3,5 ans. Étant donné le haut taux de chômage et le genre d'emploi que les utilisateurs des banques alimentaires ont occupé lorsqu'ils travaillaient, les revenus mensuels des ménages indiqués par les répondants étaient

proportionnellement faibles. Près de 50 % des répondants ont donné un revenu mensuel inférieur à 500 $. Plus de 85 % avaient un revenu mensuel inférieur à 1 000 $. Plus des trois-quarts des utilisateurs des banques alimentaires ont indiqué que l'aide sociale était leur principale source de revenu.

Conformément au revenu et aux données démographiques relatives aux ménages mentionnés par la majorité des utilisateurs des banques alimentaires, les personnes ayant participé à cette étude habitaient en général dans de petits logements locatifs (studios ou logements d'une ou deux chambres). Près de 50 % ont dit vivre dans un appartement ou dans un autre type de logement, comme une maison de chambres (12 %), une maison en rangée (10 %), un hôtel ou un foyer d'hébergement (0,2 %). Dix-neuf pour cent vivaient dans une maison individuelle, et 9 %, dans un duplex. C'est une population relativement mobile, et la durée médiane du temps passé dans leur logement actuel était de 11 à 12 mois.

En général, les frais de logement (loyer ou mensualités hypothécaires) étaient relativement faibles en chiffres absolus -- les frais médians, services publics exclus, s'établissaient à 310 $. Pour estimer l'abordabilité des logements, on a créé un indicateur d'abordabilité fondé sur la valeur médiane de chaque catégorie de revenu indiquée comme revenu estimatif du ménage, divisée par le montant réel du loyer ou des mensualités hypothécaires. En comparant les frais de logement médians avec le revenu médian (582 $ par mois) mentionné par les répondants, on a obtenu un indicateur d'abordabilité global de 58 % (310/582). La médiane des indicateurs d'abordabilité calculée pour un client donné était de 73 %, ce qui dépasse largement la norme canadienne de 30 %.

La plupart des utilisateurs des banques alimentaires habitaient dans les quartiers R2W, R3B et R3C de Winnipeg. Le nombre des clients des banques alimentaires diminuait lorsqu'on s'éloignait du centre-ville. Si l'on établit la répartition géographique des variables socio-économiques, on constate que le nombre des utilisateurs des banques alimentaires dans un quartier donné était étroitement lié au nombre des assistés sociaux, des chômeurs aptes au travail, des personnes ayant un téléphone et des retraités. Peu importe où habitaient les utilisateurs des banques alimentaires, leur revenu moyen était faible, et l'indicateur d'abordabilité moyen, élevé (bien au-dessus de 30 %). La plupart des logements qui posent problème sont situés au centre-ville, où prédominent les habitations en mauvais état et celles qui ont besoin de réparations importantes.

Les nouveaux utilisateurs des banques alimentaires sont des personnes qui ont perdu leur emploi récemment (au cours des cinq dernières années). Ce groupe est disproportionnellement élevé si l'on considère le nombre de jeunes hommes célibataires et disporportionnellement faible pour ce qui est des aînés, des familles nombreuses et des personnes handicapées. On présume que les programmes gouvernementaux actuels comblent dans une certaine mesure les besoins des derniers groupes, ce qui rend l'accès aux banques alimentaires moins nécessaire pour eux.

Un lien manifeste a été établi entre la situation socio-économique d'un quartier et le niveau d'activité des banques alimentaires. Par exemple, la région de tri d'acheminement R2W comptait le plus grand nombre d'utilisateurs des banques alimentaires, tandis que le niveau d'activité

soco-économique se situait à plus de cinq écarts-types en deçà de la moyenne observée dans l'ensemble de la ville. Cela met en doute l'affirmation selon laquelle les banques alimentaires font leur apparition dans les quartiers riches et susciteront une certaine activité du simple fait qu'elles existent.

L'analyse de modèles auxiliaires effectuée au moyen de la régression logistique et ordinaire des moindres carrés a été utilisée pour examiner l'importance relative des variables socio-économiques en ce qui a trait à l'utilisation des banques alimentaires. Les résultats de ces analyses ont corroboré les constatations initiales selon lesquelles la sous-population constituée des hommes célibataires était prédominante parmi les nouveaux utilisateurs des banques alimentaires et les chômeurs récents. On a constaté que les chefs de familles monoparentales étaient en chômage plus longtemps que les autres parents, tout comme les personnes ayant affirmé être en mauvaise santé.

Les données laissent supposer que l'utilisation accrue des banques alimentaires ne constitue pas un phénomène temporaire. La majorité des utilisateurs des banques alimentaires sont aptes au travail et veulent travailler, mais ne peuvent pas trouver d'emploi dans le contexte économique actuel. Tant que la situation économique ne favorisera pas la création d'un nombre croissant d'emplois, le nombre des personnes ne bénéficiant pas du filet de sécurité sociale et ayant, par conséquent, besoin des banques alimentaires pour combler l'écart entre les prestations reçues et le coût de la vie augmentera.

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Part One: Food Bank Clients in Canada

1. Introduction

Much attention has been given to the fact that the number of people using food banks in Canada has increased sharply in the last decade (Oderkirk 1994; Riches 1985, 1986, 1987; Jack 1991). However, little is known about the characteristics of food bank users and their housing situations. The typical food bank user was thought to be someone with little education living in an urban core area on social assistance (Webber 1992). The increase in demand on food banks suggests that users now are being drawn from new or broader socioeconomic strata. Research is beginning to suggest that food bank users now include unemployed, the working poor, the single parent, seniors and deinstitutionalized mental health patients (Winnipeg Harvest 1992; Social Planning Council of Winnipeg 1989; Oderkirk 1994). Numerous ad hoc studies using convenience samples have been carried out on food bank clientele and have attempted to profile these sub-groups. To date no scientific randomized survey has been done to determine the size of these sub-groups or their demographic, socioeconomic and housing characteristics. It is important to describe food bank clients to determine the extent and nature of their needs and to assist support agencies and governments in estimating the implications of hunger and the need for other forms of social assistance. This study attempts to construct a sociodemographic profile of food bank clients based on a randomly drawn sample of clients of food bank agencies in Winnipeg. In collecting this information, several methodological hurdles had to be overcome to obtain a truly random sample drawn from an objective scientific perspective.

2. Definition of a Food Bank

There is a lack of clear consensus on the definition of the term "food bank" in the literature. A large part of the reason for this is due to the myriad of organizational arrangements that have evolved to meet the needs of the poor. Some agencies offer food for work, some operate on a subsidy basis, some combine counseling and ancillary services as well as distribute food. A broad generic definition describes food banks as "non-profit charitable organizations designed to pool ... donations ... to supplement the food programs of other social agencies and religious groups providing grocery baskets ... to people in emergency situations" (Riches 1985, 2; Oderkirk 1992, 7).

For the purposes of this study, a food bank is defined operationally as an agency operating within the City of Winnipeg that receives food supplies from a central depot to distribute to registered recipients in an organized manner. The definition is intended to target specifically what most people would stereotypically identify as a food bank. This definition excludes those agencies that operate a "pseudo food bank" that involve soup kitchens, day care centers with food programs, or home delivery service of food.

For purposes of this study, an individual who accesses food banks will be referred to either as a food bank "user" or "client". The former term is used primarily by planning agencies and literature sources. Food bank staff, however, consider the term "user" to have negative connotations and instead use the term "client".

3. Purpose of Study

The purpose of the study was to examine the phenomenon associated with increased use of food banks in Manitoba and to develop a profile of the typical food bank user with respect to shelter needs and other sociodemographic variables.

Specifically, the study sought to develop a research instrument and interview methodology that would address the unique sampling difficulties encountered when surveying this group and accurately assess the housing needs of food bank users relating to affordability, adequacy, and suitability.

4. The Rise of Food Banks in Canada

In Canada, the first food banks opened in Edmonton in 1981 (Riches 1986). By 1986 there were ninety-four food bank organizations, seventy-three of which were in the western provinces. The Canadian Association of Food Banks listed 292 registered food banks in 1991 (Oderkirk 1992), although informal estimates suggested that there may have been as many as 345 (Jack 1991). Precise data on the number of food banks and users is lacking in the literature due, in part, to the recent sharp increase in demand for food assistance.

Canadians recently are turning to food banks in numbers reminiscent of the Great Depression. Major cities in Canada report chronic food bank shortages. According to the Canadian Association of Food Banks, two million people received food assistance at least once in 1991; that is one out of every thirteen Canadians or 7.5 percent of the Canadian population (Oderkirk 1994). Moreover, of the 2 million, 700,000 were children under the age of 18 (ibid).

Funding for food banks comes primarily from private sources. According to Henderson (1989) and Jack (1991), the role of government in funding food banks has been restrained due to a fear that food banks, while meant to be a temporary form of relief, may become a more permanent part of the social assistance system. The upswing in demand on food banks suggests that these agencies are now being relied upon on an ongoing basis by more and more families and individuals.

The increase of food banks as a growing phenomena raises serious questions, such as:

- Who uses food banks and why?
- Are food bank users able and willing to work?
- Do they have skills that the current recessed economy cannot utilize?
- Is the use of food banks temporary?
- What role does housing play in the overall economic situation of food bank users?

A study conducted by the Social Planning Council of Winnipeg in 1988 found that "the use of emergency food is confined to that small segment of the population of renter households with an income under $21,000 per year." Within this "at risk" group, it is predominantly the single male with an income under $7,000 who uses emergency food outlets. The low-income family household with children is the other group most "at risk" of using emergency food (Social Planning Council 1989). The report goes on to say that "people come for emergency food primarily because they are poor and cannot make their meager income stretch. In particular, single males have the highest rate of use because, for those on welfare, their budget is considerably lower than the childless couple and family household welfare budgets" (ibid). While much of this holds true today, those needing food bank assistance come from an increasingly diverse segment of Winnipeg's population (Ellen Olfert, Winnipeg Harvest personal communications, 1993).

When economic shortfalls begin to overpower a household, decisions have to be made on an individual basis to forego some basic needs. Shelter costs are generally the largest expenditure from the household budget. They cannot be avoided, whereas dietary patterns can be altered to accommodate the shortfall. Low income households in the private housing market, paying an average of thirty-four percent of their gross monthly income for shelter, are twice as likely to "go hungry"

as those in subsidized housing (Oderkirk 1992). This raises a question as to the degree to which a shortage of available, affordable housing has contributed to the increased reliance on food banks.

The relationship between food and shelter expenditures is an important variable in any examination of food bank usage. Bartel, Marr, and McCready (1990) found that shelter is a more significant item in the average household's total consumption for low income than for higher income households and can be considered to be in the category of a necessity as opposed to a luxury. From an analysis of the 1978, 1982, 1984 and 1986 Surveys of Family Expenditures, the authors conclude that "families in which the household head is over age 69, families in the lowest income quintile, unattached individuals, families in which neither spouse works, and certain immigrant arrival periods can be associated with spending on shelter of more than 30 percent of total expenditures" (Bartel et al 1990, I). Data from the 1990 Family Expenditure Survey indicate that shelter costs increased from 16.7 percent in 1986 to 17.3 percent for the total of all private households in Canada (Statistics Canada 1992, 5). More importantly, "shelter claimed 34.4 percent of total expenditures of private households in the under $15,000 income group compared to 13.1 percent for the $85,000 and over income group." Similarly, food "accounted for 18.7 percent of total expenditures for private households in the under $15,000 income group, and 9.8 percent of spending by the $85,000 and over income group" (ibid, 5).

People who are not homeless but are restricted by low income to housing below Canadian housing standards are said to be in 'core housing need' (Canada Mortgage and Housing Corporation 1992). The federal social housing budget is allocated to the provinces and territories according to housing need based on housing conditions. The core housing need measurement is aimed at households whose housing does not meet one or more the norm dwelling standards (suitability,

adequacy, and affordability), and whose income is such that they are unable to obtain housing that meets nationally established standards (ibid). The suitability norm is based on the National Occupancy Standard (NOS) which counts the number of bedrooms in relation to household size and composition. A household is considered crowded if the dwelling has fewer bedrooms than the prescribed NOS norm. The adequacy norm relates to the provision of basic plumbing facilities and dwelling condition. A household lives in an inadequate dwelling if the dwelling lacks basic plumbing facilities or needs major repairs. Affordability measurement is based on household income. A household should not be required to spend thirty percent or more of its income on suitable and adequate shelter.

5. Research Questions

The primary objectives of this study were to develop a sampling methodology and survey instrument to examine the following research questions:

1. Who are the food bank clients?
2. What is the relationship between shelter costs and the use of food banks? Is the recent sharp increase in demand upon food banks a result of a lack of affordable housing, inadequate family income, poor budget management or a combination of factors?
3. How affordable, adequate and suitable are the housing circumstances of food bank users?
4. What are the housing needs of food bank users?
5. Are there differences among episodic, situational and chronic food bank users according to their housing situations?

Since interviewing in a dynamic environment such as a food bank presents a number of unique challenges, one of the major research questions that needed to be answered, before any of the above research issues were addressed, was whether or

not reliable and objective data could be obtained from such a setting. This question took a considerable amount of effort on the part of the research team to resolve.

6. Scope and Objectives of the Research

The general objective of the study was to produce a profile of the typical food bank user in terms of shelter needs and sociodemographic variables. The specific objective was to develop a research instrument and interview methodology with which to assess the housing affordability, adequacy, and suitability of food bank users.

This study was designed to provide data from which a more comprehensive examination of housing needs of low income individuals can be developed. It was intended to produce a cumulative body of information regarding the housing situations of persons requiring food relief. The long term objective of the research was to describe the gaps in the social safety net so that private and government agencies can, in future, address the underlying cause for the additional rise in numbers of food bank clients. As such, the research instrument could be used as a clinical screening tool on-site at food banks for application of appropriate social services.

7. Poverty in Winnipeg

Poverty in Winnipeg has been fueled by the growing numbers of Aboriginal people and single parent households who are locked into cycles of poverty. The Social Planning Council of Winnipeg reported that "the Aboriginal population grew an astronomical 170 percent form 16,100 to 43,545" in the decade 1981 to 1991. (Social Planning Council of Winnipeg 1995, 13). The 1991 Census reported that "among Aboriginal households, 55 percent live below the poverty line" (ibid).

In the decade 1981 to 1991 single parent families "increased 30.7 percent, from 19,105 to 25,035, accounting for one-quarter of all families with children" and poverty rates among single parents in Winnipeg "rose from 42.2 percent to 43.9 percent and even more dramatically in the inner city from 54.4 percent to 64.1 percent" (ibid).

Of single parent households, those led by single mothers are typically among the poorest. Single mothers are more likely than single fathers to: (i) have never married; (ii) have children under the age of 18; (iii) have a low education; (iv) rely on government transfer payments as their major income source; and (v) have incomes which are below Statistics Canada's Low Income Cut-Offs (Oderkirk and Lochhead 1994). The Winnipeg situation is no exception. The Social Planning Council of Winnipeg (1991) reports that "compared to married women, all single parents are more likely to have less than a high school eduation; more likely to be unemployed; more likely to be low income; and more likely to experience shelter affordability problems" (p. 7).

Rates of unemployment fluctuate with the health of the economy but have remained higher since the recession of 1982-83 than during the 1970's. High unemployment rates also fuel the level of poverty. In 1993 Winnipeg's unemployment rate was 10.9 percent. This was higher than the Manitoba rate of 9.2 percent but slightly lower than 11.2 percent for Canada as a whole (Statistics Canada 1994a). Within age categories, the rate of unemployment varies substantially. For example, in Winnipeg in 1993, the unemployment rate for the 15-24 age group was 17.4 percent compared to 10.1 percent for the 25-44 age group and 7.9 percent for the 45+ age group (Statistics in Canada 1994b). There are also gender differences: the 1993 unemployment rate among Winninpeg males was 12.0 percent compared to 9.6 percent for females (ibid).

Manitoba's overall poverty rates and child poverty rates have historically been above the Canadian average and in recent years have risen. The National Council on Welfare (1995) reported that the 1993 Manitoba Child poverty rate declined to just under 24 percent compared to 22 percent the previous year. The Manitoba rate has been the highest in Canada every year but one (1992) since 1988. (Winnipeg Free Press, April 8, 1995)

Social assistance caseloads at both the municipal and provincial levels have steadily grown over the last decade. In 1982/83 the average monthly caseload for the City of Winnipeg was 5,018 municipal cases and 10,641 provincial cases. By 1992/93, these figures had increased to 18,664 and 16,656 respectively (Manitoba Department of Family Services 1994). This represents a dramatic 272 percent increase in municipal cases and a 57 percent increase in provincial cases.

The real income of families and unattached individuals in Manitoba grew in the 1970's and 1980's (Social Planning Council 1991). However, the growth in income has not been shared equally. Higher income households have enjoyed more growth in income than lower income households. Average real incomes of Winnipeg's inner city households have tended to decline while average real rent costs have increased (Charette 1992). Incomes are polarizing towards the extreme ends of the income scale and affordability problems result from the squeeze. The decline of manufacturing industries, the growth in part-time service sector jobs, and high unemployment rates have been cited as contributing to this growing disparity in employment income (Social Planning Council 1991).

A recent (1995) study by Statistics Canada shows an ever-widening wage gap between young and old Canadians. Since 1981, the real earnings for males age 17-24 has fallen by 20 percent; for women about 15 percent. Males and females in the 25-34 age group have seen their salaries drop less precipitously, eight percent

for males and one percent for females. In the meantime, earning for males age 55-65 are up 15 percent.

The situation in Manitoba is no different. The cost of living, taking in consideration the annual inflation rate, has increased while the average wage has decreased (Samyn, 1995). For people under the age of 35 and those with lower education and low technological skills base, it is harder to find a job that keeps a younger person ahead of the ravages of inflation.

The following characteristics have been used to depict the social and economic environments in Winnipeg in 1993 and thus can be used to provide the context for our study: (i) relatively high unemployment; (ii) growing income disparity among socioeconomic groups; (iii) increasing poverty and use of food banks, especially among children; (iv) changes to income support programs; (v) rising welfare loads; (vi) gaps between training and labor market demands; and (vii) a trend to low wage service industry and part-time jobs (Social Planning Council of Winnipeg 1994).

8. Housing Affordability in Winnipeg

For the purposes of this study, we define shelter affordability operationally for an individual household in terms of the proportion of household income that is expended on shelter. Winnipeg has some of the most affordable housing in the country. CMHC's indicator of home ownership affordability has ranked Winnipeg as one of the most affordable cities among Canada's eight largest Census Metropolitan Areas consistently (since 1989 when the indicator was developed). Core housing need, however, remains relatively high. The proportion of renter households paying 30 percent or more of their income on shelter increased from 29 percent to 38 percent over 1971-1986 period (Social Planning Council 1991). Among renters with a 1980 income under $10,000, the incidence of affordability

problems increased from 59 percent in 1971 to 75 percent in 1986; for those incomes between $10,000 and $20,000, the incidence of affordability problems increased from 3 percent to 22 percent over the same period. Among owners, the incidence of affordability problems declined slightly between 1981 and 1986, from 12.5 percent to 11.3 percent (ibid). The city's housing needs are shifting towards accommodating smaller families and a growing incidence of single person households. At the same time, affordability is becoming a problem for more people, especially renters.

9. Winnipeg Harvest: Winnipeg's Food Bank Depot

Winnipeg Harvest, a non-profit charitable organization that distributes surplus food, was the first food bank in Winnipeg and continues to be the major depot for food distribution in the area. In 1991, Winnipeg Harvest served 7,500 households through church food banks and one hundred and seventy community agencies. Of these agencies, fifty were defined as food banks while the others included soup kitchens, daycare centers, group homes and school lunch programs (Bray, 1992).

Winnipeg Harvest has periodically conducted non-scientific polls based on convenience samples of food bank users to learn more about the people they help. The Hunger Survey 1992, suggests that food bank users in the 1990s are younger, more employable, highly skilled and better educated than the traditional cross-section of poor households (Winnipeg Harvest Inc. 1992). The survey also reported that when households cannot afford to pay for everything they need, housing is their main priority. According to Winnipeg Harvest administrators, children receive approximately 40 percent of the food distributed. While the survey methodology employed by Winnipeg Harvest was ad hoc, this tool provided a starting point for the development of the present study. This experiential

information was combined with data collected from the Winnipeg Harvest referral system so that the present study could meet one of its primary goals by producing a reliable and valid research instrument.

10. Significance of the Research

This study represents the first time in Canada that an objective, scientific and truly randomized design has been applied in an attempt to describe the food bank clientele population. For the most part, the generalizability of previous work was restricted due to the fact that the work had been carried out by stakeholder agencies or relied on anecdotal data collected through non-scientific ad hoc data collection procedures involving convenience samples.

It is important to accurately describe the socioeconomic characteristics of food bank clients and to identify the particular problems that have contributed to the unexpected, marked increase in the food bank clientele population. Once gaps in the social safety net have been clearly delineated, appropriate government and private sector response can be determined. Because shelter costs are recognized as a major budgetary component of low income households, identifying inadequacies in housing affordability, availability, and suitability is a fundamental first step in understanding the impetus behind the recent increase in food bank usage. If these programs remain unresolved, many more Canadian households could find themselves standing in line at a food bank.

Part Two: Method

1. The Research Design

In academic terms, the research design employed is a standard survey methodology based upon a stratified random sample of food bank client households where strata sample size is proportional to the relative number of clientele served

within each strata (food bank). Using a proportional design ensures that the relative contribution of each food bank to the overall sample is appropriate given its portion of the food bank clientele population. Face-to-face interview methodology was employed to take advantage of the rapport one can build between interviewer and subject to combat the problems of incomplete/inaccurate data collection and recording. The observational unit used was the food bank client household. This was necessary to avoid gathering duplicate responses by different individuals within the same physical household. The definition of household included multiple family households and extended households.

Winnipeg Harvest contributed to the research team information based on previous efforts at studying food bank clients that identified special considerations essential to obtain accurate data for the interview process. Past efforts had encountered issues regarding respondent inaccuracy and prejudice. These issues had arisen when the researchers were perceived by food bank clients as having a vested interest in the type of answers given. In some situations, respondents tried to provide the answer they perceived desirable for the researcher to hear. More often, skepticism, cynicism, and blatant mistrust had been observed among the clientele towards the research endeavor either due to a belief that nothing would be done as a result of the research or that their food would be withheld in some manner. Compounding these problems was a common prejudice expressed that such research had been typically carried out by "well-fed, well-heeled bureaucrats who had never missed a meal." As a result of these findings, a major concern at the outset of this study was that the research team be seen as credible, objective, and without an agenda. During the subsequent development of the interview process, great care was given to create this perception among Winnipeg Harvest representatives and the food bank clientele.

Designing a study to draw a sample at random presented many hurdles. Added to the routine logistical difficulties of surveying people at numerous sites were the psychological considerations of the target population in terms of mistrust and acrimony towards figures of authority. Extensive consultations with Winnipeg Harvest enabled the researchers to gain an understanding of why such a rigorous research design had not been attempted in the past. It was decided early on in the design process to enlist the aid of Winnipeg Harvest as a means of introducing the researchers to the food bank operators and ultimately to the clientele. The fact that the study had the approval and support of Winnipeg Harvest not only allowed access to all food banks but also served to alleviate any suspicions regarding the motivation for the study.

The food bank sites themselves became a hurdle from a practical standpoint. By necessity, each food bank is run using very restricted resources in terms of funding and space. Although food bank operators were very accommodating in allowing interviewers space to conduct the surveying, in many instances this amounted to working over top of a freezer in a storage room or at a discarded school desk in a hallway. Some interviews were handled outside in -40° C conditions. The dedication of the interviewers and their adherence to the appearance and manner protocols went a long way to building rapport and trust with the food bank clients and staff.

Special considerations were given for interviewers to be alert to social desirability considerations of the survey process. Interviewers were trained to make clear to the food bank clients that the goal of the study was an honest portrayal, not a dramatized account of the client's sociodemographic profile. Interviews in which confabulation or outright falsehood was obvious were not included in the sampling and a replacement interview was selected at random. It

should be mentioned that very few of these extreme situations appeared, resulting in only four interviews being discarded.

Winnipeg Harvest was an appropriate envoy to the research team for a number of reasons. First, Harvest is an umbrella agency serving all of the food banks within the city of Winnipeg and so is the logical agency to provide access to the food bank client population. Second, the experience of the Winnipeg Harvest personnel was unique and invaluable in the design process as well as with the actual survey implementation. Third, Winnipeg Harvest's previously collected but uncollated data was critical to the development of the stratified sampling frame. Finally, the perception of support by Winnipeg Harvest provided the study instant credibility in the eyes of the food bank clients.

The limitations imposed by the research design rest largely on the accuracy of the prior information which was used to develop the sampling frame. In brief, the results are only as accurate as the activity estimates for each food bank. While our estimates were built over months of study and work with all parties involved, there is no doubt that there is some measurement error built into each food bank's activity level estimate. This is a typical concern of proportional studies, however, and is not likely of any consequence in this project. In the absence of perfect data, we used the most accurate data available and cross referenced our figures repeatedly to ensure that the strata's proportions were as accurate as possible.

The only other potentially biasing limitation of the study involves the consideration of seasonality. The sampling period ran from December through March, excluding the last two weeks of December to avoid the Christmas holidays. Winters in Winnipeg are well known to be severe and, as fortune would have it, our sampling took place during some of the coldest weather of the winter. As such, there was a concern that results of this sample could not be generalized to summer months food bank activity or to less severe weather conditions. Consultations with

Winnipeg Harvest and literature support (Oderkirk 1992; Social Planning Council of Winnipeg 1989) suggest that poverty does not take a break for bad weather. The observed activity levels for the sampling period were the same as had been previously recorded. In essence, the harsh weather merely made for increased suffering among both the food bank clients and the interviewers while the basic goal of each party was not altered. The only segment of the potential food bank population that may be under-represented in our sample is the transient client that appear in greater number in the summer months. In this sense, our sample may be said to represent the core population of food bank clients residing in Winnipeg, without the confounding effect of the transient population who may have very different socioeconomic and housing needs.

2. Food Bank Distribution Centers

Of the fifty agencies identified by Winnipeg Harvest, thirty-four fit our operational definition of a food bank or food bank distribution center. Sixteen agencies were excluded because they: (I) delivered food to shut-ins; (ii) served highly specialized populations such as teenage mothers, prostitutes, and recently released convicts; or (iii) operated as soup kitchens.

Most food banks were operated by religious organizations with a small number operated by community groups and educational institutions. Those operated by religious organizations were physically located in an annex or basement of a church. Food banks operated by community groups were housed in a wide variety of facilities including community centers and retail outlets. The food banks operated by educational institutions were located on-campus.

Food banks operate in a variety of ways. Food distribution may occur as often as three times a week, once a week, bi-weekly or only once a month. Some of the food banks serve coffee or hold informational sessions while handing out

food hampers, introducing a social element to the routine of food distribution. At food banks operated by a religious organization, food hampers often are distributed following a church service. Food bank operators and volunteers may prepare food baskets ahead of time, or use a monitored food selection process.

Most food banks are run by volunteers and many food hamper recipients also volunteer to help at the food bank. Some food banks function as a social community, especially those offering coffee before or after food distribution. People have an opportunity to get to know one another and appear to establish social linkages. Some organizations running food banks also offer other services to their clientele, such as nutrition education, cooking classes, charity and clothing distribution.

3. Winnipeg Harvest Referral System

Overall, there is a commendable level of organization and sense of collective responsibility for maintaining the integrity of the Winnipeg Harvest food distribution system. While the degree of formality varies among the food banks, there is a constant undercurrent of recognition that there is not enough food to meet all needs and that one must be fair and patient in order for the system to keep going. Enforcement of the regulations is handled by Harvest personnel and food bank volunteers. As such, abuse of the system is not tolerated because it is seen as a threat to the survival of the system. For example, most food banks keep a detailed list of past and present clients including demographic information, such as family size and composition. Special codes are applied to each record identifying events such as "no show", "arrived intoxicated", "caused a disturbance", "arrived late", or "failed to produce identification." Typically, a food bank client must present a valid Manitoba Health Service Commission card to receive food. While not producing a card may be allowed on an individual incident basis, the card is demanded before

supplementary requests for food are granted. Each food bank has volunteers designated to handle any disturbances in the food distribution process. The process is successful at self-policing since it is generally accepted among clientele that causing a disturbance will result in a food request being denied. Hence, abuse of the system, while no doubt present in some form, is restricted to one-time occurrences and isolated situations.

The Harvest referral system is based on household need. Only one food basket is allowed per address and checks are made to ensure that duplicate requests are refused. In order to obtain a food basket, a person is required to telephone the Winnipeg Harvest food bank referral line. Because the amount of food a food bank receives is a function of the number of referrals, the Winnipeg Harvest food bank system encourages registration and therefore constrains the number of walk-in recipients. After providing information related to the number of people in the household, address, and Manitoba Health registration number, the caller is referred to the food bank nearest to his/her residence. The client is told the time and day that the food bank runs. The client is then provided with a special password which must be given upon presentation at the food bank site. Winnipeg Harvest records the caller's request on the appropriate food bank 'roster' so that the quantity of food sent matches the number of clients referred. Winnipeg Harvest has a "rule of thumb" that persons can receive only one food basket a month. This registration process is repeated for each subsequent visit.

Food bank distribution centers receive and distribute the food hampers based on the Harvest referral list. Names are checked off once the person receives the hamper. Some food banks keep a record of "no shows", that is those people who register with Harvest but do not pick up their food basket. "No shows" are a relatively rare occurrence because repeated "no shows" are typically removed from the Harvest referral system. Any extra food parcels are distributed to overflow

demand at the site or stored for the next distribution day. Often, a shortage of food parcels will be experienced at the food bank site. In such situations, clients who do not receive any food that day are given priority tags for the next distribution day.

4. Developing a Sampling Frame from Winnipeg Harvest Data

In an attempt to determine the amount of food required by the various agencies served by Winnipeg Harvest, Harvest's record-keeping procedures have become more formalized over time. Originally Harvest relied on volunteers at their outlets to fill out a summary sheet (known as an activity level sheet) recording the number of individuals and families requesting food baskets at each of their distribution days. At the same time, hand-made records (referral records) were kept of individuals that called the central Harvest telephone registration number. The combination of these two record-keeping activities made up the roster for the distribution sites. While the same procedure is used currently (although with more rigor), in 1991 Harvest developed a database procedure linked to the telephone registration. In March 1992, the system came into use and data from the manual operations of 1988-1992 were entered into the database. All new data from telephone referrals were added by the telephone operators at the time of each registration.

5. Historical Client Contact Database

Winnipeg Harvest had previously constructed a database which contained details of referral activity. This database was modified, downloaded and analyzed in order to facilitate the development of a sampling frame for the proposed survey. The Winnipeg Harvest Historical Client Contact Database was comprised of records for 16,684 individuals who contacted Winnipeg Harvest and were referred to a food bank between January 1988 and June 1993. Variables included in the

database were: date of first and last contact with Harvest, home address, postal code, number of children, household size, Manitoba Health number and source of household income.

Although the Winnipeg Harvest referral database contained over 16,000 client contacts there were limitations in using this source as the primary method for deriving the sample for our study. Over twelve hundred records had at least one field of missing data (primarily postal codes) and between 200 and 300 records had dubious Manitoba Health numbers. Much of the missing data data occurred in the early records prior to 1992. While data from the complete records gave a preliminary picture of Winnipeg Harvest's client group, there was some concern about using this data alone to form the basis for the sampling frame. In addition to missing data, the records in the database would necessarily have excluded walk-in clients at the distribution sites and not have included any information on clients from newly-formed food banks. It was ultimately decided that, while flawed, the sheer size of the database would give a preliminary description of food bank clientele which could be ratified by the subsequent survey results.

For the purpose of analysis, the database was trichotomized by year of first contact into those referrals that occurred before 1992, in 1992, and in 1993. The numbers for 1993 represented exactly one half of a year's activity as the referrals database was current to the end of June 1993. Data before 1992 was combined due to the developmental problems that had occurred in the construction of the database. Table 1 contains the relative referral activity figures.

Table 1 Winnipeg Harvest Historical Referral Database (Client Referrals by Year)			
	Number of Referrals	Annual Average	Percent of Total Referrals
1988-1991	7256	1814	43
1992 (Jan-Dec)	6122	6122	37
1993 (Jan-June)	3306	6612	20
TOTAL	16684		

Given the measurement error assumed to be inherent in the above figures, it is reasonable to state that demand in 1993 was still increasing. Exponential growth was exhibited in the developmental years of Winnipeg Harvest (1988-1991) with a gradual stabilization to a more constant growth pattern. The pro-rated estimate for 1993 referral activity was 6,612, representing an 8 percent increase from 1992 figures. While the accuracy of these figures was in question, they did provide an indication that the constant growth in demand for food bank services seen in recent years was continuing unabated through to the end of 1993.

Of the 16,684 client referrals, more than two-thirds reported receiving either city or provincial assistance payments. City welfare accounted for 6,652 (40 percent) of the clients, while provincial assistance was reported by 4,908 (29 percent) of the clients. Table 2 shows that while the incidence rate of provincial assistance among the client referrals is constant over the years, the incidence of city assistance payments has risen sharply from fewer than one in three referrals prior to 1992 to more than 50 percent by 1993.

Table 2 Winnipeg Harvest Historical Referral Database (Assistance Payments by Year)		
	Percentage of City Assistance	Percentage of Provincial Assistance
1988-1991	31	29
1992 (Jan-Dec)	45	31
1993 (Jan-June)	50	27
TOTAL	40	29

Out-of-province transients were virtually non-existent in the referrals database, indicating that these clients rely almost exclusively on walk-in services. Given that the walk-in services at Winnipeg food banks is constrained, the concept that food banks are frequented by out-of-province transients should be dispelled. Of the 16,684 client referrals, only 3 were from out-of-province.

Use of Winnipeg food banks by rural clients was also small. While 174 of the referrals originated from 80 different locations outside of Winnipeg, this accounts for only 1 percent of the total referrals. There were no differences across the years under study in terms of rural-based referrals.

The historical client contact database played an important role in suggesting a method of individual record aggregation for future data analysis. The address and postal code information allowed the research team to construct a referral map showing the geographic distribution of food bank users in the city. This data was sorted into areas based on the first three digits of the postal codes according to the same process used by the post office. These forward sortation areas (FSA's) are one of the bases upon which Statistics Canada sorts census data. Map 1 depicts the FSA's for the city of Winnipeg and is located in Appendix F along with all other maps relevant to this report. When the locations of the food bank distribution sites

were overlaid on the referral map, it was clear that the number of food banks in any FSA coincided with demand in those areas.

The heaviest concentration of food bank users over time was located in the central or core area of the city. Map 2 (Appendix F) depicts the relative intensity of activity across Winnipeg by way of a surface map. The larger spikes, representing greater numbers of food bank users in those areas, are clearly concentrated in the city center.

Referral Map 3 (Appendix F) displays the geographic location of food bank users by FSA on a choropleth map where hatching represents the relative intensity of activity in each FSA. In particular, the FSA referred to as R2W emerged as the area with the heaviest concentration. Almost 3,000 referrals were made in this FSA over the history of the database, representing over 18 percent of all client referrals. This area, north of the CPR rail lines and west of Main Street, has been referred to as the "north end" of Winnipeg and has long been identified with high poverty rates.

The next two most active areas were the R3B (11 percent) and the R3C (10 percent). These FSA's are contiguous to the R2W neighborhood and straddle the downtown area on either side of Portage Avenue. While other FSA's surrounding the core area of the city saw considerable activity, no other FSA's accounted for more than 8% of the total. Referrals from suburban Winnipeg were non-existent.

Surprisingly, the distribution of referrals was consistent across the three years covered by the database (1991-1993 inclusive). Referral Maps 4-6 (Appendix F) provide the geographical distribution for each of the three periods and reveal remarkable consistency. This indicates that the growth in food bank clients in recent years has not arisen disproportionately in different areas of the city. A uniform effect of poverty has swept across the city, enveloping greater proportions of every neighborhood. The core area of the city retains its status as the major

contributor of food bank clientele. Areas representing the "old north end" contain the most food bank clients. Five core area neighborhoods, those with FSA's R2w (17 percent), R3B (11 percent), R3C (10 percent), R3G (8 percent), and R3E (6 percent) are the only areas with more than 5 percent of the referrals. Together these five FSA's account for more than half of the referrals. Figure 1 displays the relative frequencies for each FSA in a histogram. All figures associated with this report are located in Appendix D for convenience.

Household composition was estimated from the database and some surprises were found. Figures 2 through 4 display the distributions for number of children reported per household, total household size and number of adults per household. Although the largest household was 14 people, over 57 percent of the client referral households had no more than two people. The median household size (1 person) and mean household size (1.45 people) breaks the stereotypical beliefs that food banks are being visited in great numbers by large families. Over 90 percent of the referrals claimed a household size of four people or fewer. Children were also evident in smaller numbers than initially expected, although more than 18,000 children received food through the Winnipeg Harvest referral system between 1988 and June 1993. Roughly half (48 percent) of all referrals were from people with no children. Among those people with children, the average was only 1.1 children per household. Fewer than 15 percent had three or more children. Table 3 gives the total number of children who were among the households using food banks by age. Neither the size of the household nor the number of children per household showed any differences across the years covered by the database.

Table 3 Winnipeg Harvest Historical Referral Database (Number of Children by Age)		
	Number of Children	Percentage of All Children
0-1 year	2857	17
2-6 years	6914	38
7-12 years	5382	29
13-18 years	3218	18
TOTAL	18371	102

6. Winnipeg Harvest Hunger Survey 1992

A second source of information which aided in the design of the present study was found in a non-scientific, non-random straw poll of food bank clients conducted by Winnipeg Harvest in the spring of 1992. Front-line food bank staff asked food bank users to volunteer to fill out a self-reporting form. Out of the 500 questionnaires distributed ad hoc to food bank outlets throughout Winnipeg, 244 (49 percent) were used and returned. At the time of inception of the present study, the research team was made aware that these completed forms had not yet been analyzed. In the hopes of gaining some gross indications of the sort of data that could be successfully collected and of uncovering problems in the data collection process, the team volunteered to input and analyze the data gathered by this poll which was subsequently referred to as the Winnipeg Harvest 1992 Hunger Survey. Selected results from this exercise are included in this report. Because the sampling method is flawed, the findings here must be interpreted with caution. The major contribution of this exercise to the present study was for the research team to learn from the experiences of the Winnipeg Harvest personnel who carried out the study and to avoid similar problems.

After initial screening of the returned polling forms, 29 cases were rejected as unusable leaving a total sample of 215 ad hoc self-reporting forms. It became obvious in going over the forms that many questions requiring detailed information on economic or sociodemographic information were either omitted or answered ambiguously. This led to major design restructuring in the present study's interview instrument to reduce the question pool to simpler, comprehensible items. While this meant the sacrifice of some of the more detailed analytical procedures, it also recognized that inclusion of complex items in the interview could jeopardize the rapport with the food bank clientele and produce incomplete and biased data at best.

Some results were observed with this non-scientific poll which altered the expectations of the research team and which were subsequently borne out by the present study's results. For example, the average age of a food bank user was a surprisingly young 35 years (s.d. 11 years). The median age was 32 years and more than three out of four respondents were under the age of 40. There was an absence of food bank users in the senior age categories. The average number of children per household was only 1.2 with 45 percent of the respondents having no children. Homeless individuals were also absent from the 215 respondents. Close to 95 percent of the food bank clients were renters.

One question in the 1992 Hunger Survey was particularly important to the premise of this study. Respondents were asked to prioritize what they spent their money on first when they found they were unable to cover all of their costs. The prioritized order was: food, rent, bills, clothing and transportation. Since food banks were identified as alleviating the first priority, housing was seen as the major, unavoidable expense in their budget. This finding lent credence to the hypothesis that the relationship between the level of income and shelter affordability was a determining factor as to whether or not an individual was forced to seek assistance from the food bank system.

7. Winnipeg's Harvest's Activity Levels

A further source of food bank client activity became available at the time the research team was analyzing the historical client referrals database. Winnipeg Harvest had been attempting to construct a more formalized process for food distribution so that the food delivered to each food bank matched the demand as close as possible. This process involved each food bank sending to Winnipeg Harvest an estimate of the number of food "baskets" required for the next day of distribution. After initial run-in difficulties had been overcome, the data from these individual food bank activity level estimates became more accurate than any other information than had been previously available.

At this point the research team decided to make use of the activity level data, if for no other reason than to ratify the activity level figures obtained from the historical client referrals database. It was important to estimate the activity levels per food bank so that the construction of the stratified proportional sampling frame was as accurate as possible. The team worked with Winnipeg Harvest to translate the weekly activity levels sheets for each food bank into estimates of the relative frequencies of food bank households seen at each food bank. Considerable translation had to be done to the activity level data because of the differing nature of both timing and type of food package distribution that was carried out at each food bank. For example, some food banks operated as often as three times a week while others were open only once a month. Furthermore, food amount estimates had to be refined into the number of households served. For example, if a food bank received food for 100 "families equivalent", this might mean 100 households will be served that week, or it might represent a total arrived at by the food bank operator counting 80 families on their list along with 40 single person households which would get half as much food as the multiple person household.

The Winnipeg Harvest activity level sheets allowed for an estimate to be constructed regarding the average number of households served at each food bank. At the time of the study, these activity reports had become an accurate record of food distribution as Harvest had formalized its distribution procedures based on the willingness and ability of the food bank centers to provide accurate records. The number of households served and the frequency of operation constituted the food bank activity level. Activity levels were converted to monthly activity levels based on the frequency of distribution and the number of individuals or families served. In total, for each food bank, information included the present contact person, hours of operation for the next month and number of families served. This information was constantly updated by Winnipeg Harvest.

When the historical data activity levels were compared to the current level estimates, it became apparent that the historical database was subject to greater variability. This was due, in part, to fluctuations seen in the start-up or expansion process for several food banks, exclusion of walk-in clients, and special needs situations that arose at the food bank sites. The historical database also included some food banks that had begun and ceased operation in a short period of time. It was encouraging to see that the activity level estimates were of the same magnitude in general across the presently operating food banks so that the two sets of figures did ratify. Comparing the referral Maps 2 through 6 to the final sampling frame verifies this conclusion (see Appendix F).

8. **Sample Frame Construction**

Originally, the proportional survey sampling frame was intended to be based upon the referral data obtained from the historical client database. Due to the evolving nature of Winnipeg Harvest's data collection process, more current and reliable data than the historical database became available which contained information regarding activity levels for each food bank. Concerns about the

accuracy of the historical database were alleviated by deriving a stratified sample which was proportional to current activity levels at the time of the study with the historical database used as a validity check.

The proposed sample size was one thousand households which would produce an accuracy for any proportion reported on the entire sample to within three percentage points nineteen times out of twenty. A review process carried out with the cooperation of Winnipeg Harvest produced more accurate data than the historical database for the estimated households requesting food baskets on a weekly, biweekly, or monthly basis, depending upon the mode of operation for each particular food bank. When all food bank activity levels were converted to monthly figures, it was estimated that in total 9,809 households were served each month in 1993 by the 34 collective food bank agencies under the Winnipeg Harvest umbrella. In order to obtain a sample of 1,000 respondents, a sampling fraction multiplier of 0.1019 was used and applied to the monthly total for each food bank. Hence, the survey design represents a 10 percent sampling of all food bank clients for this period.

The level of accuracy for the survey percentages is based on the assumption of an infinitely large population. When the estimated total population for 1993 of 9,809 households is included in calculations by way of a finite population correction factor, the level of accuracy of reported percentages becomes slightly better than 3 percentage points 19 times out of 20. Reported percentages based on sub-samples of the total number of interviews will have reduced accuracy, depending upon the number of respondents involved.

Following a simple application of the relative estimated activity levels, the number of interviews needed from each food bank site was calculated and is contained in Table 4 organized by forward sortation areas (FSA's). Codes are used to identify each food bank so as to preserve anonymity as requested by Winnipeg

Harvest and agreed to by the research team. These quotas were subsequently followed during the sampling process to ensure that each food bank contributed the appropriate amount of surveys to the overall sample.

Table 4
Activity Level Estimates and Sampling Frame
Food Bank by Forward Sortation Area (FSA)

Monthly Food Bank Activity Levels, Interviews Required (n)
and Day of Food Bank Operation

FSA & Food Bank #	# of Users	Frequency	Monthly Activity	n	Day of Operation
R2W					
FB03	115	b/w	230	24	Thurs
FB09	125	b/w	250	26	Fri
FB21	80	b/w	160	16	Wed
FB27	160	week	640	65	Wed
FB29	42	month	42	4	Mon
FB35	100	b/w	200	20	Mon
FB22	20	week	80	8	Thurs
Total R2W			**1602**	**163**	
R3C					
FB34	375	week	1500	152	Tues
R3B					
FB13	325	week	1300	132	Wed
FB14	100	week	400	42	Fri
FB30	165	week	660	67	M, W, F
FB33	20	week	80	8	Thurs
FB10	10	week	40	4	Wed
Total R3B			**2480**	**253**	
R3G					
FB24	90	week	360	37	M, F
FB26	45	week	180	18	Fri
Total R3G			**540**	**55**	

R3E					
FB31	20	week	80	8	M, Th
R3A					
FB01	250	month	250	26	Wed
FB25	60	b/w	120	12	Tues
FB04	20	b/w	40	4	Wed
Total R3A			**410**	**42**	
R3L					
FB07	105	3 month	450	47	Thurs
R2L					
FB18	105	week	420	43	Fri
R2X					
FB06	170	b/w	340	35	Tues
FB19	65	b/w	130	13	Sat
Total R2X			**470**	48	
R2K					
FB05	50	week	200	20	Sat
R2M					
FB20	80	b/w	160	16	Tues
FB23	60	month	60	6	Fri
Total R2M			**220**	**22**	
R3T					
FB32	18	week	72	7	Thurs pm/Fri am
R2H					
FB08	160	week	640	65	Wed

R3M					
FB02	15	b/w	30	3	Mon
R3J					
FB16	60	b/w	120	14	Sat
R2P					
FB15	60	b/w	120	12	Sat
R2C					
FB12	10	week	40	4	Sat
FB28	75	b/w	150	15	Thurs
Total R2C			**190**	**19**	
R3H					
FB17	66	week	265	27	Thurs
TOTALS all FSAs			**9809**	**1000**	

9. The Research Instrument

The initial draft of the survey instrument was developed by the principal researchers in consultation with representatives of Winnipeg Harvest. From the early stages of instrument development and throughout, key people at Winnipeg Harvest were consulted with respect to the nature of questions which should be asked as well as, the ordering and the wording of questions. This helped the researchers to develop a tool which was relevant to the situation of food bank users. It also helped to give Winnipeg Harvest a stake in the study.

Questions derived from CMHC's shelter cost survey, Statistics in Canada's family expenditure surveys, The Daily Food Bank Survey in Toronto, and a previous survey tool developed by Winnipeg Harvest (see Appendix C for the Hunger Survey 1992) were incorporated at this initial phase.

Pilot testing of the initial draft was carried out using a convenience sample of undergraduate university students. The purpose of this pilot test was primarily to identify problems of clarity and comprehension of the survey items. A total of seven students aided in this process in which wording changes were made but no items were removed. This process was used to produce a second draft of the instrument.

Analysis of two existing Winnipeg Harvest databases, that is the referrals database and the 1992 Hunger Survey, resulted in a redrafting of the instrument. Several characteristics of food bank clientele were identified as either immeasurable or inadvisable for collection. These items included attitudinal information, personal demographics such as race and ethnicity, and complex socioeconomic indicators. A section including common stereotypical statements about food bank users was dropped due to the poor response seen in both the Toronto and Winnipeg food bank studies.

The third draft went through extensive testing and changes also. Site visits to a number of food banks were carried out by the research team. Over a period of two weeks, food banks were visited by the researchers for the purposes of observing food bank activities and interviewing food bank operators. The interviews were informal and unstructured and were arranged through the office of the Director of Winnipeg Harvest. The researchers were accompanied by a senior administrator of Winnipeg Harvest, who acted as a liaison and assisted in explaining the parameters of the study to the food bank operators and volunteers. The food bank administrators were receptive to the study and agreed to provide space to conduct interviews. They agreed to describe the study to their clientele and to support participation in general while making it clear to the clients that such participation would be on a voluntary basis. The support of the food bank operators and volunteers was vital to alleviate feelings of mistrust or intimidation

among potential interviewers. Food bank operators gave several examples of previous ad hoc studies that had been conducted in their food banks which produced no tangible results for the clientele and were viewed by the food bank clients as being carried out for purely political motivations. By having the support of Winnipeg Harvest and enlisting the aid of the food bank operators, our study gained an important perceived credibility among the food bank clientele.

Practical considerations of the interview process were examined in detail at this time to ensure that the interviews would be achievable under the physican settings of the various food bank sites. Confidentiality concerns were addressed so that in each food bank some space was set aside for the interviews to take place. Often this amounted to a small section of a hall or even a sheltered doorway. The training process for interviewers was expanded to include methods for ensuring confidentiality and guiding participants to a work area for the interview with appropriate assurances that this would not affect their ability to receive food. This approach was especially important for food banks which had a lineup approach to distribution. The interviewers and food bank volunteers arranged for a person's place in line to be maintained while an interview took place.

The length of the interview was an important consideration as well because the hours of operation of each food bank were relatively limited. It was decided that the instrument would have to be trimmed to include only "essential" items as the restricted access time and the hurried situation of the food bank users prohibited an in-depth interview. Food banks generally hand out food for about two hours on a distribution day, but can take as little as thirty minutes for complete distribution. Some food banks offer coffee and snacks in addition to the food distribution which provided additional access time for interviewing, but this added only an extra ten or fifteen minutes to the food distribution process for each client. This time constraint, combined with the space considerations meant that the interview could take no

longer than fifteen minutes and precluded items that involved more detail than one would feel comfortable disclosing in an open hallway.

Another conclusion drawn from these visits was that each food bank was a unique operation and that a sub-sample of a few "representative" food banks would produce a biased picture. Since the goal of the study was to accurately depict the overall food bank population, it was decided that each food bank would have to be included in the final sampling frame to ensure no specialized sub-population was omitted.

A focus group discussion, one and one-half hours in duration, was held at the Winnipeg Harvest depot with a group of seven Winnipeg Harvest volunteers to pre-test the interview tool. The discussion was audio-tape recorded. The research team solicited feedback on each question from the participants. None of the volunteers used were potential respondents. In this session, the instrument was presented item by item for feedback. Substantial changes were made after this session due to the existence of a specialized nomenclature used by the food bank users. For example, the use of the term "issue" to refer to the social assistance payment was identified as non-judgemental and a vernacular term that would be preferred by food bank users. Several items were removed regarding alcohol, smoking and gambling activities due to the sensitive nature of the topics. Although these items were thought to be relevant socioeconomic indicators of food bank usage, the focus group volunteers expressed grave concern that such items would cause insult to the participants and destroy rapport. There was a feeling expressed that inclusion of such sensitive, potentially judgemental items would cause interviews to be cut short and jeopardize the integrity of data to follow. Given all this detailed information and practical contraints, the fourth draft was considerably shorter than its predecessors.

