NEW ZEALAND FOOD NETWORK



NEW ZEALAND HUNGER MONITOR 2026

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Foreword

Hunger is an immediate, human experience most of us recognise, but its causes are complex. The 2026 Hunger Monitor shows that food insecurity exists on a continuum, from confidence in having enough good food to uncertainty, compromise, disrupted eating and reduced food intake. It may be brief or occasional, repeated or persistent. Whatever the circumstances, hunger is still hunger.

This second Hunger Monitor shows that food insecurity remains widespread in Aotearoa New Zealand. Almost one in three households experienced some form of food insecurity in the past year, with no significant change from 2025. It affects working people, families with children, people living alone and households across income levels. Changes in income, housing costs, health or family circumstances can quickly affect a household's ability to put enough good food on the table.

Food insecurity reaches beyond an empty stomach. It affects health, wellbeing, dignity and participation in everyday life, often forcing difficult trade-offs between food and other essentials. Yet much of this need remains unseen, with more than half of food-insecure households never accessing formal food support. Many manage quietly by relying on family or friends, changing what they eat or going without. The number seeking support tells only part of the story.

At New Zealand Food Network, we see the consequences of food insecurity through the organisations and communities we work alongside across the motu. We established the Hunger Monitor not simply to count need, but to understand it. This second year begins to show what is changing, what is not and where we need to do better. Over time, the research will help us assess whether our collective response is making a difference.

No organisation or sector can address food insecurity alone. Government, business, funders, community organisations and individuals all have a role. We must keep food insecurity visible, talk about hunger without judgement and ground our responses in people's experiences. We thank Ipsos for its continued rigour in undertaking this research and, most importantly, the New Zealanders who shared their experiences. We also acknowledge the organisations, volunteers and communities working every day to ensure people can access food with dignity.

The value of this research will ultimately be measured not by the attention its findings receive, but by what we choose to do with them. Understanding the extent of food insecurity is a starting point. Ensuring that everyone can reliably access enough good food is a responsibility we share.

Deborah Manning
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New Zealand Food Network

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Chief Executive
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Research Context

New Zealand Food Network (NZFN) is the country's largest food support charity and national food rescue organisation that connects large-scale food surplus with communities in need. Operating distribution centres in Auckland and Christchurch, NZFN receives bulk surplus and donated food from producers, growers, and manufacturers. This food is redistributed to more than 60 food hubs, including regional food rescues, iwi organisations, food banks, and community charities, enabling them to support the people they serve. Through this network, NZFN supports over 2,000 frontline organisations across Aotearoa New Zealand.

Since its establishment in 2020, NZFN has experienced sustained growth in demand for food support. Operational experience, combined with feedback from food hubs and frontline partners, indicates that food insecurity is not only widespread but persistent, with increasing pressure on community-based food support services.

While Aotearoa New Zealand has access to a range of data on deprivation, income, health and broader socioeconomic conditions, there has been limited nationally consistent data that directly measures household food insecurity. To address this gap, NZFN commissioned the establishment of the Hunger Monitor, with a baseline in 2025 and the intention to continue to measure progress over time. This 2026 Hunger Monitor is the second measure.

The ongoing Hunger Monitor aims to strengthen the evidence base by providing:

- An authoritative source of data on the prevalence and severity of food insecurity across Aotearoa New Zealand
- A deeper understanding of the lived experience of food insecurity, including household characteristics, risk factors, and coping behaviours

The Hunger Monitor assesses food insecurity using the well-established Household Food Security Survey Module (HFSSM) developed by the United States Department of Agriculture (USDA). This internationally recognised tool evaluates food security at the household level, focusing on the economic and social conditions that constrain, disrupt, or create uncertainty around reliable access to adequate food.

Findings from this research will be used to:

- Inform operational planning so NZFN can respond more effectively to patterns and severity of food insecurity.
- Support evidence-based policy input, programme design, and collaboration across the food rescue and food support sector.
- Better target NZFN activity and resources to communities experiencing the greatest need.
- Monitor change over time and assess the impact of interventions aimed at improving food security.

Executive Summary

The 2026 Hunger Monitor provides an updated assessment of food insecurity in Aotearoa New Zealand, building on the baseline established in 2025. The findings show that food insecurity remains widespread, with 31% of households experiencing moderate or severe food insecurity, statistically unchanged from 33% in 2025. Some 17% are severely food insecure, experiencing disrupted eating patterns and reduced food intake.

Food insecurity continues to be experienced unevenly. Rates are particularly high among single-parent households (64%), Pacific peoples (59%), renters (53%), and low-income households (48%). Households with a disabled member also experience substantially higher food insecurity than those without (42% compared with 28%).

There are, however, some signs of improvement in the frequency of hardship. Among food-insecure households, 42% experienced difficulty affording food multiple times per month, significantly lower than 50% in 2025. Transitory (short term and infrequent) food insecurity increased, while episodic (short term and frequent) and persistent (long term and frequent) food insecurity declined. Despite this, food insecurity remains a relatively recent experience for many, with 66% first experiencing it within the past year.