Subsequently, meetings were held with Winnipeg Harvest for final wording, timing and sensitivity considerations. Items regarding physical health and outlook were added as a consideration for potential future research into health care system utilization and public health nursing programs for food bank users.

The fifth draft was once again pilot tested for clarity, sensitivity, and timing. Ultimately it was decided that, with minor modifications, this fifth version of the survey instrument was ready for implementation. In testing the instrument it took between fifteen and twenty minutes to complete an interview, including time for introduction and debriefing of the participant. This was indicative that the actual time required to conduct an interview would be less than the previously set limit of fifteen minutes.

Verification of the reliability of the interview instrument across different interviewers was carried out using test case scenarios and an agreement of one hundred percent was obtained among the principal investigators and Winnipeg Harvest collaborators. This was not surprising given the extensive amount of discussion that had gone into the construction of the instrument. By this point in time, all the parties involved were in agreement as to what was being measured, how and why. Notes on operational definitions were made for inclusion in the subsequent interviewer training sessions. Coding conventions for computer input were decided upon at this time so that the resultant data would be consistently and accurately recorded.

10. Description of the Interview Schedule Sections

A copy of the interview instrument is located in Appendix C and is annotated with basic summary statistics for each question. The front page of the schedule provided space to record the food bank identifying code, interviewer code, the interview time and identifying codes. The interview schedule was divided into five sections: A. Housing; B. Dwelling Condition; C. Food Bank Use; D. Income

and Employment; and E. Sociodemographic Information. Tables 5-7 show the general issues surveyed and the corresponding question numbers from the survey instrument. In all, more than half of the questions related to the respondent's housing; 30 dealt with history and condition issues.

Table 5
Survey Instrument Item Cross Reference Housing Items

Housing Issue	Survey Items
Tenure	Q1
Type	Q2, Q3
Mobility	Q4, Q5, Q6
Housing Costs	Q7 - Q11
Bed, Bath & Laundry	Q12 - Q17
Space & Size	Q18 - Q24
Availability	Q25, Q26
Household Furnishings	Q27 - Q29
Satisfaction	Q30
Dwelling Condition	Q31 - Q35

Table 6
Survey Instrument Item Cross Reference Food Bank Access Issues

Food Bank Access Issue	Survey Items
Date First Used Food Bank	Q36, Q37
Frequency of Usage	Q38
Reason for Usage	Q39
Duplication of Services	Q40
Use of Alternatives	Q41, Q42

Table 7 Survey Instrument Item Cross Reference Sociodemographic Issues	
Sociodemographic Issue	Survey Items
Monthly Income	Q43
Income Sources	Q44, Q45
Employment History	Q46 - Q50
Mode of Transport	Q51
Household Composition	Q52 - Q57
Child Care Usage	Q58 - Q60
Relative Outlook	Q61 - Q64

Once the respondent had completed the interview, he/she was given the opportunity to ask questions and provide additional comments on the topic of choice. After the respondent was thanked for participating in the interview and told that the results would eventually be available through Winnipeg Harvest, the interviewers had the opportunity to make comments on the interview. This supplementary qualitative data was analyzed separately from the other survey items so as to provide a method for internal triangulation of findings.

11. Ethics

Potential volunteer participants were informed of the nature of the study and of their right to withdraw at any time. They were also informed that their decision to participate or not participate would not have any effect on their ability to receive food. Individuals were assured that their responses would remain confidential and would not be identified in any way on the research instrument. Confidentiality was maintained by recording all participant data without name or address. The first three digits of the participant's postal code was requested in order to facilitate the preparation of a geographic distribution of food bank users. Moreover, the name of

the food bank did not appear on the completed instrument. Each food bank was identified by a corresponding code number. An identification code for each interview was used strictly for data integrity checks between the computer database and raw data. Completed surveys were kept in a locked storage area and will be retained for a period of seven years before destruction.

The research procedures and instrumentation received the approval of Winnipeg Harvest and the University of Manitoba, Faculty of Architecture, Ethics Review Committee.

12. Data Collection

With the assistance of Winnipeg Harvest, all Winnipeg-area food banks within the sampling frame were notified of the study in advance and given an opportunity to decline or participate. Separate letters from Winnipeg Harvest (in their in-house newsletter) and the University of Manitoba research team were sent in advanced of the sampling period (see Appendix A). At no time during the sampling did any representative of Winnipeg Harvest participate in the interviewing process or in the selection of potential participants. Harvest's primary role was to introduce the interviewers to the food bank operators and to smooth any problems that arose so that the process of interviewing did not disrupt the food bank operations. This somewhat removed role was essential to ensure that the resultant data be considered an objective and independent study of the food bank population.

Interviews were conducted at 34 different food banks throughout the city of Winnipeg during the weeks of December 6-14, 1993 and January 10 - March 11, 1994. The December sampling was cut off two weeks before Christmas to avoid the potentially biased sample one would get from the characteristics present during the Christmas season. Furthermore, sampling from mid-January to mid-March provided two months worth of data so that each week of the month was equally

represented, leveling out the effect of social assistance issues at specific points in time. Appendix E contains an example of the sampling calendar used to monitor the interview process. Traditionally, Christmas is a time when charitable institutions receive an abundance of donations. The potential impact of Christmas abundance carryover would infer that food bank clientele at this time would most accurately represent the core group of food bank users with chronic need.

Potential participants were asked if they had previously participated in the study so that no double selection occurred. If a potential participant was known to the interviewer, another interviewer conducted the interview, thereby avoiding bias and a breach of confidentiality.

In the event that a participant was not cogent or was clearly lying, the interview was terminated and another participant randomly selected. Where interpreters were available at food bank sites (a common occurrence at food banks with large ethnic clienteles), their aid was solicited in completing the survey when language difficulties were encountered. If interpreters were not available and the participant could not communicate in English, the interview was terminated and another participant randomly selected.

Quotas for each day and food bank were posted so that the integrity of the proportional stratified sampling scheme would be maintained. If on a given day the quota was not met for a particular food bank, it was revisited on the same week day at the next available opportunity. To ensure quotas were met, interviewers were allowed to conduct, at most, one extra interview per food bank visit, if time permitted. These supplementary interviews were kept separate until all sampling was completed. This guarded against subsequent failures to meet quotas due to missing, lost, or corrupted data. The separation also ensured that the replacement surveys were identical in terms of time, data and location parameters of any survey that had to be replaced. Seven of the supplementary surveys were substituted in

this manner. Once the data collection and verification procedure had been completed, the extra surveys were included in the dataset since their total number was small enough to have a negligible effect on the proportional nature of the sample. In total, 1,019 completed usable surveys were collected representing a 10 percent random sampling of activity within the 34 food banks over the given time.

13. Interviewer Training

Twenty-five interviewers were recruited to conduct the 1,000 interviews at the 34 food banks. All but one of the interviewers were health care professionals who had previous experience in patient assessment. The success of the Tenderloin Seniors Outreach Project in San Francisco is an example of a housing research project using similar health care professionals and was one that supported the researchers' decision on the type of interviewer needed for this study.

Interviewer training sessions were held on two separate occasions. Information related to methods of randomization, interviewer style and coding conventions were disseminated to each interviewer. Data collection packages were distributed and reviewed (see Appendix B). Instructions were also given for deportment, appearance, and level of sensitivity required of the interviewers. The survey instrument was described item-by-item during the training sessions and mock interviews were conducted to ensure reliability among the interviewers. Further minor modifications were made to the survey instrument as a result of issues raised in the mock interviews.

Although the idea of using Winnipeg Harvest volunteers to assist with the interview process was initially considered (a request made by Winnipeg Harvest) it was decided, for the sake of consistency and objectivity, that all interviewers should have similar training and experience. None of the interviewers had any connection to Winnipeg Harvest or any of the target food banks. All of the

interviewers were between the ages of 20 and 40 and all, but one, were female. The similarity of their professional experience was intended to override any age or gender biases, although that potential is impossible to totally discount without direct testing. The training sessions and interviewer instruction materials were meant to minimize any such effect.

14. Method of Randomization

Two methods of randomizing the selection process were used, depending upon whether or not a food bank had a recipient list available. Interviewers were trained in both techniques and instructed to use each as appropriate. When a recipient list was available at the food bank site, a random number table was used to select participants from the list of individuals slated to receive a food hamper. If a person refused to participate, the reason was noted and the next available person on the list was selected. Where no recipient list was available, interviewers used the second hand or digit of a wristwatch to generate a random number which indicated who would be asked to participate. For example, a "6" meant that when the interviewer looked up from her/his watch, she/he would scan the area and ask the 6th person to participate. Instructions and examples were given during the training sessions as to methods for scanning the room at random and dealing with problems of circularity. It was stressed during these sessions that the interviewer must not allow personal feelings about the appearance of an individual chosen by the randomization process to alter the manner in which an individual was treated or approached. These two procedures were intended to ensure that the recipient's gender, appearance and any other identifying characteristics would not influence the sample selected.

15. Accessing the Food Banks

Throughout the various stages of the study, the director, researchers and other key staff at Winnipeg Harvest were consulted. Their input was key to the successful access to food banks and the people who used them. Information such as the days and times that food banks operated needed to be updated, sometimes daily or weekly. Personal communications by Winnipeg Harvest contacts and an announcement in the in-house newsletter which is circulated to all food banks, encouraged administrators to support the interview and data collection process by providing space and support to interviewers. This proved to be a very successful means of reaching food bank administrators, given the trusting relationship which had been established between Winnipeg Harvest and the food banks.

16. Data Entry

Completed survey data were input via the SPSS/PC+ Version 4.0 Data Entry II subsystem. The instrument form was input to the data entry program so that it resembled the actual survey. Stringent data integrity checking procedures were followed including range and skip rule specification and error warnings. Each survey form was assigned a code for future reference to the raw data as the name of the food bank client was not recorded. Once the data were input, a re-assessment audit of all 1,019 survey records ratified against the computer database was carried out for the purposes of data validation. A further random screening check of 10 percent of the computer records was done so that there would be no question as to the reliability of the data entry process.

Cross-tabulation of impossible variable combinations was undertaken and no nonsensical occurrences (such as a 15 year old with 6 children) were uncovered. Given these precautions, there is reason to believe that the data are error-free in terms of transcription from the original interview forms.

17. Geographic Mapping of Data

One of the key points of information of the food bank data is the variability across geographic locations or neighborhoods in Winnipeg. For the purposes of this study, postal code forward sortation area (FSA), which is the first half of a postal code address (e.g. R3T), was used as the neighborhood identifier. Data was aggregated to neighborhood (FSA) level for ease of comparison with Census data and to examine the geographic distribution of the various information.

A digitizing process of the map for the city of Winnipeg was undertaken in order to present the geographic distribution of neighborhood data. The FSA boundaries were set out on a digitization grid and a data base created that, when accessed by SAS/GRAPH®, would produce a map of Winnipeg (Map 1). Data for each FSA could then be representedby varying the degree of shading much in the same way as is done for a simple bar chart. Instead of bias from a horizontal axis the map can use "spikes" growing vertically from the neighborhood location, with the height of the spike representing the value of the variable for each FSA (Map 2). Each level of shading typically represents a range of values for the variable displayed. For example, in Map 3 unshaded areas represent neighborhoods (FSA's) with fewer than 100 referrals from Winnipeg Harvest while areas shaded solid black represent neighborhoods with over 2,000 referrals. The map allows for inferences such as, in Map 3, it is clear that the number of food bank referrals increases as one nears the city center and the number of referrals in the suburbs is almost zero. The advantage of the map graphic over a bar chart is that one can more easily identify geographic clustering of neighborhoods.

Part Three: Results

Basic results for the 1,019 completed interviews are contained in this section of the report. Map 7 (Appendix F) verifies that the majority of food bank users surveyed were located in the core area, which ratifies a similar pattern of food bank clients seen in earlier maps. Map 8 (Appendix F) and Figure 5 give a detailed breakdown of interviews conducted by FSA. Comparison of the sampling plan, historical database and food bank activity levels demonstrate the sampling frame was indeed adhered to and so the collective results of this section can be viewed as being representative of the characteristics and opinions of food bank clients of the 34 agencies within the city of Winnipeg over the time of sampling.

1. Sociodemographic Characteristics of the Respondents

The basic results detailed in this section are also contained in the annotated copy of the interview instrument located in Appendix C. There were 1,019 completed interviews of individuals in the 34 food banks including 433 women (43 percent) and 582 men (57 percent). The overall median age of the respondents was 38.7 years. The median age of the women was 37.4 years, and of the men, 39.3 years. Over 50 percent of the respondents were in the 25 to 44 age group (28 percent in the 25-34 category and 28 percent in the 35-44 category). When comparing the age distribution of the food bank users with the age distribution for the city of Winnipeg, it becomes apparent that food bank users are over represented in the middle age groups and under represented in the young and old age groups (see Table 8 and Figure 6).

Table 8 Age Group Distribution of Food Bank Users Surveyed and City of Winnipeg 1991 Population		
	Percentage of Food Bank Users	Percentage of Winnipeg Population*
Under 15 years	0.3	19.7
15 - 24 years	10.2	15.1
25 - 34 years	28.2	18.6
35 - 44 years	28.3	15.4
45 - 54 years	19.6	9.9
55 - 64 years	10.4	8.3
65 - 74 years	2.6	7.4
Over 75 years	0.3	5.6
TOTAL	100.0	100.0

*Source: Statistics Canada, 1991 Census

At the time of the interviews the majority of the food bank users were single (40 percent); 23 percent were married and living as married; 20 percent were divorced; 12 percent were separated; and 5 percent were widowed (Figure 7).

Sixty five percent of food bank households included no children. As such, the mean number of children is less than one per household (Figure 8). This was a higher percentage of households with no children than reported in the historical database.

Generally, the education levels of the majority of the food bank users were low; over 60 percent did not have a high school education. On the other hand, 15 percent had completed or had some post-secondary education (6.3 percent completed community college; 5.9 percent had some university training; and 3 percent had a university degree).

Most of the respondents were unemployed (91 percent), although more than half (54 percent) of the unemployed reported that they were able and willing to

work. Approximately a third of the unemployed (37 percent) were not able to work. Of those respondents who were employed, the majority (58 percent) had been employed for two years or less (Figure 9). The median years employed was 1.5 years. the median number of years unemployed was 2.5 years. Of those who were unemployed, two-thirds had been unemployed for two years and more (Figure 10). Eleven percent reported that they had been out of work for ten years or more. Students made up 8 percent of the sample.

Respondents were asked what type of job they were able to hold for the longest period of time of employment. Forty percent had previously held jobs in the service sector; 15 percent were employed in the machining, assembly, and repair sector; and 13 percent were in the construction sector.[1] The median length of time in that job was 3.5 years. Almost 20 percent had been employed for 10 years or more (Figure 11).

Respondents were asked the amount of income that they had to live on in the past month. They were given a sheet that gave dollar amounts starting with a category of zero to $499.00 per month to a maximum of $3000.00 or more (see Appendix B). Almost 50 percent of the respondents reported that their monthly income was under $500.00 (Figure 12). Thirty-five percent of the respondents were in the $500.00 to $999.00 category and 11 percent were in the $1,000.00 to $1,499.00 category. In total, 86 percent of the respondents had a monthly income of under $1,000.00.

[1] The categories of employment used by Statistics Canada were used so that the data from this study could be compared to census data for the corresponding FSA's in Winnipeg.

More than three quarters of the food bank users were collecting social assistance. This indicates a higher percentage of food bank users receiving social assistance than was reported in the historical database. Fifty percent were receiving city welfare and 30 percent were receiving provincial welfare; both groups reported that the assistance was their primary source of income (Figure 13). Table 9 shows all income sources and the major sources of income reported by the respondents and highlights the lack of full time work in supporting these individuals and families.

Table 9

All Income Sources and the Major Sources of Income of Food Bank Users Surveyed and City of Winnipeg 1991 Population

	Q44: Any Income from Source		Q45: Main Income From Source	
	Number	Percentage	Number	Percentage
City Welfare	504	49.5	478	46.9
Provincial Welfare	297	29.1	289	28.4
Pension	61	6.0	47	4.6
Unemployment Insurance	54	5.3	39	3.8
Disability Benefits	43	4.2	32	3.1
Part-Time Work	65	6.4	24	2.4
Full-Time Work	26	2.6	23	2.3
Student Loan	24	2.4	17	1.7
Casual Work	60	5.9	13	1.3
Family/Friends	75	7.4	12	1.2
Self-Employment	13	1.3	4	0.4
Workers Compensation	8	0.8	3	0.3
Savings	8	0.8	2	0.2
Family Allowance/CRISP	N/A	N/A	21	21.0

Some of the respondents (1.3 percent) reported receiving spousal or child alimony or maintenance payments but these payments were not their primary source of income. Of the 13 individuals who received maintenance payments, seven were on welfare, three were working and two were students. There were 83 respondents that stated that they currently were students but only 17 percent of them reported student loans as their primary source of income.

2. Demographic Characteristics of the Households

A relatively large portion of the food bank users (42.2 percent) in this study were living in one person households. In comparison, the 1991 City of Winnipeg Census data indicated that 27 percent of the city's population lived in single person households. In this study the median number of persons in the household was 1.4; the mean 2.4. The average household size for the city of Winnipeg in 1991 was 2.5 persons. Larger households of 4 or more persons made up less than 12 percent of the households in this study, whereas for the 1991 city of Winnipeg, households of 4 or more persons accounted for just over 25 percent of all households.

Approximately 20 percent (20.5 percent) of the respondents in this study were from single parent households with one (39 percent) or two (30 percent) children. There were very few seniors over 65 years old (3.6 percent); about half were from single person households and one-quarter from two person households.

Almost half (48 percent) of the food bank respondents had no financial dependents. Twenty-one percent were financially responsible for one other person; 10 percent for two other persons, and 9 percent for three other persons; and 4 percent for five other persons. These "other persons" tended to be children under the age of 15 years.

Not surprisingly, daycare was not used by most of the respondents. For the 56 individuals (5.5 percent) who said their children were attending daycare,

about one-third were paying for it by themselves and two-thirds received either a full or partial subsidy from the government. Approximately a third (36.8 percent) of the respondents using daycare reported costs of $48.00 or less per month and another third reported costs of under $100.00.

3. Food Bank Users' Health and Attitudes Toward Life

The majority of the respondents in this study were healthy and held a positive general outlook. Respondents were asked to assess their health status on a scale of 1 to 5 ranging from "worse than other people" to "better than most people". Almost one-half of the respondents (47.6 percent) felt that their health was about the same as others while close to a third (30.9 percent) felt that their health was better than most other people. Approximately 21 percent reported poorer health than others. Although the nature of their illness was not obtained, 3.2 percent of the food bank users reported disability payments as their primary form of income.

Respondents were also asked to assess their general outlook or attitude by again ranking their assessment on a five point scale. One-half felt that their general outlook was about the same as other people and more than one-third (38.8 percent) had a more positive attitude than average or most people.

In the same positive manner, food bank users were relatively optimistic about their economic future. Forty-five percent felt that their economic situation would be better one year from the date of interview. More than a third (37.1 percent) felt it would be about the same. Only 14 percent felt that they would be worse off in the future.

4. Current Housing Profile

The majority of food bank users in this study were renters. Ninety-four percent said they rented; 3 percent owned their dwelling; and 3 percent neither

owned nor rented, but were "staying with someone." Nearly 50 percent (46.8 percent) of the respondents reported living in an apartment unit. Various other types of rental units included rooming houses (12 percent); row/townhouses (10 percent); and hotel or hostel rooms (.2 percent each) or single room only (2.2 percent). Nineteen percent of the respondents lived in a single detached house and the remainder (8 percent) lived in a duplex. The sizes of these units were relatively small in keeping with the household size of the respondents. Approximately 13 percent of the respondents were living in bachelor units without a separate bedroom; the majority (65 percent) were in one or two bedroom units.

Many of the food bank users had been in their current home for a relatively short period of time. The median length of time reported by the respondents was between 11 and 12 months.

In general, housing expenditures for rent or mortgage payments were relatively low for the majority of respondents in keeping with relatively low housing costs paid by Winnipegers in general. The median housing expenditure was $310.00; the mean was $337.62. Ten percent were paying over $485.00 a month for rent. Due to the income data being collected in a categorical nature, we can only estimate a shelter affordability index. This was accomplished by using the median value of each income category as an estimate of household income. The actual value of the rent or mortgage payment was divided into the median value of each income category as an estimate of household income. It is important to note that this estimation process is subject to greater variability than if we had been able to collect actual income in a precise manner. It is infeasible to collect such precise data due to the personal nature of the issue and the potential impact it would have on the refusal rate. Nonetheless, while using the average income for a category chosen by a respondent introduces variability to the individual shelter affordability index, the bias induced by this process is likely to be slight in regard to the summary

statistics produced on the affordability index. In essence, we have calculated a "grouped mean", which is a well established statistical procedure when individual precise data are unobtainable.

When median housing costs were compared with the median income category reported by the respondents in this study ($582.00 per month an overall affordability index of 58 percent (310/582) was obtained. This indicates that for one-half of the respondents housing costs consume over 50 percent of their monthly income. Table 10 highlights the portion of income paid for rent or mortgage payments in comparison to monthly income reported by food bank users. Subsequently, on a case-by-case basis this estimated income was used to produce an estimated shelter affordability index.

Table 10
Housing Costs as a Percentage of Monthly Household Income

Percentage of Monthly Income*	Percentage of Respondents
30 percent or less	9.2
40 percent or less	24.2
50 percent or less	35.3
60 percent or less	44.7

*These are cumulative figures.

The median of the affordability indices calculated for each food bank user was 73 percent. Indices went as high as 386 percent with one-third of the individual affordability indices being over 100 percent.

Almost half of the respondents (45.8 percent) in addition to rent and mortgage payments, paid for utilities. These payments were also relatively low; the median utility costs were under $30.00 per month. Thirty percent of respondents paid less than $100.00 monthly.

It is important to remember that over three quarters of the food bank users were on social assistance. Over 70 percent of the respondents were not directly responsible for their monthly housing payment, that is the city or provincial welfare paid their housing costs. Only 23 percent paid for their housing themselves.

While housing costs themselves were relatively low in absolute amounts, the proportion of household income taken up by housing expenditures was high and generally over the 30 percent affordability index used by Canada Mortgage and Housing Corporation as the national standard of housing affordability. The proportion paid by food bank users on social assistance is related to the formulae used by City and Provincial Social Services in allotting household budgets and expenditures. Tables 11 and 12 show the allowances that were in effect at the time of this study for two groups of recipients -- a single mother household and a single male household. These tables clearly explain why housing expenditures were such a high proportion of household income for many of the study participants.

Table 11
Monthly Provincial Assistance - Single Mother, Two Children Under 6 Years

	Allowance	Percentage
Food, Clothing, Personal, Household	$467.00	48.8
Rent	430.00	45.0
Supplementary Benefit	59.60	6.2
TOTAL ALLOWANCE	$956.00	100.0

Table 12 Monthly City Welfare - Single Male		
	Allowance	Percentage
Food	$152.00	37.4
Household Goods	11.00	2.7
Rent (No Utilities)	243.00	59.9
Other**		
TOTAL ALLOWANCE	$406.00	100.0

* $271.00 is allowed for rent including utilities
**$ 58.00 is allowed for Clothing/Personal every six months.

For the most part, the dwellings occupied by the respondents in this study were equipped with basic amenities (Figure 15). Ninety-nine percent had hot running water; 86 percent had toilet and tub or shower facilities of their own; 14 percent had to share these facilities with others. Two-thirds of the respondents had laundry facilities where they lived; half (55 percent) had to pay extra to use them.

A distressing feature for many of the food bank users was the lack of a telephone; nearly 35 percent were without a telephone. Of those who had a telephone, 91 percent paid for it themselves. Only 6.7 percent said that social assistance paid the telephone costs.

One of the vital tools in any job search is a telephone. Table 13 presents some disturbing information regarding unemployed food bank users and telephone access. Significantly fewer people who were unemployed and willing to work had their own telephone compared to those who were not able to work or were students (61 percent versus 71 percent).

Table 13 Unemployed But Able and Willing to Work			
	Has Own Phone #/(Percent)	Has No Phone #/(Percent)	Total #/(Percent)
Unemployed & Able	334 (61)	216 (39)	550 (62)
Other	240 (71)	98 (29)	338 (38)
TOTAL	574 (65)	314 (35)	888 (100)

In terms of other consumer durables and convenience items, the respondents listed items that came with their housing (e.g. a refrigerator) or that they had purchased (e.g. a microwave). Table 14 gives the percentage of respondents having certain household items.

Table 14 Household Items in Respondents' Homes		
	Percentage With	Percentage Without
Refrigerator	97.4	2.6
Stove	94.9	5.2
Television	89.9	10.1
Stereo	51.2	48.7
VCR	37.1	62.7
Dryer	34.7	65.4
Washer	33.9	66.1
Microwave	29.2	70.8
CD Player	13.4	86.6
Dishwasher	5.9	94.1

5. Dwelling Units

Overall, respondents in this study said that they liked their current home (80 percent) and were satisfied with the space in it. Nearly three-quarters (72.9 percent) said they had enough space, however, one-quarter said that they were too

crowded. The majority of the respondents were not only satisfied with the home and the space provided, but also 85 percent said that they felt safe and secure in their home.

Over half of the food bank users in this study rate the condition of their dwelling as either good (42.3 percent) or excellent (12.8 percent); about one-third (32.9) said the condition was fair; and 11.4 percent reported their dwelling to be in poor condition. Almost 80 percent did not think that major repairs (e.g. to correct for corroded pipes, damaged electrical wiring, sagging floors, bulging walls, damp walls and ceilings, crumbling foundation, and rotting porches and steps) were needed. However, 44.1 percent said their dwelling needed minor repairs (e.g. small cracks in interior walls and ceiling, broken light fixtures and switches, a leaking sink, cracked or broken window panes, and missing shingles or siding), and 51 percent reported their dwelling to be in need of regular maintenance (e.g. building needed to be painted, or leaking faucets needed to be repaired, or clogged eaves needed to be cleaned). When asked if their current dwelling was placarded, 89 percent said "No" and 4 percent said "Yes". Placarded refers to a dwelling which has been condemned by the city health department for any of the following reasons: (i) the building is without heat (in winter), water, or utility services; (ii) insanitary conditions; (iii) the building is structurally unsound; or (iv) it has been fire damaged. A sign is posted on the building stating that it is not fit for habitation.

An open-ended question in the section on dwelling condition allowed the respondents to think about the one thing in their home that needed to be fixed. Content analysis on this question showed the most common items needing repair were: windows (n=91); painting (n=71); new/fixed doors (n=63); heater (n=54); replace/re-do floors (n=51); walls (n=45); clean/new carpet (n=34); new/fixed sinks (n=33); and plumbing (n=30).

6. Housing Mobility

The food bank users in this study were a relatively mobile population. While more than half (56 percent) had been in their home one year or less, only 16 percent had lived in their current dwelling for more than three years; 9 percent for more than 5 years; 4 percent for more than 10 years; and less than 2 percent for more than 20 years.

Fifty-four percent of the respondents had moved in the previous year; half of them moving once. The reason for moving is not clear, however. From a list of nine potential response, over one-third selected the "other" category of responses, rather than respond to one of the eight reasons offered. The next most frequent categories selected were moves caused because of poor dwelling conditions (11.1 percent) and because the rent was too high (10 percent).

Respondents were also asked to report the type of dwelling in which they had previously resided. Table 15 shows that 19 percent were currently residing in a single detached dwelling, but 72 percent had previously lived in a single detached dwelling. That is to say, they moved from a single detached dwelling into some other type of dwelling. Table 15 also shows that they likely moved into a row/townhouse, a rooming house, or an apartment.

Table 15 Current and Previous Dwelling Type					
	Current Dwelling		Previous Dwelling		
	Number	Percentage	Number	Percentage	# Change
Apartment	476	46.7	462	45.3	+14
Single Detached	194	19.0	279	27.4	-85
Rooming House	125	12.3	107	10.5	+18
Row Housing	104	10.2	39	3.8	+65

A series of questions related to housing mobility were included in the instrument in an attempt to determine if food bank users experienced difficulties in obtaining and keeping housing and to see if any of them were forced to "double-up" with other individuals or households. Literature on homelessness suggests that high mobility and an incidence of doubling-up often precede the stage of outright homelessness. Approximately a quarter of the food bank respondents reported difficulties in finding a place to live. Almost 20 percent of the respondents said that they had to stay with someone else in the last year because they had no place of their own. Their average length of stay was short however; generally between one and three months. For three-quarters of these people doubling-up was a one-time occurrence. On the other hand, 34.7 percent of the respondents reported that other people had stayed with them in the previous year; again for a stay of one or two months.

7. Finding a Place to Live

As indicated earlier, roughly one out of every four food bank clients reported having experienced difficulties in finding a place to live. Question 26 in the survey instrument was an open-ended question allowing the respondent to add pertinent information about their difficulties. The results of content analysis done

on the responses showed a surprising degree of consistency among respondents with a very small number of issues raised repeatedly.

The most prevalent theme involved the issue of affordability. More than half of the food bank clients indicated a problem finding a place to live because the rent was too high given their income level. "There are places around, but it was difficult to find something suitable within the budget social assistance gives" because "welfare only allows $235 for rent." Respondents had difficulty obtaining an apartment because they did not have the money for a damage deposit or first and last months rent. These payments typically would have to come from savings or money on hand - sources in scarce supply among food bank clients.

Issues of affordability were tied to the availability of habitable accommodations. Comments centered around the idea that many of the dwellings affordable to food bank clients were "in bad areas of town", "filthy" or "had bugs". Money was a major problem here as it was said to be "hard to find a clean place within (the) welfare rental allowance range." Respondents noted that this often meant uprooting their households from familiar neighborhoods to the core area.

Food bank clients related experiences of discrimination due to being "young, male, single with long hair", "single parents", "native" or simply "on welfare." A number of problems with landlords were reported that included bias against welfare recipients where landlords claimed to have special policies that precluded welfare recipients from renting. Such policies included requests for money in advance of renting for damage deposits, rental and utilities pre-payment, and other charges which landlords knew would be difficult for people without resources to obtain accommodations. "Being on welfare means there is not enough money to come up with a damage deposit."

Single parents stated that "space for children is not readily available," be it a bedroom or a safe place for children to play. For some, "the acceptability of single moms" was found to be "very low, making it hard to get into a place."

8. Use of Food Banks

Nearly three quarters of the respondents in this study started using a food bank in this decade. The majority came to a food bank one to two times a month. Seventy percent of the respondents said they first visited a food bank between 1991-1994; 14 percent between 1986-1990; less than 2 percent between 1981-1985; and 15 percent before 1981.

For 88 percent of the respondents, the main reason for coming to the food bank was related to inadequate income. Three-quarters said their income was not enough to get by on; 6.8 percent said they had incurred unexpected costs; 2.5 percent said they were underemployed; 1.4 percent could not manage the household income; 1 percent had lost their job; and Unemployment Insurance benefits had run out for less than 1 percent. Conversely, the remaining 12 percent stated reasons which were not directly linked to income problems, for example family problems or breakdown; illness, injury or death in the family; recent release from prison; and other reasons.

Roughly half of the people sampled said they had made use of a soup kitchen. Of those using soup kitchens, 29 percent (20% of all respondents) had only visited on a very sporadic basis. Fifty-three percent of those using soup kitchens said they went every second day or more; 18 percent of those using soup kitchens said they went once or twice a month. It would seem that many of these respondents were relying on soup kitchens and food banks for the majority of their meals.

9. Analysis of Sub-Populations

Several sub-populations of note were identified and analyzed separately from the entire sample. Table 16 contains simple frequency information on the relative size of each special sub-population.

Table 16
Relative Size of Special Subpopulations

	Number of Households	Percentage of Sample
Welfare Recipients	791	77.6
Household without Children	662	64.9
Single Person Households	424	41.6
Single Males	327	32.1
Single Females	97	9.5
Single Parent Households	209	20.5
Persons with Disabilities	37	3.6
Households caring for Parents	14	1.4
Persons with Negative Responses	532	52.1
About Their Home	174	17.0
About Their Health	214	21.0
About Their Future	144	14.1

9.1 Welfare Recipients

More of the respondents who reported that they were on welfare were male (58.1 percent) than female. The welfare recipients were slightly younger than the entire sample with more in the 25-34 age category compared to non-welfare recipients where more were in the 35-44 age category. Over half (57 percent) of the welfare recipients reported income below $500.00 per month compared to only 27 percent of the non-welfare recipients. The average monthly income level reported by welfare recipients was $439.00 compared to $744.00 for the others (p=.0001). This is not surprising given that 66.8 percent of them had less than high school education compared to 49.8 percent of non-recipients. On the other hand, only 4.6 percent had some university or a university degree compared to 17.2 percent of the

non-recipients. Although there was no difference in their reported ability to work, a significant difference (p=.0001) was found between the two groups in their desire to work. Two-thirds (66.8 percent) of the welfare recipients wanted to work compared to 42 percent of those not on welfare. When the welfare recipients had been employed in the past, before the study, they were employed for less time (1.5 years) compared to non-welfare recipients who had been employed 4.8 mean years at their job with the longest duration. Generally, the welfare recipients had been employed in jobs that are subject to layoffs (service 41.6 percent; machining 15.9 percent; construction 13.3 percent).

There was a significant difference (p=.0001) between welfare recipients and non-welfare recipients in terms of home ownership. Only .8 percent of welfare recipients owned compared to 10 percent of non-welfare recipients. On the other hand, they were no more crowded than others. They like their dwelling units and felt secure in the same way. However, the welfare recipients were more likely to have dwellings in fair or poor condition. In general, they were more mobile having been in their current home only a mean 22 months compared to others in the study who were there for a mean 41 months (p=.0001). They also moved more frequently, 1.1 times on average in the last reported year compared to .81 times on average by non-welfare recipients (p=.0004). The affordability index was considerably higher (92 percent) because of an average rent of $310.00 per month and lower income, compared to non-welfare recipients (47 percent) who played an average rent of $334.00 but had higher incomes.

Food bank users who were welfare recipients used the food banks less frequently than non-welfare recipients; 1.8 visits per month compared to 2.3 visits. They were much more likely to know about soup kitchens, however.

9.2 Households Without Children Compared to Households With Children

A surprising result of this study was the number of households using food banks that did not have children at home. Previous non-scientific studies conducted at various food banks throughout Canada reported high food bank use by families with children, although the historical database of Winnipeg Harvest did suggest a pattern in keeping with our findings. In this study 65 percent of the households (n=662) were without children and 35 percent of them had children at home (n=357). For both types of households, the time of the survey was not the first time that they had visited a food bank. Both groups reported using a food bank approximately 2 times a month. However, the group without children were more likely to use soup kitchens as well (5.7 mean visits per month compared to 2.1 mean visits).

There was considerable difference in the types of housing occupied by the two groups. Households without children were predominantly in apartments (53.7 percent) or rooming houses (18.6 percent). Households with children were more likely to be in single detached housing (28.9 percent), row/townhouses (22.5 percent) or duplexes (13.5 percent) with only 34 percent in apartments. Households with children were somewhat more likely to feel crowded (32.2 percent compared to 22.3 percent) although they had more bedrooms (mean 2.36) than those without children (mean 1.01). Those with children were slightly more likely to have had trouble finding a place to live (29.9 percent compared to 23.1 percent). Close to 80 percent of both groups seemed to like their home and similarly rated their homes in "excellent" or "good" condition. While 20 percent of both groups reported housing in need of major repair, the households with children were slightly more likely to have homes in need of minor repair. More households with children reported having a telephone (77.6 percent compared to 58.9 percent).

Both groups felt similarly safe and secure in their homes. The households without children were only slightly more mobile having moved a mean number of 1.03 times in 1993 compared to a mean of .97 times for those with children.

Households with children tended to have slightly more affordable housing. The affordability index (i.e., the ratio of monthly income to shelter payments) for those with children was 71.46 compared to 87.6 for those without. This is due, in part, to the fact that households without children included single males who had the least affordable housing in the study. Households with children paid a mean rent/mortgage of $434.00 per month compared to households without children who paid a mean of $287.00.

Approximately 75 percent of households, with and without children, were reliant on city or provincial welfare for their main source of income. On variables such as education, employment, health and attitudes toward life and economic situation both groups had similar results.

9.3 Single Person Households

Study results indicated that 582 of the 1,019 respondents were male -- the vast majority (463) were single. The size of the single male group (45 percent of the total number of households) made it the largest single identifiable sub-population other than welfare recipients. Over 70 percent of these males lived alone and had no dependents, representing 327 households or roughly 1-out-of-3 food bank households. The remaining 133 single males were living with a roommate or had other dependents. There were 38 male single parent households.

More than half of the single males (57 percent) had never married, with roughly 1-out-of-4 being divorced. Just under half of the single females had never been married.

The 327 single males were a particularly needy group in the food bank population. Over two-thirds of these males reported monthly income in the lowest category ($0-$499.00) and 83 percent of them were on welfare. These figures were significantly different from the remainder of the food bank clients (p=.0010) where 42 percent were in the lowest income category and 73 percent were on welfare. Only 5 percent of the single males were making more than $1,000.00 per month in comparison to 18 percent of the remaining food bank users. They were equally as willing to work as others (64 percent versus 67 percent, p=.3861) and had fewer among them who were unable to work (39 percent versus 46 percent, p=.0435).

Housing characteristics for single males were reported as being no different from the rest of the food bank users in terms of conditions, need for repairs or feeling of security. Many of the basic amenities, however, such as appliances were more likely to be absent from their homes. In particular, fewer than half had a telephone compared to 74 percent of all other food bank users.

By comparison, there were only 97 single females living alone with no dependents. While there were a number of similarities between the single females and single males such as their opinions of their homes, feeling of security and use of food banks, there were some notable differences. Basic amenities were more prevalent in the single female homes, particularly a telephone which was present in 78 percent of the households. Only 14 percent of their homes were in need of major repair.

Income figures were noticeably better for the single females with just over half in the lowest income category. Only 65 percent reported welfare as their primary source of income, with much of the difference in the source of income being accounted for by the fact that 14 percent of the single females relied on pension income. Only 33 percent of the single females said that they were willing

to work and 67 percent stated that they were unable to work. These numbers are in contrast to the single males and the rest of the food bank population.

9.4 Single Parent Families

Single parent families represented 20.5 percent of the sample. The majority (81.8 percent) were headed by females. The median age for single parents was 36 years and virtually all were under 50 years of age. Roughly 13 percent of the single parents were under 25 years of age which was comparable to non-single parent families. Their median monthly income was $724.00 which compared to $444.00 for others (p=.0001). One-out-of-five single parents had monthly incomes above $1,000.00 compared to 1-out-of-10 other food bank users (p=.0001). As a group, the single parents had a median education level that was no different than that of the non-single parent group.

Two-thirds of the single parents were unemployed but willing to work. When they had been employed in the past, before this study, they were predominantly employed in the service sector. The single parents were slightly more likely than the rest of the sample to be students (15.2 percent compared to 9.4 percent).

The vast majority of the single parents were renters (95.2 percent). Just over two-thirds of them reported that they had enough space in their homes but there were more that felt crowded (32.5 percent) compared to the rest of the sample (24 percent). The majority (79.8 percent) liked their home and felt safe in it (82.8 percent); however, 50 percent rated their home in fair or poor condition.

In a comparison of male-headed and female-headed single parent families the females had slightly more children or dependents (2.2 children compared to 1.6 children) and were more likely to be on welfare. They were also more likely to

have a lower education than the single parent males. They were similar to the males in their ability and inability to work.

Female single parents had approximately $300.00 more a month to spend but paid similar amounts for rent/mortgage payments as the males. Although they had one bedroom more on average, and were more likely to have some amenities such as a telephone, they were more likely to say they felt crowded, less likely to say they liked their home, and generally rated their homes lower than the males. They also were more likely to say they had trouble finding a place to live.

9.5 Persons With Disabilities

Respondents were categorized as having a disability if they reported receiving workers compensation or having disability income as their main source of income. These were separated out from those 372 persons who reported that they were unemployed and unable to work for various reasons. There were eight persons who collected workers compensation and 43 who reported at least some disability income. Of the 41 respondents with disability income as their main source of income, the majority (97.6 percent) rented their accommodations at a mean rent of $296.00 per month. They were generally in bachelor (24.4 percent) or one bedroom units (41.5 percent). More than two-thirds (68.3 percent) said that they had enough space and like their home (70.7 percent). Their incomes were low with 36.6 percent of them living on $0 to $499.00 in the last reported month and 48.8 percent on $500.00 to $999.00. They were generally in small households; 61 percent in one-person households and 24.4 percent in two-person households. Only 31.7 percent were financially responsible for other people (19.5 percent responsible for one other person).

9.6 Households with Seniors

Households with seniors represented a small percentage of the sample (3.6 percent, n=37). For 91.9 percent of these households it was not the first time they had used a food bank.

Generally households with seniors were satisfied with their housing and 91.9 percent stated that they felt safe and secure at home. Similar to households without seniors, those with seniors were predominantly renters (81.1 percent) living in apartments (40.5 percent). However, unlike the households without seniors, they were more likely to be in single detached homes (35.1 per cent compared to 18.5 percent) and none were in hostels, hotel rooms or on the street. Perhaps as a result, the households with seniors reported being less crowded -- 86.5 percent said that they had enough space. As well, they were somewhat more likely to like their homes (94.6 percent compared to 79 percent). Close to 65 percent of the households with seniors rated their homes in "excellent" or "good" condition with only 9.1 percent of the homes requiring major repairs. Households with seniors were also more likely to have a telephone (91.9 percent compared to 64.5 percent).

Household with seniors tended to be in more affordable housing. The affordability index (ratio of monthly income to shelter costs) for these households was a mean of 60.11 compared to households without seniors with a mean index of 82.75. Close to 65 percent of the households with seniors reported that a pension was their main source of income. The remainder of these households had members that obtained income from other sources such as casual work, U.I.C. benefits, welfare or disability benefits. Unlike households without seniors, 75.7 percent of those with seniors were not on welfare. Due perhaps to the security of a pension, the households with seniors felt that their economic situation would be stable in the

next year; 72.2 percent predicted that it would be about the same, 22.2 percent said that it would be better, and only 5.6 percent predicted that it would be worse.

9.7 Households Caring for Parent(s)

A household was identified as caring for a parent if the respondent indicated that among those in the household, one or more of the individuals were parents of the respondent. As can be seen in Table 16, very few food bank client households involve multi-generational arrangements. This does run against some of the poverty literature but was confirmed as reasonable by Winnipeg Harvest personnel. There was nothing remarkable or consistent among the 14 households that stated they were caring for partents that would serve to differentiate them from the rest of the food bank client population.

9.8 Persons With Negative Responses

The responses to some questions which garnered negative responses were analyzed to determine if there were particular characteristics of the respondents that were worthy of scrutiny. Three areas of questioning showed groups of people who did not like their homes; who reported that they had poor health; and who were pessimistic about their future.

There were 174 people (17 percent) who stated that they did not like their homes. Not surprisingly their housing conditions were among the poorest in the study. Twenty percent of them lived in a rooming house and 58 percent of them reported crowded conditions. Thirty-five percent had homes in poor conditions with 46 percent of them saying that their homes were in need of major repairs. Just over a third of them did not feel safe in their homes. As a group, they had been in their homes the shortest length of time -- on average eight months. Their housing

conditions may have been tied to their economic situations because they also reported the least money to live on compared to other groups in the study.

There were 214 people (21 percent) who reported having poor health. Close to three-quarters (73 percent) were on welfare and 19 percent were single parents. They also had a preponderace of lower income. Two-thirds claimed to be unable to work, perhaps for health reasons, although 67 percent of them had less than high school education. Thirty percent of them reported living in crowded accommodations. Nonetheless, their attitude toward life was the same as the rest of the respondents and 68 percent of them felt the future would be better.

There were 144 people (14.1 percent) who were outrightly pessimistic about the future. More than 80 percent were on welfare and 18 percent were single parents. They had lower incomes and 43 percent of them were unable to work although 43 percent reported that they were willing to do so. Sixty-five percent of them had less than high school education. Perhaps because of low income, among other factors, 35 percent reported that they had problems finding a place to live.

10. Results by Geographic Distribution

The geographic distribution of food bank users was portrayed in Map 8 (Appendix F) as discussed earlier. It indicated that the majority of clients were found in the core area with neighborhoods R2W, R3B and R3C having the greatest number of food bank users. The number of food bank clients decreased proportionally with distance from the center of the city.

Mapping the geographic distribution of the other socioeconomic variables from the survey allowed for comparisons to be drawn against the overall distribution of all food bank users interviewed in Map 8 or the historical pattern (Map 3). A series of these socioeconomic variables is displayed in Maps 9 through

25. Details of map construction and instructions for reading the maps is in part 17 of the previous section (Methods).

The legend on each map indicates the values used for the various degrees of shading. The distribution of single males in our sample of 1,019 respondents is seen to be much more concentrated in the core area in Map 9 than the general food bank population (Map 8). The R3C neighborhood has the most single males with somewhere between 73 and 88 as indicated by the solid dark shading. The R2W neighborhood and the other poor inner city neighborhoods have the largest number of single males. The geographic distribution of single females depicted in Map 10 is similar to that of the single males.

Maps 11 through 16 show similar geographic distribution among the 1,019 food bank clients interviewed for the number of welfare recipients (Map 11), the people who are able to work (Map 12), the people without a phone (Map 13), the people who reported crowded conditions (Map 14), the number of people who moved in the previous year (Map 15), and the people who were renters (Map 16) as was seen for the overall distribution of food bank users (Map 3). This suggests that there is no particular geographic area of concentration for any of these characteristics and means that people with these characteristics can be found in representative proportions in each area of Winnipeg.

Mapping other variables reveals some geographic disparity relative to the overall number of food bank users (Map 3). People using soup kitchens are exclusively located in the downtown area as indicated by the fact that only six downtown neighborhoods have any degree of shading other than black (Map 17). Map 18 shows a very different dispersal for food banks users that own their own homes, which is partially a function of the fact that there are very few owners in our study. As such they are more widely distributed throughout the city. The distribution of those people who said that next year would be worse economically

(see Map 19) is concentrated in the core but shows greater dispersion than some of the other variables. This may be indicative of a more widespread pessimism than merely in the core area.

The most stark discrepancies in the geographic distributions relative to the total number of food bank users (Map 3) arise in the depiction of income and shelter affordability (Maps 20 and 21 respectively). The average monthly income distribution per FSA (Map 20) indicates that no matter where food bank users live, their average income is low. Average shelter affordability (the ratio of shelter costs to income) has a similarly uniform spread (Map 21). It should be noted that the averages for FSA's that show high income levels are based on small numbers of people in the neighborhood and so should be interpreted with care.

Housing issues are displayed in Maps 22 through 24. The core area clearly contains most of the problem housing. Housing needing major repairs in each neighborhood is displayed in Map 22. The number of people who said that their home was in poor condition centers even more on the downtown area (Map 23). The incidence of doubling up of individuals or families in other households is distributed more widely across the city to a much greater extent (Map 24) as was the incidence of persons reporting having problems finding a place to live (Map 25).

The geographic distribution for the incidence of first time food bank users among the 1,019 respondents was concentrated primarily in the heavy food bank usage neighborhoods in the core area (Map 26). The number of people who used food banks other than the one in which they were interviewed had the most restricted distribution with all people located in the only four neighborhoods (Map 27). The four neighborhoods with people using multiple food banks were the ones which had the highest overall numbers of food bank users (Map 3).

11. Qualitative Data from Interviewer Comments and Respondent Comments

Qualitative data was obtained from questions and discussion at various points in the interview process. At the end of the survey instrument itself, there was room provided for the interviewers to report any comments, impressions or perceptions of both the interview process and the person interviewed. At the end of each interview, respondents were given the opportunity to add anything they wished by way of comment. The interviewers took down short comments verbatim and paraphrased the longer discussions which often resulted. As well, a debriefing session of interviewers was held at Winnipeg Harvest in March after the data collection was completed.

11.1 Interview Comments

Interviewer comments regarding the survey process tended to be centered around difficulties to overcome in managing the physical conditions at each food bank in terms of space and comfort for completion of the interviews. Interviews took place sometimes in extremely cramped space, over top of food crates and in less than optimal lighting and heating conditions. Obtaining clear information from the respondents was identified as a surmountable challenge in some cases, particularly from those who had language difficulties. As all but one of the interviewers were nursing professionals, their ability to circumvent these practical constraints, do spot assessments of individuals, and judge the quality of the answers being given contributed to the integrity of the data obtained.

Interviewers made numerous comments on the plight of the food bank clients. In particular, the mental health of persons who experienced anxiety, anger or depression from living under severe economic stress was a source of concern to them. When a respondent was visibly disabled or had reported that a disability

prevented that person from employment, the interviewers noted these responses and often commented upon the situation themselves. The comments reflected that disability assistance seemed insufficient to provide housing and other necessities thereby contributing to need for the respondents to rely on food banks. Interviewers expressed concern about recent immigrants with language difficulties whose job prospects were severely constrained by their lack of language skills, exacerbating the plight of these respondents. While the availability of translators facilitated the interview process, it was clear that such services were not routinely available in other aspects of the food bank client's lives.

Comments by the interviewers who attended the university food banks were markedly different from the comments of other interviewers. The majority of student food bank clients were visa students who cannot work when they come to Canada. The students were making use of the food banks to survive because the financial support they received from their home country, family or sponsoring agency was not sufficient. Interviewer comments usually elaborated upon these situations.

A group of comments by interviewers highlighted the circumstances of the well-educated respondents in this study who were willing and able to work but had no job prospects and were at the end of their tether as to what to do about it. These conditions were echoed in some of the quantitative information received which suggested that the economy was the primary causal factor in the use of food banks for these people.

11.2 Respondent Comments

Respondent's comments ranged from simple satisfaction with participation in the survey, to outright hostility and social commentary. A reoccurring theme was the attribution of blame at the feet of the economy/government. For example,

respondents stated that "social assistance is inadequate to live on," "stop cutting welfare," "quit cutting jobs," and "it is not a short-coming in me when a Ph.D. can't get me a job; it is a failure of the system to provide opportunities for work." Those who were unemployed but well educated were particularly critical of "the system." Respondent comments focused on problems that needed to be addressed by the system--not problems with which the respondents could deal. These people felt that they knew what the problems were and had ideas or suggestions as to what the solutions were. However, they felt disempowered to effect any change. Again, the changes in the system had to do with job creation and income sufficiency.

Frustration and desperation were reflected repeatedly in the comments of the food bank clients. A typical lament was "I am 21 and able to work. I want to work. Where are the jobs?" Another respondent stated, "Why would somebody with two university degrees end up in a food bank? Even if you have an education, you can't get a job." This latter comment was repeated among the subset of food bank users who had a considerable amount of education.

A common underlying theme suggested that the work ethic of these individuals was stronger than one might expect among food bank clientele. In essence, the respondents included people genuinely wanting to work, but there were no jobs to be had in the present economy. Other comments were made to the effect that "I go out and look for a job, and I have to compete against middle-aged people who have been laid off from a management job in my profession with 12 to 15 years experience. How am I expected to compete against them?".

In terms of housing, the respondents expressed a collective opinion that social service agencies were providing adequate, affordable housing, but that the social assistance levels were not high enough to provide for other necessities. Rent was reasonable, and in most cases the conditions were acceptable, but there was not enough money to provide rent and food all of the time. This income inadequacy

was particularly acute for the single male respondents who were left with extremely small amounts after they had paid their rent. For example, "It's income, not housing. It's the total income that's too low, not the cost of housing that's too high."

The situation of the employable single male food bank client was described by a number of respondents. Respondents spoke to this saying "As a single male, going to a food bank, you were discriminated against", and "Welfare does not provide a single, employable male person enough to live on". Commentary claimed that the basic issue related to the fact that there are government programs for various special interest groups, but not for single, employable males. "You're young and healthy, why don't you go out an get a job?" was a claimed common reaction by single employable males. Their response was "there are no jobs".

There was some concern expressed by respondents over treatment that they received at social agencies. Rudeness and inconsideration by individuals in the welfare department was attributed to a lack of caring for welfare recipients. "They have a job, so they don't care about people who don't have jobs".

Some of the respondents who were welfare recipients felt the targeting of social assistance programs created a cycle of dependency. In particular, some women in the sample expressed a belief that the system encouraged them to have children to obtain more resources and larger housing. This idea was supported by respondent comments such as "If I wanted to move into a bigger apartment, I was told by Manitoba Housing I needed to be pregnant" and "I found life financially easier on welfare than trying to struggle finding my baby daycare and looking for a job at the same time".

12. Results from the Debriefing Session

Within two weeks of the last interview, a debriefing session was held at Winnipeg Harvest. The debriefing session gave the interviewers a chance to reflect on their collective experience and produced a number of interesting anecdotal results. The semi-structured interview process carried out at the debriefing session included five major questions followed by a time of general discussion.

Interviewers related that one of the most difficult aspects of the process was to remain distant and objective while the respondent poured out their entire life story. This was a testament to the rapport that had been built up between the interviewers and the respondents and to the fact that health care professionals were carrying out the interviews.

Another difficult aspect of interviewing was related to the physical environment of the food banks themselves. Finding space to carry out the interviews and weather conditions were two problems of note.

According to the interviewers, people really wanted to share their stories. The respondents seemed to recognize that this survey was a chance to get a message out to the world as to the exact nature of their problem. Rather than being embarrassed, withdrawn, despondent and upset at their situation, respondents told interviewers that if the one or two major issues were taken care of, the others would take care of themselves. At the top of the problems list was the lack of available jobs. Interviewers stated that they repeatedly heard phrasing such as "If I could just get a job, everything else would be ok".

Refusals and randomization problems were almost nonexistent as reported by the interviewers. The weather was the major contributing factor to refusals. Interviewers reported that the few people who did refuse said they did not have time to be interviewed or that they did not want to stay out in the cold any longer than was absolutely necessary.

An interesting criticism of the survey instrument arose in that interviewers stated there was much more data that the respondents could have provided. The efficiency of the instrument was praised for getting the respondents to open up, but the respondents were often willing to sit longer and chat beyond the interview process. This bodes well for subsequent research to be undertaken at the food bank sites.

In terms of the respondents themselves, the interviewers were struck by the number of young, able-bodied people at the food banks, especially single men with decent educational levels. The respondents also generally had a good outlook on things, had hope that things would get better in the future and that "they weren't really poor, just going through a rough patch". One interviewer presented an assessment that "these people do not want to be on social assistance, they would rather be working". Abuse of the food bank system was seen as a mistaken stereotype and, in actual fact, was minimal or nonexistent according to the interviewers.

13. Ratification with Census Data

Although our original proposal did not include further analysis comparing our data with the 1991 Census, we felt that doing so would enrich our understanding of our work in relation to the 1991 demographic data on neighborhoods that became available as we were completing our study. As a result, the 1991 Statistics Canada Census Household Data aggregated by FSA was obtained. The dataset contains 239 socioeconomic indicators for each of the 34 FSA's within Winnipeg.

Interviews for this study were conducted at 34 food banks in 18 different FSA's within Winnipeg (see Table 4 for food banks by FSA). The food bank interviews dataset (n=1,019) was aggregated into summary statistics for each FSA

in which there was one or more food banks located. For example, the average affordability index (percent of income spent on shelter) for each FSA was calculated from the food bank clients who responded in each FSA. Indicator variables from the survey data were created that matched categorical variables from the Statistics Canada dataset. For example, the number of food bank clients who said that they have moved within one year of the study was calculated for each FSA to compare with the one year mobility data from the Statistics Canada data (see Table 17 for selected variables from the 1991 Census data aggregated to FSA's).

Table 17
Selected Variables from 1991 Census Data Aggregated to FSA's

average gross rent	minor repairs
average income, family income	movers, one year mobility
average income, household	non-family household
average major payments for owners	non -immigrant population
average number of children at home	non-movers one year mobility
average number of persons in household	non-permanent residents
average value of dwelling	no one in labor force
both sexes 15 years and over	number of family persons
children attending school	number of one-parent families
children not attending school	number of non-family persons
common-law with children	number of non-married & common-law families
common-law without children	population by age and gender
employed, both sexes 15+	population by marital status
employment rate, sexes 15-24	schooling > grade 9
employment rate, sexes 25 and up	total common-law couples
family income, all census families	total husband-wife families
female parent only	total lone parent families
female parent with child/children	total number of persons in economic families
housing tenure	total number of persons in household
immigrant population	total population
in labor force, both sexes 15+	total private households
major repairs	total with children at home
male parent only	total without children at home
male parent with child/children	trades certificate or diploma
median income, household	unemployed, both sexes 15+

The Winnipeg Harvest referrals dataset (n=16,684) was also aggregated by FSA to calculate the average reported income and number of referrals for each FSA.

These three data sources were combined to serve as the basis for a socioeconomic analysis of the 18 Winnipeg neighborhoods in which the food banks were located and in which the clients from this study were housed. It should be noted that 13 of the food bank clients gave FSA numbers when asked the last three numbers of their postal codes that did not correspond to the 34 FSA's in Winnipeg. As a result, these 13 records were not included when the datasets were merged.

It is also important to note that the FSA reported by a respondent was based on the home address of the food bank client rather than the FSA of the food bank. This was thought to be more relevant because many of the survey questions pertained to the home environment of the interviewee. Analysis indicated that most of the food bank clients used a food bank in their area. This was deemed reasonable as the Winnipeg Harvest referral process directs each inquiry to the food bank nearest the home address of the person requiring food bank assistance. For those clients that did not live directly in the same FSA as the food bank in which they obtained assistance, they typically lived in an adjacent one. Exceptions come from food bank clients that obtained their food from the three post secondary education locations which drew students living all over the city.

The first step in the analysis of the combined data was the correlation of a number of the census socioeconomic indicators with the number of food bank clients in each FSA. The results allowed for a determination as to what socioeconomic variables related to increased need for food banks in a neighborhood. Of the 239 variables available from the census data, a select subset was used and tested for significant relationship by way of correlation coefficients (Pearson's r and Spearman's rho) Tables 18 and 19 show the variables that are related to increased food bank activity and those that are not.

Table 18

Socioeconomic Variables Related to Increased Need for Food Banks

Variable	Items Related With Number of Food Bank Users	Pearson r-Value	P-Value
V216	Median income, family income $	.4672	.0080
V220	Incidence of low income	.6738	.0001
V146	Participation rate, both sexes	.4933	.0048
V145	Unemployment rate, both sexes	.5319	.0021
V143	Number unemployed, both sexes	.5125	.0032
V201	No member in labor force	.7276	.0001
V200	Number of lone parent families	.3733	.0386
V123	Movers, one year mobility status	.4208	.0184
V61	Average number of persons per house	.4565	.0098
V41	Rented dwellings	.5608	.0010
V178	Average number of bedrooms per dwelling	.6782	.0001
V182	Major repairs	.5003	.0042
V193	Gross rent >=30% of house income	.6231	.0002

Table 19

Socioeconomic Variables Not Related to Increased Need for Food Banks

Variable	Items Not Related With Number of Food Bank Users	Pearson r-Value	P-Value
V51	Total number of private households	.2235	.2267
V103	Total number of persons 65 years =<	.2301	.2130
V119	Immigrant population	.3047	.0902
V179	Average value of dwelling	.3094	.0903
V115	Average persons per economic family	.1933	.2976
V206	Family income all census family	.0084	.9642

Graphic illustrations for correlational results by FSA are discussed in the same order as the variables are listed in Table 17. The first are income variables which show a clear pattern of linkage with the number of food bank users in an FSA. The lower the median income in a neighborhood the higher the food bank usage (Figure 16). The graph shows a curvilinear pattern whereby the plotted values move progressively from the upper left quadrant to the lower right quadrant (Figure 16). Similarly, the higher the incidence of low income in a neighborhood is the greater the number of food bank users (Figure 17).

The next four figures (Figures 18-21) illustrate the relationship between employment and food bank usage. Figure 18 shows the labor force participation rate for both sexes over age 15. It shows the higher the participation rate the lower the use of food banks. Conversely, the higher the unemployment rate in an FSA the higher the number of food bank users (Figure 19) as indicated by a reversal of the plot pattern seen in Figure 18. Figure 20 presents the number of unemployed relative to food bank users in each FSA of our study. It indicates that as the number of unemployed goes up in an FSA, the food bank usage increases with one exception. The R3T FSA is an outlier as discussed before because the number of unemployed is higher due to the number of students living in the FSA which includes the University of Manitoba. Figure 21 compliments this picture of unemployment and food bank use by showing that the higher the number of households in an FSA with no one in the labor force the larger the number of food bank users in a neighborhood.

Figure 22 illustrates that there is a lack of relationship between the number of lone parent families in an FSA and food bank usage for an FSA. Three of the neighborhoods which had a high number of lone parent families also have the

lowest number of food bank users. Hence, the incidence of lone parent families in an FSA is a poor indicator of food bank usage for that FSA.

The next six figures deal with the relationship between housing variables and food bank use. Figure 23 portrays one year mobility status; which reveals that in general, the more movers in an FSA the more food bank users there are in the FSA. This supports the earlier result that indicated the food bank user population is highly mobile. Again R3T is an exception to this rule because of the student population. Figure 24 supports our data showing that food bank usage and small household size are correlated. Similarly, food bank usage and the number of rental units available are related (Figure 25) and food bank users tend to live in neighborhoods where dwellings have a lower number of bedrooms on average (Figure 26). There is not a great deal of relationship between being a food bank user and living in a neighborhood with a large number of homes in need of major repairs (Figure 27). Most food bank users are living in neighborhoods with the greatest incidence of affordability problems as defined earlier as having to pay 30% or more of monthly income for rent (Figure 28).

Four out of six of the variables from Table 19 which were not related to food bank usage are worthy of separate discussion. Figure 29 shows that a large number of people in a neighborhood does not mean large food bank usage. Socioeconomic status hence would seem to be a more important variable than neighborhood density. Figure 30 shows that there is no relationship between the number of seniors in a neighborhood and food bank usage. Figure 31 shows a weak relationship between neighborhoods with the number of immigrants in an FSA and food bank usage for that FSA except for certain neighborhoods which include the two universities and two lower income new suburban neighborhoods. However, Figure 32 does show that food bank users are more populous in neighborhoods with low average value of dwellings. There was no relationship

between the average number of persons per economic family in an FSA, family income and the number of food bank clients (Figures 33 and 34). An economic family is defined by Statistics Canada as a recognizable family unit that encompasses not only the traditional husband, wife, and children family structure but also to include extended familial structures.

The next step taken in comparing census data to results of the food bank survey was to create a collective socioeconomic indicator for each FSA. This was done by using a standardization of the census variables described above. When standardized and combined into an overall Z score for each FSA in this manner, the Z scores give the relative status of each neighborhood in terms of socioeconomic health. The process of standardization was as follows for each socioeconomic indicator. The mean and standard deviation were calculated for the distribution of 34 values (one per FSA) for the socioeconomic variable. This mean and standard deviation was then used to transform the value of the socioeconomic indicator to a Z score which by definition has a mean of 0 and a standard deviation of 1 unit. Hence a positive Z score for an FSA would mean it is above the average of the 34 FSA's, a negative value means the FSA is below average and a score of 0 means the FSA is exactly average. Advantages of Z scores are that they are unitless and make it easy to rank individual FSA's in terms of each variable.

This process was carried out for each of the socioeconomic indicators described above. The Z scores for all socioeconomic indicators were then added together for each FSA. The mean and standard deviation of this aggregated socioeconomic indicator were then calculated and used to carry out a further transformation into a collective Z score. This summary statistic represents an average of all the relative rankings an FSA had over the individual socioeconomic indicators. Hence, a positive value for an FSA of this collective Z score is indicative that the FSA was above average when all the socioeconomic variables are

considered. In brief, the socioeconomic Z score indicates how many standard deviations a particular FSA is above or below average. The overall socioeconomic index Z score is plotted for each FSA in Figure 35. Results indicate that neighborhood R2E is well above average, R3A is almost precisely average, and R2W is well below average in terms of overall socioeconomic status (Figure 36).

The socioeconomic Z score was very strongly related with the number of food bank users in an FSA (Figure 36) (r = .8). Essentially this means that there is economic disparity among neighborhoods (FSA's) in the city between those with and those without food banks. It became apparent that the R2W FSA was a clear outlier in terms of economic status being more than five standard deviations (-5.64195 Z score) from the mean economic status (see Figure 35, Appendix D for food bank clients postal codes and the total Z scores). This result also indicates that the distribution of food banks in the city matches the distribution of socioeconomic status. In other words, the food banks have appeared in the areas of greatest need and have not proliferated to the point that they are also present in the more affluent FSA's.

14. Supplementary Findings: Model Building

Our data sets have provided a wealth of descriptive data which is appropriate to the primary purposes of the study. Multivariate analysis, however, allows for further investigation to take place especially in terms of the relative contribution each variable makes to the overall variability of the data set. These investigations are intended as hypothesis-generating in nature rather than confirmatory studies. Three additional model building analyses were performed on selected variables to carry out such investigations.

Stepwise logistic regression was carried out using the item which asked people whether or not they thought that the following year would be better than the

previous. The purpose of this investigation was to assess which variables contributed to, or at least coincided with an optimistic attitude. Table 20 represents the summary of the stepwise logistic regression model building procedure.

Table 20 Summary of Logistic Regression for Predicting Whether a Food Bank User Said the Next Year Would be Better		
Variable	Odds Ratio	P-Value
Single Parent Indicator	0.691	0.0260
Age (respondent)	0.694	0.0001
General Outlook Compared to Others	0.779	0.0012
Physical Health Compared to Others	0.863	0.0376
Schooling	1.130	0.0122

Five variables were found to be predictive of this optimistic attitude that the next year would be better; age of respondent, their general outlook, education, being a single parent and their physical health. The model correctly predicted only 65 percent of the observations and so cannot be considered to represent a complete set of predictors for whether or not a food bank client was optimistic. All of the predictor variables except for education had a negative relationship with being optimistic in terms of the relative risk. For example, single parents were only 69 percent as likely as non-single parents to be optimistic. The younger the individual, the less likely the person was to be optimistic. Age, in fact was the most influential covariate of all variables in the logistics regression model. The worse their general outlook and physical health were, the less likely the food bank client was to be optimistic.

The second model building process dealt with correlates of unemployment. Previous results indicated that unemployment was a common characteristics among food bank clients. In theory, one would think that the longer a person is unemployed the greater the likelihood is that a person will need to use a food bank.

A stepwise multiple regression process was carried out in the hopes of identifying what characteristics were related to the time an individual had been unemployed. Five useable predictors were found among nine initially selected as potential predictors although the individual contribution is weak as is indicated by the partial R^2 values all being below 10 percent. The model R^2 assessing relative importance of the predictors is also low, with even the best model accounting for only 13 percent of the total variability. Hence, this model is not useful for predictive purposes. Its inherent value lies in the relative ranking of correlates it provides.

Table 21
Summary of Stepwise Procedure for Dependent Variable
Length of Time Food Bank Client Unemployed

Variable	Partial R2	Model R2	P-Value
Age (respondent)	0.0907	0.0907	0.0001
Single Parent Indicator	0.0186	0.1094	0.0001
Schooling	0.0131	0.1225	0.0003
Physical Health Compared to Others	0.0052	0.1277	0.0231
Single Male Indicator	0.0034	0.1311	0.0680

Table 21 represents the summary of the order of entry and relative contribution of each variable in the model predicting the length of time a food bank user was unemployed. In order of importance, the variables related to the length of time a food bank client had been unemployed were age, being a single parent, education, their physical health rating and being among the single male subpopulation. Age was positively correlated with years unemployed, giving credence to the idea that many of the younger people using food banks are coming from the ranks of the newly unemployed. Being a single parent was also positively related, indicating that they tended to be unemployed for longer periods of time than

non-single parents. The more education a food bank user had, the shorter period of time they were unemployed. The lower the rating an individual gave for their health, the greater the time spent unemployed. Finally, being within the single male subpopulation was related to being unemployed for a shorter period of time.

The final model-building process was carried out to investigate what characteristics of the food bank user related to whether or not they stated that they liked their home. Table 22 represents the order of entry, odds ratios and statistical significance for the logistic regression model building procedure that was used.

Table 22
Summary of Logistic Model for Predicting Whether a Food Bank User Liked Their Home

Variable	Odds Ratio	P-Value
Intercept	0.221	0.0001
Single Male Indicator	1.529	0.0122
People Who Moved Last Year	1.410	0.0386
Age (respondent)	0.817	0.0044
Physical Health Compared to Others	1.225	0.0173

People who had moved in the previous year were 40 percent more likely to dislike their home. Single males were 53 percent more likely not to like their home than other food bank users. Younger people were 320 percent less likely to like their home than older food bank users. Finally, food bank users who rated their physical health poorly were more likely to complain about their living conditions. Once again, the contribution of each variable to the overall variability was small (10 percent or less, not shown) and the overall model accounted for no more than 20 percent of the variability. Like the other two model-building processes, however, those investigations serve as useful pointers for future research because we were

able to identify and rank the relative contributions of potential covariates to the variables under study.

Part Four: Discussion

Prior to our study, we, along with food bank agencies, the media and the general public had, at best, a generalized picture of persons forced to depend on food banks for their day-to-day meals. We knew that they were likely to be poor but the specific reasons for their use of food banks was supposition at most. We knew from informal studies carried out by food bank operators that the demographics of food bank clients was changing and including a more diverse cross-section of people but there had not been a comprehensive, reliable survey done by researchers outside of the food banks themselves. Our study provides, in quantitative and qualitative terms, many of the answers to questions about Winnipeg food bank clients from the users' perspectives. Future research will have to confirm the generalizability of our finding to other locations in Canada.

Research questions were set out at the beginning of this report asking who uses food banks and why? We now know that over 50 percent of the clients in our study were in the 25-44 age category; the majority were single with the next largest group being divorced or separated; there were very few seniors; and surprisingly, 60 percent were childless households.

Why were the respondents in our study using food banks? Without exception it was because their incomes were insufficient to sustain their basic needs. Incomes were low in general, derived primarily from welfare payments and when housing costs were taken out of the monthly budget there was not enough left to cover the cost of other necessities such as food.

Another set of questions that we hoped to shed some light on had to do with employment. We asked if food bank users were able and willing to work.

Although the majority of the people in our study were unemployed (91 percent) more than half (54 percent) of the unemployed said they were able and willing to work. Of the respondents who were employed at the time of the study the majority (58 percent) had been employed for a short period of time (median 1.5 years) and had been unemployed for a longer period of time before that. Conversely, those who were unemployed at the time of the study had been out of work for anywhere from 2 to 10 years. The picture of the food bank user that emerged from our study is one of a relatively young employable person with a low level of education and low job skills who, when employed, is in the service, machining or construction sector and is essentially "last in, first fired."

We wondered if these people had skills that were not needed in today's workplace. We can only surmise, but over 60 percent of the respondents did not have a high school education. Certainly for those out of work for close to 10 years, it would seem that they were the younger people caught in the effects of the 1982 recession that probably did not have the skills needed in the restructuring of the workplace that has occurred since that time.

The key questions driving our research had a housing focus. We asked two questions that were inter-related. The first asked if the increase in the demand upon food banks is a result of a lack of affordable housing, inadequate family income, poor money management or a combination of other factors. We found that it was not a lack of affordable housing in the quantitative sense that was the problem but a lack of adequate family income that made housing affordable using conventional standards. A large majority of the food bank users in our study (86 percent) had a yearly income of under $12,000. In some cases other factors such as poor money management and a combination of personal problems exacerbated an already financially tight situation.

The second question was more complex. It asked: What role does housing play in the overall economic situation of food bank users and what is the relationship between shelter costs and the use of food banks? A quote from a recent book by Michael Stone entitled Shelter Poverty: New Ideas on Housing Affordability more than adequately describes this relationship.

It is not incomes alone, but housing costs together with incomes, that determine the overall standard of living of most of us. Why should this be so? Housing is physically quite different from other consumption items: it is large, durable, tied to location, and generally must be purchased as a complete dwelling unit, not as a shopping basket of separately selected items (rooms, facilities, amenities, location) in the way that food and clothing are purchased. Also, because housing is not literally consumed as food is, and hence not purchased anew on a regular and frequent basis, once a household occupies a particular dwelling it is hard to alter the amount and type of housing services consumed. The cost of housing is thus the biggest item in most families' budgets and the hardest to adjust. It usually makes first claim on our incomes (after taxes), so that everything else has to be paid for out of what is left after paying for housing. When the rent or property tax goes up, a household cannot offset this cost by using the living room less or switching to a cheaper brand of bathroom. It has to pay the higher housing cost and then cut back on food, clothing medical care, and other necessities. (Stone 1993, 2). Stone's thesis relies on a definition of poverty that he calls "shelter poverty."

Recognition of the interaction among incomes, shelter costs, and the cost of non-shelter necessities leads logically to an affordability standard that is a sliding scale, rather than a fixed percentage of income. A household paying more than it can afford on this standard is "shelter-poor", the squeeze between the income and housing cost leaving it with insufficient resources to meet its non-shelter needs a

minimum level of adequacy. The shelter-poverty concept of affordability provides rather dramatic and compelling evidence of the inadequacy of the conventional standards (25 and 30 percent of income) -- or any other universal percentage -- for shelter affordability. (Stone 1993, 6)

The results of our study support this concept of shelter poverty. Using an affordability index that compared the amount of shelter payments to monthly income, the food bank clients in our study had a mean shelter affordability index of 58 percent; median 73 percent. Clearly a large proportion of food bank clients in our study had an affordability problem that ranged from moderate to severe with only 9.2 percent of the respondents reporting that the housing component of their monthly budget was 30 percent or less. The single males on welfare were most profoundly affected with many of them paying as much as 100 percent of their monthly income on their shelter.

Canada Mortgage and Housing Corporation's model of core housing need combines the three elements of affordability, suitability, and adequacy to measure the housing situations of persons with housing problems. The Corporation's model goes beyond Stone's definition of shelter poverty. In addition to housing affordability we examined the other elements of housing suitability and adequacy used in CMHC's model. We found that the people in our study were generally satisfied with their housing in terms of space, state of repair and feelings of safety. There were exceptions however. In terms of suitability 75.2 percent said they had enough space; 25 percent said they were too crowded. In other words, one-quarter of the food bank clients in our study would be in core housing need according to the suitability standard of CMHC's core housing need model.

In terms of housing adequacy, about half of food bank users said their homes were in good or excellent condition; while the other half said that their homes were in fair or poor condition. A City of Winnipeg survey reported in a

Canadian Housing and Renewal Association report (1994), is useful for comparison. The Winnipeg survey of over 4,300 dwellings in the inner city area reported that "over 70 percent of households living on welfare lived in accommodation needing repair (20 percent needed major repair, 50 percent needed minor repair)" [our rounded figures]. Keeping in mind that the majority of food bank clients in our study lived in the same area and were on welfare, our study showed that a similar 20 percent of food bank clients reported that their homes were in need of major repairs. This compares to 19.9 percent of welfare recipients and 11 percent of non-welfare recipients in the City of Winnipeg survey. For homes needing minor repairs there was a slight difference between the two studies. The City of Winnipeg survey reported 50.7 percent of welfare recipients and 33.9 percent of non-welfare recipients needed minor repairs while 44.1 percent of food bank clients in our study reported that minor repairs were needed. Our study showed a higher need for regular maintenance. Fifty-one percent of food bank users reported the need for regular maintenance compared to only 30.1 of the welfare recipients and 55.2 percent of the non-welfare recipients in the City of Winnipeg survey. What does our study show? A substantial portion of food bank clients have homes that would not meet the adequacy standards set by CMHC.

Tenure is an important indicator of the relative status of an individual -- culturally, socially, and financially. Renters, especially low income households, have not only less security over displacement from their homes, less control over the form and use of their shelter but also less financial security and freedom of choice. All but a few of the food bank users in our study were renters. While we did not specifically ask whether the occupants lived in private market rental accommodations or social housing units, the affordability indices that we found would lead us to believe that the majority of our respondents obtained their housing in the private market. A review of the qualitative comments included in our results

imply that the food bank users in our study experienced discrimination with landlords, unhealthy accommodations in the price range that they could afford, difficulties finding suitable space for child-rearing and a general worry about security of tenure.

At times throughout our study we were asked by others if there was a causal relationship between the number and size of food banks and the increased use of them. Collectively, the analysis that we performed using census data would tend to indicate that food banks are created in response to need, not that the presence of them precipitates use.

This report stated at the beginning that the use of food banks was a relatively new phenomenon that has increased dramatically in the last five to ten years. This raises the question: Is the use of food banks temporary? Based on our analysis of the Winnipeg Harvest historical database and on the responses that we received from the new food bank users our answer is a definitive "no", qualified only by a potential for food bank use abatement if the economy were to recover and provide a substantial number of jobs. Despite the desires of agencies such as Winnipeg Harvest that would like to see themselves out of business and those who have hoped that the "emergency" relief provided by food banks was a temporary phenomenon we do not forecast a diminished role for food banks without major changes in the shelter component of welfare vis-a-vis private market rents and major improvements in the economic climate and employment.

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Part Six: Appendixes

Appendix A: Letters of Introduction

THE UNIVERSITY OF MANITOBA Winnipeg, Manitoba, Canada R3T 2N2

Housing Studies, Research and Development Program

FACULTY OF ARCHITECTURE

Architecture 2 Building
Tel.: (204) 474-6797
FAX: (204) 275-1086

December 6, 1993

Dear Food Bank Operator:

This letter will serve to introduce, _____, who has been authorized to conduct, on our behalf, interviews with food bank clients for the project "Shelter Affordability and Housing Needs of Food Bank Clients." Recently, letters from ourselves and Winnipeg Harvest describing the study were sent to you. The interviewing process will take place December 6th to 11th and January 10th to February 5th.

Please feel free to call our project coordinator, Cheryl Shindruk at 474-8408 or either of us if you have any questions about the interview process or the project in general.

Thank you very much for your assistance.

Yours sincerely,

Dana Stewart

Jeff Sloan

Dana Stewart
Housing Studies, Research & Development
Faculty of Architecture
474-6797

Jeff Sloan
Faculty of Nursing
474-7034

November 29, 1993

Dear Food Bank Operator:

In a recent Winnipeg Harvest newsletter, Ellen Olfert asked for your assistance in a study of poverty, hunger and housing. We are contacting you at this time to introduce ourselves to those of you we have not yet met.

As Ellen mentioned, a small team of interviewers (2 to 3 people) would visit your foodbank on your food day(s) during the first two weeks of December and possibly again later in January. This will depend on whether we are able to talk to all the people in December. The number of people we talk to will depend on the number of households you normally serve. We would hope to talk to about 10 percent of your food bank users. Each interview should take approximately 15 minutes and we would only need a small corner for each interviewer. We will not be asking participants to give their names or any identifying information. Participation is on a volunteer basis and all information will be held strictly confidential.

The people at Winnipeg Harvest have been working very closely with us in the development of the questionnaire. We feel that we have a questionnaire which addresses the realities of people who use food banks and would very much like your support in the interview phase of the project. In the near future Cheryl Shindruk, our project coordinator, will be contacting you by telephone to see if you are willing to help us and if so, to confirm interview times at your food bank.

Yours very truly,

Dana Stewart
Housing Studies Research and
Development Program
University of Manitoba
Telephone 474-6797

Jeff Sloan
Faculty of Nursing
University of Manitoba
474-7034

29.11.93

WINNIPEG HARVEST INC.

A NON-PROFIT ORGANIZATION COMMITTED TO DISTRIBUTING SURPLUS FOOD

November 8, 1993

Dear :

RE: HOUSING STUDY

Some time ago, Winnipeg Harvest was approached by the Housing Studies Research and Development Program at the University of Manitoba to assist them in doing a study, the focus of which is to find out how poverty and hunger determines the housing needs of people who have to use the food banks.

We have agreed to assisting with this project as we can see that the results of this study could be very useful in helping to find long term solutions for people in need. Our volunteers have already provided assisstance in helping to develop a questionaire which addresses the realities of people. We now ask for your assistance.

A survey group (no more than two or three people) would like to attend at your food bank to speak to a few of your food bank users on a one-to-one basis. They will speak to people, and each interview will take approximately fifteen (15) minutes. Participation in this study is strictly voluntary and any identifying information will be held confidential.

If you have strong objections to these people attending at your food bank, please let me know. As well, if you have any questions regarding the study please call. If I can't answer them, I'll direct you to the people who are running the project.

Your co-operation is very much appreciated.

This letter has turned into more of a newsletter that an introduction to the University of Manitoba study project. People have been saying more and more that we need t have a newsletter to share information about what is going on around Winnipeg Harvest and indeed amongst all of the various food bank agencies. That project is still in the works, but is coming closer.

In the meantime, we will continue to share information with you and as was said before, we need to have open communication between us so that we can alll work together to help those most in need.

Sincerely,

Ellen Olfert
Agency Relations and
Community Outreach

Appendix B: Interviewer Instruction Package

METHOD OF RANDOMISATION

It is important that your personal will and biases have no impact on which people are selected to be interviewed. To draw a sample that is truly random, every person must have the same chance of being selected. The interviewer must have no power or force of will in making the selection.

This will be accomplished in one of two ways, depending upon whether or not the food bank being sampled has a list of people who will be receiving food that day.

Method 1: for food banks where a recipient list is available

Use the random number table as instructed in the training session to go down the recipient list and choose the sample. If a person refuses, note the reason and replace them with the next available name on the list. Remember to begin at a randomly chosen spot in the table (not always the top left).

Method 2: for food banks without a recipient list

Using the second hand or digit of your watch, generate the number which indicates the "n^{th}" person whom you will ask to participate. For example, a "6" would mean choose the 6^{th} person you see. Scan the area from left to right for your first choice, right to left for the second and so on. After the first selection has been made and the interview completed, generate another number and repeat the process. It is important that you do not allow your personal feelings about the looks of an individual to influence your choice. This procedure is essential to ensuring that the recipient's gender, appearance or any identifying characteristic does not influence the sample selected. All things being equal, such characteristics should be appropriately represented in the subsequent sample if you have followed the procedures to the letter.

Shelter Affordability and Housing Needs of Food Bank Clients

General Instructions for Interviewers

It will be important that you arrive at the food bank early enough to introduce yourself to the food bank operator (about 1/2 hour before the food bank opens); get set up and get comfortable; determine the logistics of randomly selecting you respondents.

Accede to any restrictions placed on your activities by the food bank operator. Work with them.

It will be very important to complete the prescribed number of interviews in the prescribed random fashion.

In recording responses, please use the pen we have supplied for you and be sure the the responses are clear and legible.

If a respondent refuses to answer a question or does not understand a question, leave it blank.

Should you have a question regarding procedure, please call in; do not guess on the appropriate action to take.

Procedure:
- pick up schedule for the day
- pick up blank questionnaires
- phone in number done to Cheryl at 474-8408
- deliver completed questionnaires to Room 304 Arch II
- pick up more questionnaires and new schedule

Completed questionnaires are to bere turned to:

Housing Studies, Research and Development Program office
Room 304 Architecture II Building.
Telephone 474-8408 Cheryl or Dana

If you arrive at Room 304 and there is no one there, take the completed questionnaires to the General Office (Room 216). Ask for Sharon.

General deportment: non-threatening and professional.

Appearance: casual plain dress; try not to call attention to yourself.

Note irregularities, problems, concerns at the end of the questionnaire in the "interviewer comment" section.

Keep a running listing of the numbers of interviews you conduct, organized by date and food bank. Append this list to your invoice.

Fill out the prepared invoice forms, citing the number of interviews you conducted and submit to Cheryl for payment.

Question 43

MONTHLY INCOME CATEGORIES

1. $ 0 - 499
2. $500 - 999
3. $1,000 - 1,499
4. $1,500 - 1,999
5. $2,000 - 2,499
6. $2,500 - 2,999
7. $3,000 or more

Question 55

AGE CATEGORIES

1. Under 15 Years
2. 15 to 24
3. 25 to 34
4. 35 to 44
5. 45 to 54
6. 55 to 64
7. 65 to 74
8. 75 +

Appendix C: Annotated Survey Instrument

Shelter Affordability and Housing Needs of Canadian Food Bank Clients

• INTERVIEW SCHEDULE •

Food Bank Code (refer to code book)	FB _ _
Date of Interview (day/month/year)	_ _/_ _/_ _
Time of Interview (use 24-hour clock)	_ _:_ _
Interviewer Code	IC _ _

Hi. I am from the University of Manitoba. We are doing a study to find out how poverty and hunger affect the housing needs of people who use food banks. I would like to talk about the place where you live and the difficulties you are dealing with. I do not need to know your name and everything we talk about will be kept strictly confidential. You do not have to answer any questions you are uncomfortable with. By sharing your experiences with us, you will be helping us to learn about the realities of food bank users and provide information to help form government policy.

Would you have about 15 minutes to spend with me?

A. Housing

	FREQUENCY	VALID PERCENT

First, I would like to talk about your housing, the place where you live.

1. Do you **rent** or **own**? 1. ____

1. RENT	960,	94.4%
2. OWN	29,	2.9%
3. NEITHER, I'M STAYING WITH FAMILY OR FRIENDS	28,	2.8%

2. What **type** of place do you live in **now**? (CIRCLE AND FILL IN NUMBER) 2. ____

1. APARTMENT	476,	46.8%
2. HOUSE (SINGLE DETACHED)	194,	19.1%
3. ROW OR TOWNHOUSE	104,	10.2%
4. DUPLEX	91,	8.1%
5. HOSTEL (EG. SALVATION ARMY)	2,	.2%
6. ROOMING HOUSE	125,	12.3%
7. HALFWAY HOUSE/TRANSITION HOUSE/YMCA	--	---
8. HOTEL ROOM (SRO - SINGLE ROOM ONLY)	22,	2.2%
9. MOBILE HOME/TRAILER	--	---
10. NO PLACE, ON THE STREET	2,	.2%
11. PRISON	--	---
12. CAR OR AUTOMOBILE	--	---
13. Other	1,	.1%

3. What **type** of place did you live in **before this place**? (FILL IN NUMBER FROM ABOVE LIST) 3. ____

4. **How long** have you lived in the place where you now live? (# OF MONTH See Page 13

Median = 12 Mean = 26.8 Std. Dev. =

5. How many times did you **move** last year?(FILL IN NUMBER OF MOVES)

Median = 0 Mean = 1.0 Std. Dev. =

6. What was the **reason(s)** for your move(s)? (INDICATE ALL THAT APPLY)

See Page 14

	YES	NO
a. RENT WAS TOO HIGH	1	2
b. PROBLEMS WITH THE LANDLORD	1	2
c. GOT EVICTED	1	2
d. WANTED TO BE CLOSER TO A SCHOOL	1	2
e. THE PLACE WAS RUN DOWN/IN POOR CONDITION	1	2
f. WANTED TO BE CLOSER TO FAMILY/FRIENDS	1	2
g. WANTED TO BE CLOSER TO WORK	1	2
h. WENT TO PRISON	1	2
i. OTHER	1	2

7. How much is the **rent** per month? OR How much is the **mortgage** per month? 7.$_____
(FOR MORTGAGE, INCLUDE PIT)

Median= $310.00 Mean= $337.62 Std.Dev.= $140.99

8. How much of the rent/mortgage are you **responsible** for? (FILL IN $ AMOUNT) 8.$_____

Median= $0.00 Mean= $100.81 Std.Dev.= $151.24

9. **Who pays** for the portion you are not responsible for? (CIRCLE ONE) 9._____

1. CITY WELFARE
2. PROVINCIAL WELFARE
3. NOT APPLICABLE/ I PAY FOR IT ALL MYSELF

CITY= 449, 45.7% PROVINCIAL= 264, 26.9% NA= 234, 23.8%

10. Do you pay extra for **utilities**? (CIRCLE ONE) 10._____

1. YES 2. NO 3. DON'T KNOW

Y= 1, .1% N= 467, 46.1% DK= 11, 1.1%

11. If YES, how much extra **per month** do you pay for **utilities**? 11.$_____
(INCLUDE HYDRO, GAS, WATER)

Median=$30.00 Mean= $64.31 Std.Dev.= $81.56

12. How many **bedrooms** do you have in your place? 12._____
(INCLUDE ROOMS USED ONLY AS BEDROOMS)

Median= 1 Mean= 1.62 Std.Dev.= 1.14

13. Does your home have **hot running water**? (CIRCLE ONE) 13._____

1. YES 2. NO 3. DON'T KNOW

Y= 1004, 98.7% N= 13, 1.3% DK= 2, --

14. Do you have your own **toilet** or do you have **shared facilities**? (CIRCLE ONE) 14._____

1. HAVE MY OWN 2. HAVE SHARED FACILITIES

OWN= 877, 86.1% SHARED= 141, 13.9%

15. Do you have your own **tub and/or shower** in your house? (CIRCLE ONE) 15._____

1. YES 2. NO, WE SHARE WITH ANOTHER HOUSEHOLD

Y= 881, 86.5% N= 136, 13.4%

16. Do you have **laundry facilities** where you live? (CIRCLE ONE) 16._____

1. YES 2. NO 3. DON'T KNOW

Y= 677, 66.5% N= 338, 33.2% DK= 3, .3%

17. If YES, do you **pay extra** to use these laundry facilities? (CIRCLE ONE) 17._____

1. YES (ie, coin operated)
2. NO (the facilities are included or I have my own)

Y= 407, 55.4% N= 327, 44.6%

18. Do you have enough **space** in this place? [ie, is it crowded] (CIRCLE ONE) 18._____

1. YES, ITS ABOUT RIGHT
2. NO, WE'RE TOO CROWDED
3. WE HAVE TOO MUCH SPACE

Y= 741, 72.9% N= 262, 25.8% Too Much= 14, 1.4%

19. In the **past year**, have you had to **stay with someone** because you had no place of your own? (CIRCLE ONE) 19._____

1. YES
2. NO (SKIP TO QUESTION #22)
3. DON'T KNOW (SKIP TO QUESTION #22)

Y= 198, 19.5% N= 812, 80.2% DK= 3, .3%

20. If YES, **how long did you stay?** (FILL IN NUMBER OF MONTHS) 20._____

Median= 1 Mean= 3.6 Std.Dev.= 7.3

21. **How often** did this happen? (FILL IN NUMBER OF TIMES) 21._____

Median= 1 Mean= 1.6 Std.Dev.= 2.5

22. In the **past year**, have other **people stayed with you** because they had no place of their own? (CIRCLE ONE) 22._____

1. YES
2. NO (SKIP TO QUESTION #25)
3. DON'T KNOW (SKIP TO QUESTION #25)

Y= 352, 34.7% N= 663, 65.3%

23. **How long** did they stay? (FILL IN NUMBER OF MONTHS) 23._____

Median= 1 Mean= 2.6 Std.Dev.= 4.4

24. **How often** did this happen? (FILL IN NUMBER OF TIMES) 24._____

Median= 1 Mean= 2.2 Std.Dev.= 2.7

25. Have you ever had **problems finding a place to live?** (CIRCLE ONE) 25._____

1. YES
2. NO
3. DON'T KNOW

Y= 259, 25.5% N= 756, 74.4% DK= 1, .1%

26. If YES, what **kind of problems** have you experienced?
(probe for problems related to affordability (rents too high), discrimination, problems with landlord, getting around to look, lack of telephone to call around etc)

_____

_____

27. Which of the following **household items** do you have in your place? (CIRCLE ALL THAT APPLY)

See Page 15

	YES	NO
a. REFRIGERATOR	1	2
b. STOVE	1	2
c. WASHER	1	2
d. DRYER	1	2
e. MICROWAVE OVEN	1	2
f. DISHWASHER	1	2
g. TELEVISION	1	2
h. VIDEO CASSETTE RECORDER (VCR)	1	2
i. STEREO	1	2
j. CD PLAYER	1	2

28. Do you have your own **telephone**? (CIRCLE ONE) **28.**_____

1. YES 2. NO (SKIP TO #30)

Y= 667, 65.5% N= 352, 34.5%

29. How do you **pay** for the telephone? (CIRCLE ONE) **29.**_____

1. PAY FOR IT ON MY OWN
2. WELFARE PAYS FOR IT
3. DON'T KNOW

OWN= 601, 91.1% WELFARE= 44, 6.7% DK= 7, 1.1%

30. Overall, do you **like the place** where you live now? (CIRCLE ONE) **30.**_____

1. YES
2. NO
3. DON'T KNOW

Y= 810, 79.5% N= 175, 17.2% DK= 34, 3.3%

B. Dwelling Condition

Now I would like to talk about the (physical) condition of your dwelling.

31. Would you say your house is in excellent, good, fair or poor shape? (CIRCLE ONE) **31.**_____

1. EXCELLENT	131,	12.9%
2. GOOD	427,	42.2%
3. FAIR	333,	32.9%
4. POOR	115,	11.4%
5. DON'T KNOW	6,	.6%

32. Is your home in need of any **repairs**? (CIRCLE ALL THAT APPLY) (Do not include desirable remodelling, additions, conversions or energy improvements.)

	YES	NO
a. **MAJOR REPAIRS** are needed to correct, for example, corroded pipes, damaged electrical wiring, sagging floors, bulging walls, damp walls and ceilings, crumbling foundation, rotting porches and steps	1	2
Y= 195, 20.4% N= 763, 79.6%		
b. **MINOR REPAIRS** are needed to correct, for example, small cracks in interior walls and ceilings, broken light fixtures and switches, leaking sink, cracked or broken window panes, some missing shingles or siding, some peeling paint	1	2
Y= 429, 44.1% N= 544, 55.9%		
c. **REGULAR MAINTENANCE** is needed for example, painting, leaking faucets, clogged eavestroughs	1	2
Y= 500, 51% N= 480, 49%		

33. If you could get **one thing fixed** in your place right now, what would that be?

_____

34. Is your dwelling now '**placarded**'? [by the Health Dept] (CIRCLE ONE) **34.**_____

1. YES 2. NO 3. DON'T KNOW

Y= 41, 4% N= 900, 88.8% DK= 73, 7.2%

35. Do you feel **safe and secure** in your place? (CIRCLE ONE) **35.**_____

1. YES 2. NO 3. DON'T KNOW

Y= 866, 85.2% N= 129, 12.7% DK= ---

C. Food Bank Use

FREQUENCY | VALID PERCENT

Now, I would like to talk about food banks.

36. Is this your **first time to a foodbank?** (CIRCLE ONE) 36._____

1. YES (SKIP TO QUESTION #39)
2. NO
3. DON'T KNOW

Y= 144, 14.1% N= 874, 85.8% DK= 1, .1%

37. If NO, when did you first visit a food bank? (GIVE MONTH AND YEAR) 37. _ _/_ _ MON/YR

38. Since you first visited, about **how many times each month** do you go to a food bank? CONSIDER VISITS TO ALL FOOD BANKS. (FILL IN NUMBER OF TIMES) 38._____

Median= 1 Mean= 1.9 Std.Dev.= 2.4

39. What would you say is your **main reason** for coming here today? (CIRCLE ONE AND FILL IN THE NUMBER) 39._____

1. INCOME JUST NOT ENOUGH TO GET BY ON	771,	75.8%
2. UIC RAN OUT	8,	.8%
3. LOST MY JOB	10,	1.0%
4. UNDER-EMPLOYED	25,	2.5%
5. UNEXPECTED COSTS	69,	6.8%
6. CAN'T SEEM TO MANAGE THE HOUSEHOLD MONEY VERY WELL	14,	1.4%
7. FAMILY BREAKDOWN/PROBLEMS	4,	.4%
8. JUST RELEASED FROM PRISON	2,	.2%
9. ILLNESS, INJURY OR DEATH IN THE FAMILY/FAMILY CRISIS	9,	.9%
10. OTHER (explain) _____	105,	10.3%

40. Do you find that you need to go to other food banks? (CIRCLE ONE) 40._____

1. YES 2. NO 3. DON'T KNOW

Y= 219, 21.7% N= 749, 74.4% DK= 39, 3.9%

41. Is there a **soup kitchen** in the area you are able to visit? (CIRCLE ONE) 41._____

1. YES
2. NO (SKIP TO QUESTION #43)
3. DON'T KNOW (SKIP TO QUESTION #43)

Y= 457, 44.9% N= 287, 28.2% DK= 273, 26.8%

42. If YES, **how many times each month** do you go to the soup kitchen for a meal? (FILL IN NUMBER OF TIMES) 42._____

Median= 1 Mean= 4.6 Std.Dev.= 7.8

D. Income and Employment

Now, I would like to talk about the money you have to live on.

43. Think about the **amount of money** you had to live on last month. In which **category** does that amount fall?
SHOW RESPONDENT CATEGORIES
RECORD CATEGORY NUMBER

43._____

Median= 1 Mean= 1.7 Std.Dev.= .8

44. Where did the money **come from**? (CIRCLE ALL THAT APPLY)

	YES	NO
a. FULL TIME WORK	1	2
b. PART TIME WORK	1	2
c. SELF-EMPLOYMENT	1	2
d. CASUAL OR SEASONAL WORK	1	2
e. U.I.C. BENEFITS	1	2
f. WORKER'S COMPENSATION	1	2
g. PROVINCIAL WELFARE	1	2
h. CITY WELFARE	1	2
i. FAMILY OR FRIENDS	1	2
j. SAVINGS	1	2
k. PENSION	1	2
l. STUDENT LOAN	1	2
m. DISABILITY BENEFITS	1	2
n. ALIMONY OR MAINTENANCE	1	2

See Page 16

45. Of the above, which was your **main source of income**?
(RECORD ONE LETTER FROM ABOVE LIST)

45._____

Provincial Welfare (G)= 289, 28.4%

46. Which of the following apply to you? (CIRCLE ALL THAT APPLY)

	YES	NO
a. I AM WORKING PART TIME BUT WOULD LIKE TO BE WORKING FULL TIME	1	2
b. I AM A STUDENT	1	2
c. I AM UNEMPLOYED BUT ABLE AND WILLING TO WORK	1	2
d. I AM UNEMPLOYED BUT NOT ABLE TO WORK	1	2

See Page 17

47. If employed, how long have you been employed?
(FILL IN NUMBER OF YEARS)
(ROUND UP TO THE NEAREST HALF YEAR)

47._____

Median= 1.5 Mean= 3.8 Std.Dev.= 5.4

48. If unemployed, how long have your been unemployed?
(FILL IN NUMBER OF YEARS)
(ROUND UP TO THE NEAREST HALF YEAR)

48._____

Median= 2.5 Mean= 4.9 Std.Dev.= 6.2

	FREQUENCY	VALID PERCENT

49. What was the longest time you were at any job? (FILL IN NUMBER OF YEARS) **49.**_____

Median= 4 Mean= 6.2 Std.Dev.= 6.4

50. What was that job? (CIRCLE ONE AND FILL IN NUMBER) **50.**_____

1. SERVICE	380,	39.6%
2. SALES	38,	4.0%
3. CLERICAL	49,	5.1%
4. CONSTRUCTION	130,	12.8%
5. MANAGEMENT	17,	1.8%
6. TEACHING	17,	1.8%
7. PROCESSING	42,	4.2%
8. MACHINING, FABRICATING, ASSEMBLY & REPAIR	154,	16.0%
9. MEDICAL/HEALTH	29,	3.0%
10. TECHNOLOGICAL	9,	.9%
11. SOCIAL, RELIGIOUS, ARTISTIC	7,	.7%
12. PRIMARY	53,	5.5%

51. How do you <u>usually</u> **get around?** (CIRCLE ONE AND FILL IN NUMBER) **51.**_____

1. PRIVATE AUTOMOBILE OWNED BY ME	104,	10.2%
2. PRIVATE AUTOMOBILE OWNER BY SOMEONE ELSE	60,	5.9%
3. PUBLIC TRANSIT/BUS	366,	36.0%
4. HANDITRANSIT	7,	.7%
5. TAXI/CAB	7,	.7%
6. ON FOOT	447,	44.0%
7. BICYCLE	24,	2.4%
8. MOTORCYCLE	1,	.1%

D. Socio-Demographic Information

Now, I would like to talk briefly about you and the members of your household and then we will be done.

52. Including yourself, how many **people in your household?** **52.**_____

Median= 1 Mean= 2.4 Std.Dev.= 1.7

53. How many are **financially dependent** on you? **53.**_____

Median= 0 Mean= 1.1 Std.Dev.= 1.5

54. (Marital Status) Are you ... (CIRCLE ONE AND FILL IN THE NUMBER) **54.**_____

1.	SINGLE NEVER MARRIED	406, 39.9%
2.	MARRIED	230, 22.6%
3.	DIVORCED	202, 19.9%
4.	SEPARATED	121, 11.9%
5.	WIDOWED	54, 5.3%

Which of the age categories on this card are you in? (RECORD AGE CATEGORY AND GENDER)
Now, for each person who lives with you, please tell me their **age, sex** and **relationship** to you.

	55. AGE CATEGORY	56. GENDER 1. Male 2. Female	57. RELATIONSHIP TO RESPONDENT 1.Spouse 2.Child 3.Parent 4.Other Relative 5.Other
1.	Self: _____	1. M 2. F	Not Applicable
2.	_____	1. M 2. F	1.S 2.C 3.P 4.OR 5.O
3.	_____	1. M 2. F	1.S 2.C 3.P 4.OR 5.O
4.	_____	1. M 2. F	1.S 2.C 3.P 4.OR 5.O
5.	_____	1. M 2. F	1.S 2.C 3.P 4.OR 5.O
6.	_____	1. M 2. F	1.S 2.C 3.P 4.OR 5.O

58. Do any of your children attend a **day care?** (CIRCLE ONE AND FILL IN NUMBER) **58.**_____

1. YES
2. NO (SKIP TO #61)
3. NOT APPLICABLE (SKIP TO #61)

Y= 56, 6.2% N= 416, 46.3% NA= 425, 47.3%

59. If YES, how much does it **cost in total per month?** (FILL IN DOLLAR AMOUNT) **59.$**_____

Median= 84.5% Mean= 160 Std.Dev.= 227.9

	FREQUENCY	VALID PERCENT
60. How do you **pay for it**? (CIRCLE ONE AND FILL IN NUMBER)		60._____
1. PAY FOR IT MYSELF	18,	39.1%
2. SOCIAL ASSISTANCE/WELFARE PAYS FOR IT	19,	41.3%
3. COMBINATION OF 1 AND 2	8,	17.4%
61. How much **schooling** do you have? (CIRCLE ONE AND FILL IN NUMBER)		61._____
1. LESS THAN HIGH SCHOOL	632,	62.5%
2. HIGH SCHOOL OR EQUIVALENT	187,	18.4%
3. TECHNICAL VOCATIONAL	39,	3.8%
4. COMMUNITY COLLEGE	64,	6.3%
5. SOME UNIVERSITY, NO DEGREE	60,	5.9%
6. UNIVERSITY DEGREE	31,	3.1%
62. How would you rate your **physical health** compared to most people? (CIRCLE ONE AND FILL IN THE NUMBER)		62._____
1. BETTER THAN MOST PEOPLE	117,	11.5%
2. BETTER THAN THE AVERAGE PERSON	200,	19.7%
3. ABOUT THE SAME AS THE AVERAGE PERSON	484,	47.8%
4. WORSE THAN THE AVERAGE PERSON	165,	16.3%
5. WORSE THAN MOST PEOPLE	47,	4.6%
63. How would you rate your **general outlook/attitude** compared to most people? (CIRCLE ONE AND FILL IN THE NUMBER)		63._____
1. BETTER THAN MOST PEOPLE	125,	12.4%
2. BETTER THAN THE AVERAGE PERSON	270,	26.8%
3. ABOUT THE SAME AS THE AVERAGE PERSON	501,	49.7%
4. WORSE THAN THE AVERAGE PERSON	88,	8.7%
5. WORSE THAN MOST PEOPLE	24,	2.4%
64. What do you think your **economic situation** will be one year from now? (CIRCLE ONE AND FILL IN THE NUMBER)		64._____
1. BETTER	462,	47.0%
2. ABOUT THE SAME	377,	38.3%
3. WORSE	144,	14.6%
65. First Three Digits of Postal Code		65.___/___/___

These are all the questions that I have.

Is there anything you would like to ask me?

Do you have any questions for me or additional comments?

64. Respondent Comments:

Thank you for taking the time to help us with our study.
If you are interested in the results, they will be available through Winnipeg Harvest later in the spring.

Interviewer Comments:

QUESTION 3	Previous Dwelling Type
Apartment	462, 45.7%
Single Detached House	279, 27.6%
Row/Townhouse	39, 3.9%
Duplex	65, 6.4%
Hostel	3, .3%
Rooming House	107, 10.6%
Halfway House	6, .6%
Hotel Room	25, 2.5%
Mobile Home	7, .7%
On the Street	1, .1%
Prison	11, 1.1%
Car	1, .1%

QUESTION 6 **Reasons For Moving**

A) Rent was too high	Yes= 104, 29.5%	No= 248, 70.5%
B) Problems with landlord	Yes= 66, 19.4%	No= 274, 80.6%
C) Got evicted	Yes= 27, 8.2%	No= 304, 91.8%
D) Wanted to be closer to school	Yes= 26, 8.0%	No= 300, 92.0%
E) Place was in poor condition	Yes= 115, 31.3%	No= 253, 68.8%
F) Wanted to be closer to family	Yes= 56, 16.8%	No= 278, 83.2%
G) Wanted to be closer to work	Yes= 39, 11.9%	No= 288, 88.1%
H) Went to prison	Yes= 14, 4.3%	No= 310, 95.7%
I) Other	Yes= 316, 69.6%	No= 138. 30.4%

QUESTION 27	Which Household Items Do You Have In Your Place?	
A) Refrigerator	Yes= 993, 97.4%	No= 26, 2.6%
B) Stove	Yes= 967, 94.9%	No= 52, 5.1%
C) Washer	Yes= 344, 33.9%	No= 672, 66.1%
D) Dryer	Yes= 353, 34.7%	No= 662, 65.3%
E) Microwave	Yes= 298, 29.2%	No= 721, 70.8%
F) Dishwasher	Yes= 60, 5.9%	No= 959, 94.1%
G) Television	Yes= 916, 89.9%	No= 103, 10.1%
H) VCR	Yes= 379, 37.2%	No= 640, 62.8%
I) Stereo	Yes= 520, 51.1%	No= 498, 48.9%
J) CD Player	Yes= 137, 13.5%	No= 881, 86.5%

QUESTION 44 Where Did The Money Come From?

A) Full time work	Yes= 26, 4.1%	No= 611, 95.9%
B) Part time work	Yes= 65, 9.9%	No= 593, 90.1%
C) Self employment	Yes= 13, 2.1%	No= 616, 97.9%
D) Seasonal or Casual Work	Yes= 60, 9.2%	No= 593, 90.8%
E) UIC benefits	Yes= 54, 8.3%	No= 596, 91.7%
F) Worker's Compensation	Yes= 8, 1.3%	No= 622, 98.7%
G) Provincial Welfare	Yes= 297, 39.8%	No= 450, 60.2%
H) City Welfare	Yes= 504, 62.1%	No= 308, 37.9%
I) Friends or family	Yes= 75, 11.6%	No= 569, 88.4%
J) Savings	Yes= 8, 1.3%	No= 621, 98.7%
K) Pension	Yes= 61, 9.4%	No= 589, 90.6%
L) Student loan	Yes= 24, 3.7%	No= 617, 96.3%
M) Disability benefits	Yes= 43, 6.8%	No= 594, 93.2%
N) Alimony or Maintenance	Yes= 13, 2.1%	No= 618, 97.9%

QUESTION 46 Which Of The Following Apply To You

1) I am looking for part time work but would like to be working full time.
Yes=73, 9.3% No= 710, 90.7%

2) I am a student.
Yes= 83, 10.6% No= 701, 89.4%

3) I am unemployed but able and willing to work.
Yes= 550, 61.9% No= 338, 38.1%

4) I am unemployed but not able to work.
Yes 372, 44.2% No= 69, 55.8%

HUNGER SURVEY 1992
WINNIPEG HARVEST

Phone 233-0073

**Annotated not encoded.

Name of Agency
Date

Type of food supplied:
1. Prepared meal
2. Food kit
3. Other (specify)

**186 of 215 had no indication of type of food supplied

INTRODUCTION

"Hello, I'm _____ and I'm doing a survey for Winnipeg Harvest. Winnipeg Harvest is the organization that supplies food to places like _____ .We're doing this survey today to give us an idea of how we can do a better job, and to find out why people need places like this to come for food.

We are not a part of the government! Nobody will be able to find out that you took this survey. It will only take a few minutes, and it will really help.

Will you help us with this survey? "

☐ Yes ☐ No

Y
N

If survey ends at this point, please get the following observable data:

1. Approximate age of person-_____ years

_____

2. Sex: ☐ Male ☐ Female

F
M

**68% female/32% male 12% missing

3. Was person competent to do survey?

Y

☐ Yes ☐ No

N

** 30 people not competent to complete the survey, yet they did

4. Did they bring family?

Y

☐ Yes ☐ No

N

** 42% brought family with them

5. Did they have a visible physical disability?

Y

• ☐ Yes ☐ No

N

** 12% had a visible physical disability

FOOD BANK USE

1. In your own words, why have you come here today for food?"
Check all answers and explain. Probe—don't prompt.

☐ Ran out of money. *("Can you tell me why?")* — RM

**66% ran out of money

☐ The cheque I was expecting didn't arrive. — CDA

*14% cheque did not arrive

☐ I lost my job. *("Do you mind telling me what happened?")* — LJ

** 11% lost job

☐ There was no food at home. *("What happened?")* — NF

**30% no food at home

☐ Other *("What happened?")* — O

**27% other reason

2. Have you used the food bank before?
☐ Yes ☐ No — Y / N

If so, when did you start using the food bank?_____ — _____

3. Including today, how many times have you come here for food in the last two months?
☐ Only today ☐ Twice
☐ 3 to 5 times ☐ More than 5 times
— O / 2 / 3-5 / 5+

**Half the people used a food bank more than three times in the past two months

4. Have you received food from any other place in Winnipeg in the past two months?
☐ Yes ☐ No — Y / N
If so, where? _____ — _____

85% didn't get food anywhere else.

5.Do you expect to come here again for food...
☐ within the next week?
☐ before the end of the month?
— NW / EM

**42% said they would be back within a week
**33% said they wouldn't be back for food.

HOUSING

1. What kind of housing do you live in?

12% ☐ Rooming house 29% ☐ Apartment
☐ Hotel Room 20% ☐ Row House
☐ Hostel (like the Salvation Army's hostel)
☐ House- Rent 32% Own 6%
☐ No Place- on the Street

RmH A
HTL RwH
HSTL
HS- Rent
Own
NPL

FAMILY SIZE

1. Do you live alone or with other people?

☐ Alone *(Go to next section)* ☐ With Others

**71% live with others

A
WO

2. Besides yourself, how many other people do you live with?

Number of people _____

**over half live with 2 or 3 others

3. How many children live with you and what are their ages?

0-2 18% 2-5 15%
5-12 26% 13-18 15%
Over 18 4% None 22%

0-2 ____
2-5 ____
5-12 ____
13-18 ____
18+ ____
N ____

4. Are you supporting the children by yourself, or do you get help from someone else?

☐ Alone ☐ Get help *(please explain)*

**51% get help with kids

A
GH

5. Do any of the other people you live with also come here for food?

☐ Yes ☐ No

How many? _____

13% have others come for food

Y
N

_____

NUTRITION

1. How many meals did your family eat yesterday?

Number of meals: Self _____
Children _____ Others _____

S ____
C ____
O ____

64% say kids are 3+ meals/day

2. What did you eat for supper last night? _____

_____

3. If you hadn't been able to come here for food, what would you have done?

☐ Do without ☐ Borrow money
☐ Other *(please explain)* _____

_____

DW
BM
O

37% borrow money
40% do without

INCOME/EMPLOYMENT

1. *In the past year, have you received any money from (Check those that apply) :*

43% ☐ Provincial Assistance ☐ City Assistance 29%
7% ☐ Unemployment Insurance ☐ Worker's Compensation
5% ☐ Full-time Work ☐ Part-time Work 5%
☐ Casual or Seasonal Work ☐ Family or Friends 7%
☐ Savings ☐ Pensions
☐ Other _____

PA CA
UI WC
FT PT
C/S F/F
S P
O

2. When was your last cheque? *(Get date or estimate.)* _____ _____

3. When was the last time that you were able to find work? _____ _____
**76% didn't say

4. How long were you employed? _____ _____

CITY/ PROVINCIAL ASSISTANCE ONLY *(if not applicable, go to next section)*

1. Did you pay for your rent out of the money you received from assistance, or did assistance pay the rent directly to your landlord?

☐ I paid the rent ☐ Assistance paid directly 26% I 74% A

If you paid the rent, do your rent and utilities cost more than what is allowed by your worker?

☐ Yes How much are you allowed? _____ Y
How much do you spend? _____

If so, why?

☐ I want to live in a safer neighbourhood. SN
☐ To be closer to my child's (children's) school. CS
☐ Other _____ O

_____

☐ No N

2. Do you have a phone?

☐ Yes ☐ No 66% Y 34% N

If so, does assistance give you money for the basic cost of the phone, or do you pay for it on your own?

☐ I pay for it ☐ Assistance pays for it 90% I 10% A

3. Do you receive a bus pass?

☐ Yes ☐ No Y N

**No one

If not, how do you get to appointments, look for a job, etc.?

_____

4. Did you have any unusual expenses this month not covered by assistance? What were they? Explain. _____

_____

5. When did you receive your last assistance cheque? *(Get date or estimate.)* _____

PRIORIZING OF NEEDS

1. When you can't afford everything you need, what do you spend your money on first? *(Priorize 1-6)*

Food	_____	Clothing	_____
Rent	_____	Transportation	_____
Bills	_____	Other	_____

2. When you go grocery shopping, which of these items do you buy first? *(Priorize 1-7)*

Meat	_____	Bread	_____
Fruit & vegetables	_____	Canned goods	_____
Dairy products-milk, cheese, eggs	_____		
Noodles or rice	_____		
Packaged meals and mixes	_____		

2. Besides food, what do you see as your most urgent needs?

_____

_____

CHILD CARE EXPENSES *(if not application, go to next section)*

1. Do you take care of your children at home, or are they in school or a daycare?

☐ Home ☐ Daycare

☐ School

60% did not answer, 2/3 of remaining, care at home

2. What do you see as your child's (children's) most urgent needs?

_____

_____

_____

MEAN SCORE

F 1.55
C 3.96
R 2.08
T 4.11
B 2.72
O _____

M 1.91
B 4.14
FV 3.66
CG 4.25
DP 2.68
NR 4.78
PM 5.98

H
D
S

ATTITUDES

"Recently people have made statements about the people who come to food banks for food. I'd like you to tell me how you feel about the following statements about other people who use food banks. Here are the statements:"

1. People come here because they waste their welfare money. A

☐ Agree ☐ Disagree D

☐ No Opinion ☐ Refused to answer NO RA

I feel this way because 11% agree with waste money agruement

2. If they didn't drink so much, these people would have enough food. A

☐ Agree ☐ Disagree D

☐ No Opinion ☐ Refused to answer NO RA

I feel this way because 21% agree with alcohol problem

3. If the government gave people enough to live on, we wouldn't need soup kitchens. A

☐ Agree ☐ Disagree D

☐ No Opinion ☐ Refused to answer NO RA

I feel this way because 80% believe if govt gave enough money wouldn't need soup kitchens

4. If people would budget, they would have enough money and wouldn't need to use food banks. A

☐ Agree ☐ Disagree D

☐ No Opinion ☐ Refused to answer NO RA

I feel this way because 23% agree with bad budgeting

5. People have to spend too much on rent, and they don't have enough for food. A

☐ Agree ☐ Disagree D

☐ No Opinion ☐ Refused to answer NO RA

I feel this way because

Appendix D: Figures

FIGURE 1
NUMBER OF FOOD BANK CLIENTS
IN EACH FORWARD SORTATION AREA (FSA)
WINNIPEG HARVEST HISTORICAL CLIENT CONTACT DATABASE (N= 16,684)

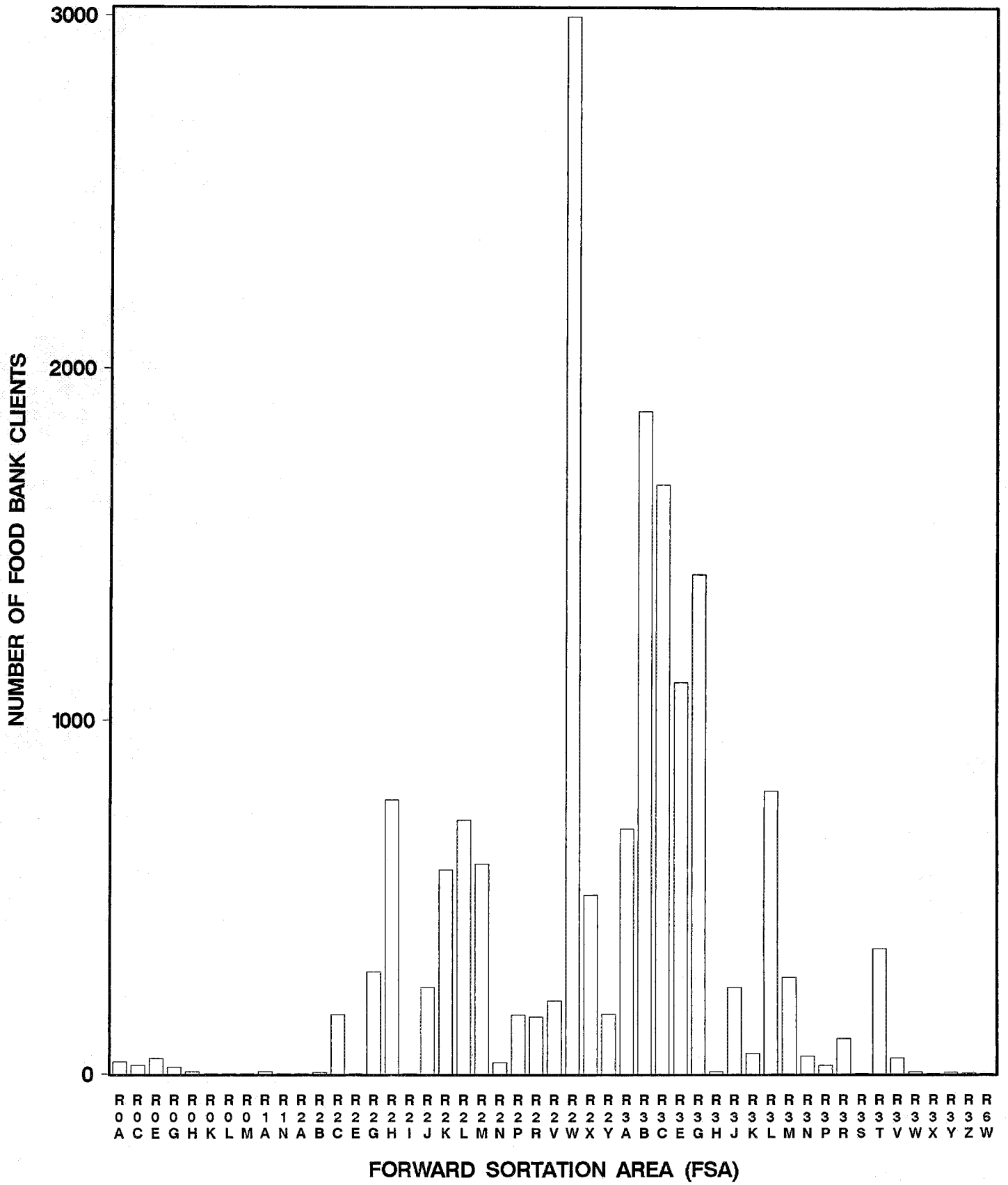


FIGURE 2
NUMBER OF CHILDREN PER HOUSEHOLD DISTRIBUTION
WINNIPEG HARVEST HISTORICAL CLIENT CONTACT DATABASE (N= 16,684)

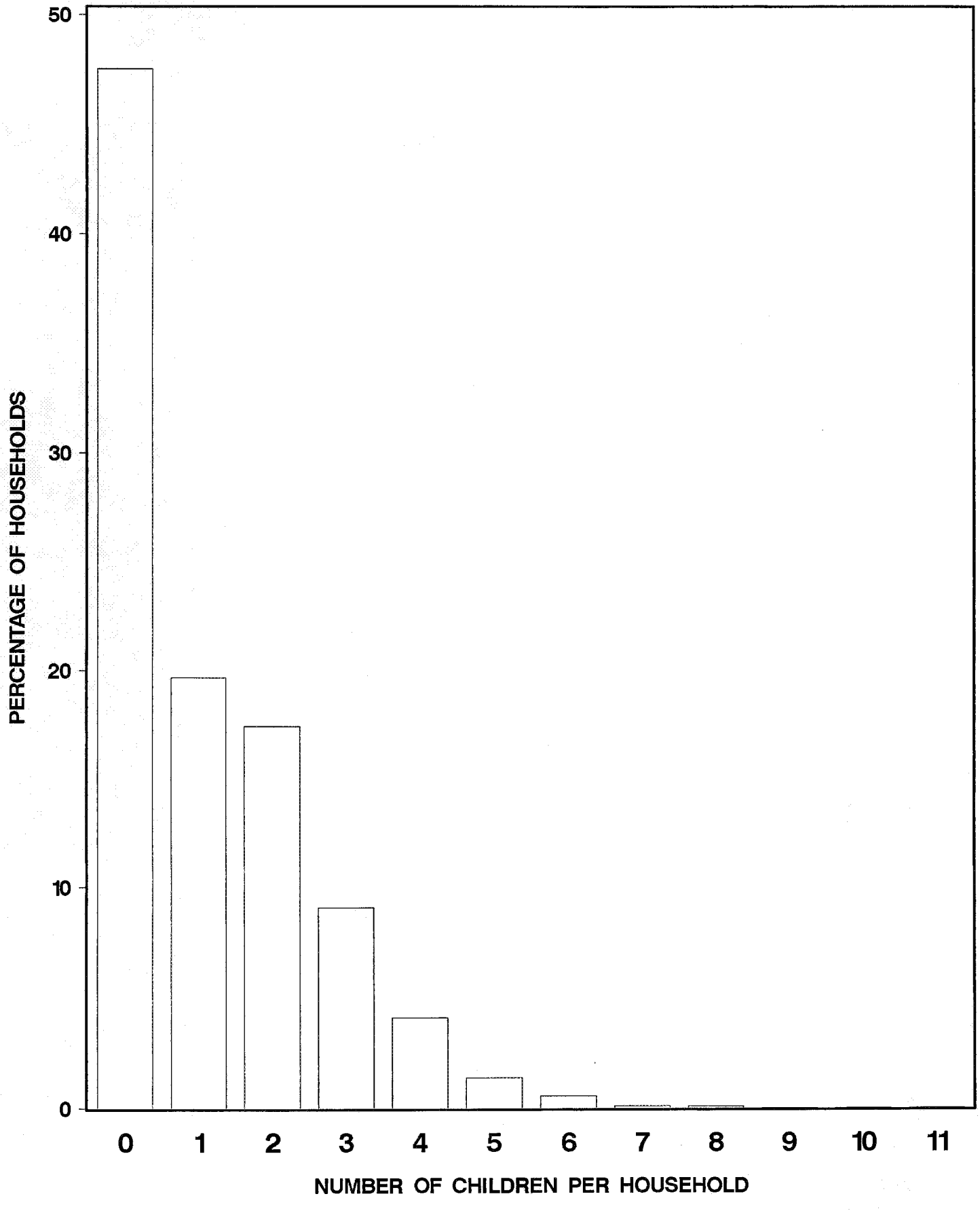


FIGURE 3
HOUSEHOLD SIZE DISTRIBUTION
WINNIPEG HARVEST HISTORICAL CLIENT CONTACT DATABASE (N= 16,684)

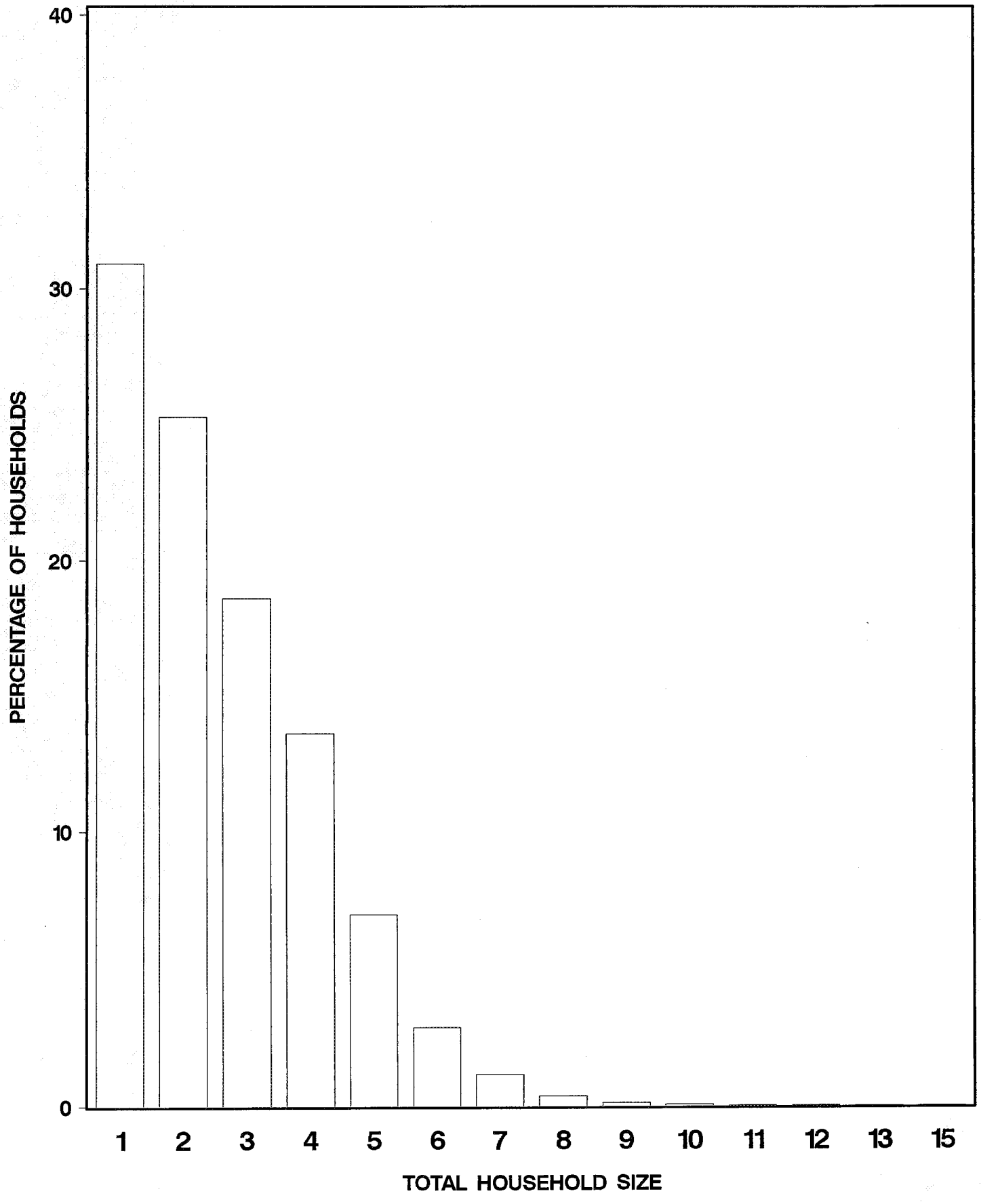


FIGURE 4

NUMBER OF ADULTS PER HOUSEHOLD DISTRIBUTION

WINNIPEG HARVEST HISTORICAL CLIENT CONTACT DATABASE (N= 16,684)

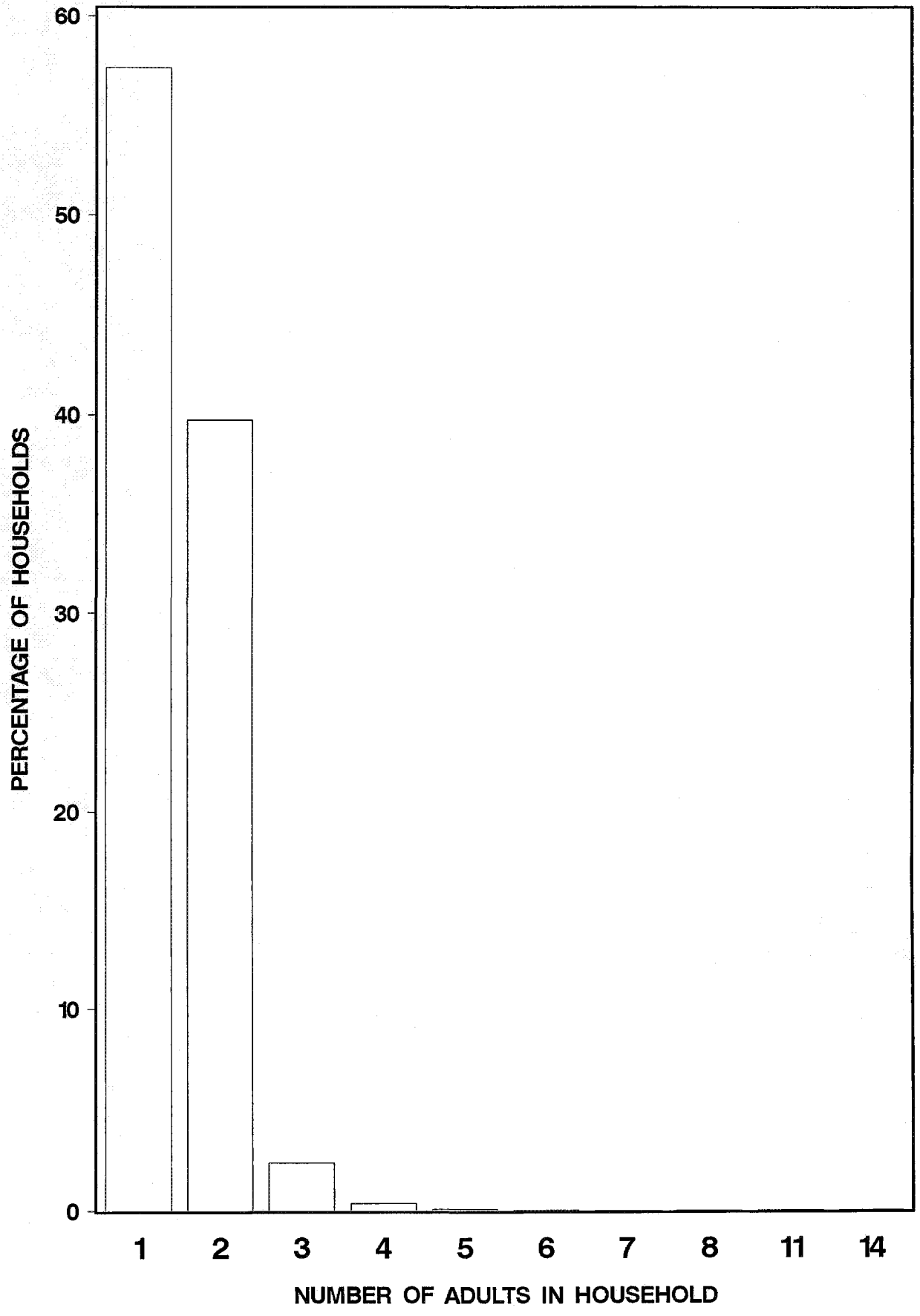


FIGURE 5
FOOD BANK CLIENT SURVEY RESPONDENT FOOD BANK FSA
FOOD BANK INTERVIEW DATASET (N= 1019)

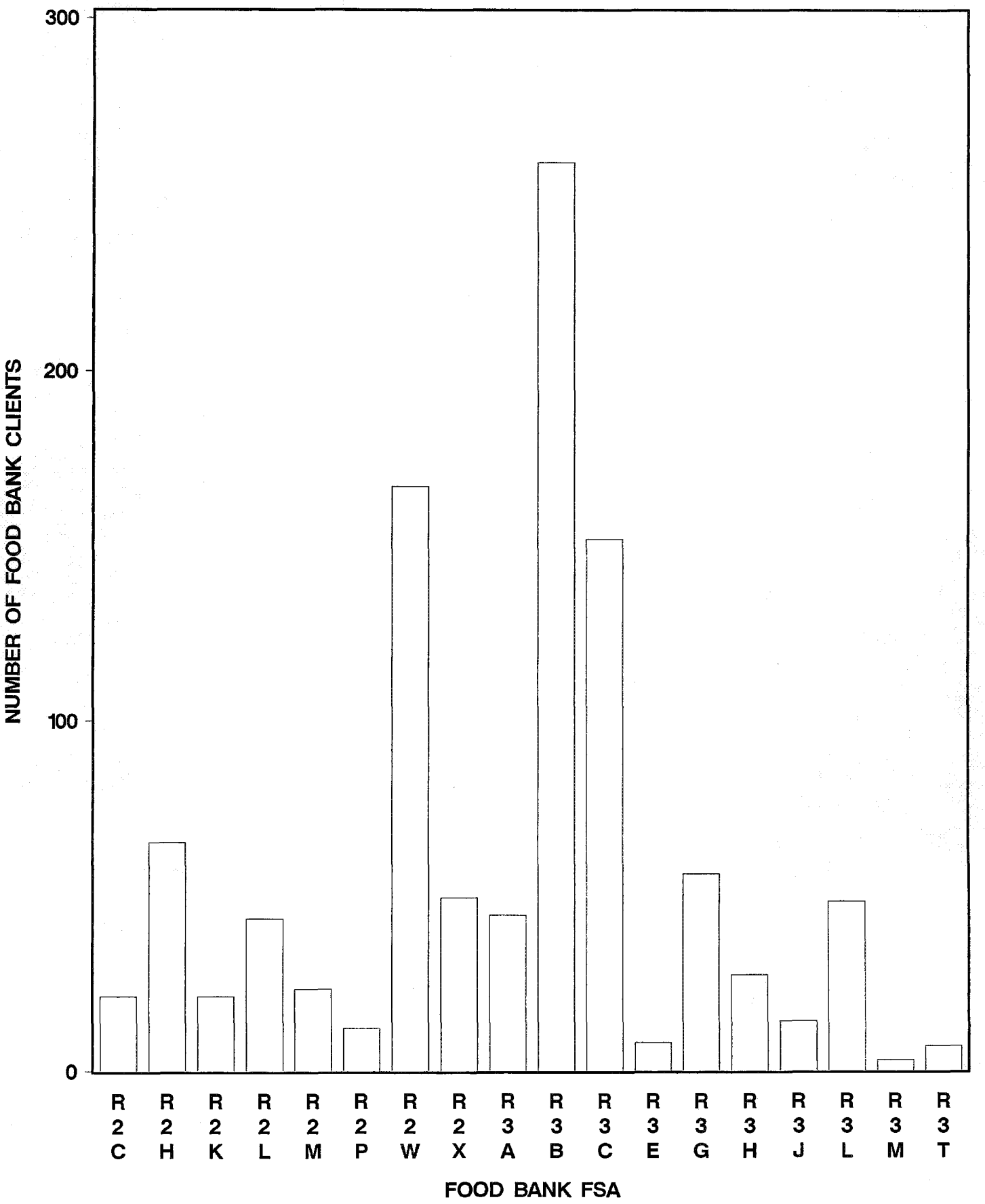


FIGURE 6
FOOD BANK CLIENT SURVEY RESPONDENT AGE
FOOD BANK INTERVIEW DATASET (N= 1019)

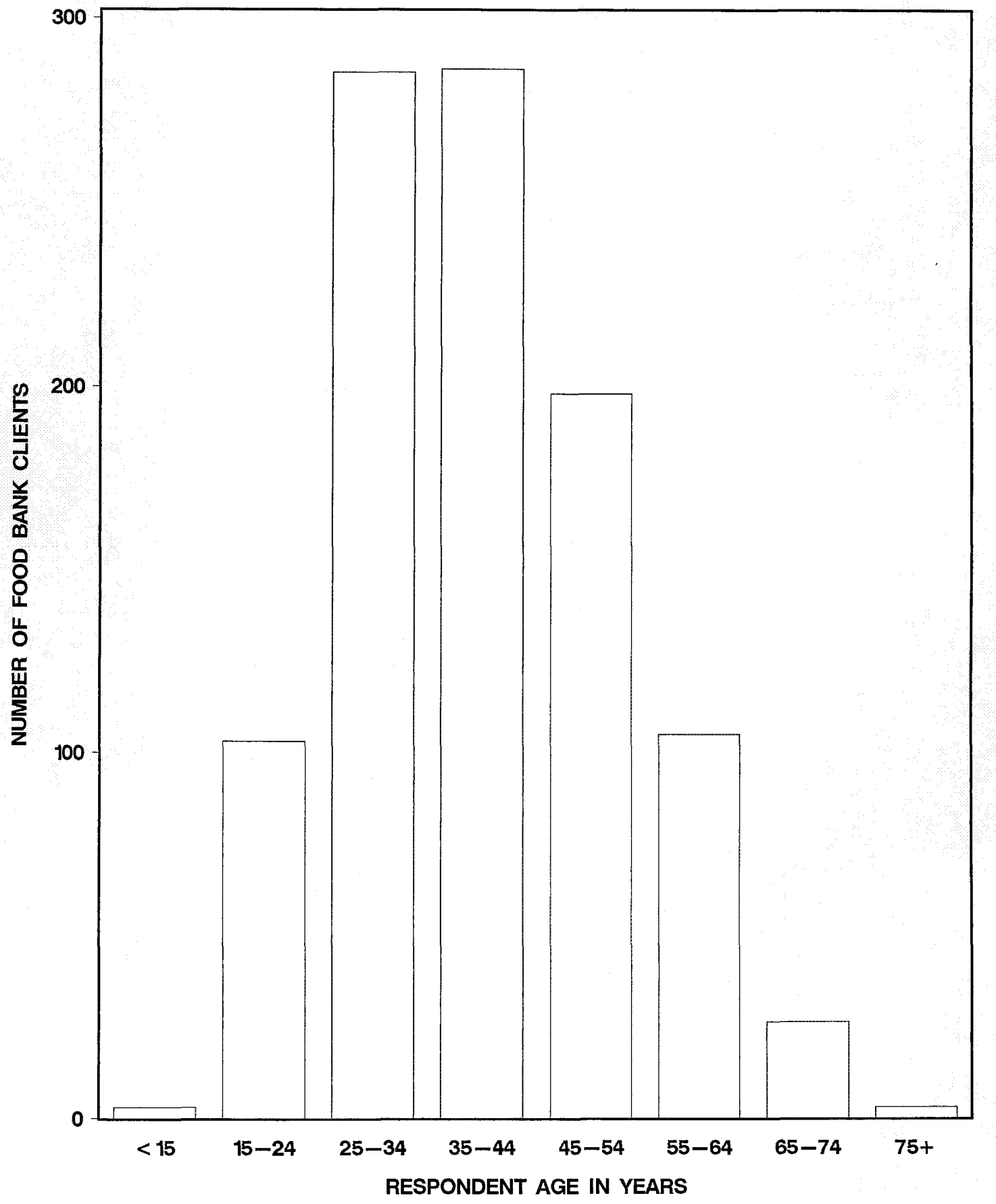


FIGURE 7
FOOD BANK CLIENT SURVEY RESPONDENT MARITAL STATUS
FOOD BANK INTERVIEW DATASET (N= 1019)

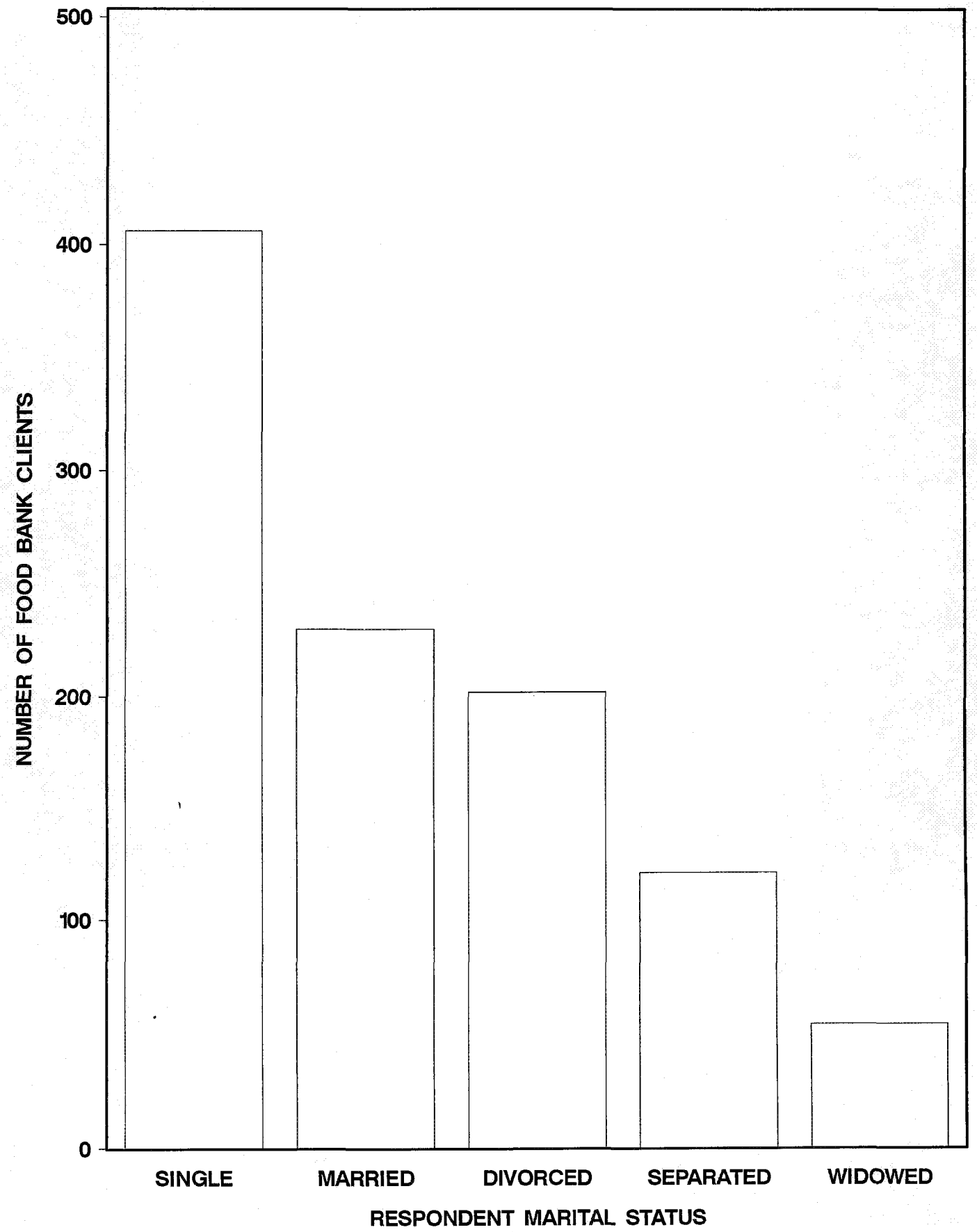


FIGURE 8
FOOD BANK CLIENT SURVEY RESPONDENT HOUSEHOLD SIZE
FOOD BANK INTERVIEW DATASET (N= 1019)

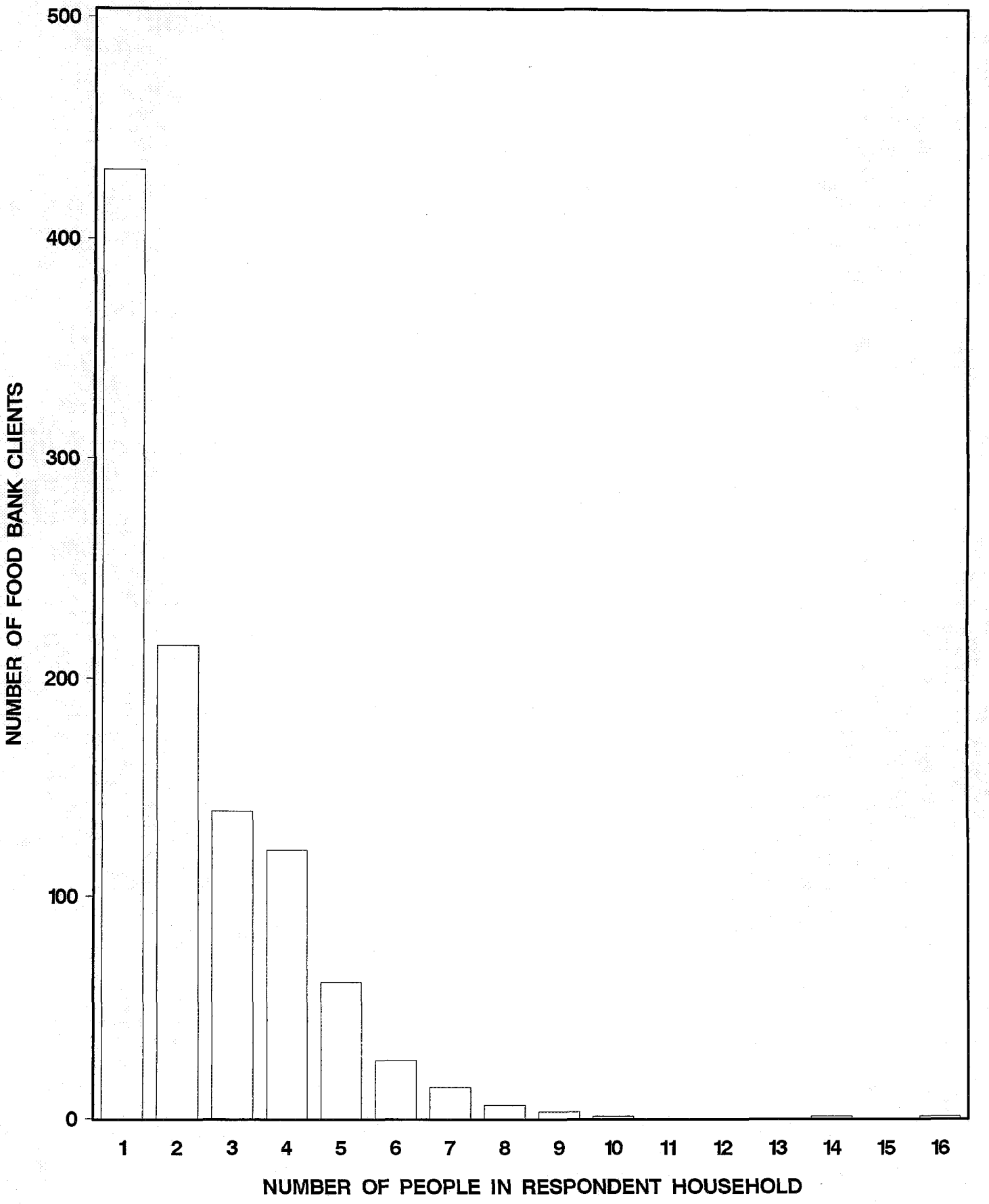


FIGURE 9
FOOD BANK CLIENT SURVEY RESPONDENT YEARS OF EMPLOYMENT
FOOD BANK INTERVIEW DATASET (N= 1019)

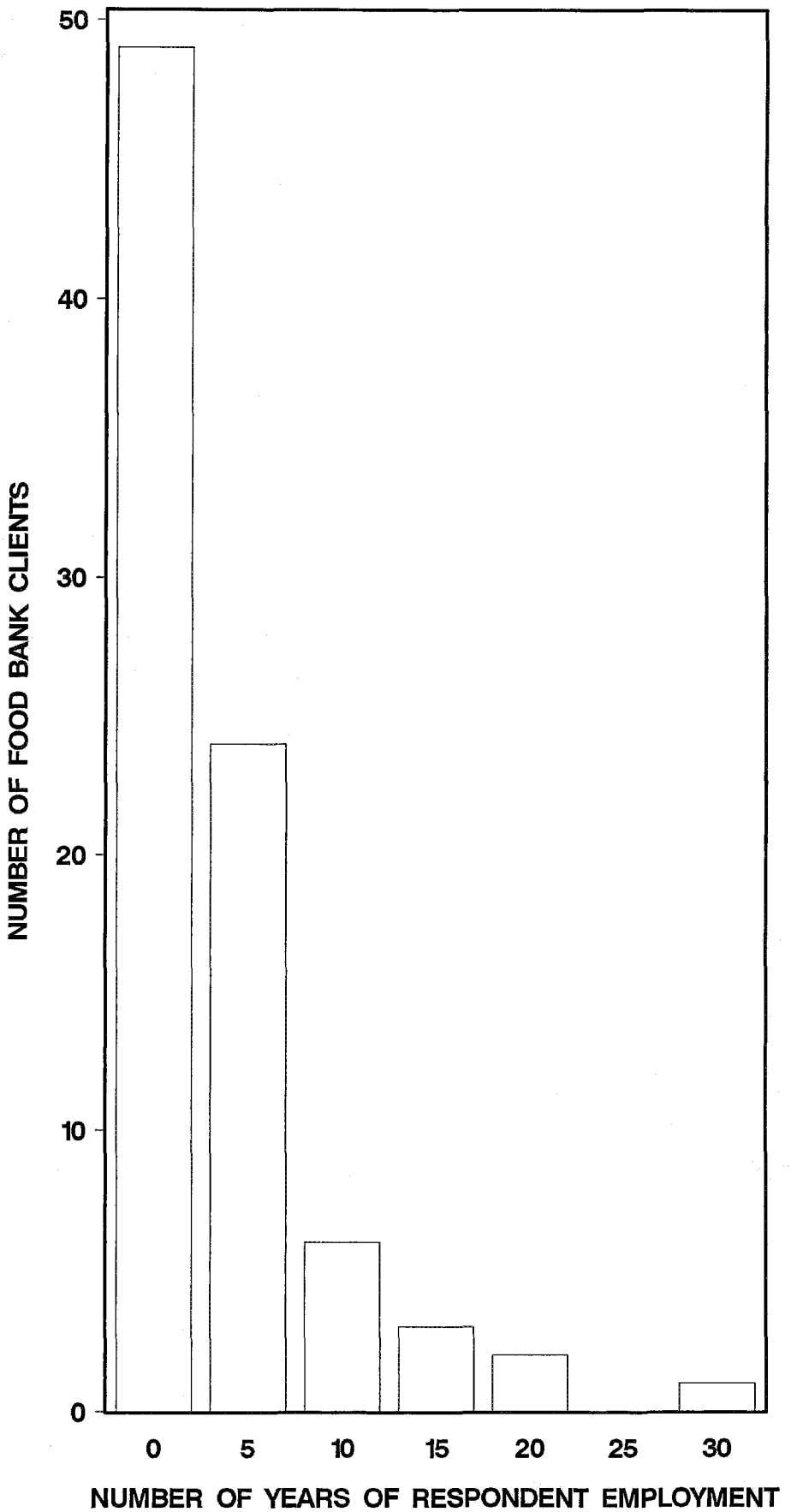


FIGURE 10

FOOD BANK CLIENT SURVEY RESPONDENT YEARS OF UNEMPLOYMENT

FOOD BANK INTERVIEW DATASET (N= 1019)

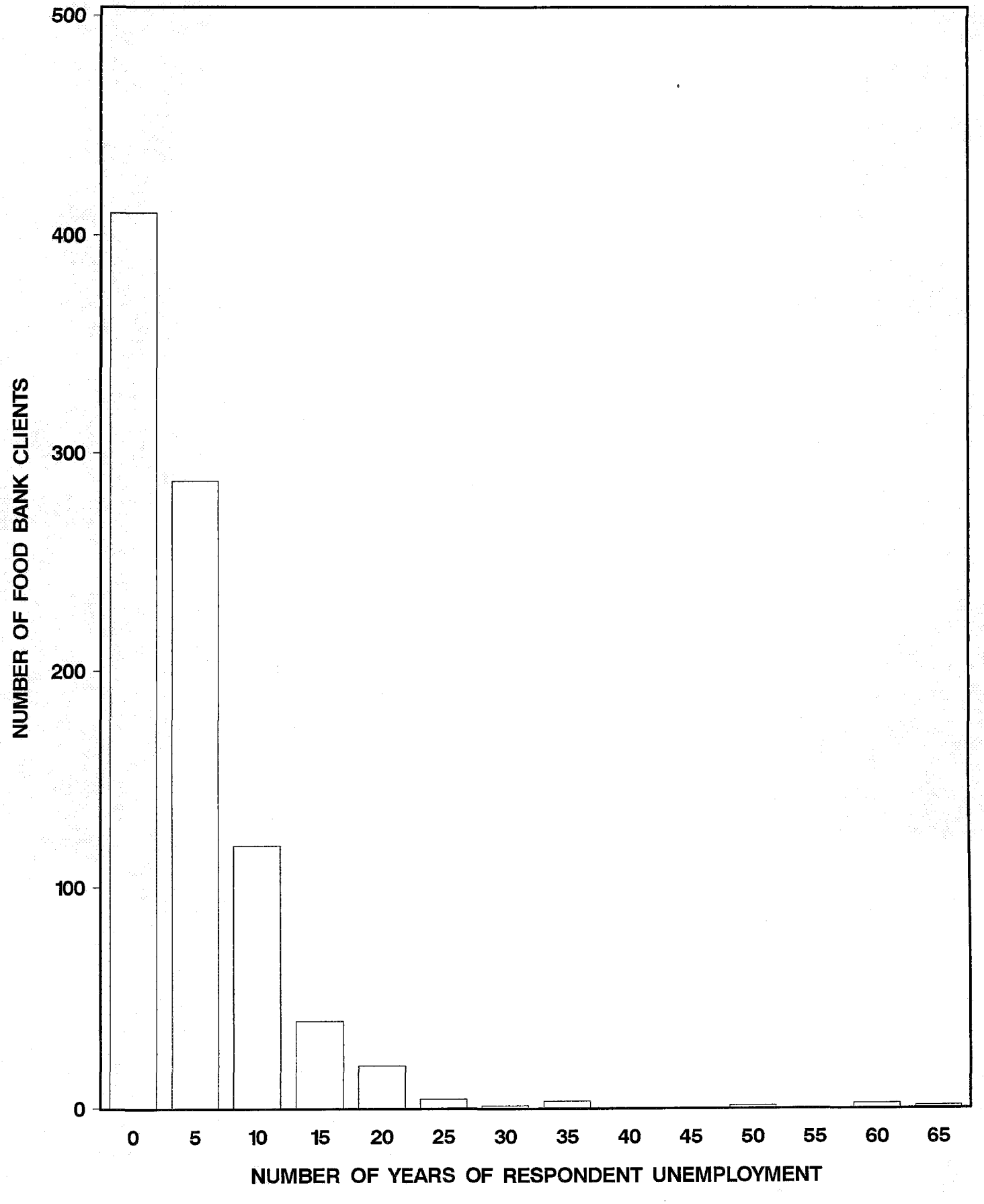


FIGURE 11

FOOD BANK CLIENT SURVEY RESPONDENT YEARS AT LONGEST JOB

FOOD BANK INTERVIEW DATASET (N= 1019)

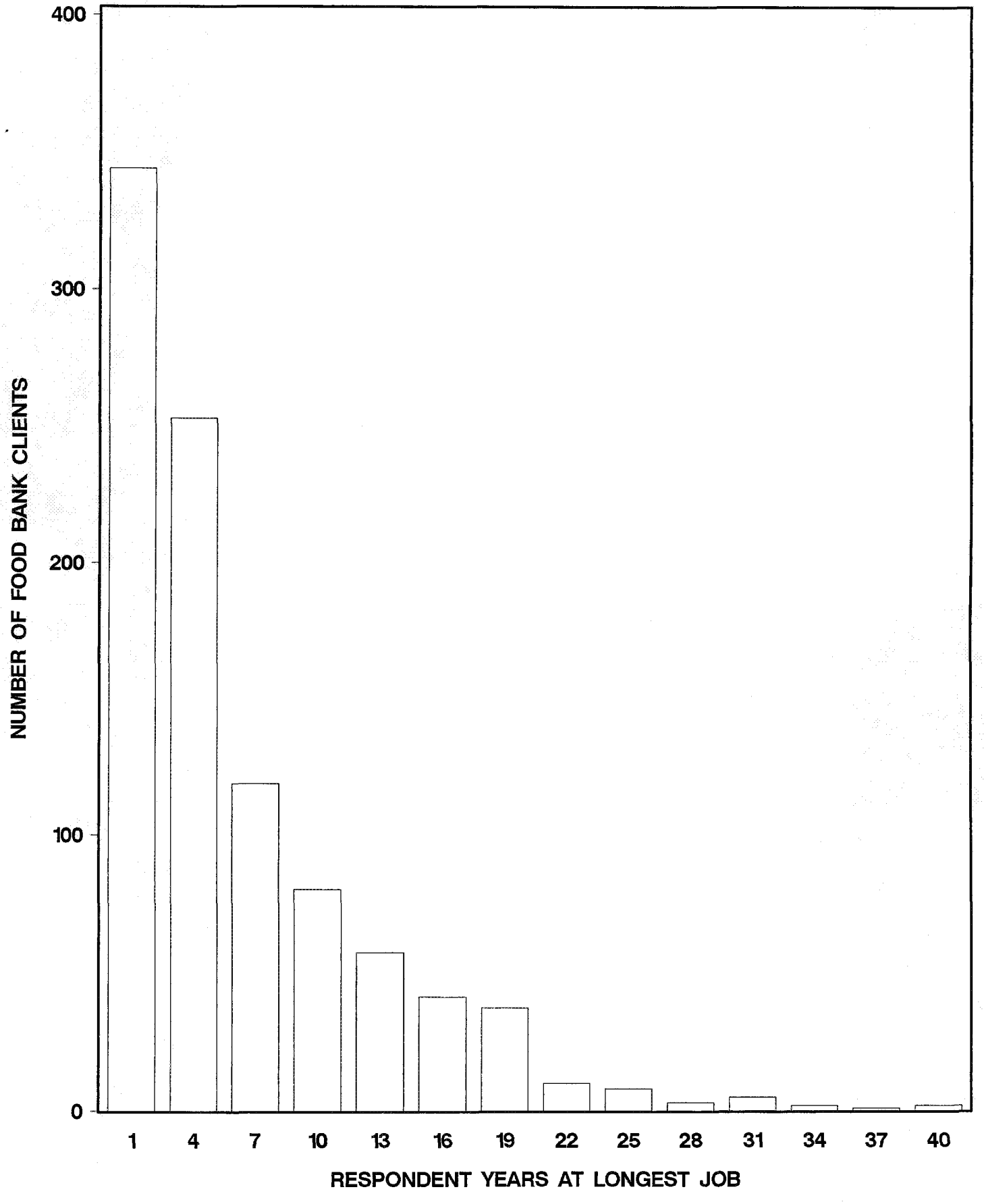


FIGURE 12
FOOD BANK CLIENT SURVEY RESPONDENT
TOTAL INCOME FROM THE PREVIOUS MONTH
FOOD BANK INTERVIEW DATASET (N= 1019)

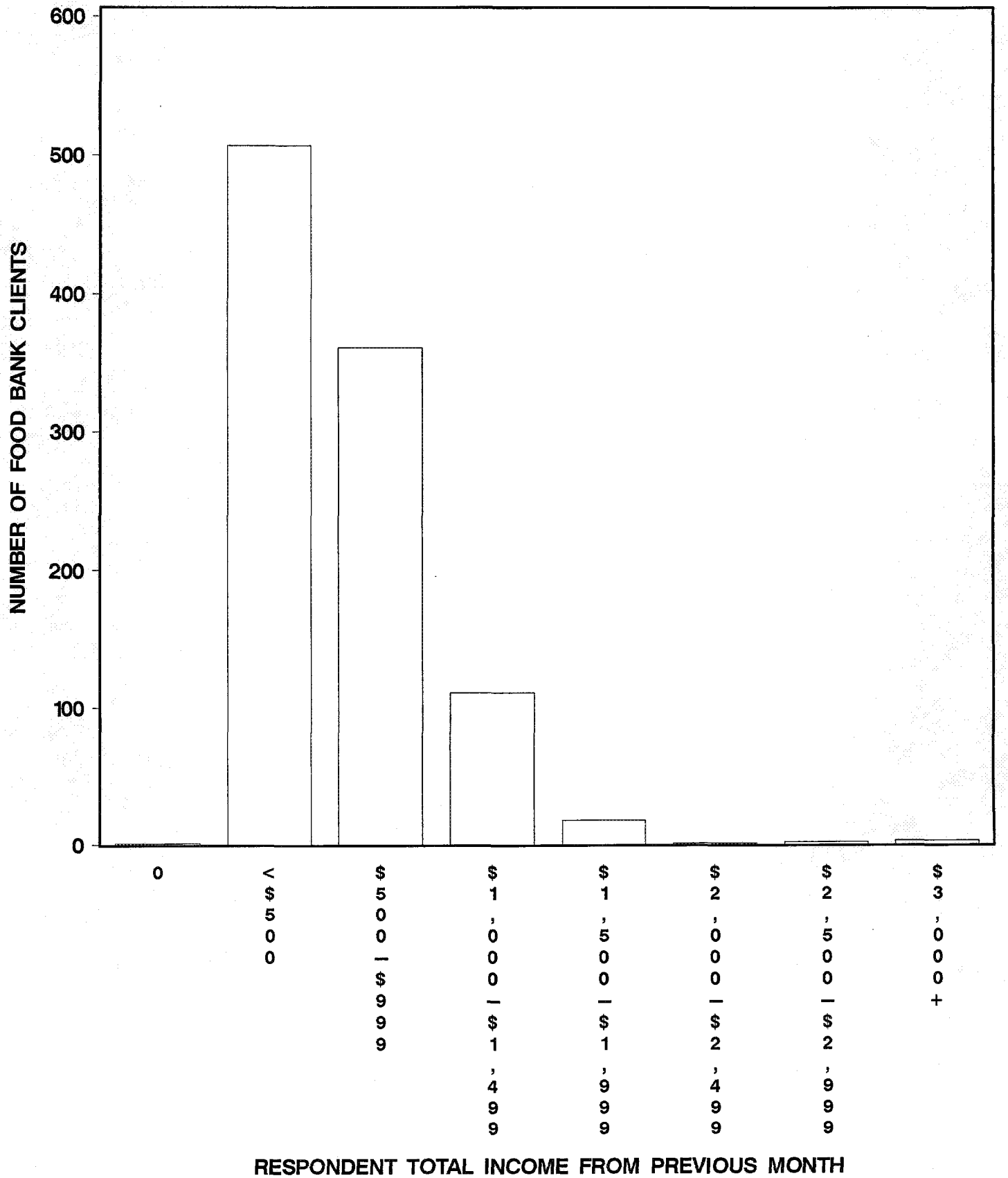


FIGURE 13
FOOD BANK CLIENT SURVEY RESPONDENT INCOME SOURCE FROM PREVIOUS MONTH
FOOD BANK INTERVIEW DATASET (N= 1019)

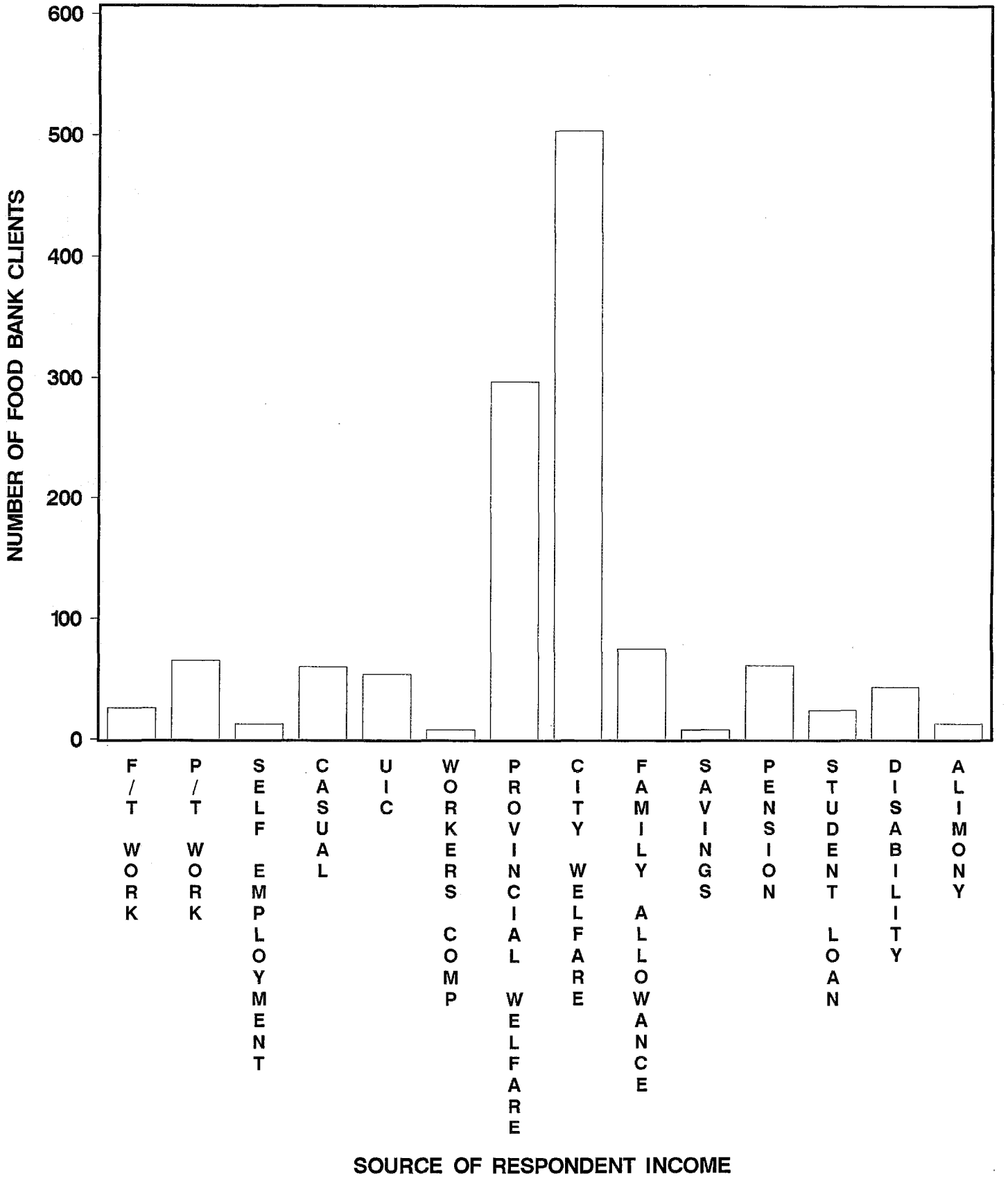


FIGURE 14
FOOD BANK CLIENT SURVEY RESPONDENT
ESTIMATED SHELTER AFFORDABILITY INDEX
FOOD BANK INTERVIEW DATASET (N= 1019)

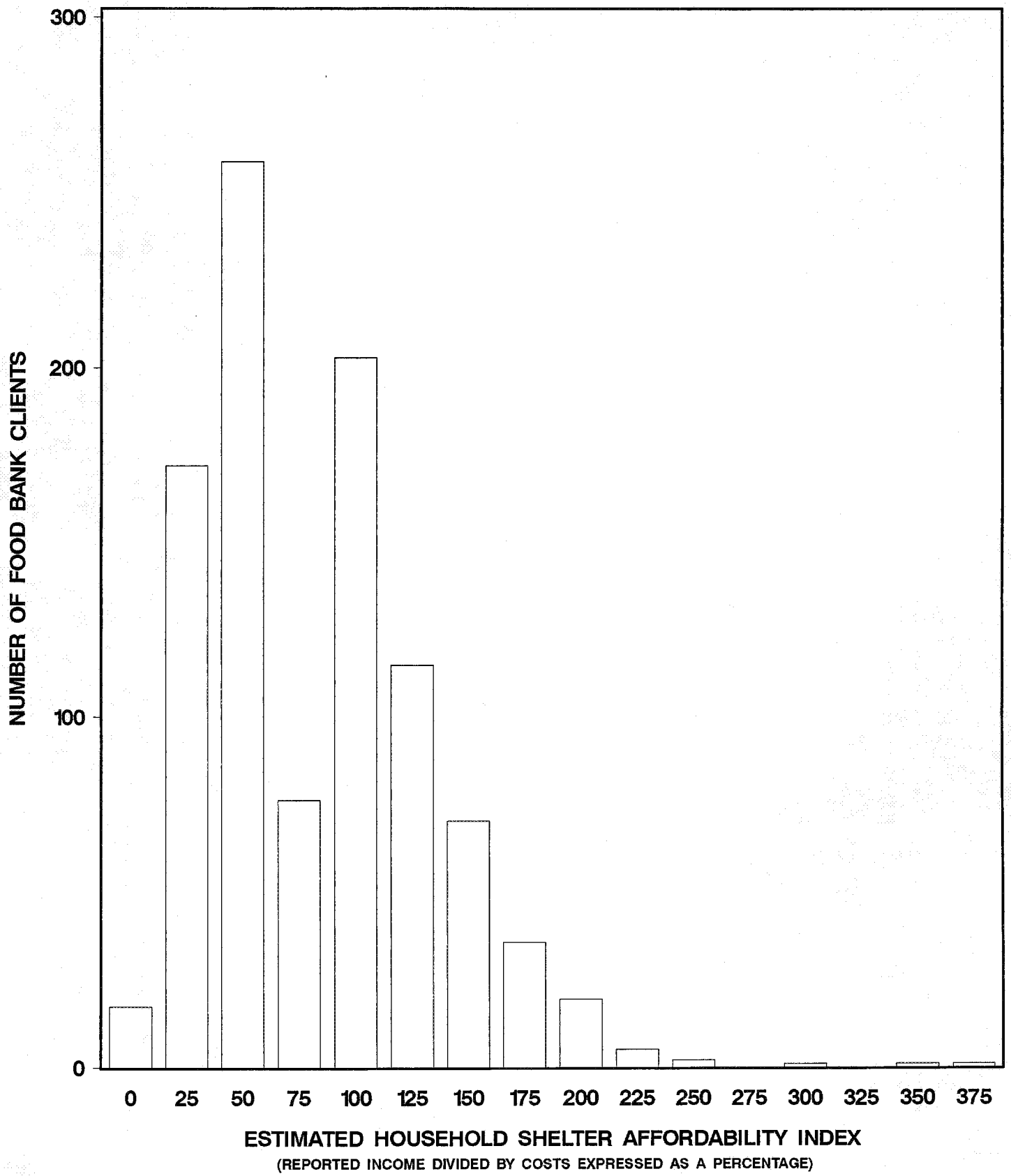


FIGURE 15
FOOD BANK CLIENT SURVEY RESPONDENT HOUSEHOLD ITEMS
FOOD BANK INTERVIEW DATASET (N= 1019)

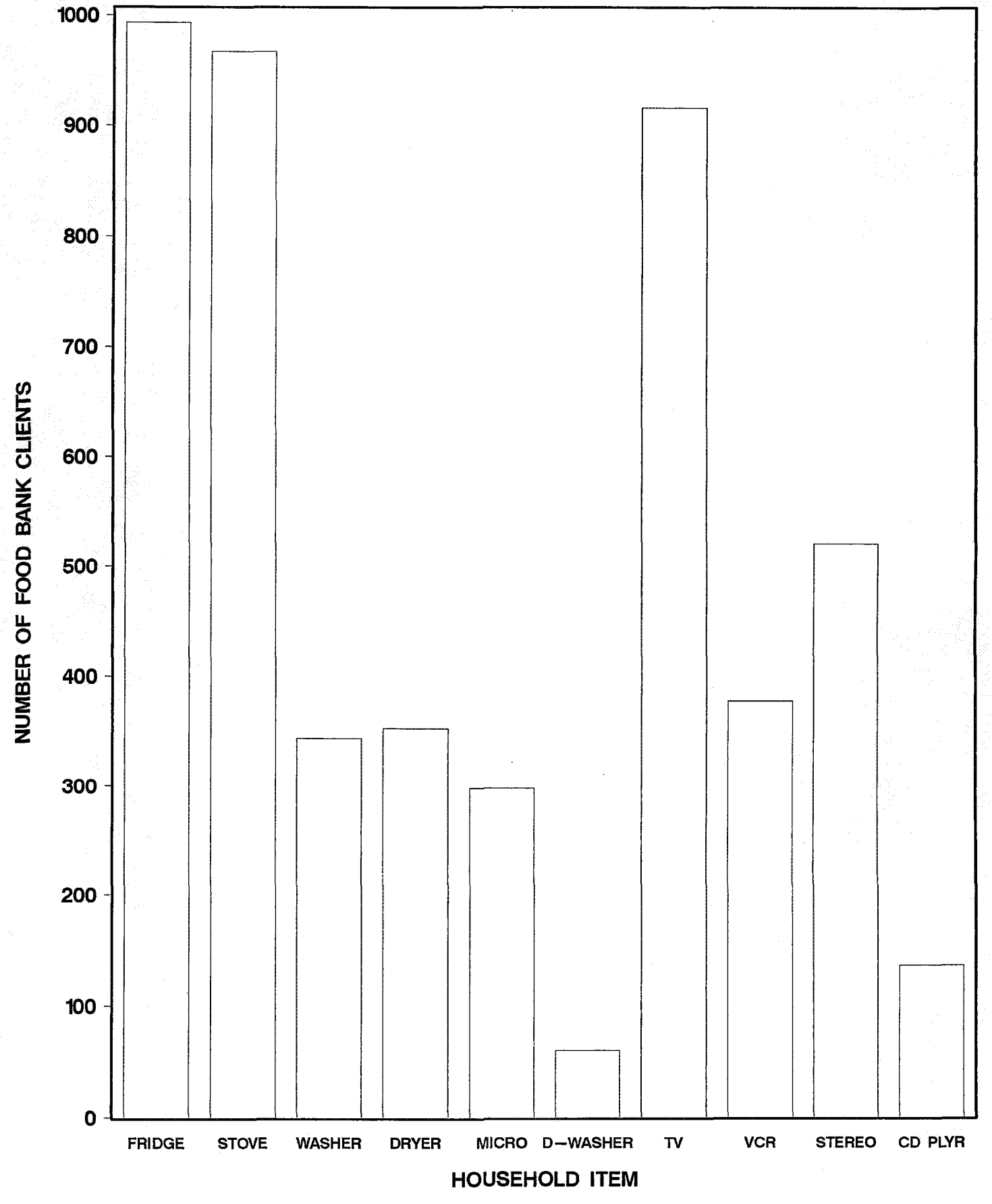


FIGURE 16

NUMBER OF FOOD BANK CLIENTS PER FSA BY MEDIAN FAMILY INCOME

EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

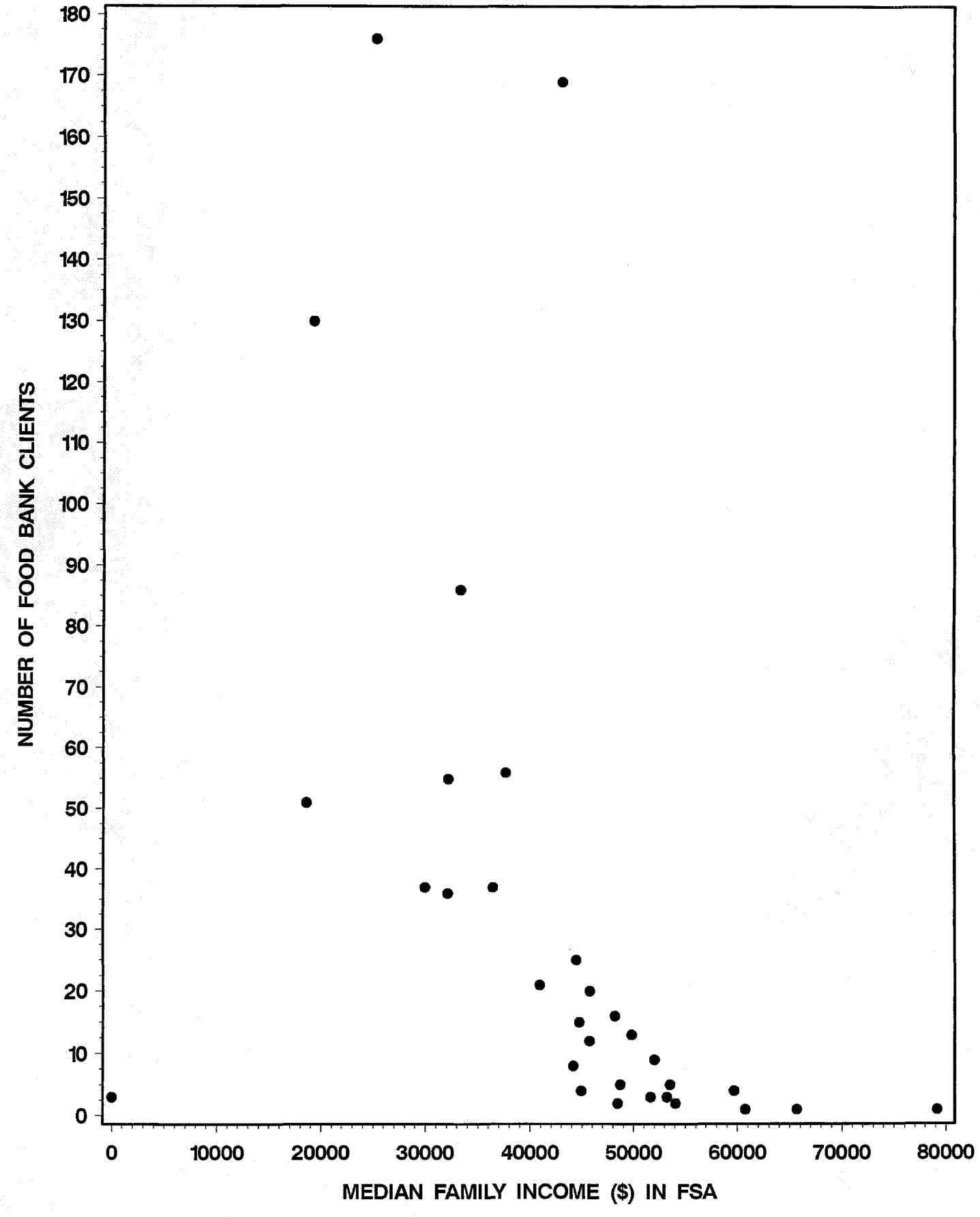


FIGURE 17

NUMBER OF FOOD BANK CLIENTS PER FSA BY INCIDENCE OF LOW INCOME

EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

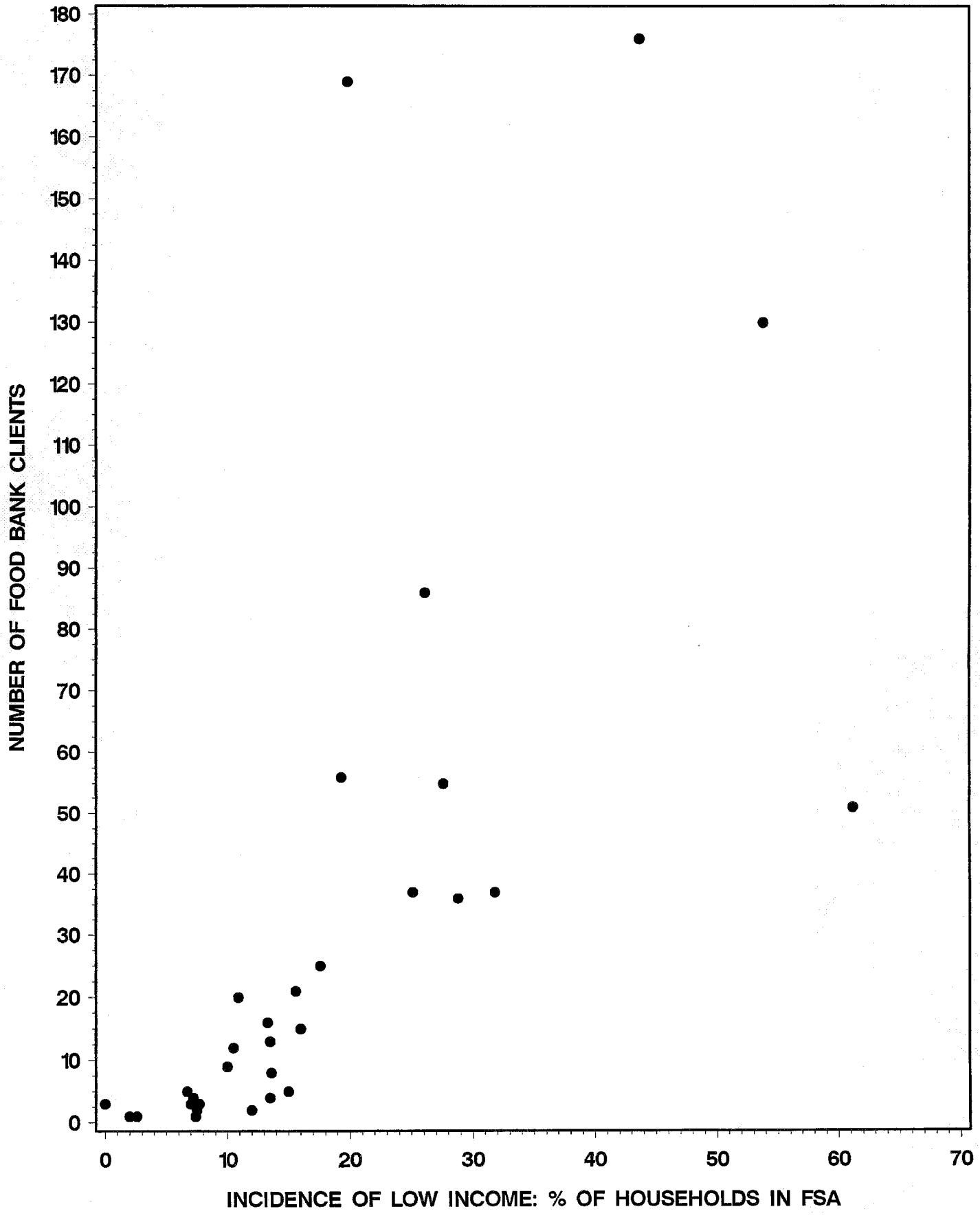


FIGURE 18

NUMBER OF FOOD BANK CLIENTS PER FSA BY LABOUR PARTICIPATION RATE

EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

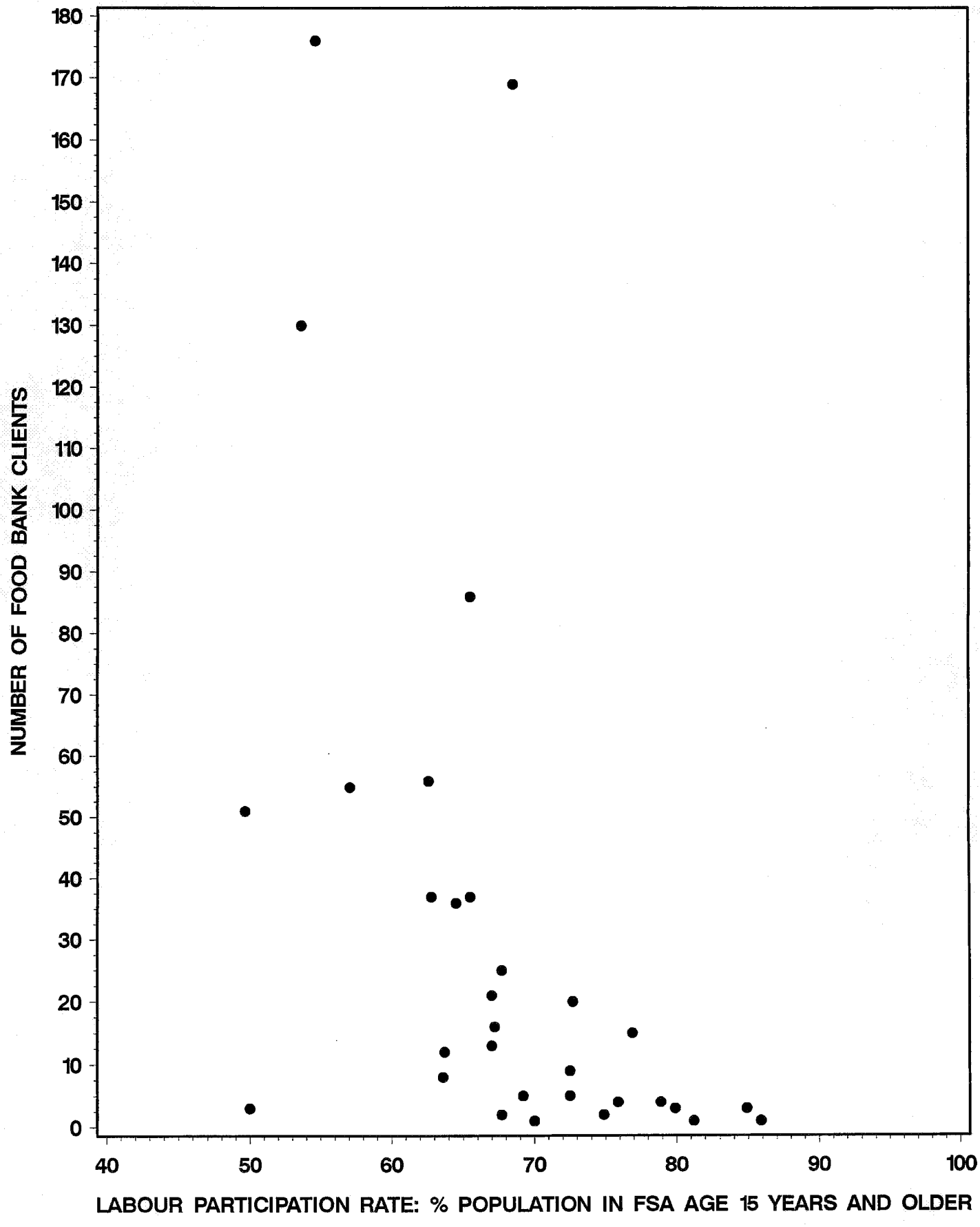


FIGURE 19

NUMBER OF FOOD BANK CLIENTS PER FSA BY UNEMPLOYMENT RATE

EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

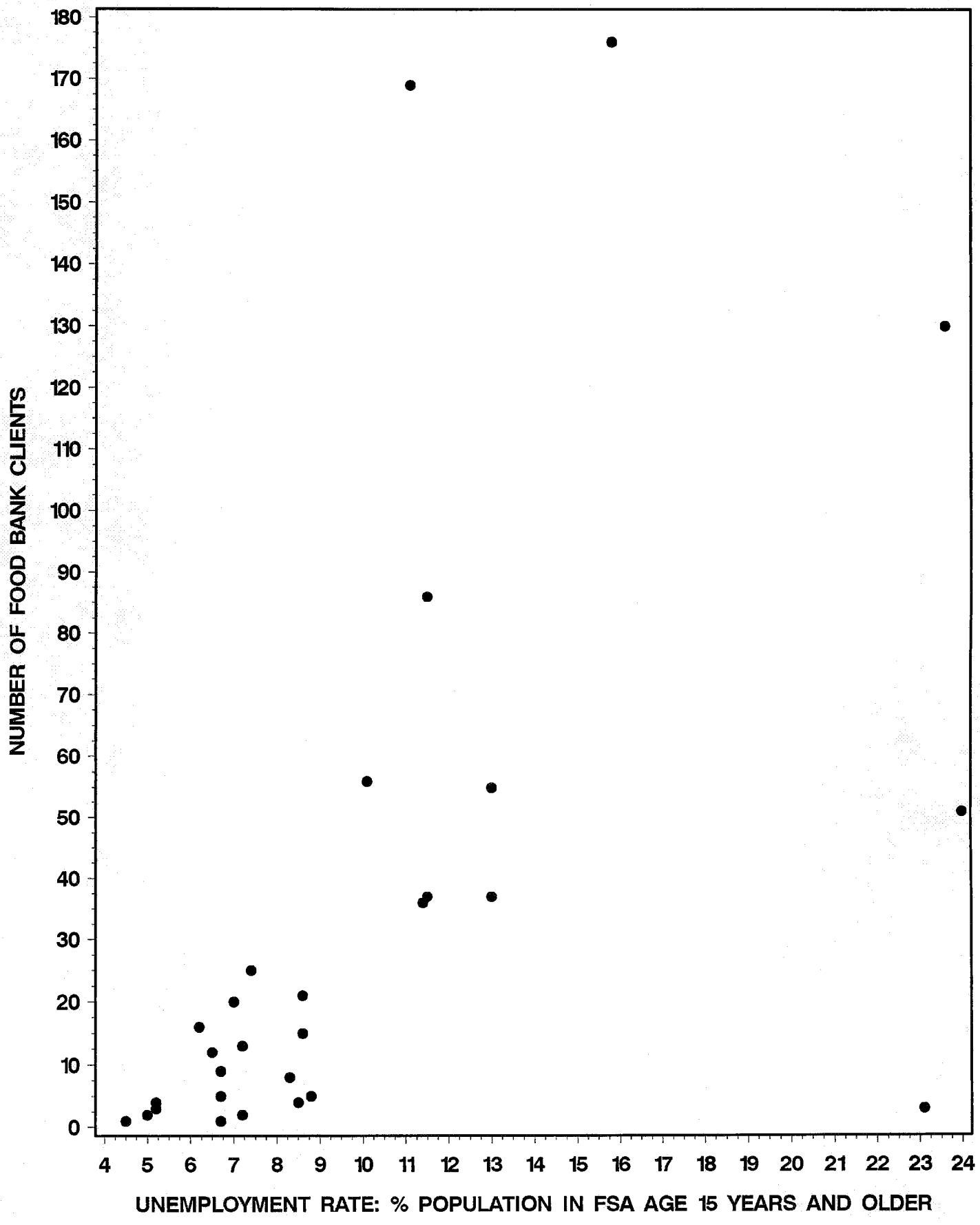


FIGURE 20

NUMBER OF FOOD BANK CLIENTS PER FSA BY NUMBER OF UNEMPLOYED

EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

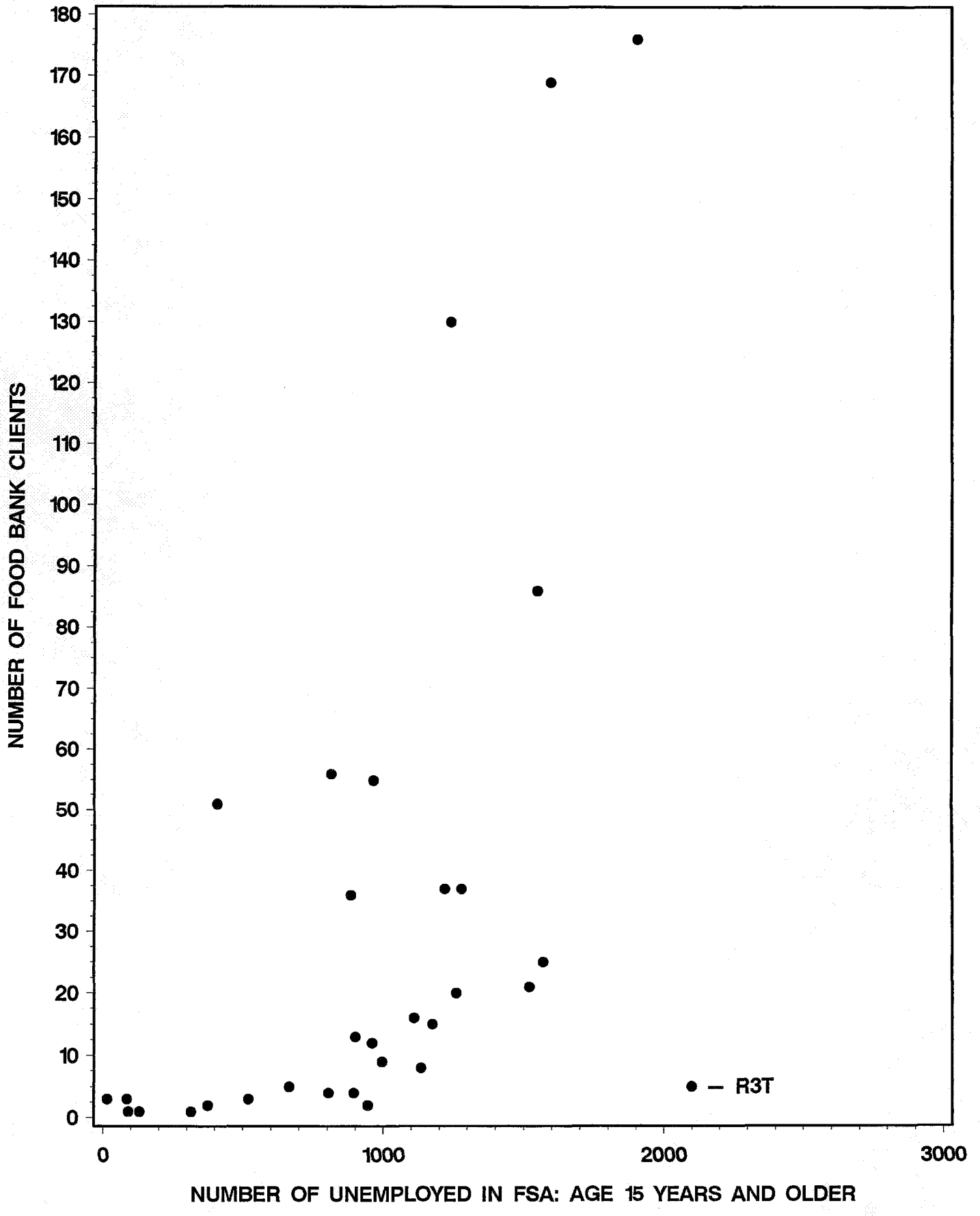


FIGURE 21
NUMBER OF FOOD BANK CLIENTS PER FSA WHERE NO FAMILY MEMBER IS IN THE LABOUR FORCE
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

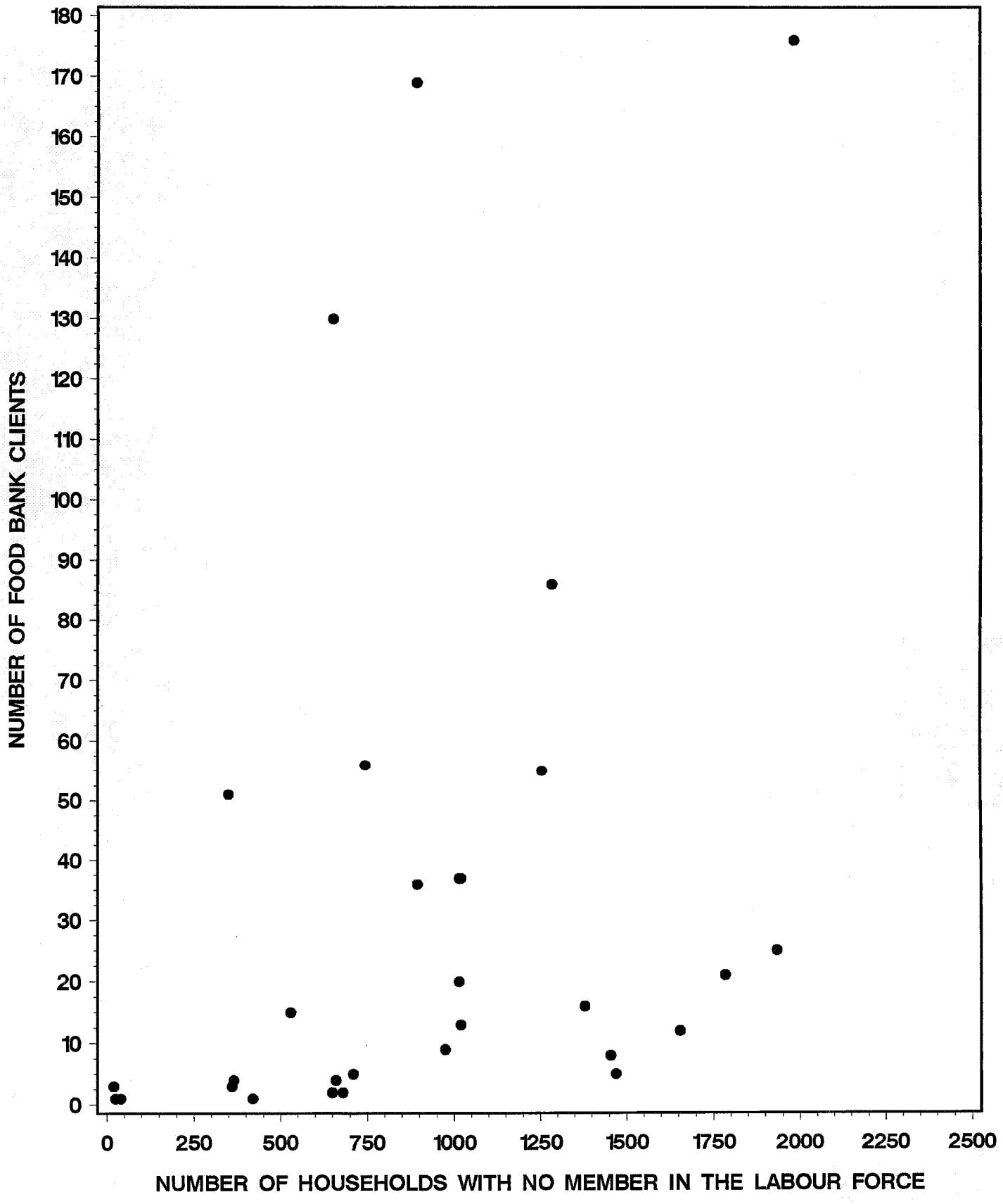


FIGURE 22
NUMBER OF FOOD BANK CLIENTS PER FSA
BY NUMBER OF LONE PARENT FAMILIES
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

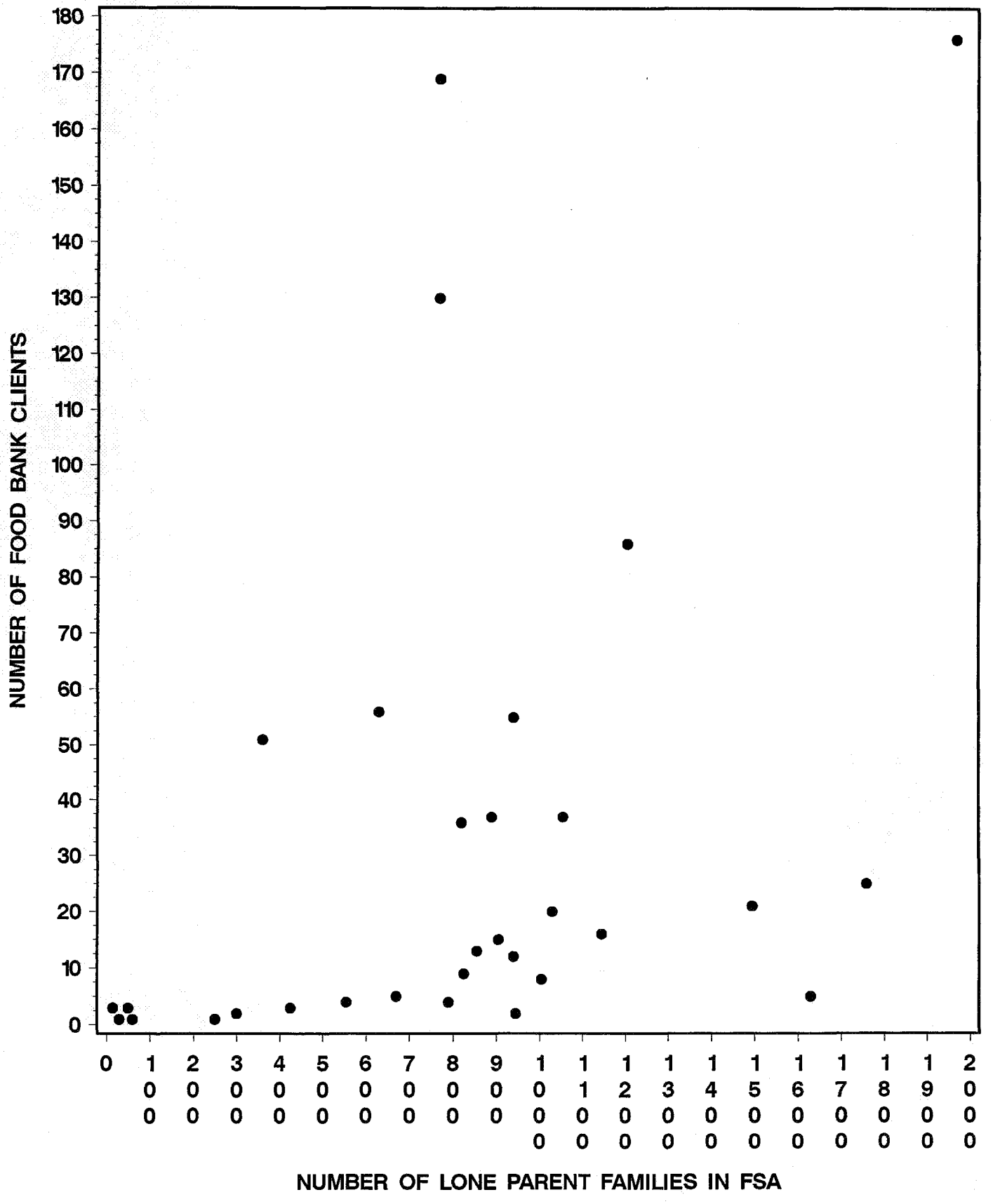


FIGURE 23
NUMBER OF FOOD BANK CLIENTS PER FSA
BY ONE YEAR MOBILITY STATUS
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

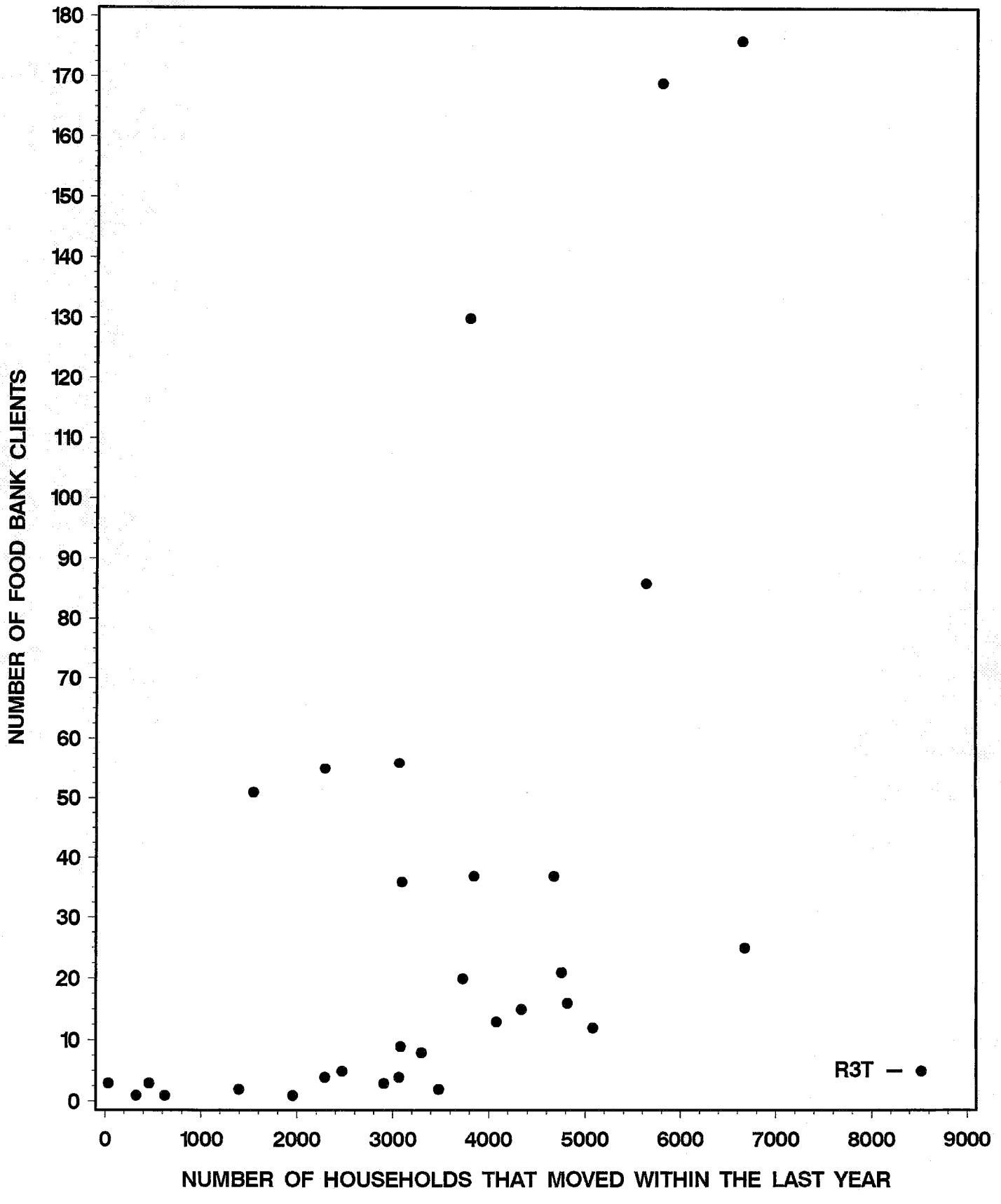


FIGURE 24
NUMBER OF FOOD BANK CLIENTS PER FSA
BY AVERAGE NUMBER OF PERSONS PER HOUSEHOLD
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

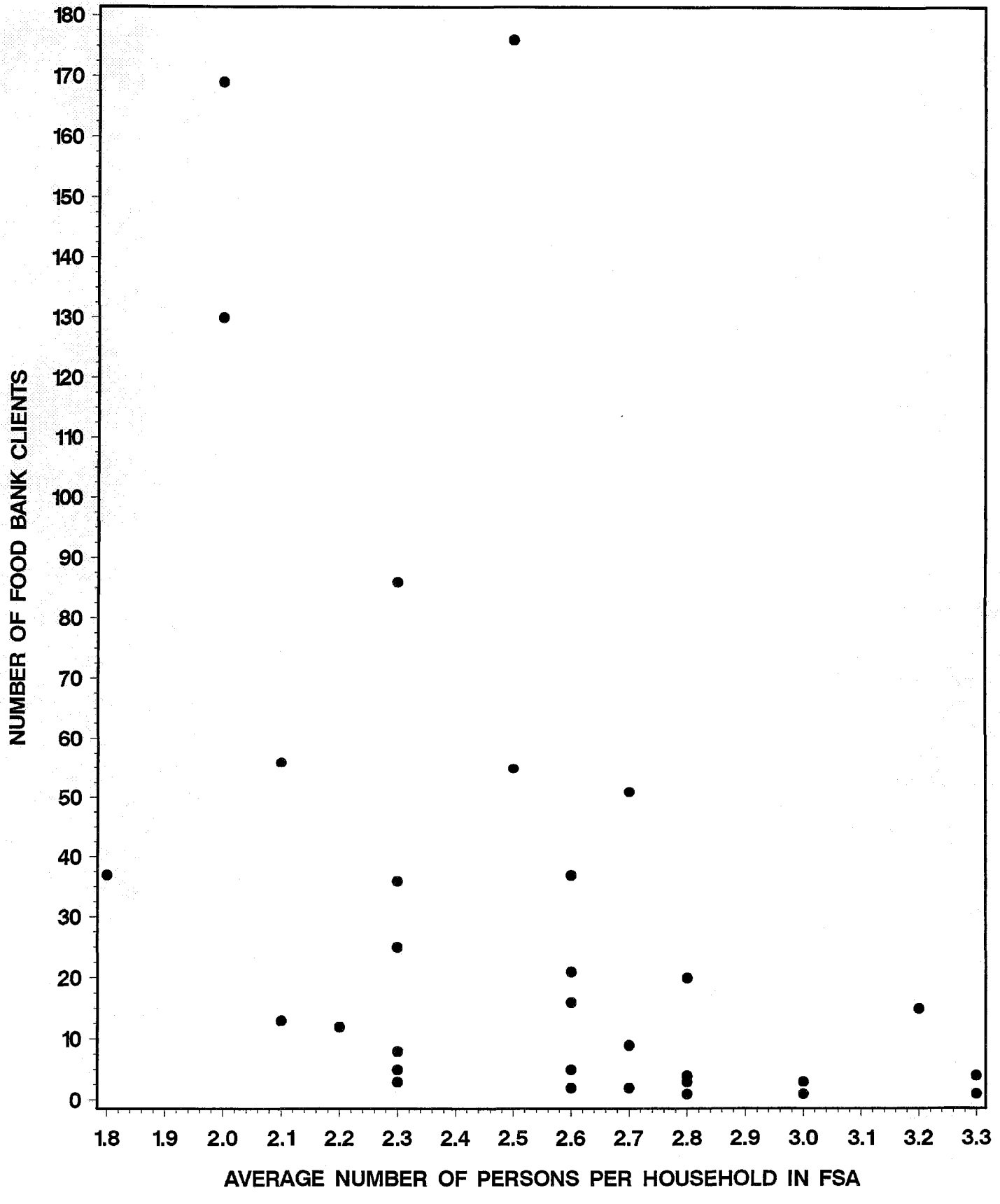


FIGURE 25
NUMBER OF FOOD BANK CLIENTS PER FSA
BY NUMBER OF RENTAL UNITS AVAILABLE
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

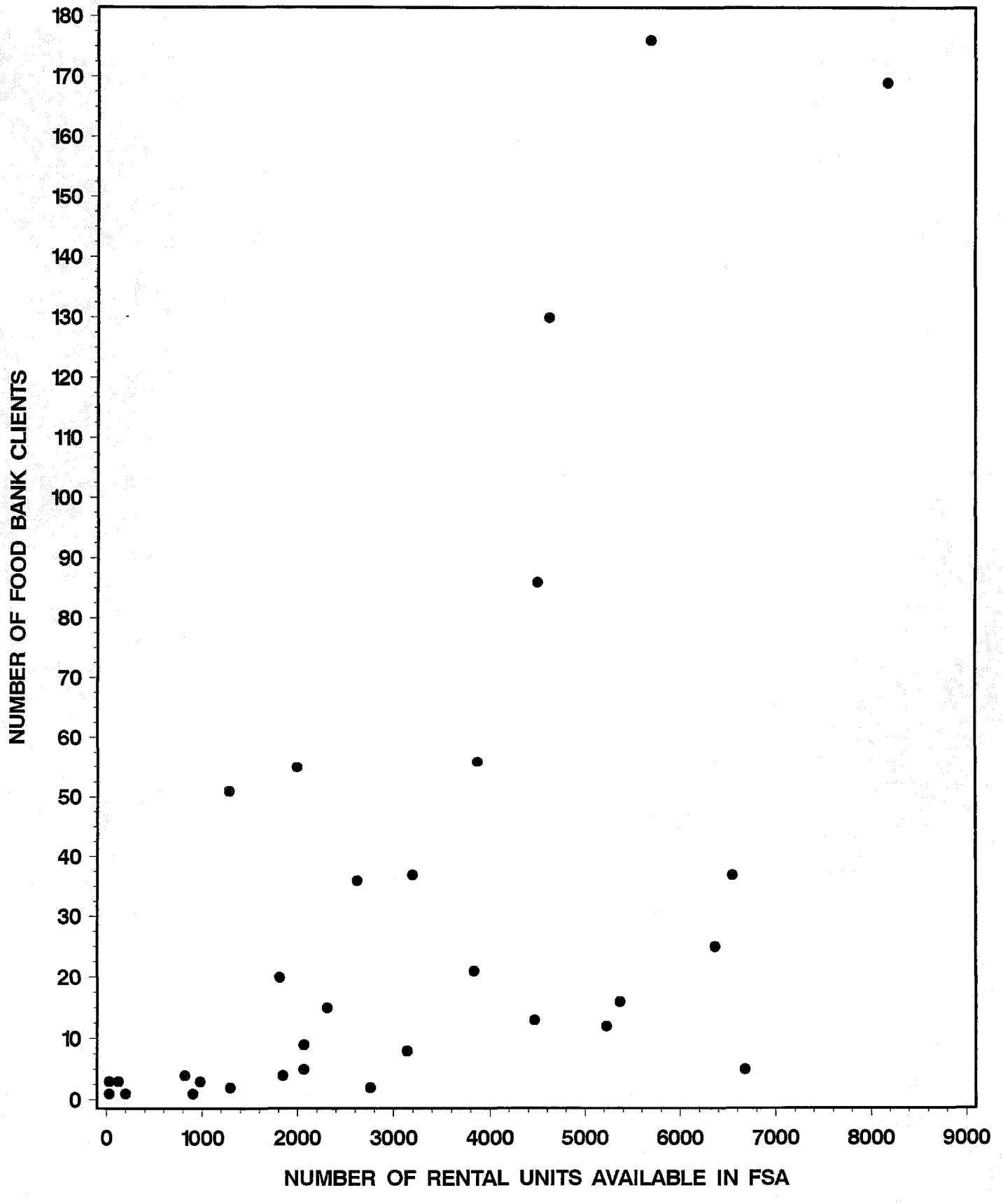


FIGURE 26
NUMBER OF FOOD BANK CLIENTS PER FSA
BY AVERAGE NUMBER OF BEDROOMS PER HOUSEHOLD
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

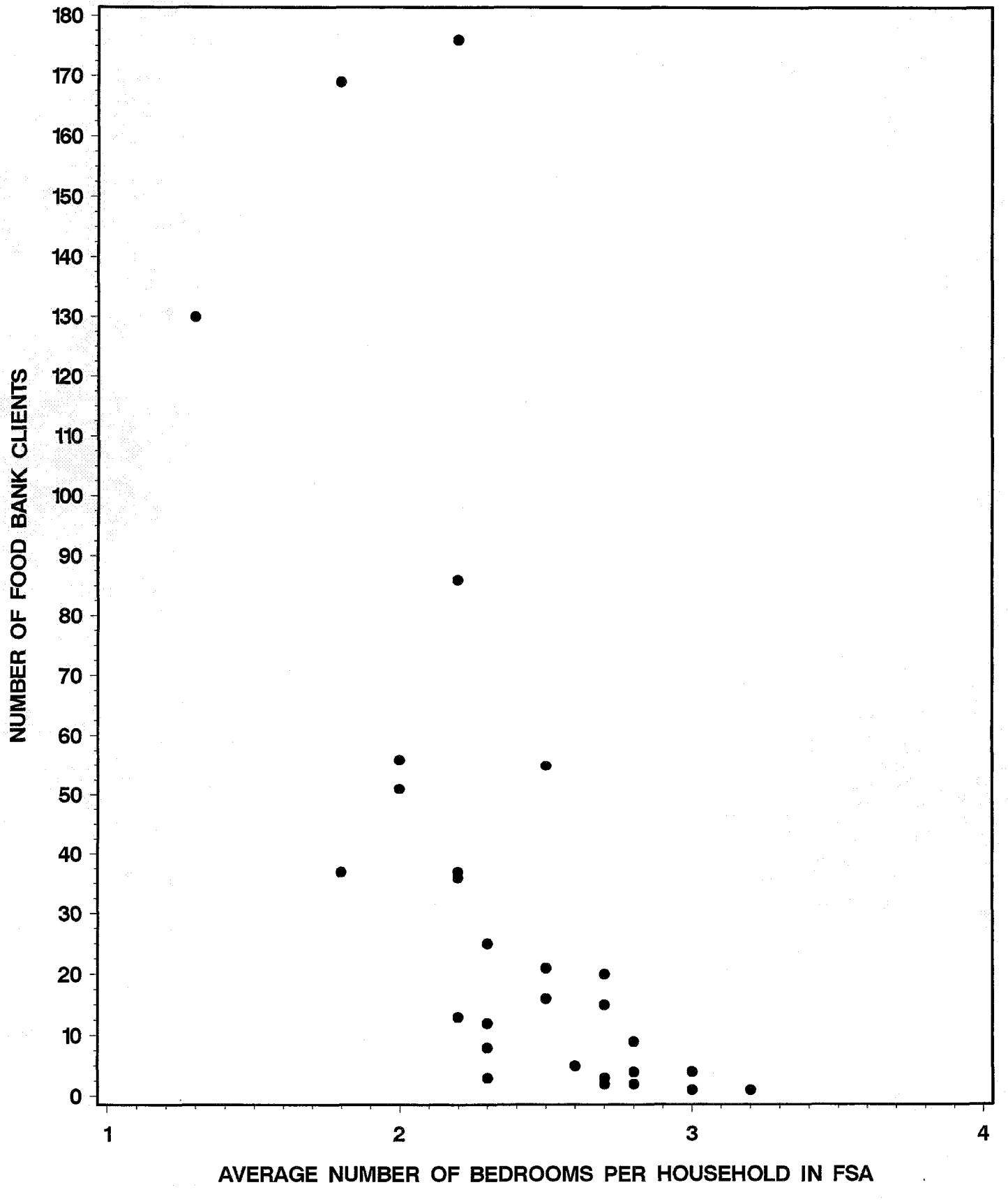


FIGURE 27
NUMBER OF FOOD BANK CLIENTS PER FSA
BY HOUSEHOLDS OF RESPONDENTS NEEDING MAJOR REPAIRS
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

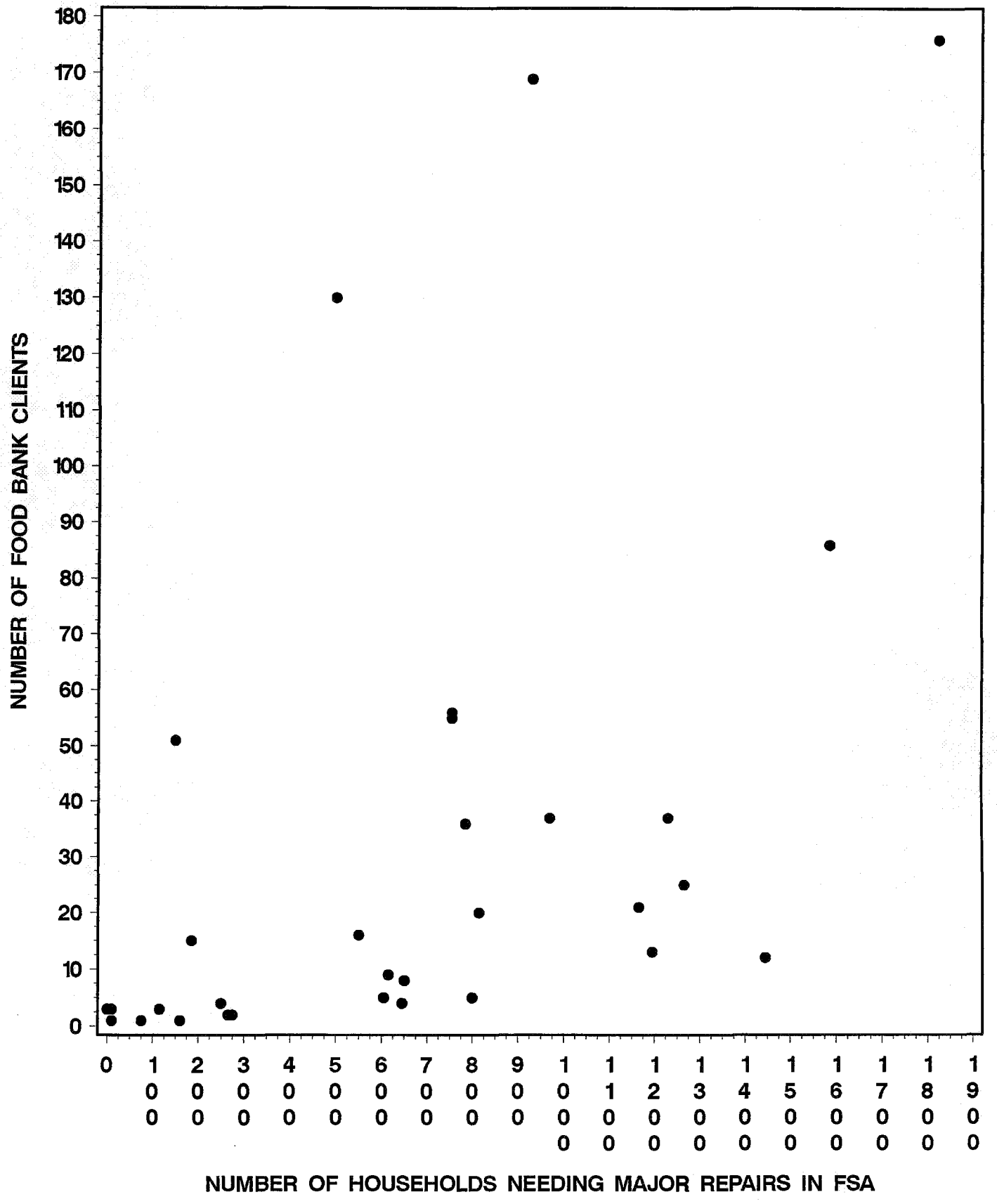


FIGURE 28

NUMBER OF FOOD BANK CLIENTS PER FSA WHERE GROSS MONTHLY RENTAL IS AT LEAST 30% OF HOUSEHOLD INCOME

EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

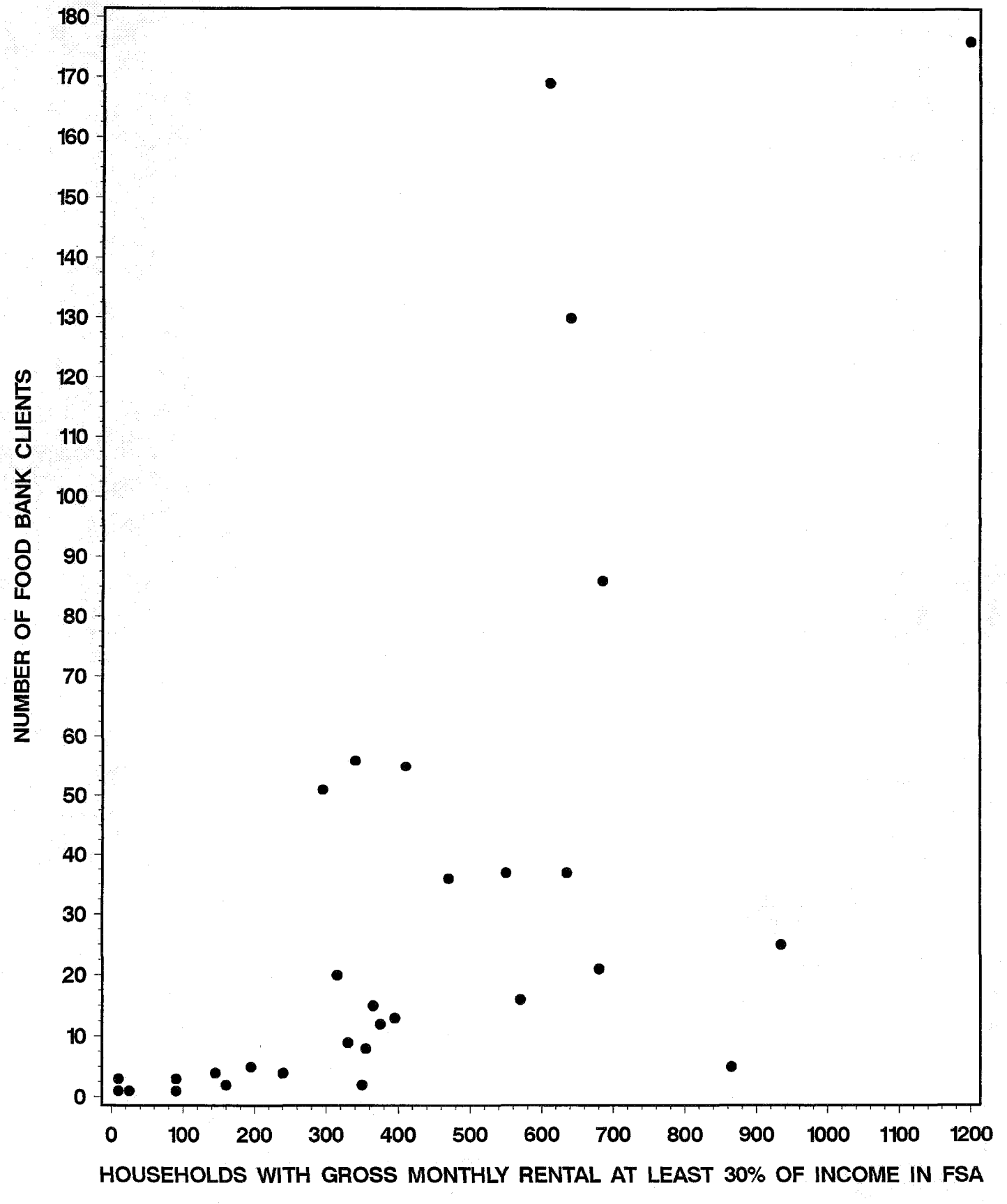


FIGURE 29
NUMBER OF FOOD BANK CLIENTS PER FSA BY NUMBER OF PRIVATE HOUSEHOLDS
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

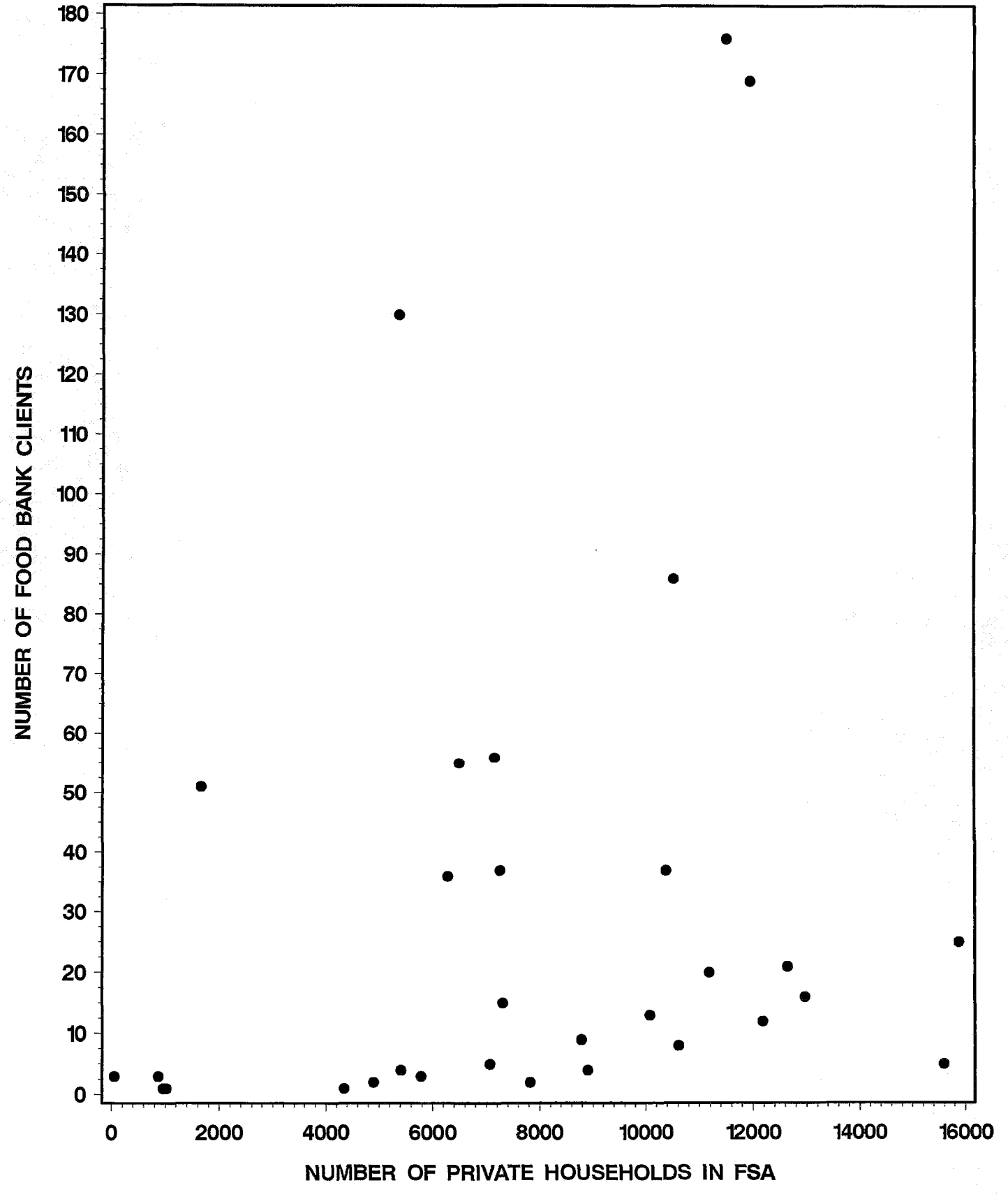


FIGURE 30
NUMBER OF FOOD BANK CLIENTS PER FSA BY PERSONS 65 YEARS OF AGE AND OLDER
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

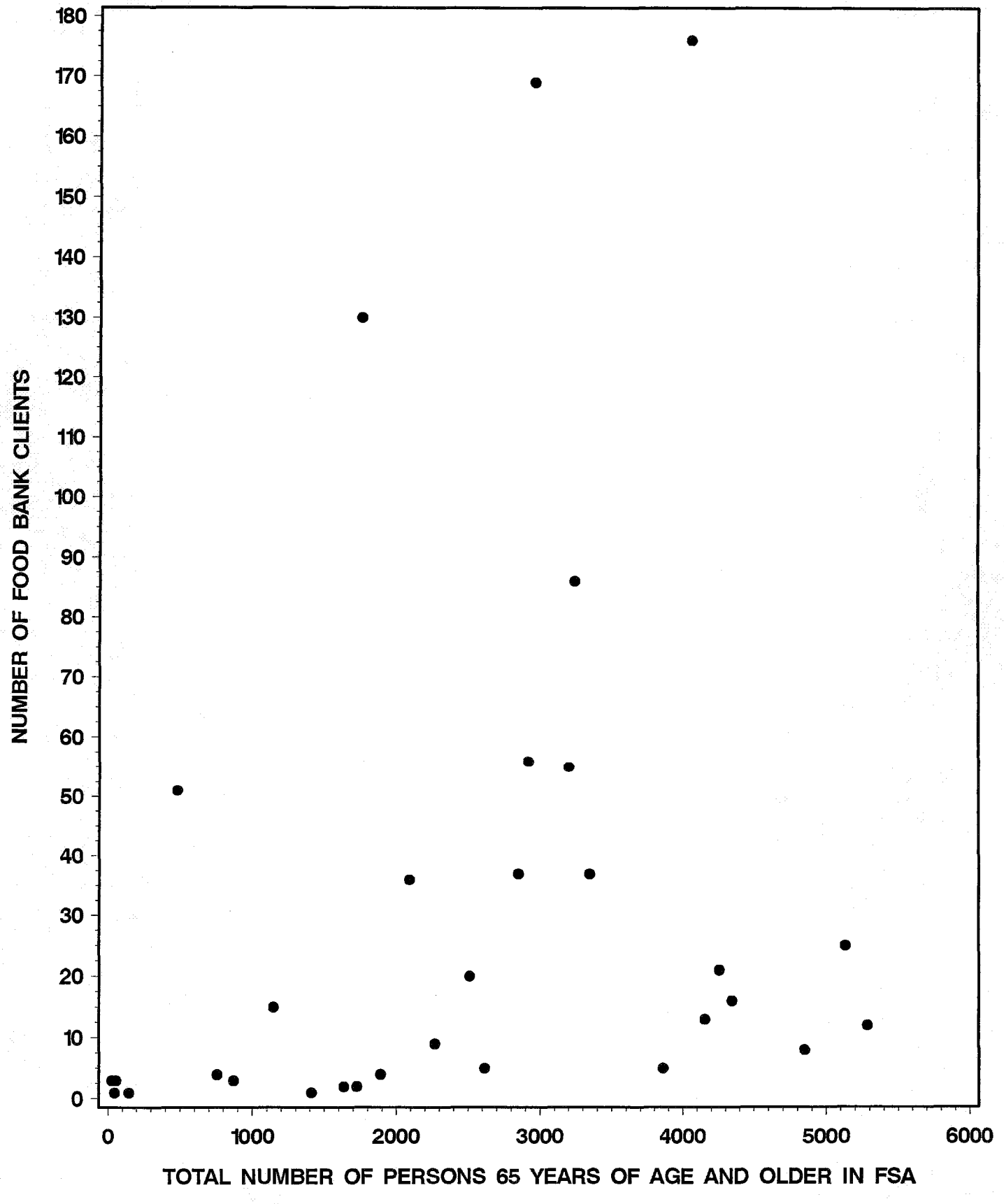


FIGURE 31
NUMBER OF FOOD BANK CLIENTS PER FSA BY IMMIGRANTS
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

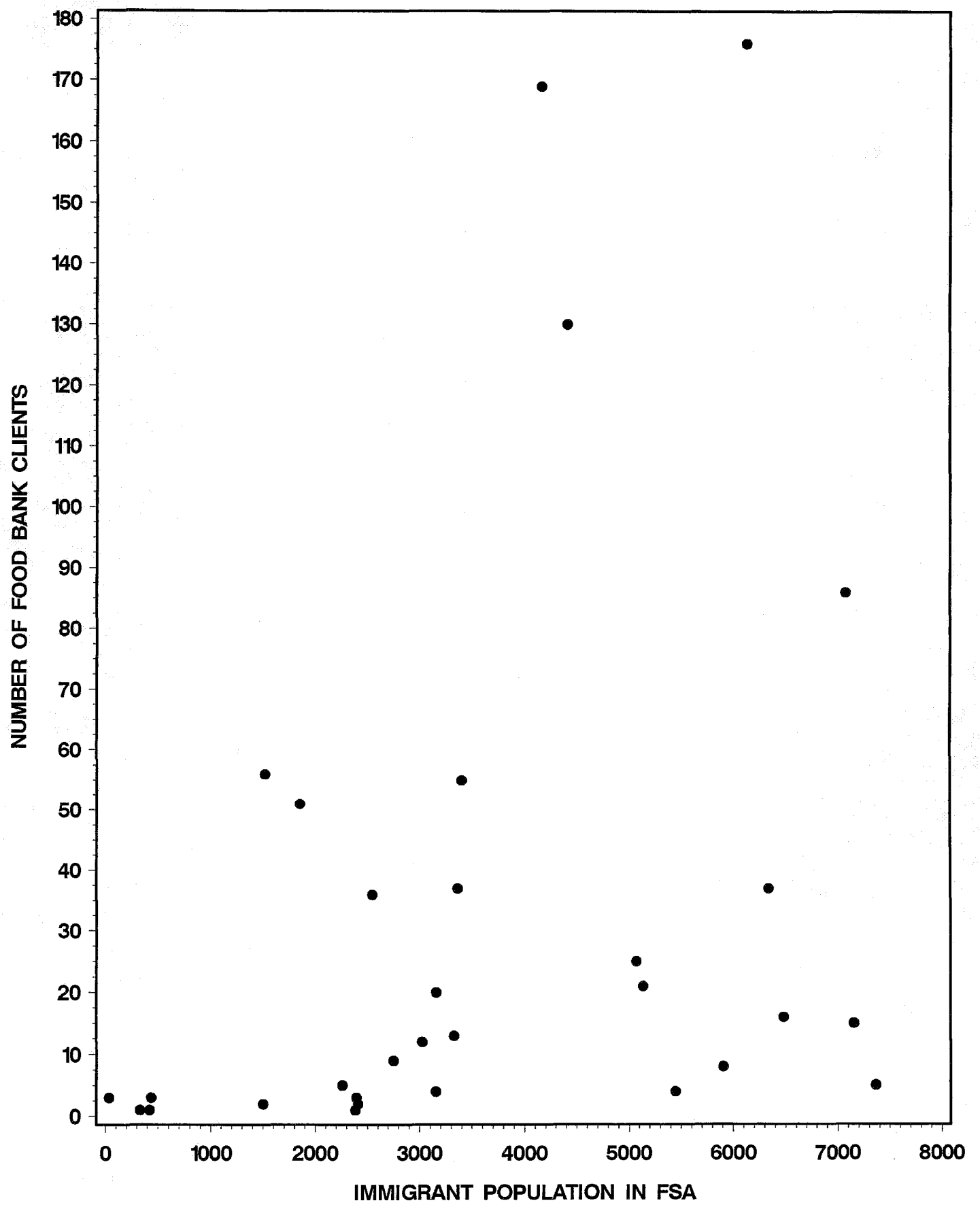


FIGURE 32
NUMBER OF FOOD BANK CLIENTS PER FSA
BY AVERAGE VALUE OF HOUSEHOLD
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

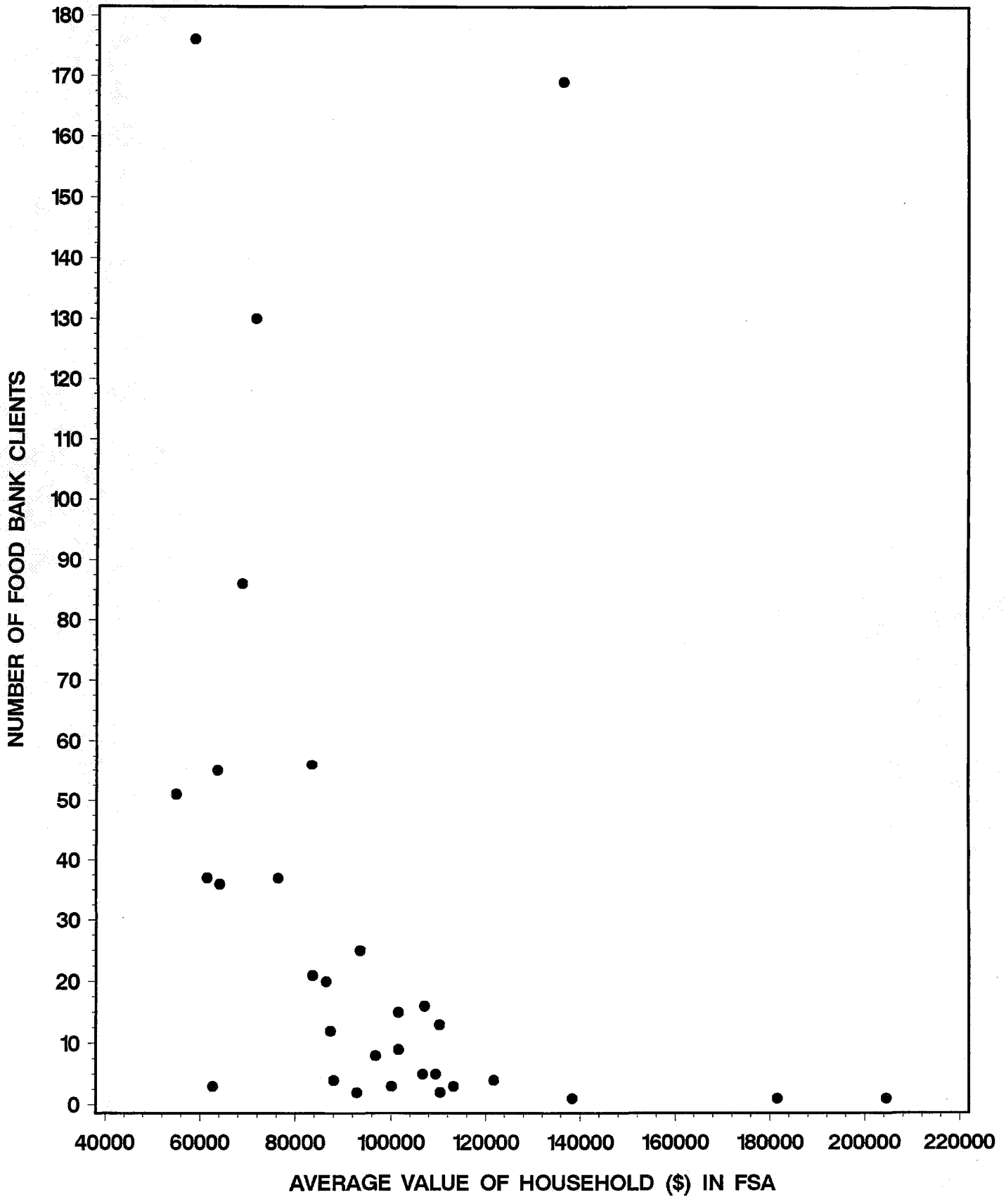


FIGURE 33
NUMBER OF FOOD BANK CLIENTS PER FSA
BY AVERAGE NUMBER OF PERSONS PER ECONOMIC FAMILY
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

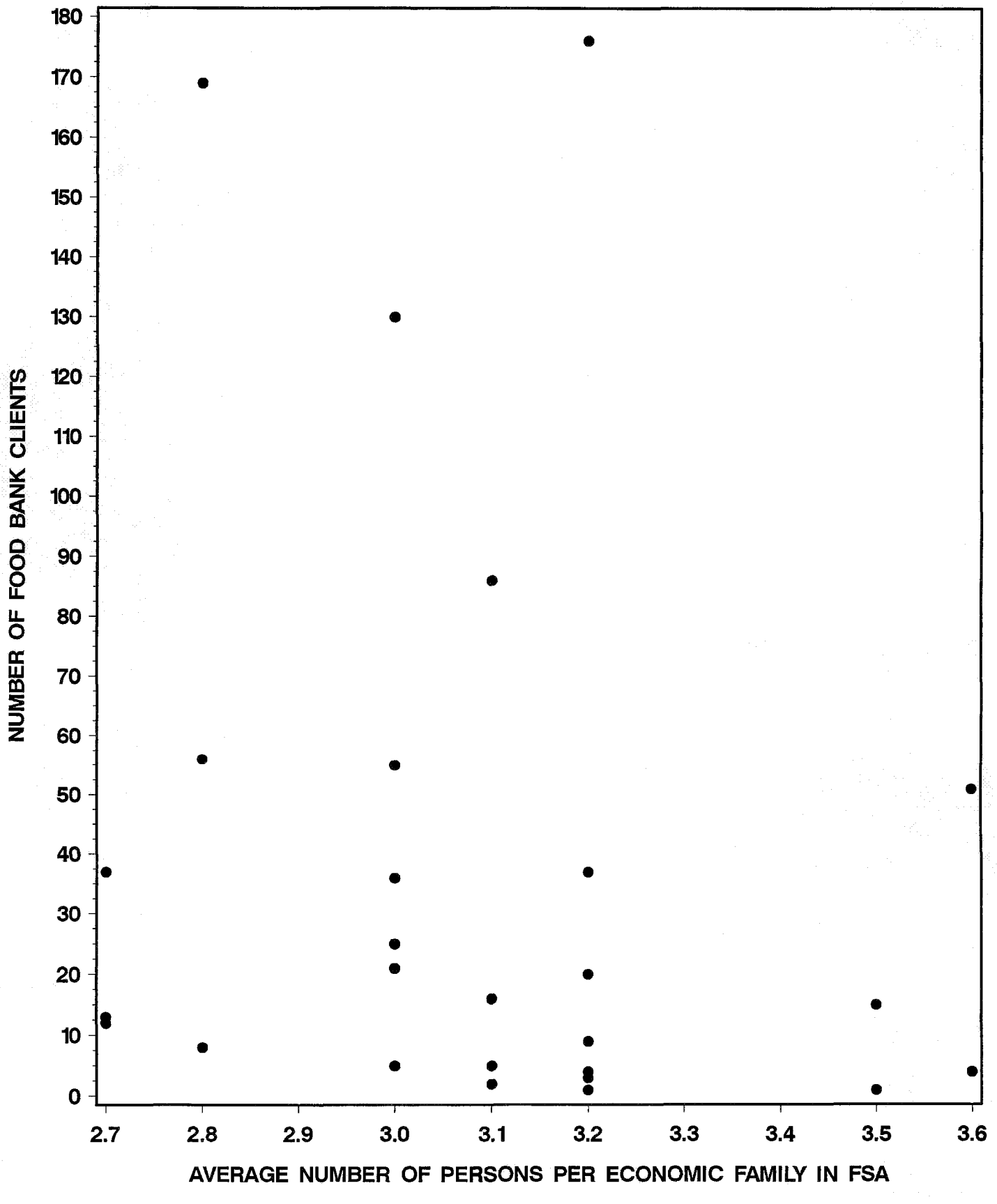


FIGURE 34

NUMBER OF FOOD BANK CLIENTS PER FSA BY FAMILY INCOME

EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA

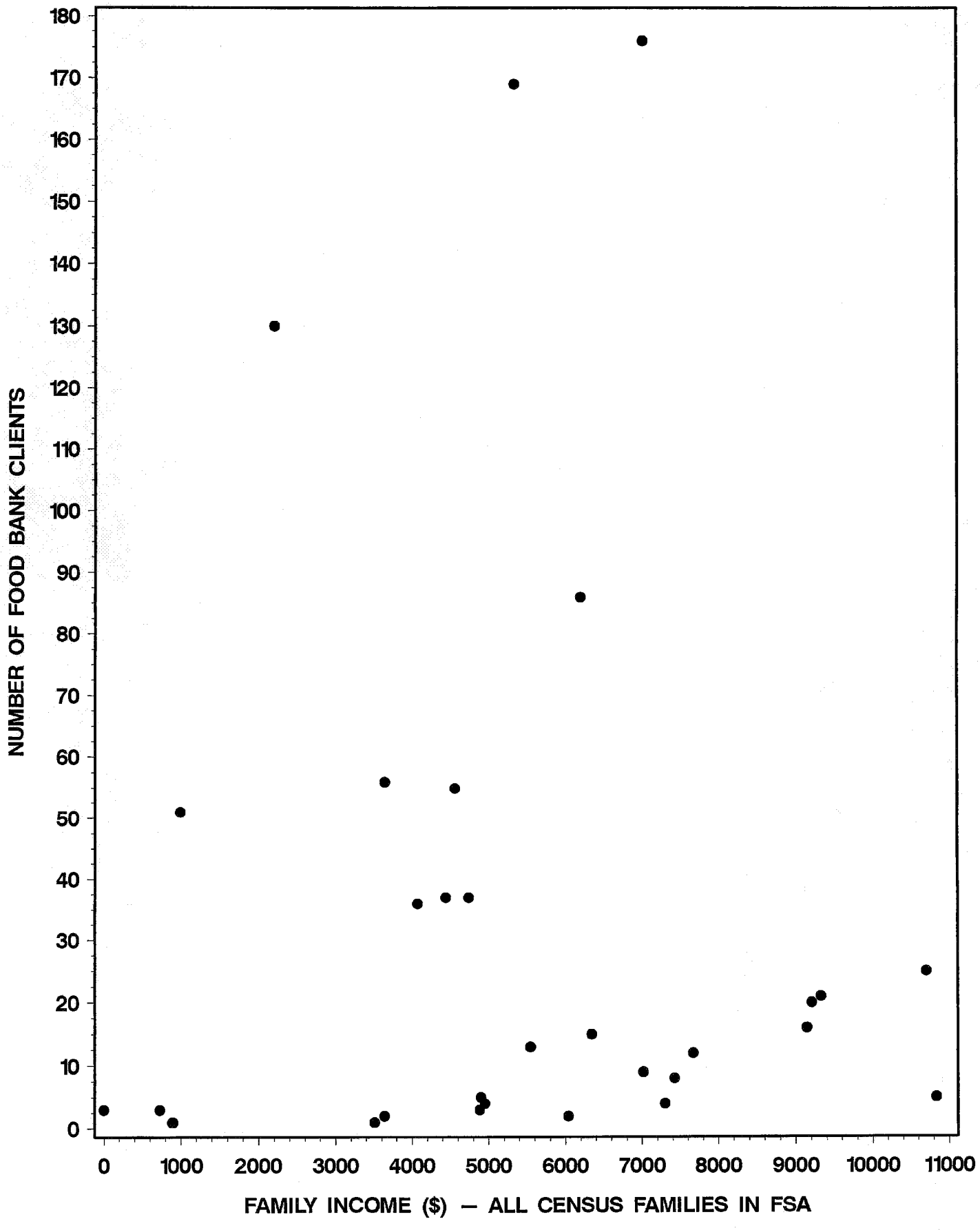


FIGURE 35
STANDARDIZED SOCIOECONOMIC INDICATOR PER FOOD BANK FORWARD SORTATION AREA

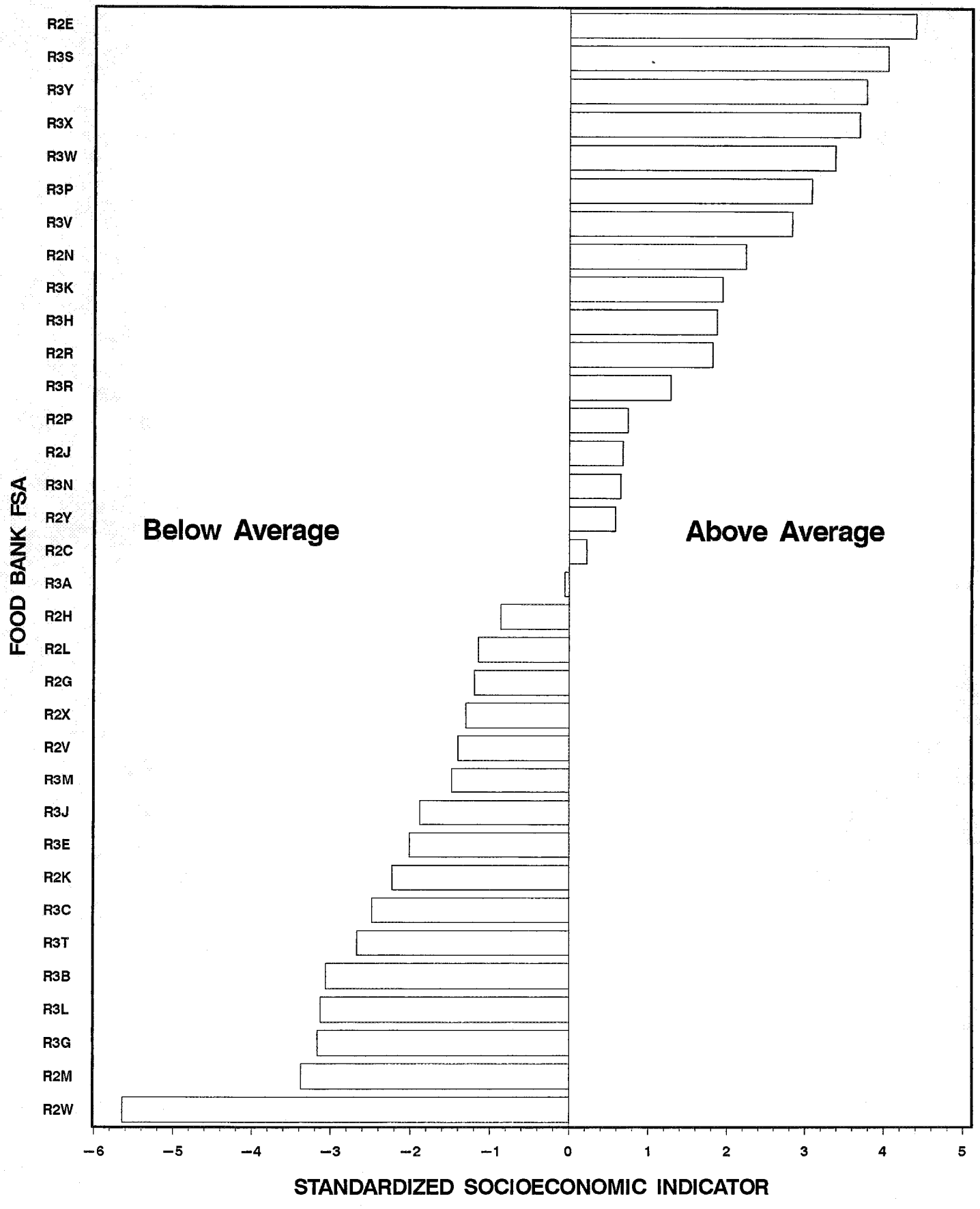
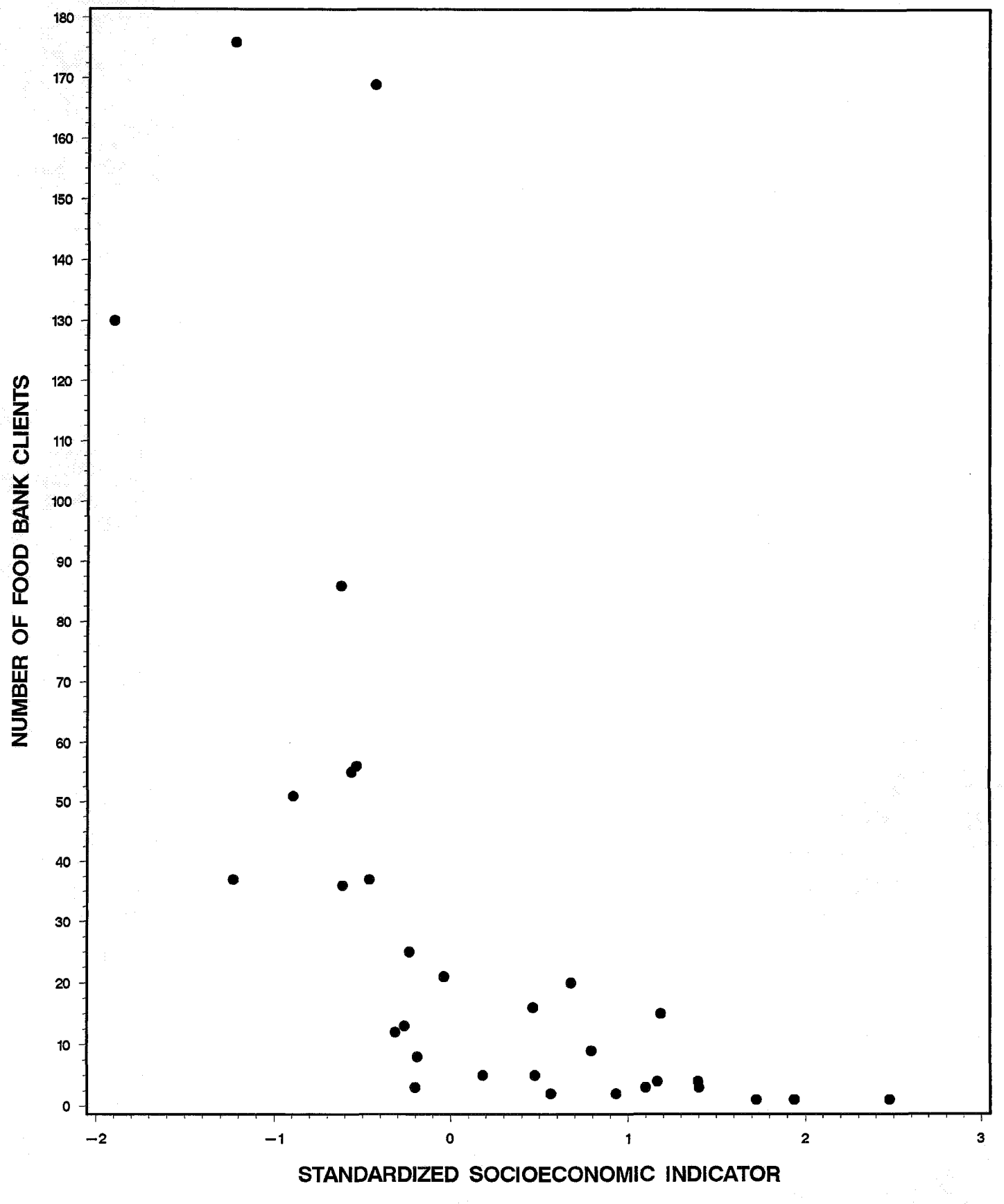


FIGURE 36
NUMBER OF FOOD BANK CLIENTS PER FSA BY STANDARDIZED SOCIOECONOMIC INDICATOR
EACH DOT REPRESENTS VALUES FOR A PARTICULAR FSA



Appendix E: Food Banks Sampling Calendar

FOOD BANK SAMPLING SHOWING SITE, TIME, NUMBER OF INTERVIEWS REQUIRED AND OBTAINED
DECEMBER 1993

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6 FB31 10:30 -11:00 2/2 FB30 1 - 4 3/6 FB24 1-2 6/5	7 FB20 11:30-1:30 8/8 FB34 1 - 3 39/36 FB06 1:30 - 4:00 13/18 FB25 9 P.M. 0/6	8 FB27 9 - 11 0/16 FB08 10 - 12 17/16 FB13 10 - 12 0/32 FB01 9 - 10 0/13 FB10 1 - 3 2/2 FB30 1 - 4 8/5 FB04 1:30 - 3 3/2	9 FB22 10 - 12 2/2 FB28 10 - 12 0/0 FB31 10:30 - 11:00 0/0 FB07 1:30-3:30 12/12 FB33 5:00 0/2	10 FB14 9 - 3 11/11 FB11 11 - 1 0/3 FB18 12 - 1:30 11/11 FB23 1 - 3 0/3 FB30 1 - 4 6/5 FB24 1 - 2 4/4 FB26 noon 0/5 FB17 1-4 10/13	11 FB16 9:30-11:30 7/7 FB12 12 - 1 2/2 FB15 12 - 1 6/6 FB05 1 - 2 5/5
13	14 FB13 10-12 16/32	15 FB25 9P.M. 3/6	16	17	18
20	21	22	23	Christmas Eve 24	Christmas Day 25
27	28	29	30	New Years Eve 31	

FOOD BANK SAMPLING SHOWING SITE, TIME, NUMBER OF INTERVIEWS REQUIRED AND OBTAINED
JANUARY 1994

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7 Lifeline 9 - 3 Keewatin 11 - 1 River Elm 12 - 1:30 Union Gospel 1 - 4 Hope Centre 2:30 - 4 St. Matthews-Maryland Society of Self Help	8 Ness Foodbasket 9:30-11:30 St. Barnabas 10 - 12 Kilcona Park 12 - 1 Gateway Christian 1 - 2
10 FB30 1-4 5/5 FB24 1-2 5/5 FB35 1:30-3:30 7/10 FB02 7-8P.M. 3/3	11 FB34 1-3 38/36	12 FB01 9-10 20/26 FB27 9-11 9/31 FB08 10-12 16/16 FB10 1-3 2/2 FB30 1-4 5/5 FB21 1:30-3 10/15 FB04 1:30-2:30 1/2	13 FB22 10-12 2/2 FB07 1:30-3:30 12/12 FB32 3-4:30 1/4	14 FB14 9-3 10/10 FB18 12-1:30 8/10 FB23 1-3 6/6 FB17 1-4 5/16 FB30 1-4 5/5 FB26 NOON 7/10	15 FB12 12-1 4/2 FB05 1-2 5/5
17 FB31 9-9:30 3/4 FB30 1-4 8/6 FB24 1-2 5/5	18 FB13 8-10 33/48 FB29 11-12 4/4 FB20 11:30-1:30 9/8 FB34 1-3 19/36 FB06 1:30-3 13/22	19 FB27 9-11 14/21 FB08 10-12 15/16 FB30 1-4 6/5	20 FB28 10-12 8/8 FB22 10-12 2/2 FB07 1:30-3:30 11/12 FB03 1-3 13/12 FB33 5-6 6/6 FB32 3-4:30 2/7	21 FB14 11-3 11/11 FB18 12-1:30 8/12 FB30 1-4 5/5 FB17 1-4 2/17	22 FB16 10-12 3/7 FB05 1-2 6/5 FB19 10-12 7/7 FB15 12-1 6/6
24 FB31 9-9:30 3/2 FB30 1-4 6/6 FB24 1-2 6/5 FB35 1:30-3:30 11/10	25 FB13 8-10 37/31 FB34 1-3 22/35	26 FB27 9-11 15/15 FB08 10-12 14/14 FB30 1-4 5/5 FB04 1:30-3 2/2 FB25 8 P.M. 4/9	27 FB22 10-12 2/2	28 FB14 11-3 14/10 FB18 12-1:30 5/14 FB30 1-4 5/5 FB24 1-2 5/5 FB26 12-1 4/4 FB17 1-4 8/27	29 FB05 1-2 5/5
31	FEB 01 FB13 8-10 32/31 FB06 1-2:30 6/9 FB34 1-3 21/30	02 FB27 9-11 14/16	03 FB03 1-3 9/12 FB07 1:30-3:30 11/11 FB32 3-4:30 2/4	04 FB04 3:30-4:30 13/13 FB24 1-2 6/6 FB26 12-1 4/7	05 FB19 9-11 5/6

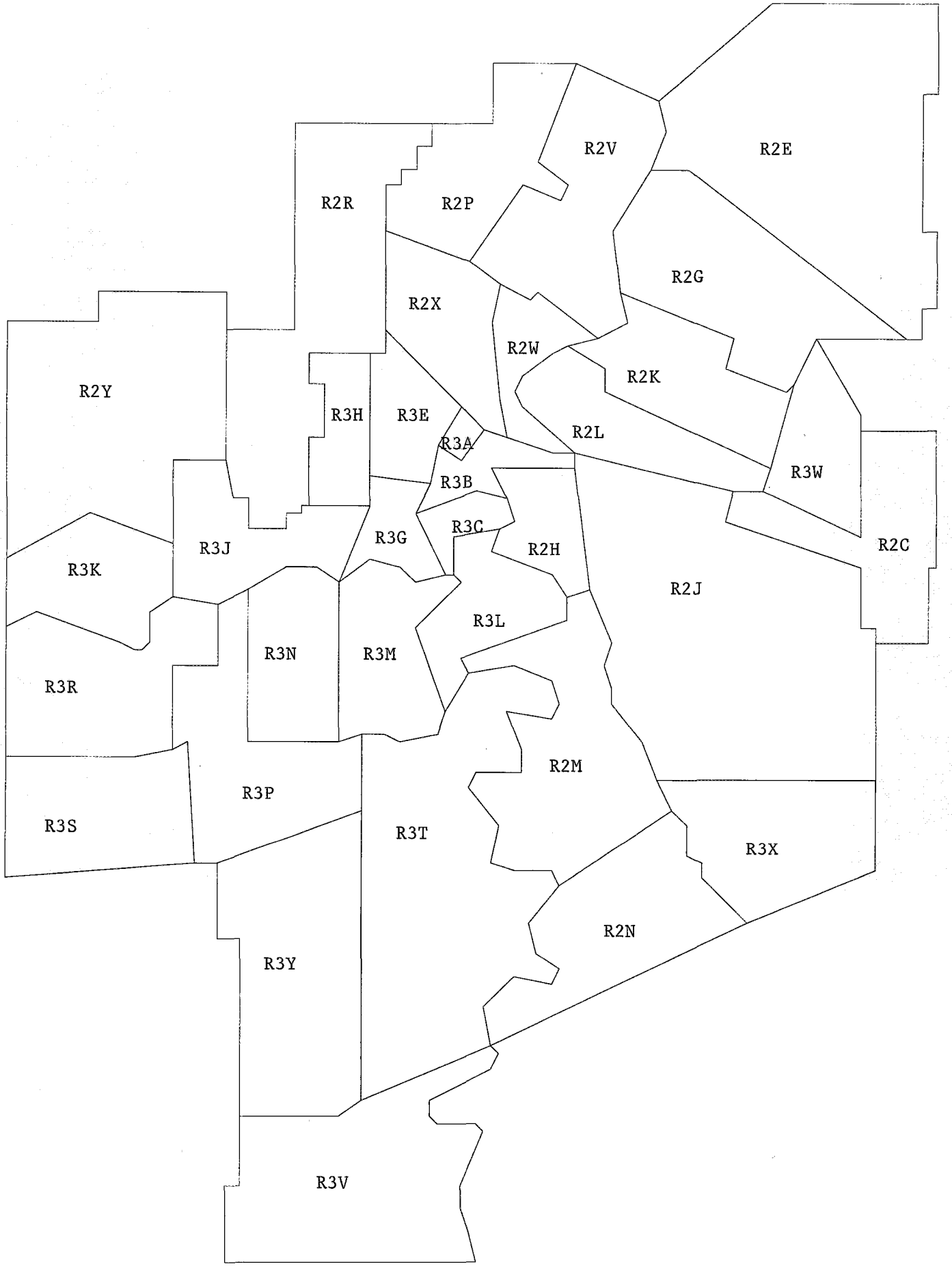
FOOD BANK SAMPLING SHOWING SITE, TIME, NUMBER OF INTERVIEWS REQUIRED AND OBTAINED
FEBRUARY 1994

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 FB35 1:30-3:30 2/2	8 FB13 8-10 12/11 FB34 1-3 16/15	9 FB01 9-10 6/6 FB27 9-11 6/12 FB21 1:30-3:30 1/5 FB25 8-9PM 5/5	10	11 FB18 12-1 7/9 FB26 11:30-1 3/3 FB17 1-4 2/2	12 FB16 10-11:30 4/4
14	15 FB06 1:30-3 3/3	16	17 FB28 10-12 7/7	18	19 FB19 9-11 2/2
21	22	23 FB21 1:30-3:30 4/4 FB27 9-11 7/7 FB08 10-12 3/3	24 FB32 3-4:30 2/2 FB33 5-6PM 2/2	25 FB18 12-1 2/4 FB30 1-3 5/5	26
28					

Appendix F: Maps

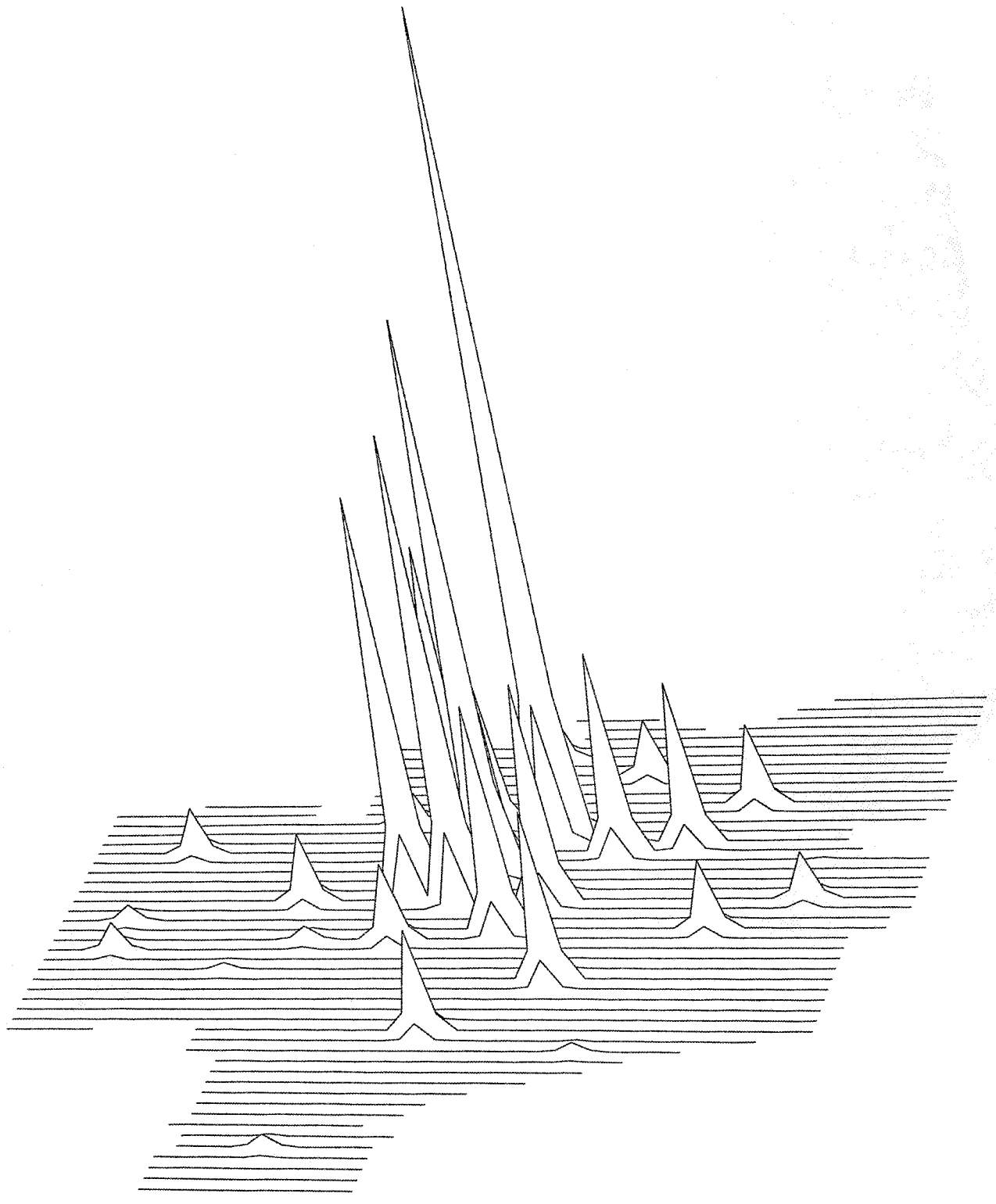
1. Winnipeg FSA Location
2. Winnipeg Harvest Historical Database - Client Referrals 1988 - June 1993
3. Winnipeg Harvest Historical Database - Location of 16,684 Clients
4. Winnipeg Harvest Historical Database - Location of Pre- 1992 Client Referrals
5. Winnipeg Harvest Historical Database - Location of 1992 Client Referrals
6. Winnipeg Harvest Historical Database - Location of 1993 Client Referrals
7. Food Bank Client Sampling Distribution - Location of 1,019 Client Interviews
8. Number of Food Bank Clients
9. Number of Single Males
10. Number of Single females
11. Number of Welfare Recipients
12. Number of People Able and Willing to Work
13. Number of People Without a Telephone
14. Number of People Reporting Crowded Conditions
15. Number of People Who Moved Last Year
16. Number of Renters
17. Number of People Who are Using Soup Kitchens
18. Number of Dwelling Owners
19. Number of People Who Say Next Year Will be Worse
20. Average Monthly Income
21. Average Shelter Affordability
22. Housing in Need of Major Repairs
23. Housing Rated as Poor/Fair
24. Number of People Doubling Up
25. Number of People Reporting Having Problems Finding a Place to Live
26. Number of People Visiting a Food Bank for the First Time
27. Number of People Using Other Food Banks

MAP 1: WINNIPEG FSA LOCATION

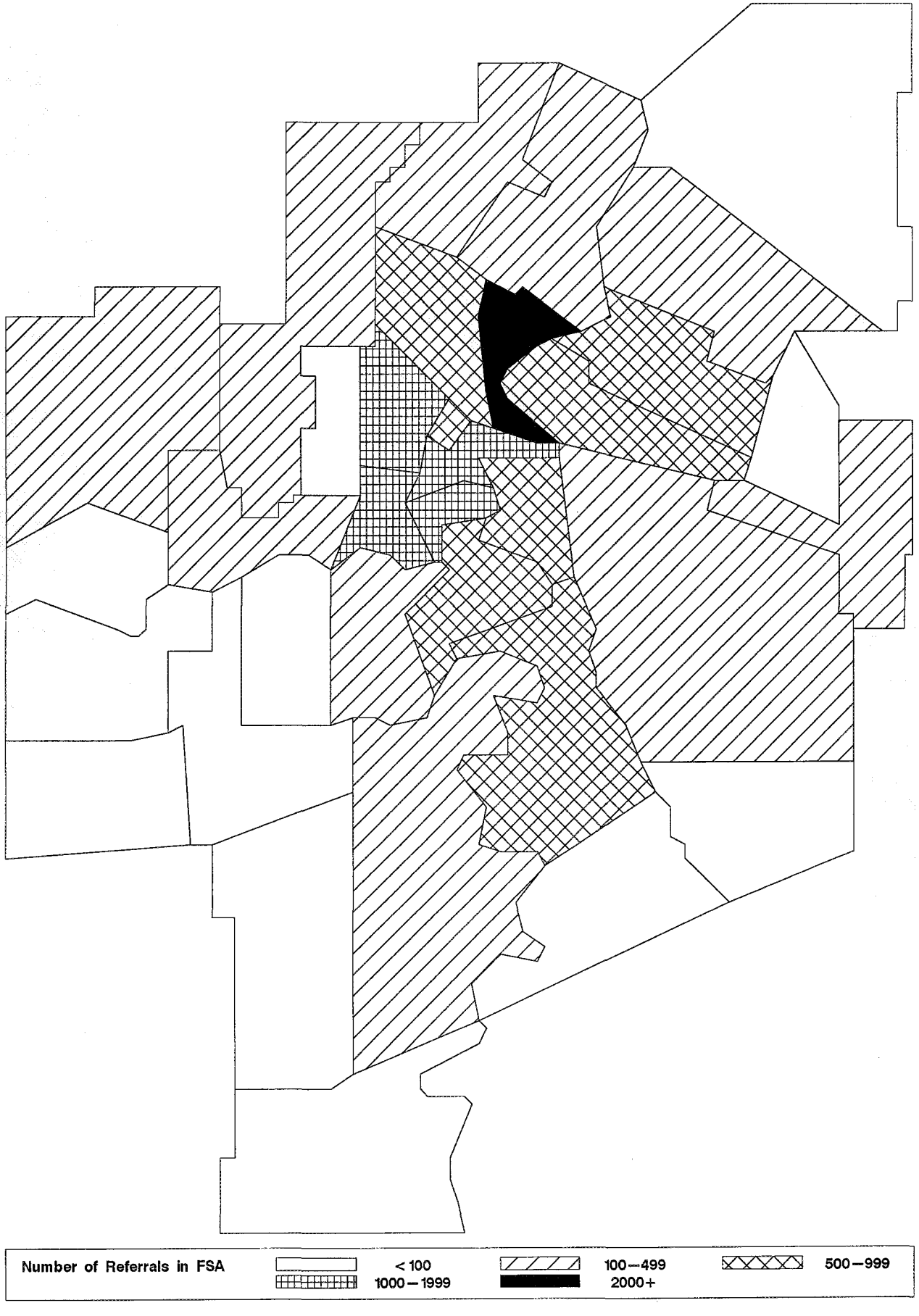


MAP 2: WINNIPEG HARVEST HISTORICAL DATABASE
LOCATION OF 16,684 CLIENT REFERRALS 1988 — JUNE 1993

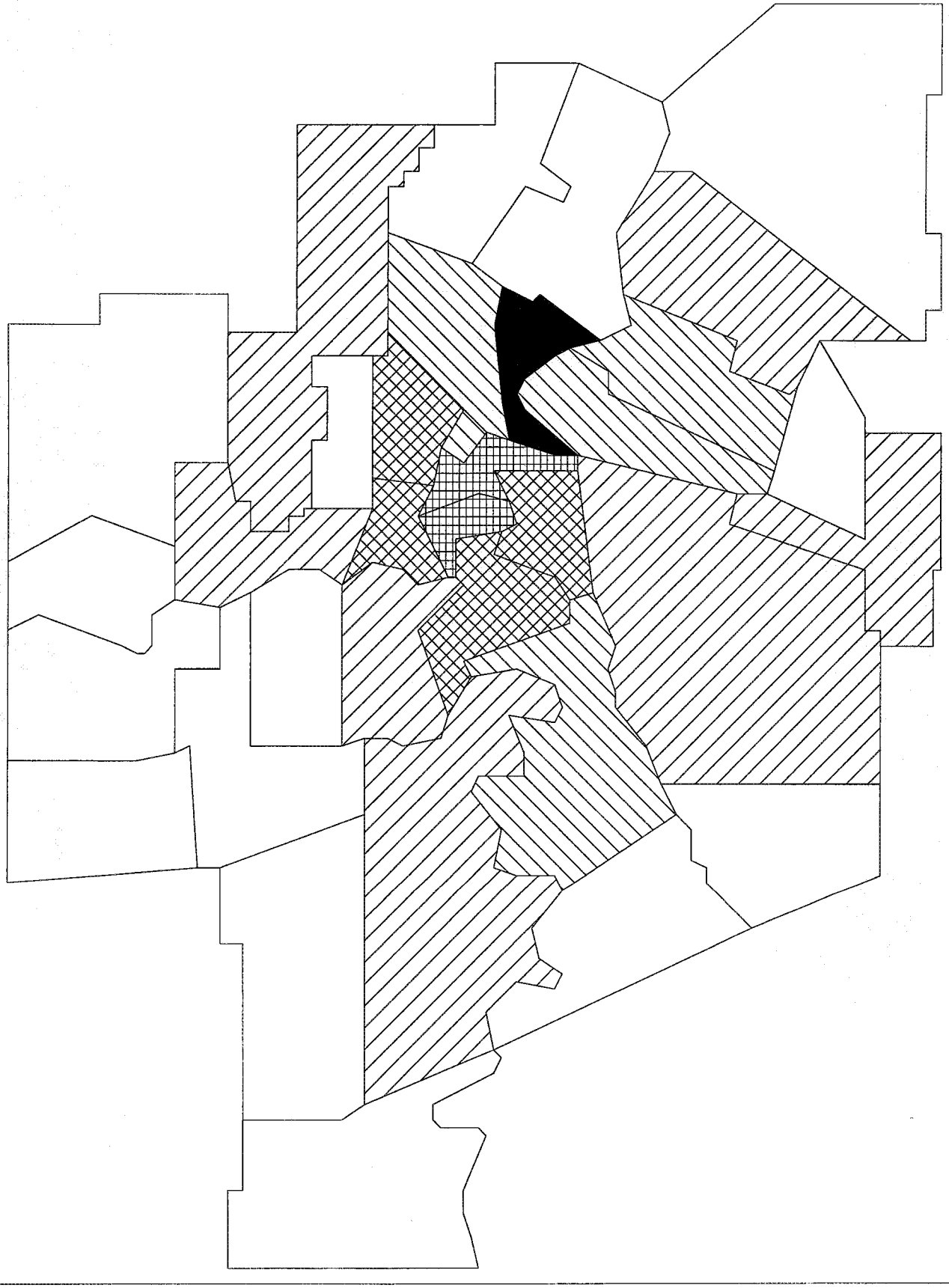
THE HEIGHT OF EACH SPIKE REPRESENTS THE NUMBER OF REFERRALS WITHIN AN FSA



MAP 3: WINNIPEG HARVEST HISTORICAL DATABASE
LOCATION OF 16,684 CLIENT REFERRALS 1988 – JUNE 1993



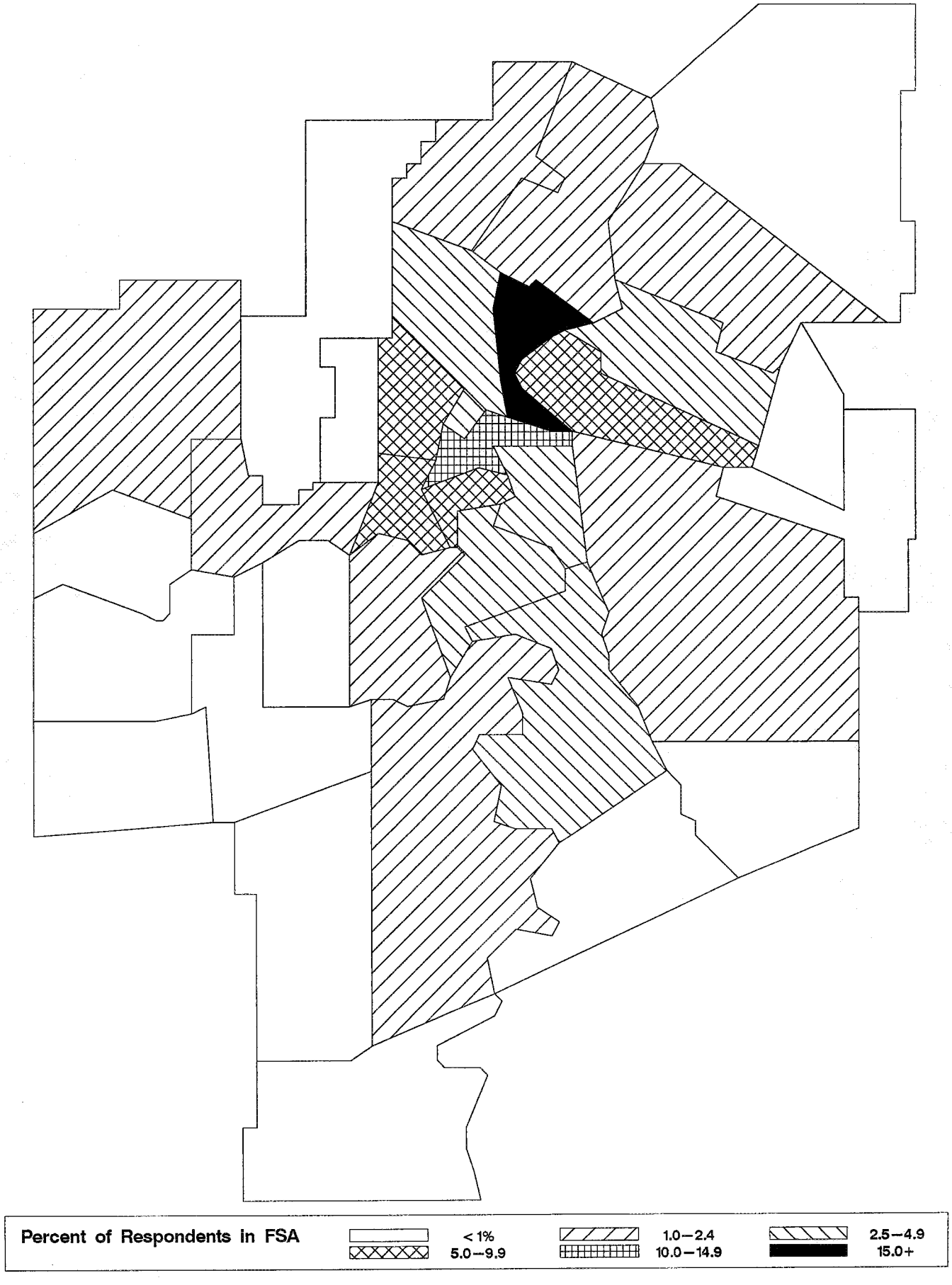
MAP 4: WINNIPEG HARVEST HISTORICAL DATABASE
LOCATION OF PRE—1992 CLIENT REFERRALS



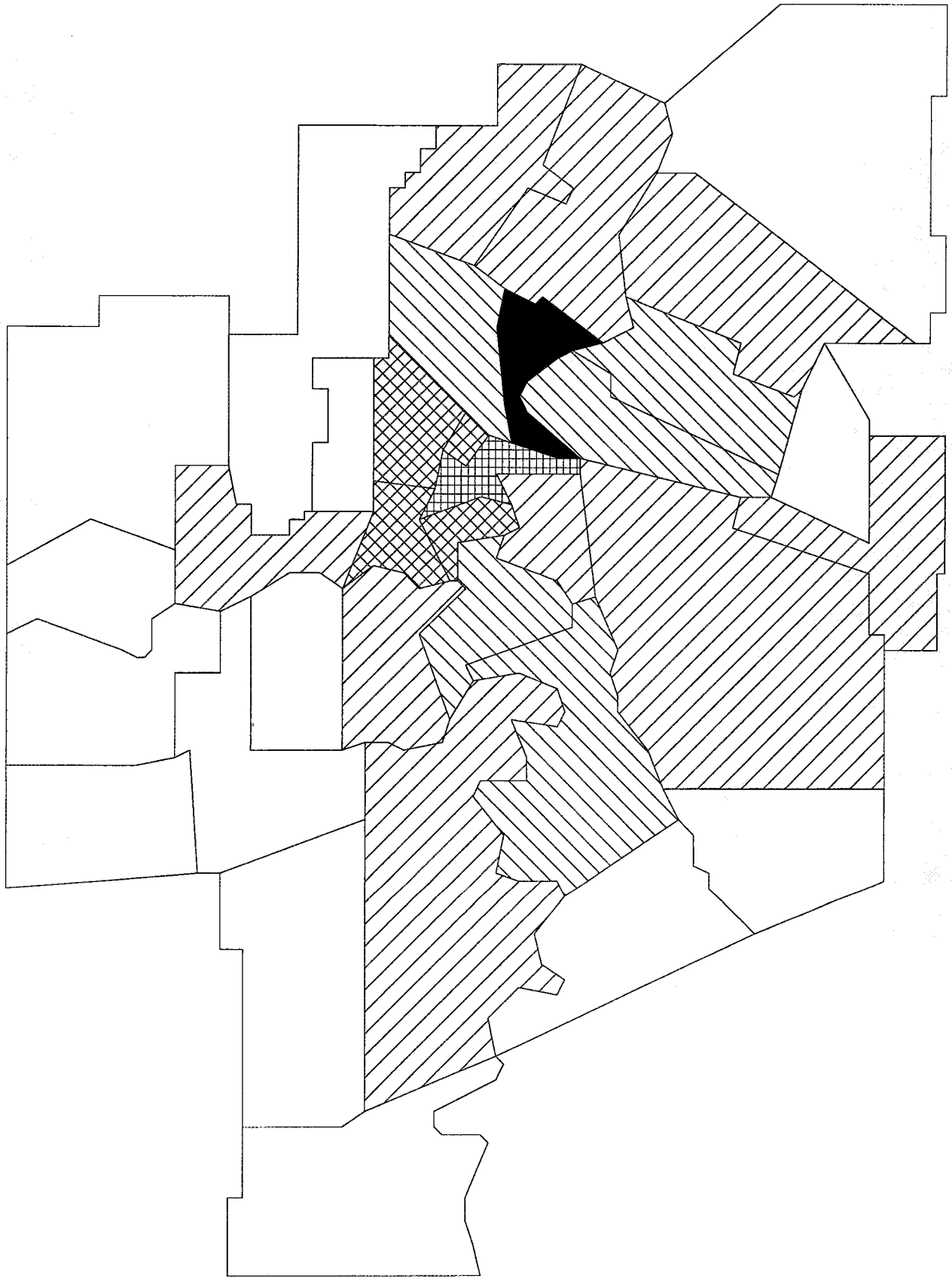
Percent of Respondents in FSA

< 1%
1.0—2.4
2.5—4.9
5.0—9.9
10.0—14.9
15.0+

MAP 5: WINNIPEG HARVEST HISTORICAL DATABASE
LOCATION OF 1992 CLIENT REFERRALS



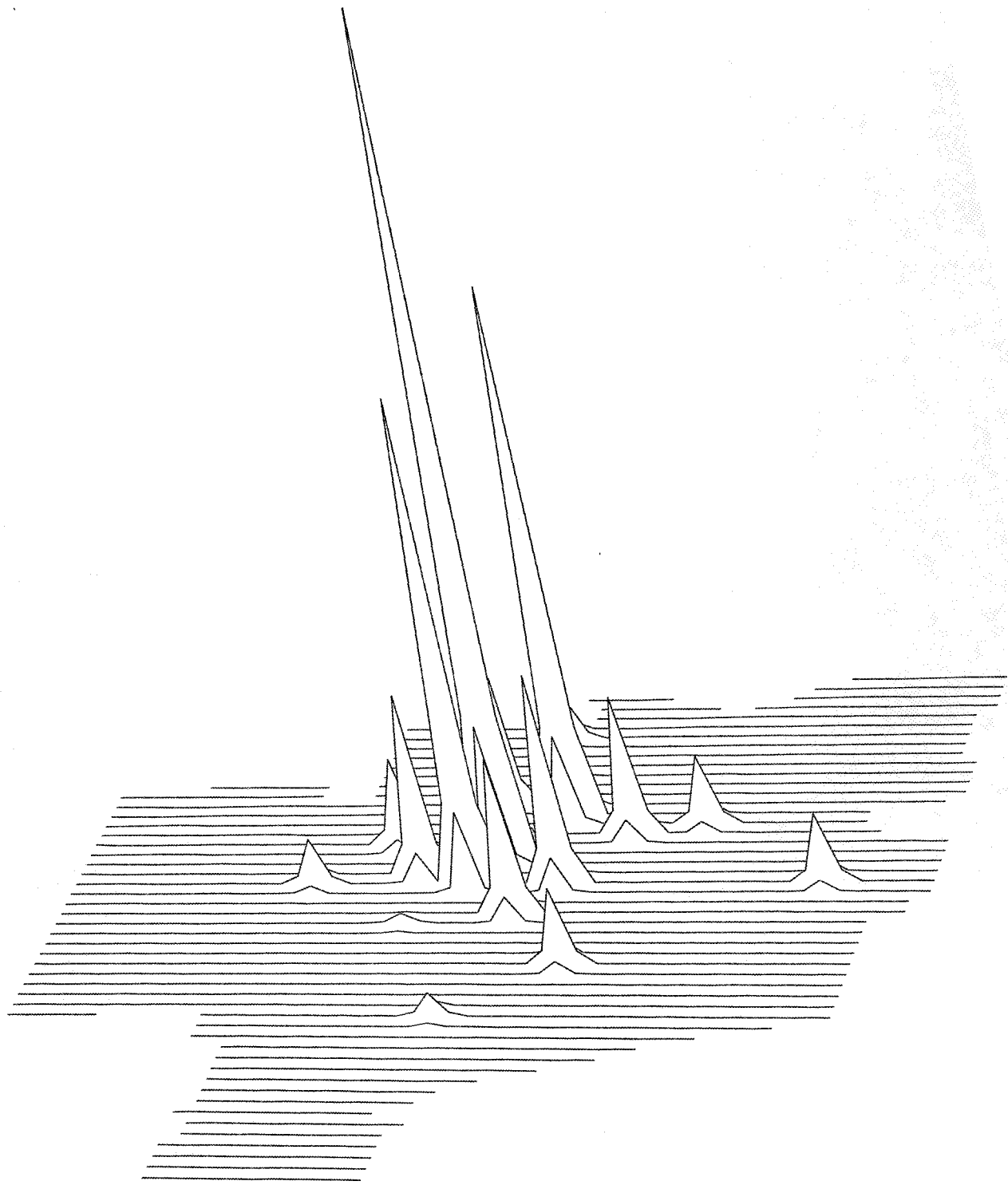
MAP 6: WINNIPEG HARVEST HISTORICAL DATABASE
LOCATION OF 1993 CLIENT REFERRALS



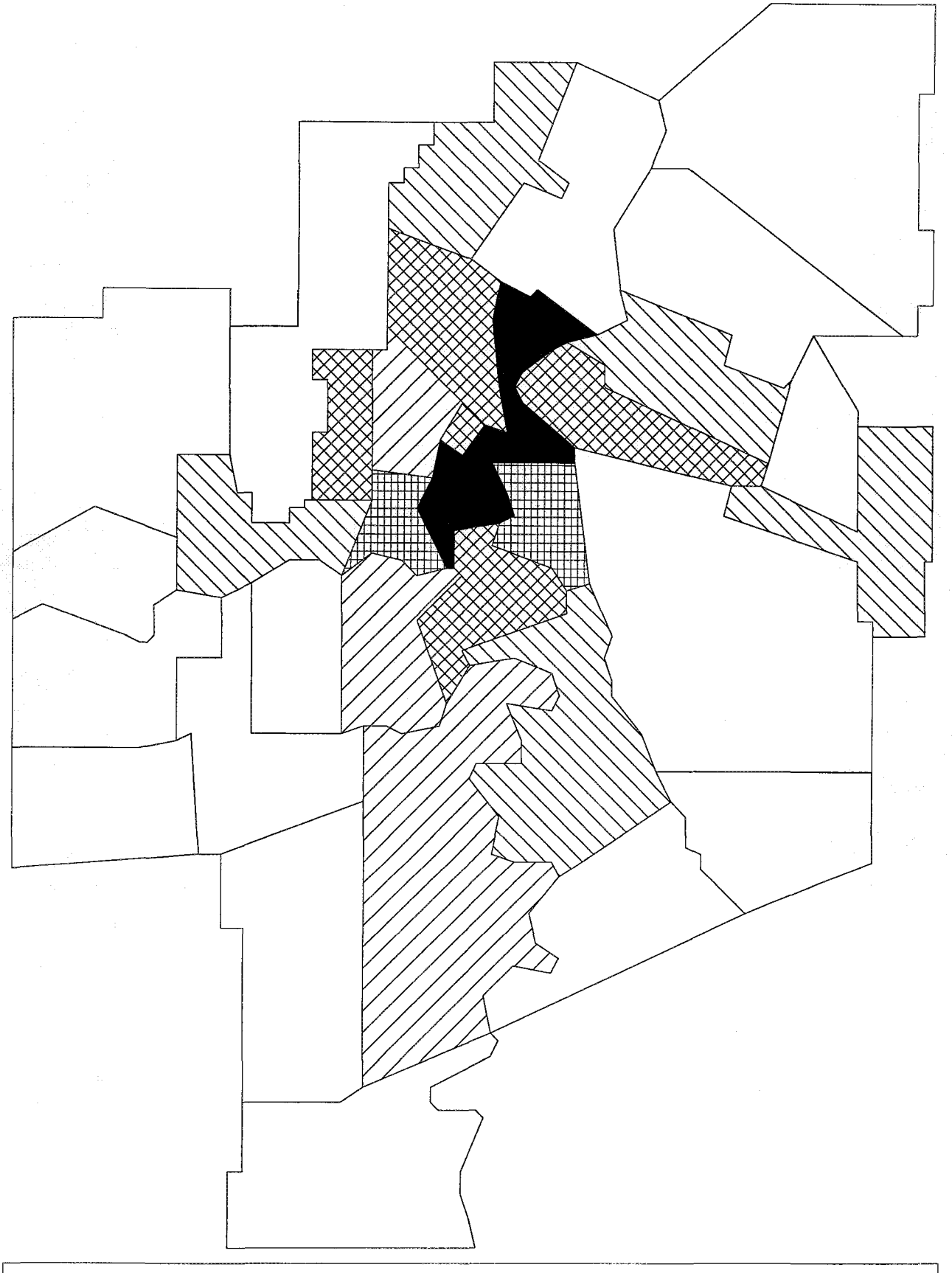
Percent of Respondents in FSA

< 1%
1.0–2.4
2.5–4.9
5.0–9.9
10.0–14.9
15.0+

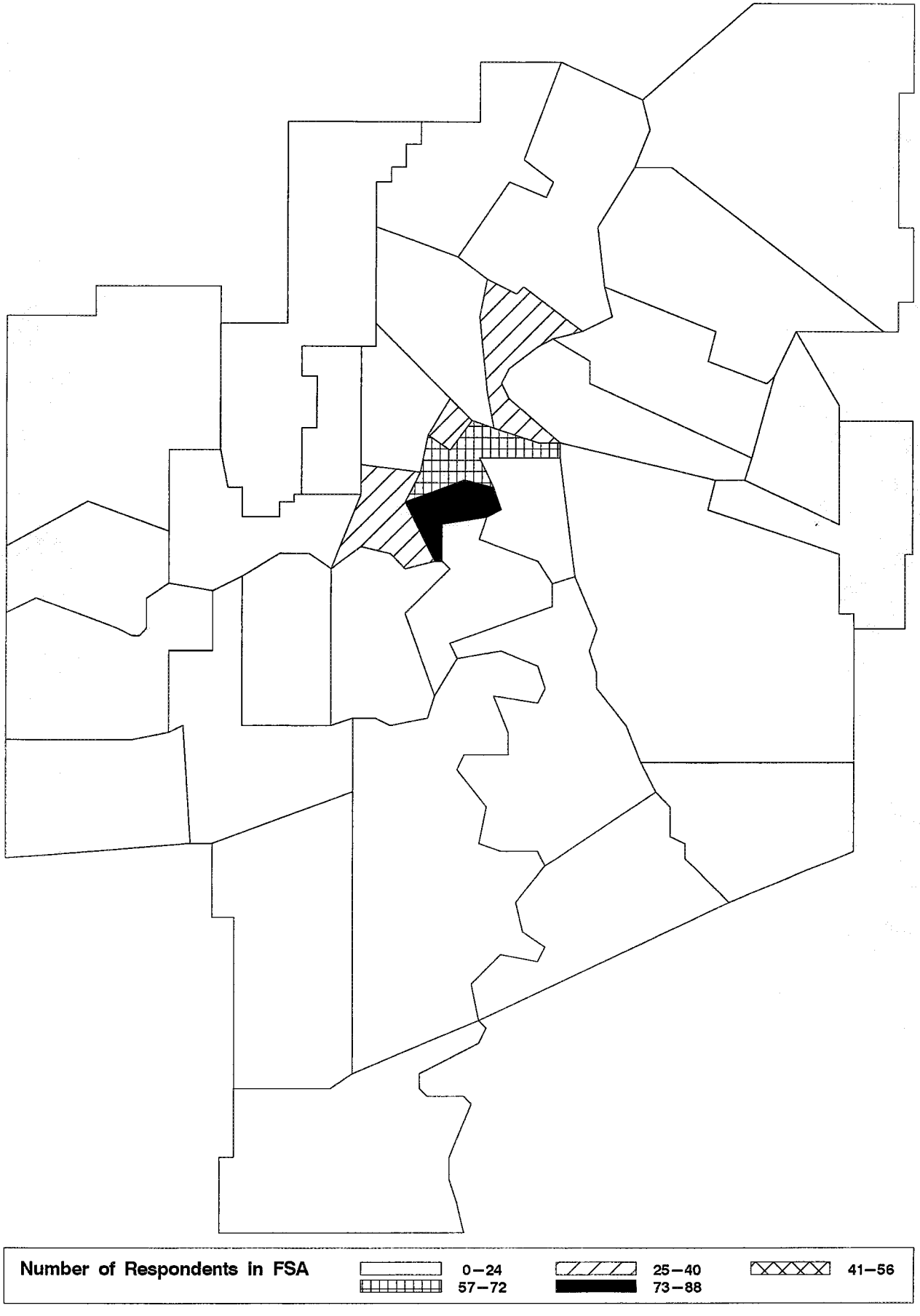
MAP 7: FOOD BANK CLIENT SAMPLING DISTRIBUTION
LOCATION OF 1,019 CLIENT INTERVIEWS BY FSA
THE HEIGHT OF EACH SPIKE REPRESENTS THE NUMBER OF REFERRALS WITHIN AN FSA



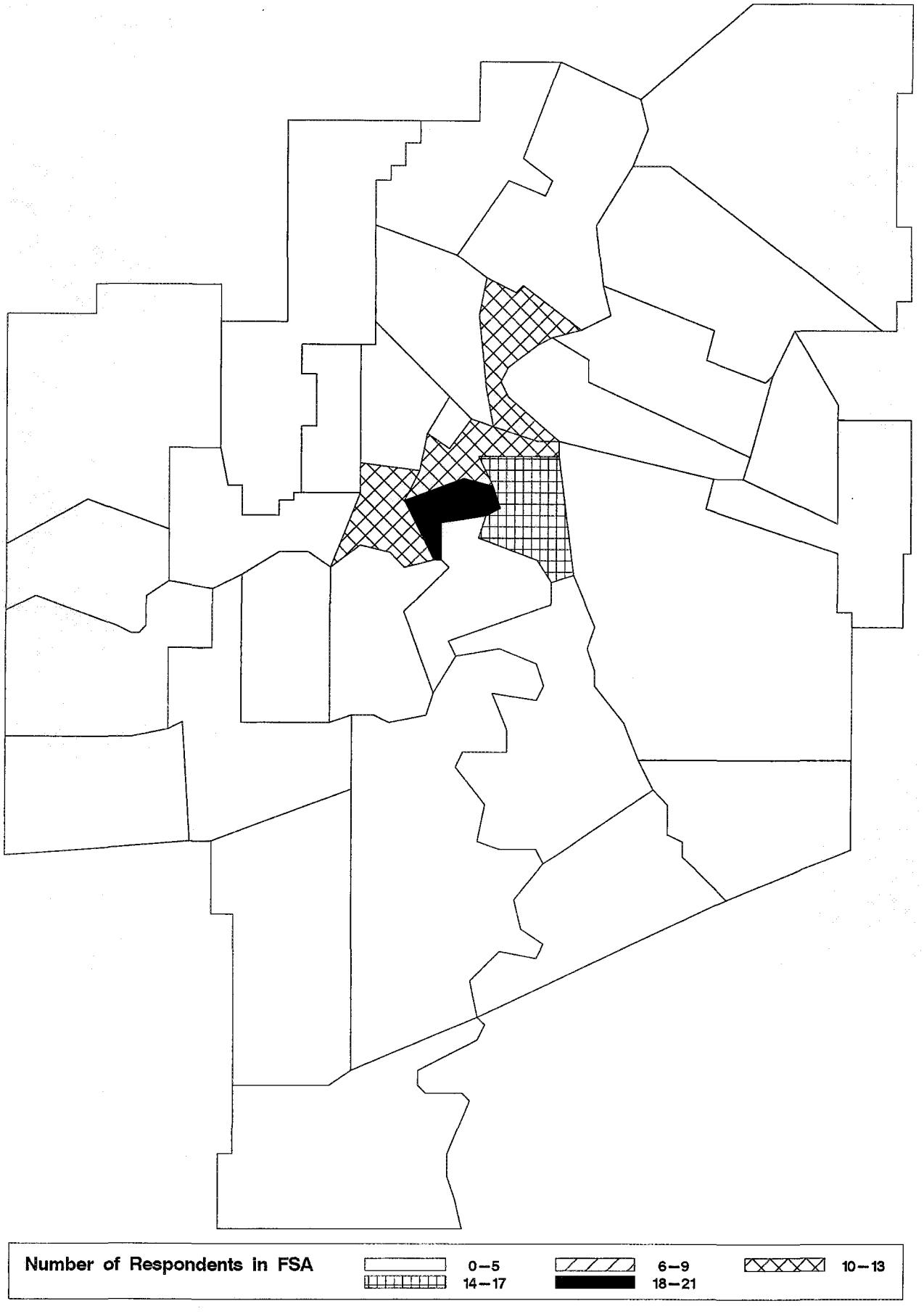
MAP 8: FOOD BANK CLIENT SAMPLING DISTRIBUTION
LOCATION OF 1,019 CLIENT INTERVIEWS BY FSA



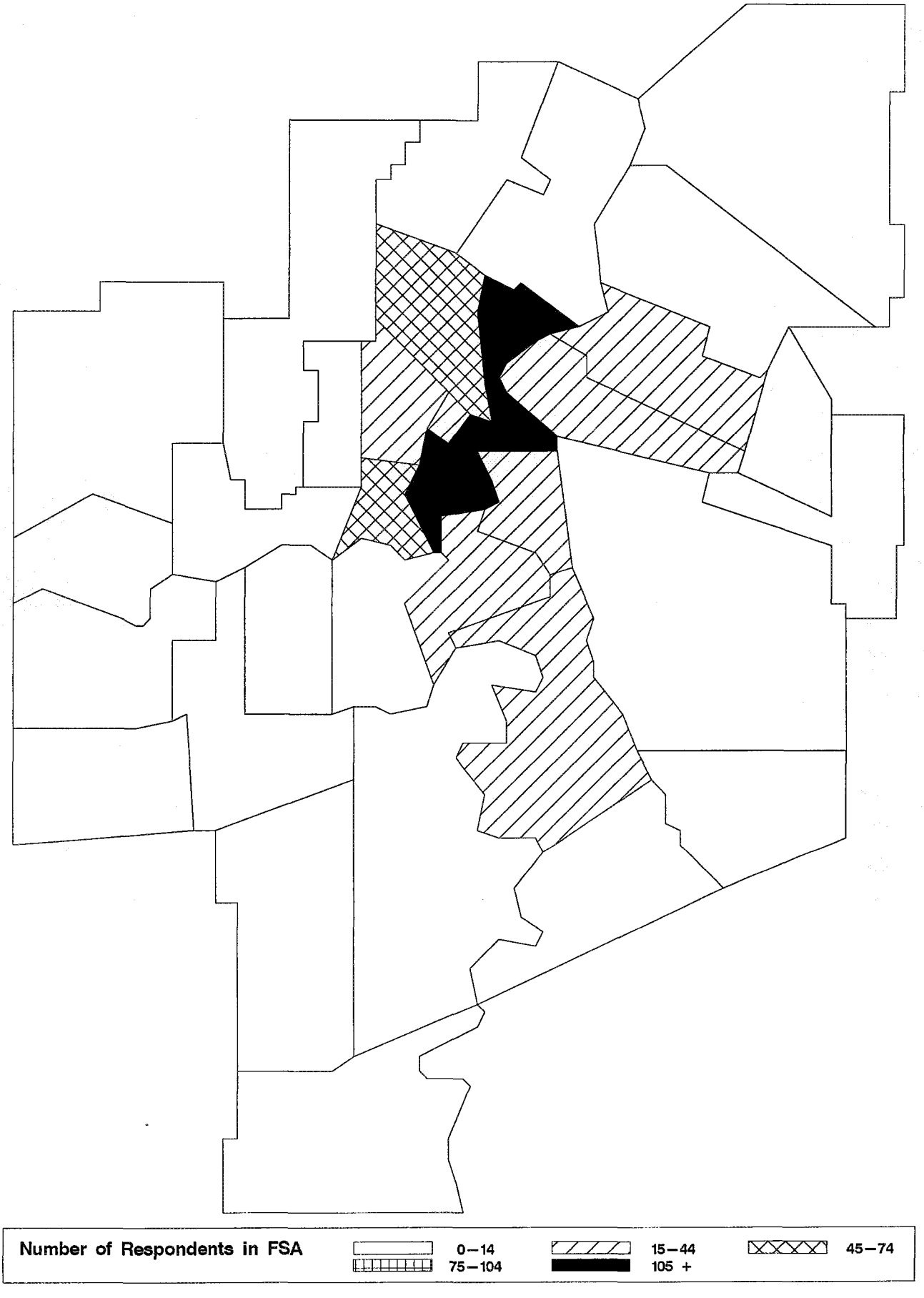
MAP 9: NUMBER OF SINGLE MALES AMONG 1,019 SURVEY RESPONDENTS BY FSA



MAP 10: NUMBER OF SINGLE FEMALES AMONG 1,019 SURVEY RESPONDENTS BY FSA

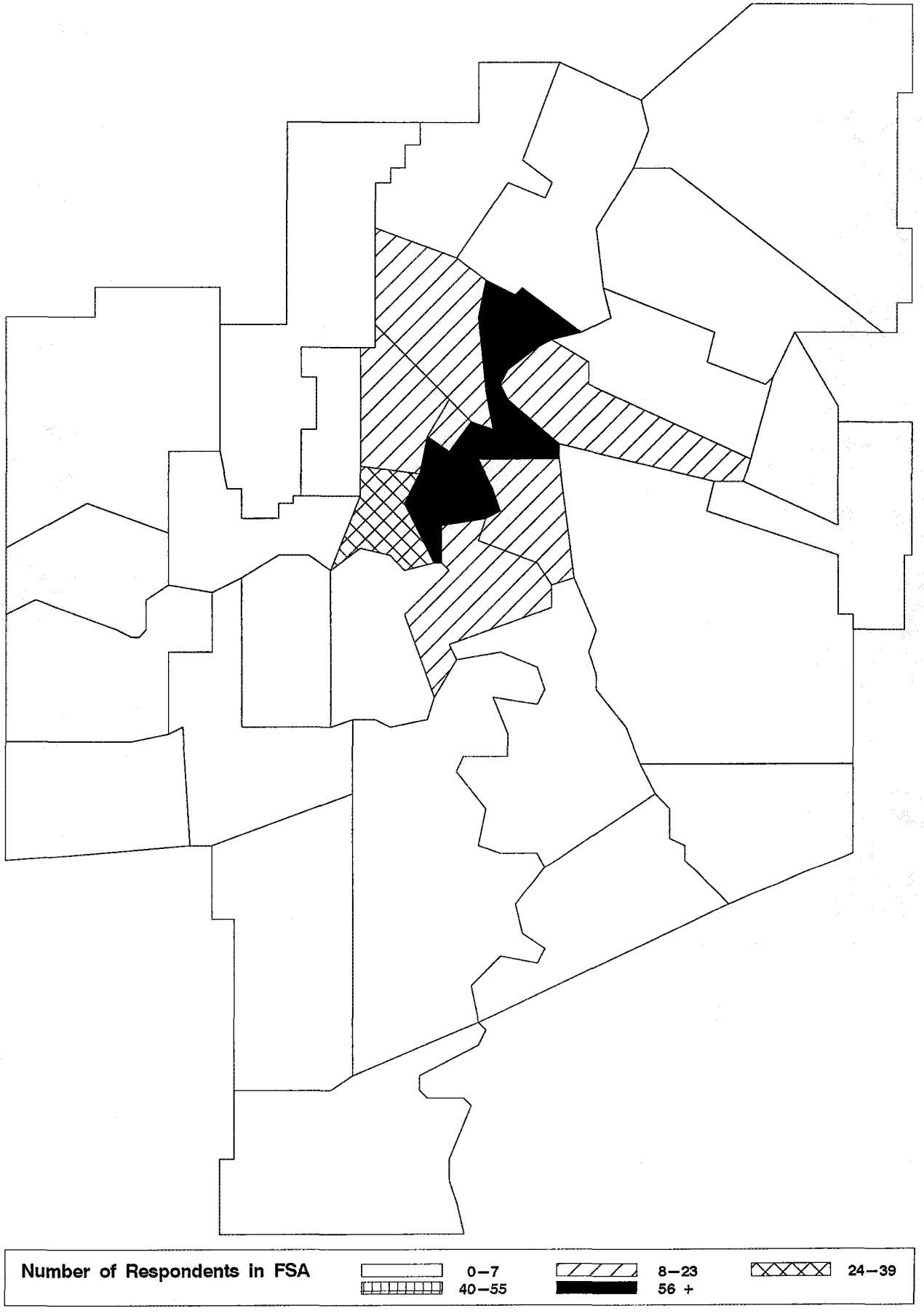


MAP 11: NUMBER OF WELFARE RECIPIENTS AMONG 1,019 SURVEY RESPONDENTS BY FSA

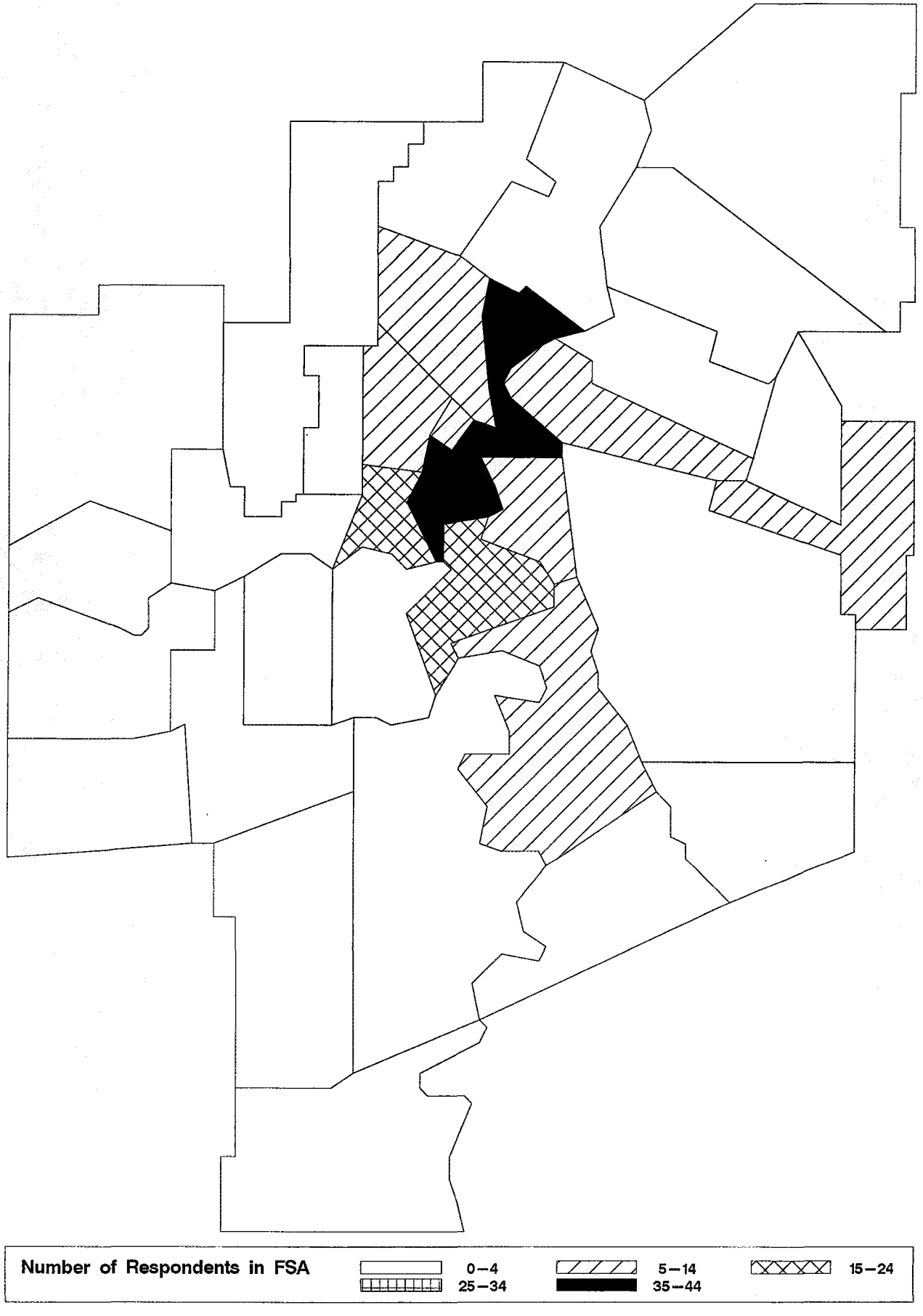


MAP 12: NUMBER OF PEOPLE ABLE AND WILLING TO WORK AMONG 1,019 SURVEY RESPONDENTS BY FSA

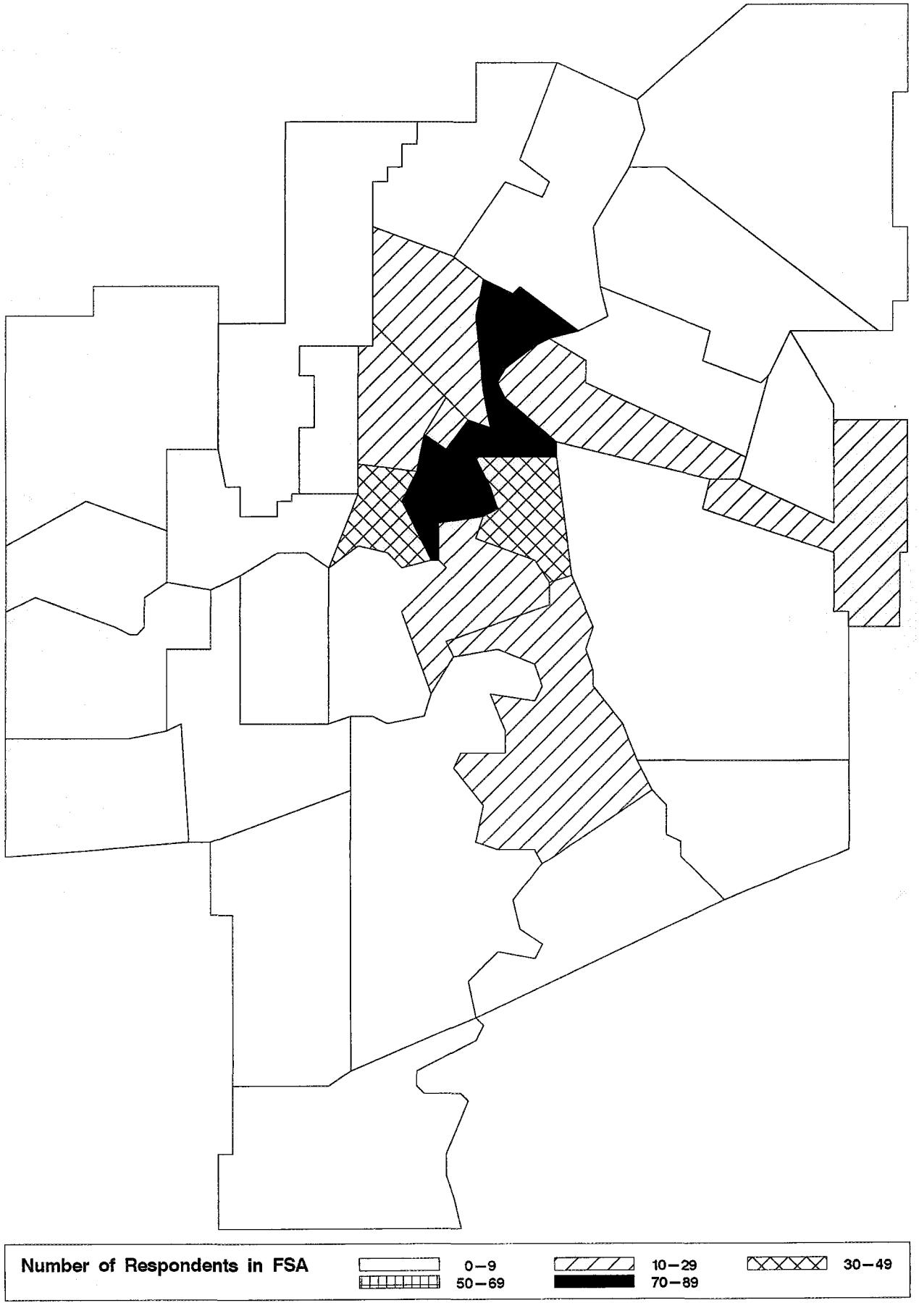
MAP 13: NUMBER OF PEOPLE WITHOUT A PHONE AMONG 1,019 SURVEY RESPONDENTS BY FSA



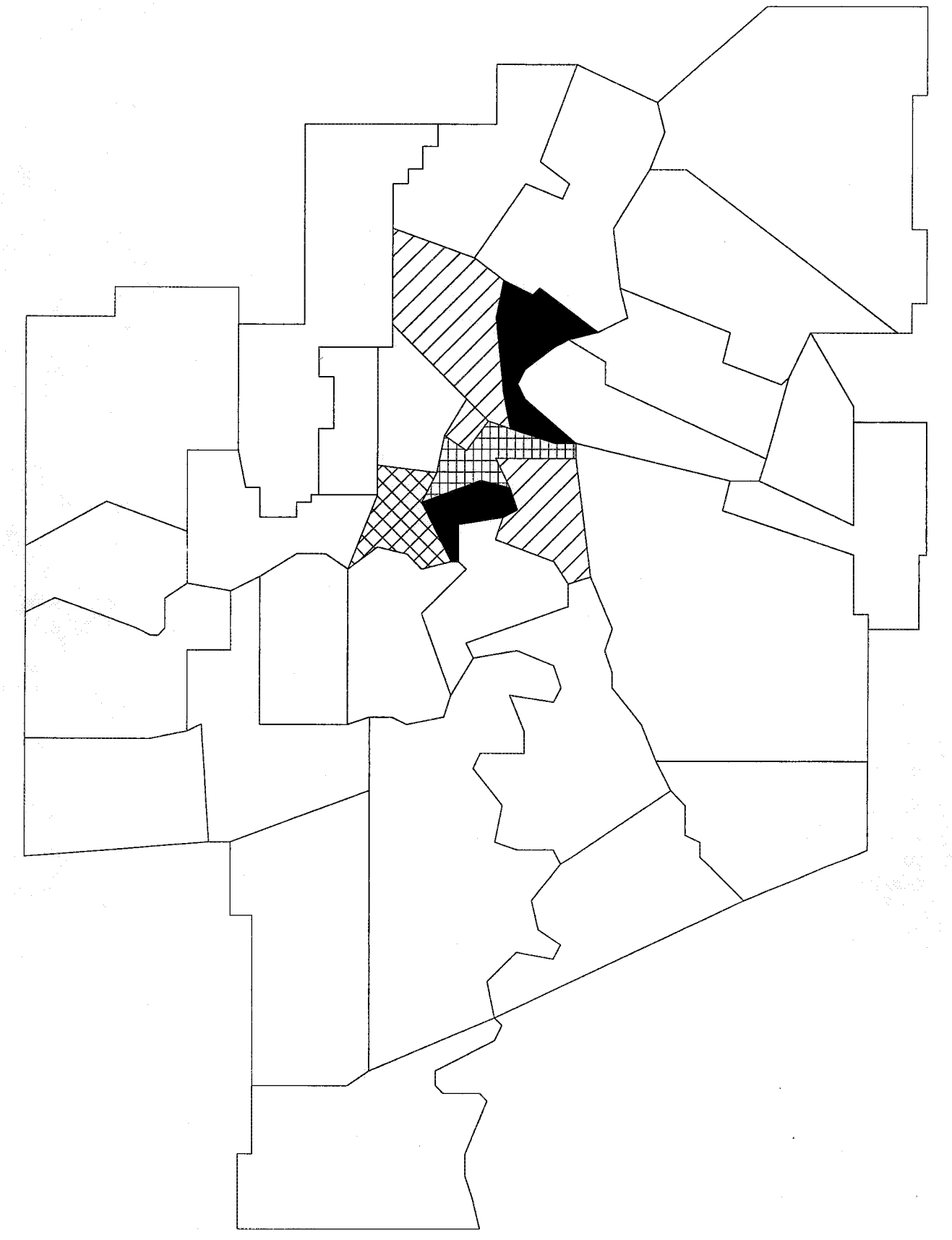
MAP 14: NUMBER OF PEOPLE REPORTING CROWDED CONDITIONS AMONG 1,019 SURVEY RESPONDENTS BY FSA



MAP 15: NUMBER OF PEOPLE WHO MOVED LAST YEAR AMONG 1,019 SURVEY RESPONDENTS BY FSA



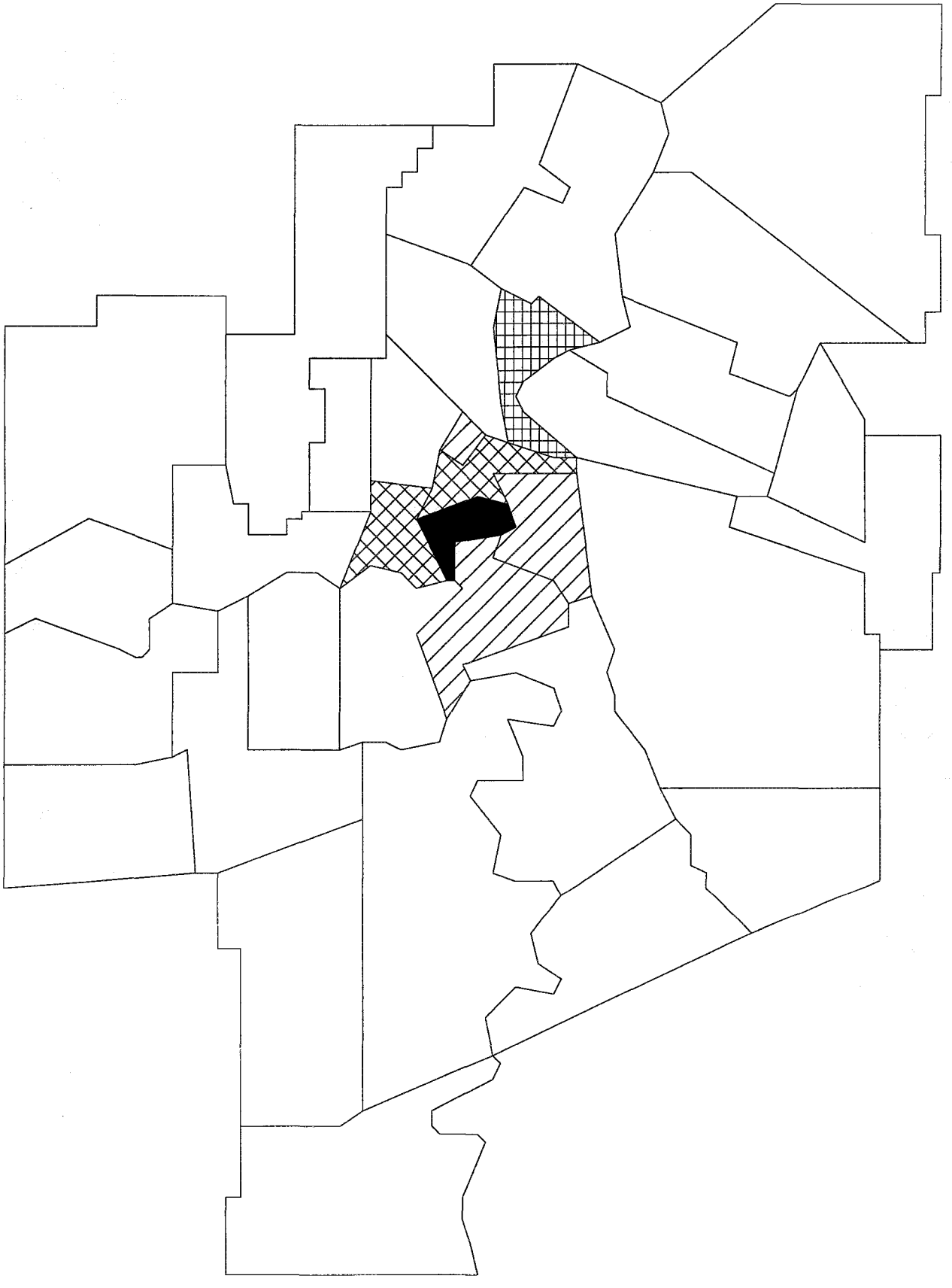
MAP 16: NUMBER OF RENTERS AMONG 1,019 SURVEY RESPONDENTS BY FSA



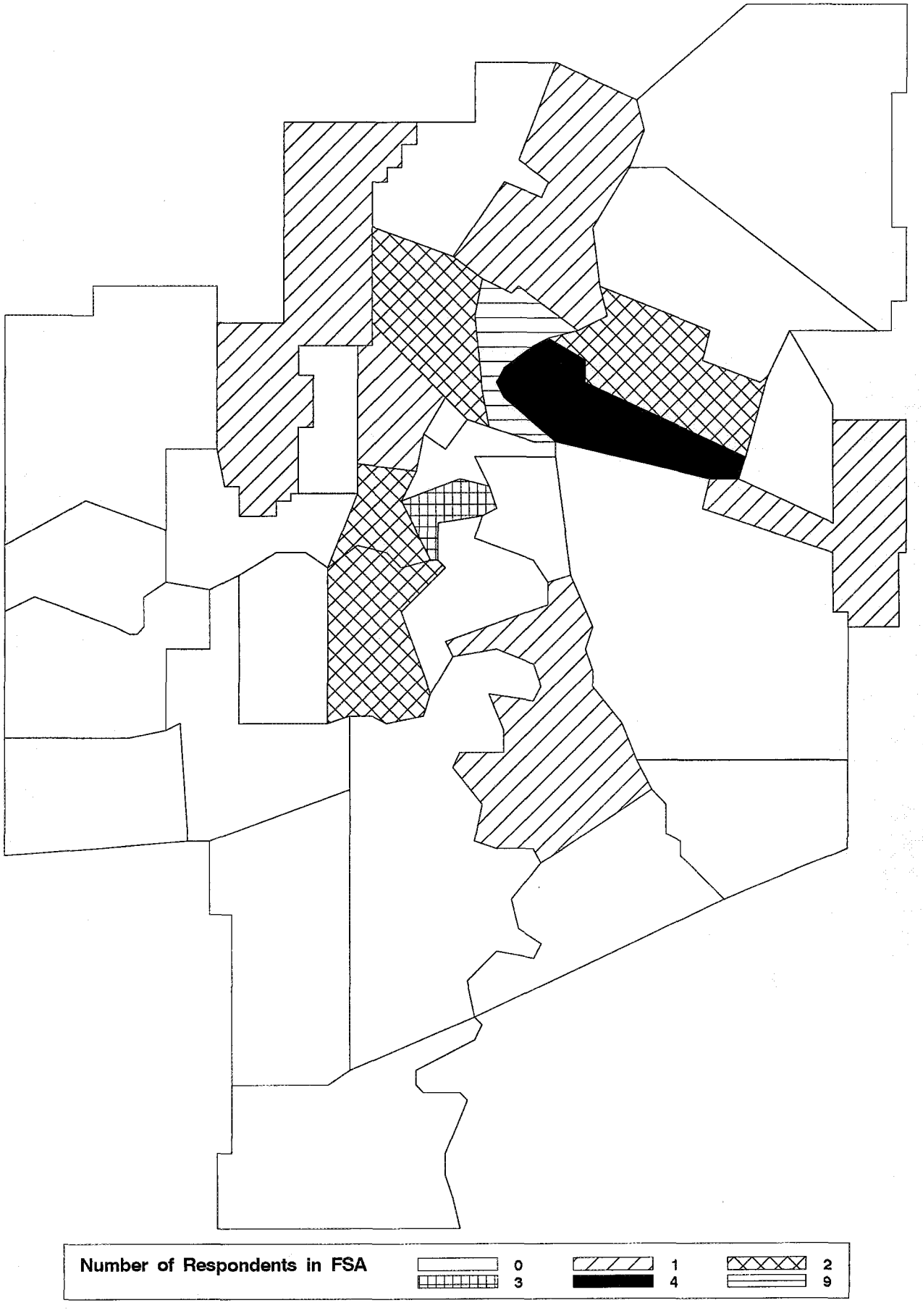
Number of Respondents in FSA

0–44
45–74
75–104
105–134
135–164

MAP 17: NUMBER OF PEOPLE USING SOUP KITCHENS AMONG 1,019 SURVEY RESPONDENTS BY FSA

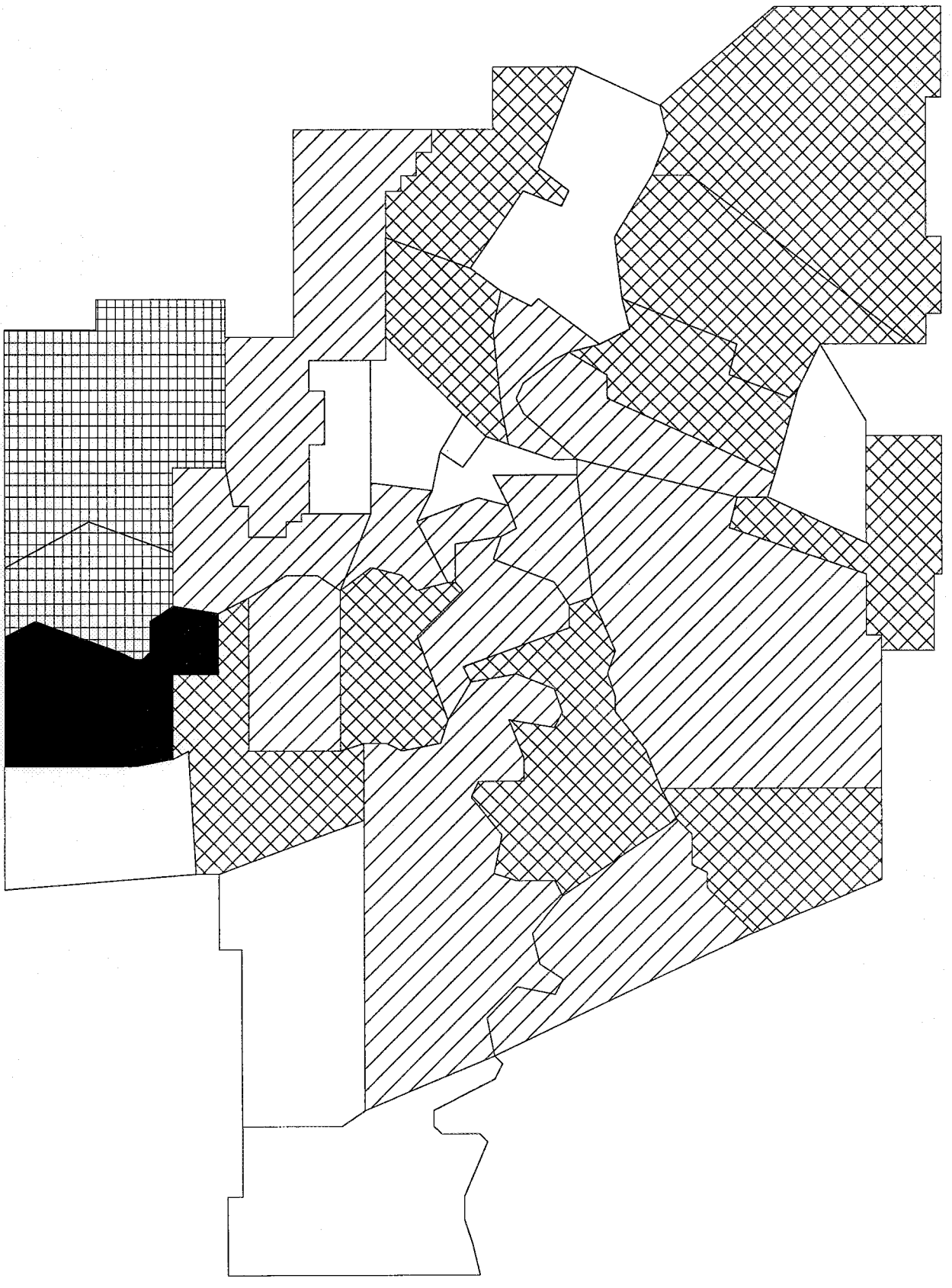


MAP 18: NUMBER OF DWELLING OWNERS AMONG 1,019 SURVEY RESPONDENTS BY FSA

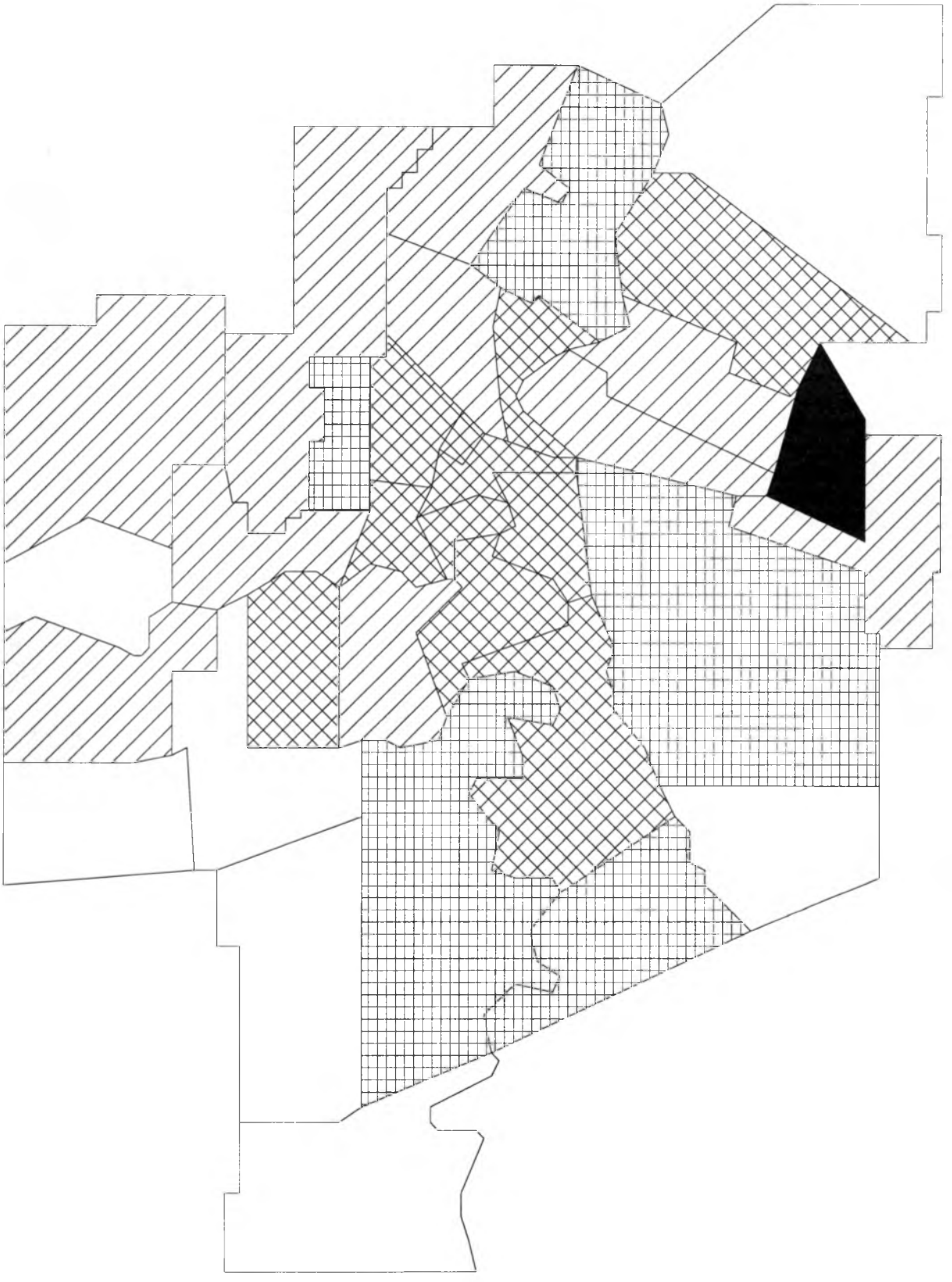


MAP 19: NUMBER OF PEOPLE WHO SAY NEXT YEAR WILL BE WORSE AMONG 1,019 SURVEY RESPONDENTS BY FSA

MAP 20: AVERAGE MONTHLY INCOME AMONG 1,019 SURVEY RESPONDENTS BY FSA



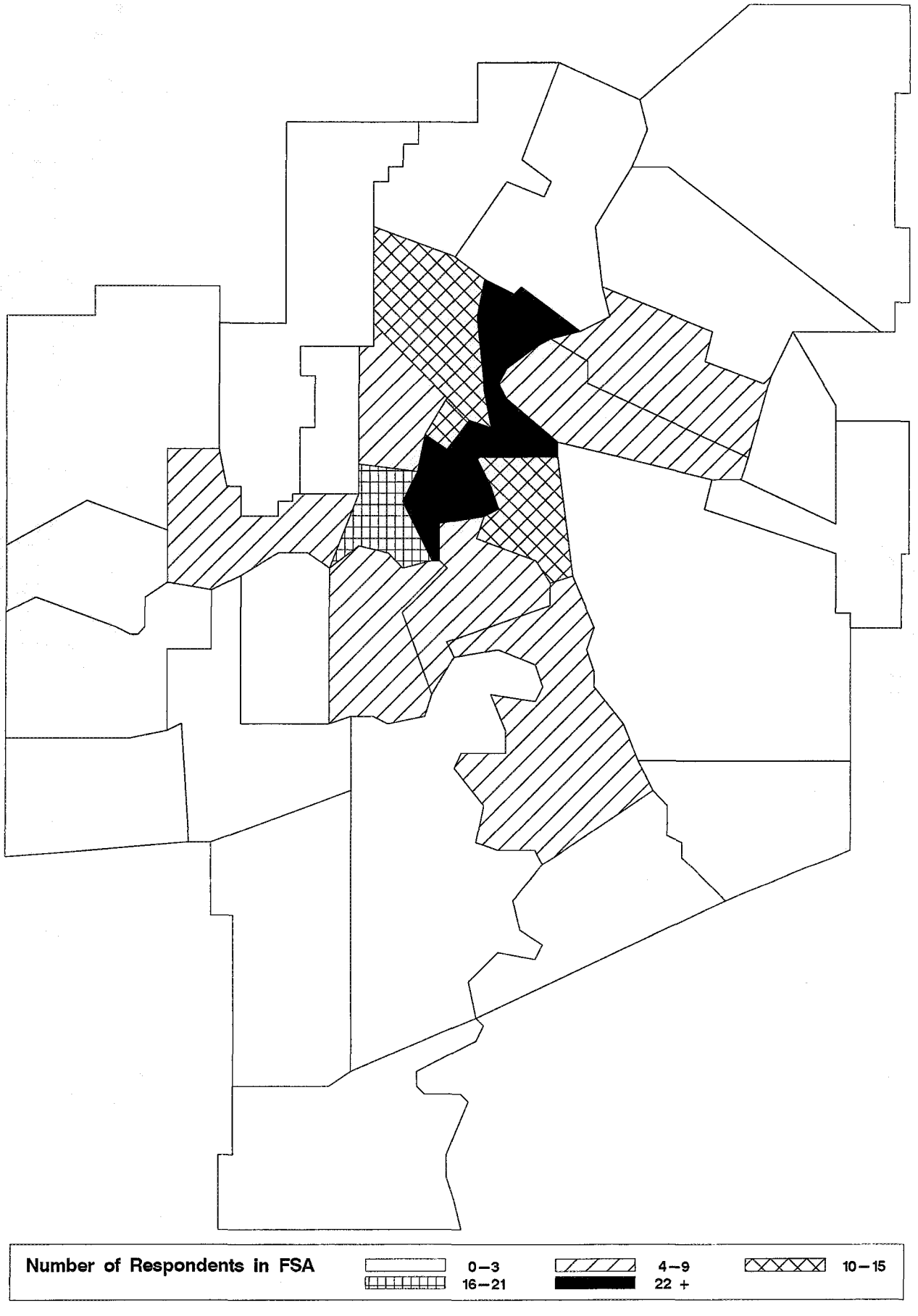
MAP 21: AVERAGE SHELTER AFFORDABILITY (RATIO OF SHELTER COSTS TO INCOME) AMONG 1,019 SURVEY RESPONDENTS BY FSA



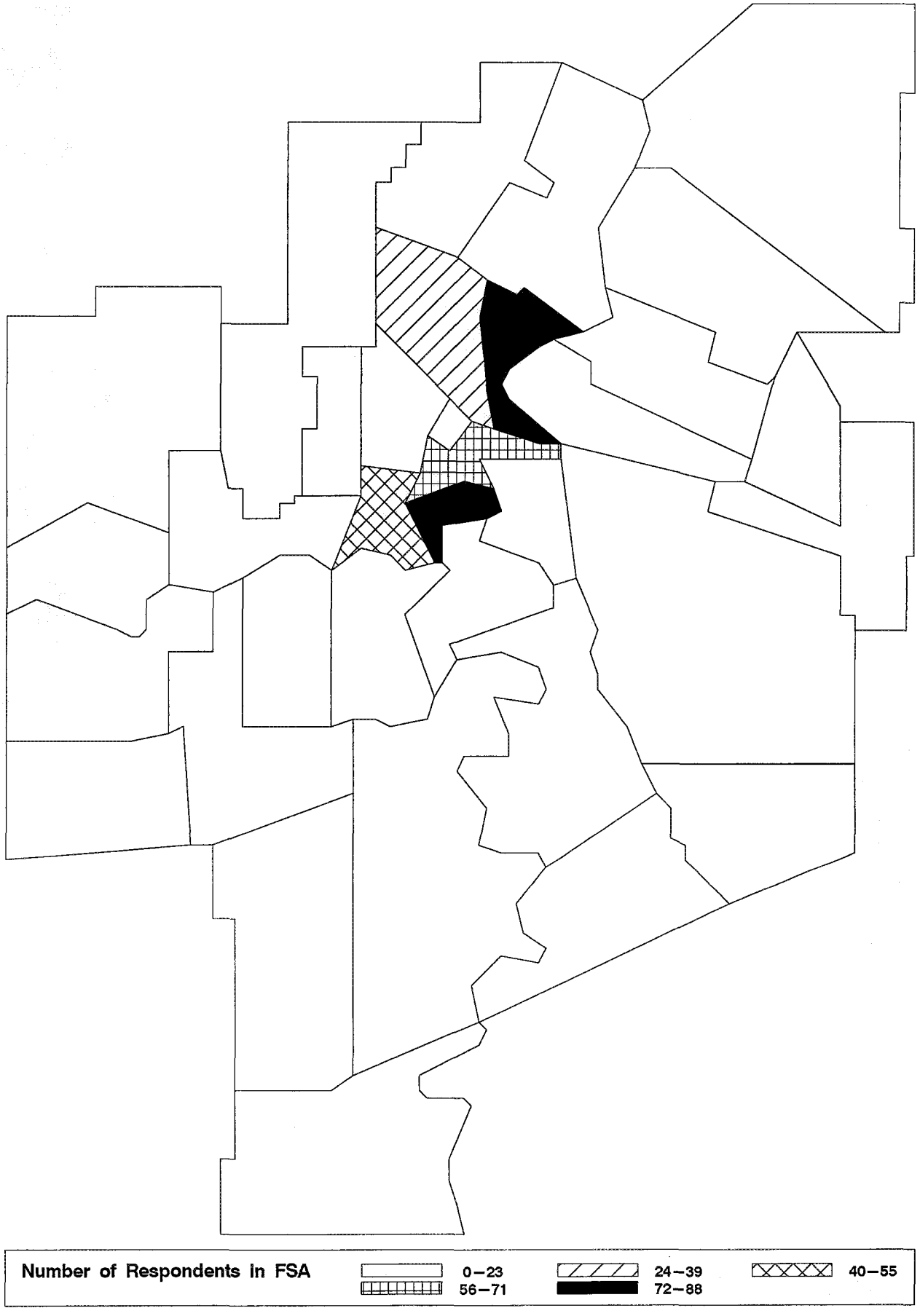
Average Shelter Affordability in FSA

< 50%
50%–69%
70%–89%
90%–109%
110%–129%

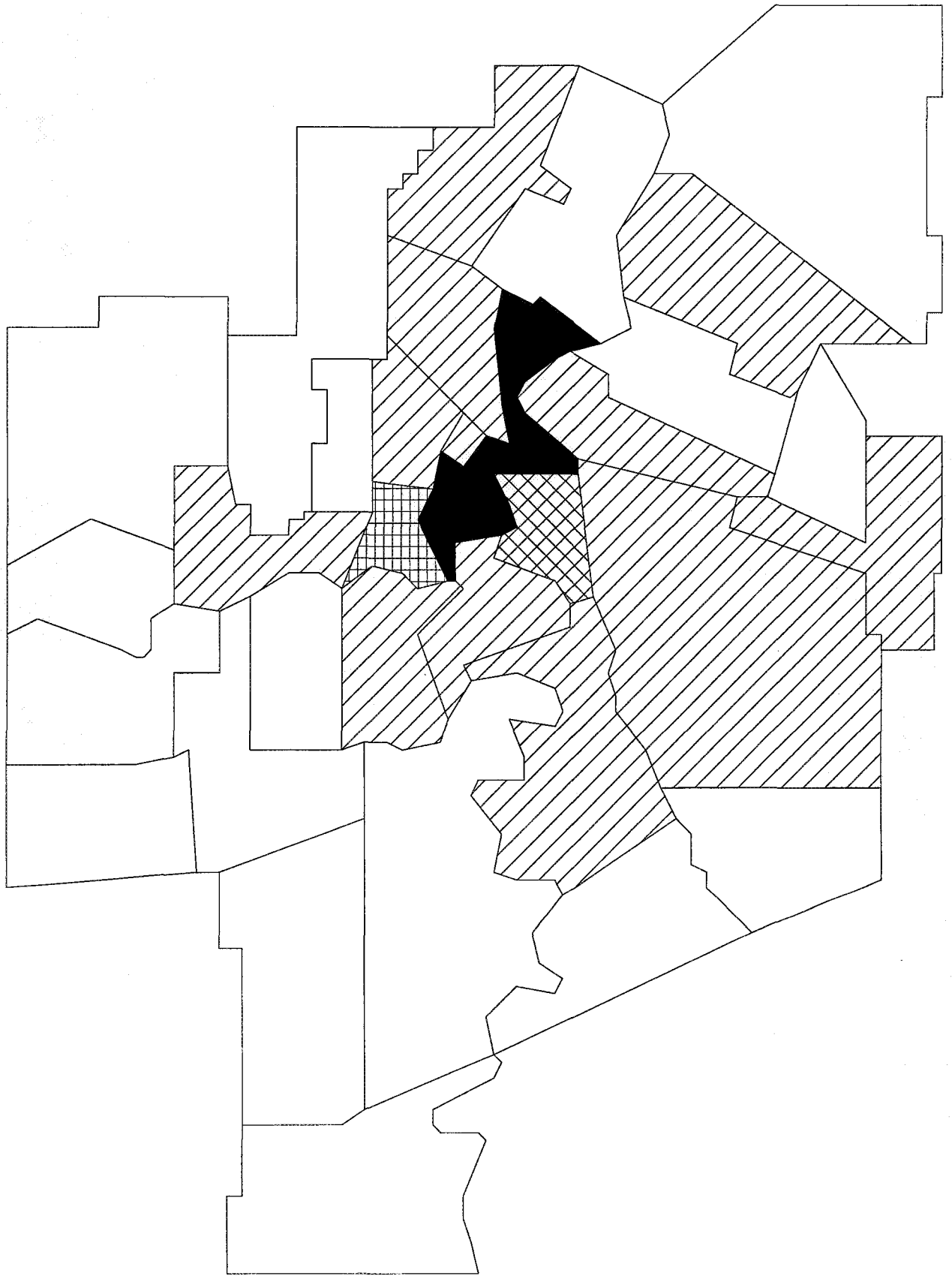
MAP 22: HOUSING IN NEED OF MAJOR REPAIRS AMONG 1,019 SURVEY RESPONDENTS BY FSA



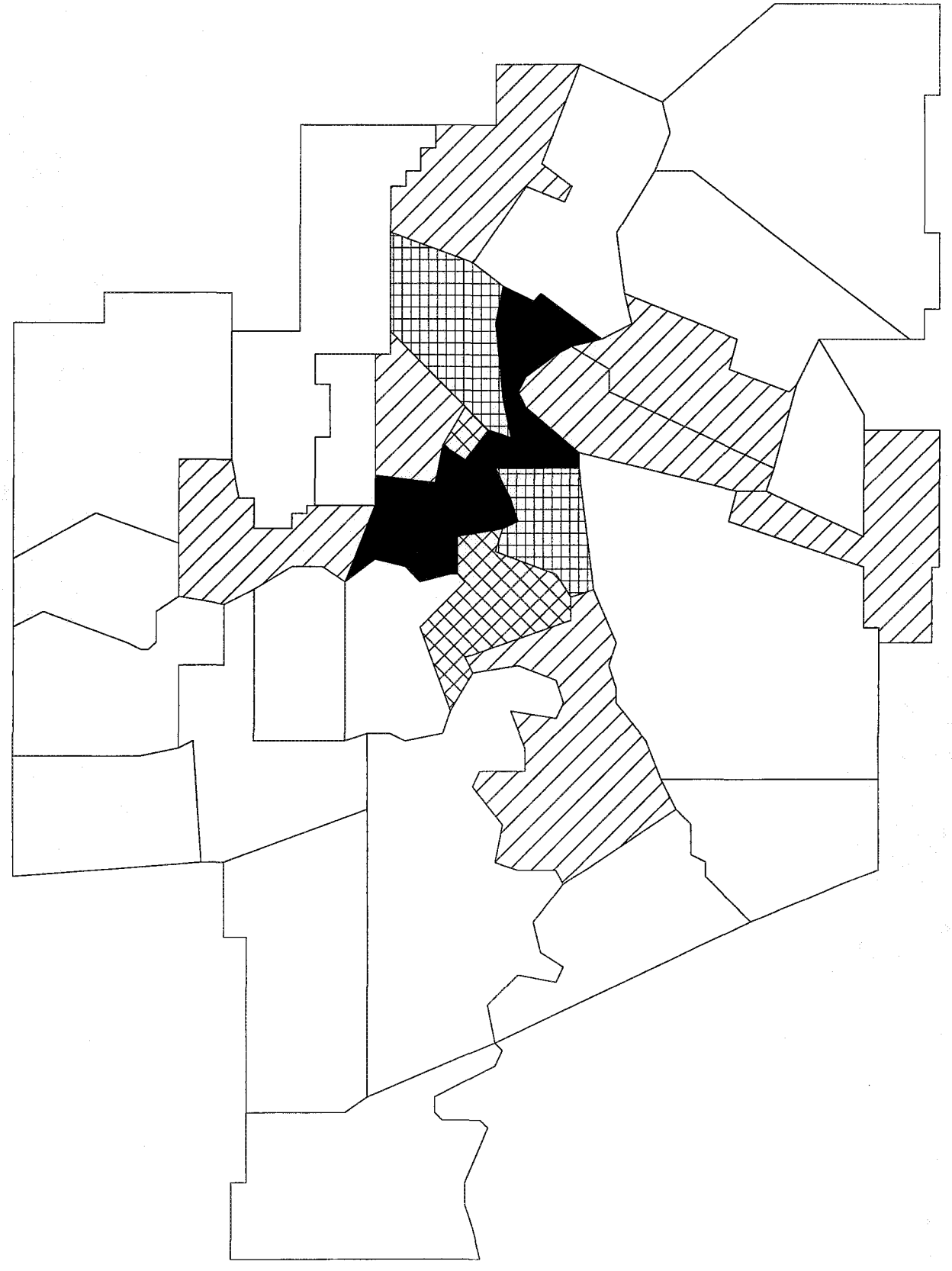
MAP 23: HOUSING RATING AS POOR/FAIR AMONG 1,019 SURVEY RESPONDENTS BY FSA



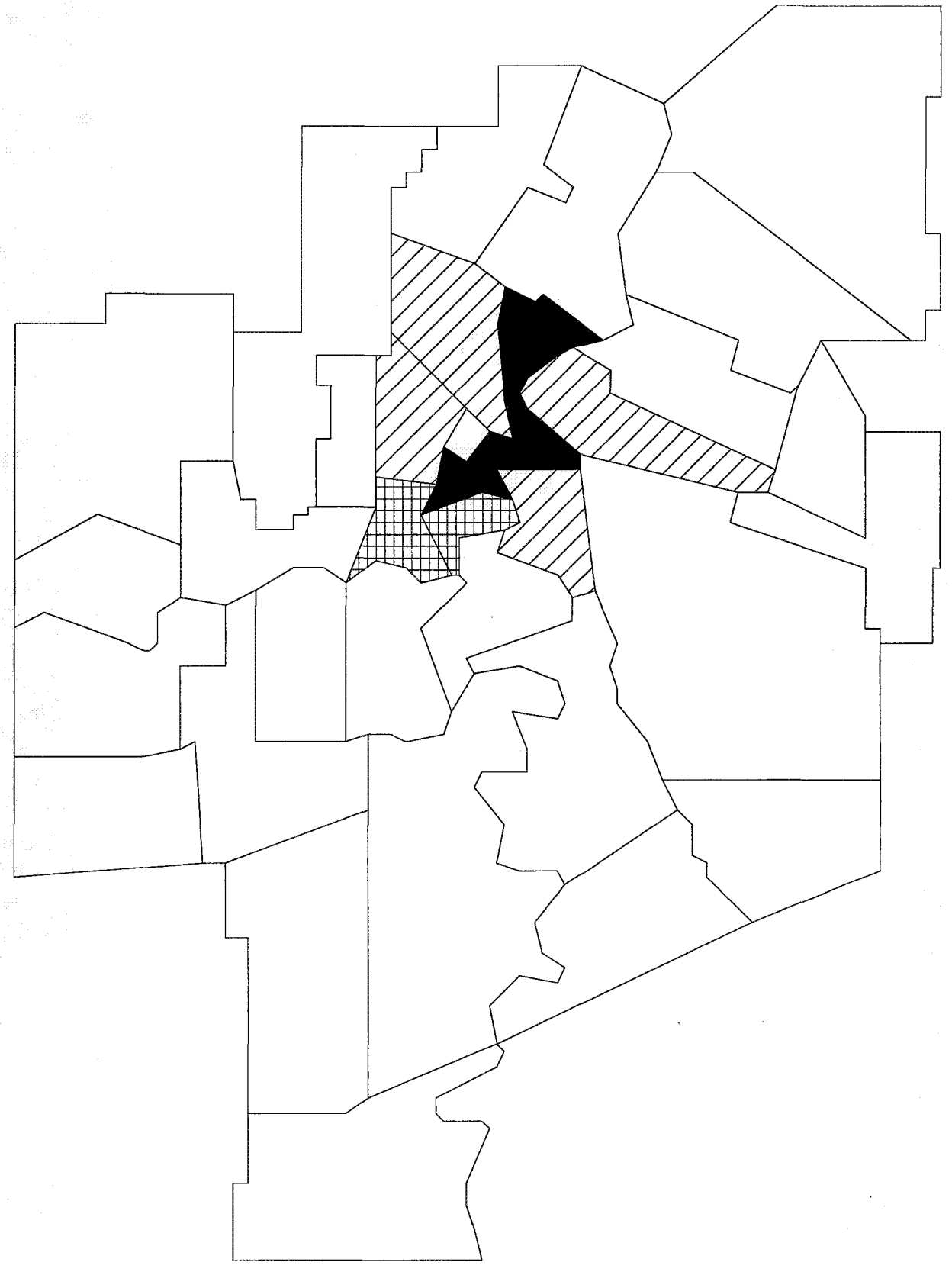
MAP 24: NUMBER OF PEOPLE DOUBLING UP AMONG 1,019 SURVEY RESPONDENTS BY FSA



MAP 25: NUMBER OF PEOPLE REPORTING HAVING PROBLEMS FINDING A PLACE TO LIVE AMONG 1,019 SURVEY RESPONDENTS BY FSA



MAP 26: NUMBER OF PEOPLE VISITING A FOOD BANK FOR THE FIRST TIME AMONG 1,019 SURVEY RESPONDENTS BY FSA



MAP 27: NUMBER OF PEOPLE USING OTHER FOOD BANKS AMONG 1,019 SURVEY RESPONDENTS BY FSA