Awareness of food support has improved, with 58% now knowing where they could seek help, compared with 54% in 2025. However, formal support reaches only part of the population experiencing need: 46% of food-insecure households have ever received formal food support and 23% received it in the past year. Embarrassment and shame remain the most common barriers to seeking assistance.

The 2026 Hunger Monitor explored the relationship between physical and mental health and food security. Food-insecure New Zealanders reported lower levels of mental and physical health than those who are food secure. While the vast majority (85%) of food-secure New Zealand households have been able to afford balanced meals, this fell to just 12% among food-insecure households. For food-secure households with children, almost all (97%) were able to afford to feed their children balanced meals, compared to just 38% of food-insecure households.

The 2026 Hunger Monitor reinforces the importance of maintaining a robust and ongoing evidence base on food insecurity in Aotearoa New Zealand. Building on the 2025 baseline, it enables us to track how experiences of food insecurity are changing over time, identify where need is greatest, and inform more targeted and effective responses. At a time when food insecurity remains a significant challenge, this ongoing evidence is critical to keeping the issue visible and supporting sustained, data-informed action.

Study Design

The 2026 Hunger Monitor research was conducted between 27 July and 20 August 2026, through an online survey of n=3,000 New Zealanders aged 18+ years. The sample is nationally representative, with quotas used for age, gender, region, ethnicity, and household income.

The data was weighted to nationally representative proportions of age, gender, region, ethnicity, and household income based on the 2023 Census. A summary of the achieved sample profile is detailed in the table below.

Table 1: Summary of final achieved sample profile by key demographic target

		Sample size	Weighted proportion
Gender	Male	*1,417*	49%
	Female	*1,573*	51%
	Another gender	*8*	0%
Age	18–24	*363*	11%
	25–34	*619*	18%
	35–44	*602*	17%
	45–54	*510*	16%
	55–64	*400*	16%
	65–74	*293*	13%
	75+	*213*	9%
Region	Northland	*97*	4%
	Auckland	*1,083*	33%
	Bay of Plenty	*177*	7%
	Waikato	*278*	10%
	Gisborne	*22*	1%
	Hawke's Bay	*101*	3%
	Taranaki	*70*	2%
	Manawatū-Whanganui	*143*	5%
	Wellington	*332*	11%
	Nelson/Marlborough/Tasman	*84*	3%
	Canterbury	*402*	13%
	West Coast	*17*	1%
	Otago	*149*	5%
	Southland	*45*	2%

		Sample size	Weighted proportion
Ethnicity	European	*2,159*	74%
	Māori	*493*	15%
	Pacific peoples	*270*	7%
	Asian	*531*	17%
	Other	*44*	2%
Household income	Low (≤$64,999)	*1,116*	38%
	Medium ($65,000–$155,999)	*1,132*	36%
	High (≥$156,000)	*612*	22%

In 2026, there were n=6 respondents who selected *'don't know'* across the core HFSSM question set and were, therefore, removed from this analysis. This means that the base size for these questions to measure the prevalence of household food security over the past 12 months is n=2,994.

A total of 1,015 respondents were identified through the HFSSM as being from moderately and severely food-insecure households. This group continued to answer a deep-dive module about their experience living with food insecurity over the last 12 months.

In the USDA Guide to Measuring Household Food Security, the household experience with food security is categorised into four segments:

- Highly food secure
- Marginally food secure
- Moderately food insecure
- Severely food insecure

The definition of each category and HFSSM indicators used for classification can be found in the Appendix.

Significance testing

Significant differences are identified using two-tailed statistical tests at the 95% confidence level. This tests for differences in either direction, meaning a result may be significantly higher or significantly lower. A difference is marked as significant where the probability of observing a difference of that size through random sampling variation alone is less than 5%, assuming there is no true difference between the groups.

The calculation considers the underlying unrounded percentages and the number of respondents answering the question. Results based on larger groups have smaller standard errors and can be estimated more precisely, while results based on smaller groups are subject

to greater uncertainty. Therefore, two groups displaying the same rounded percentage may not both be significantly different from the total if their base sizes, underlying unrounded results, or comparison percentages differ.

The symbol **^** indicates that a result is significantly higher than the total, while **ᵛ** indicates that it is significantly lower. Significance markers are only shown where the percentage difference is greater than or equal to 5%. The maximum margin of error for the total sample, at the 95% confidence level, is ±1.8%. Margins of error are larger for smaller subgroups.

Rounding

Percentages shown in charts and tables are rounded to the nearest whole number. As a result, percentages in a stacked bar may add to 99% or 101%, rather than exactly 100%.

Similarly, NETT results are calculated using the underlying unrounded figures, rather than by adding the rounded percentages displayed on the chart. A NETT percentage may therefore differ by + / - 1 percentage points from the apparent sum of its component categories.

Results may also not add to 100% where respondents could select more than one answer, or where responses such as *don't know, prefer not to say,* or *not stated* have been excluded from the chart or table.

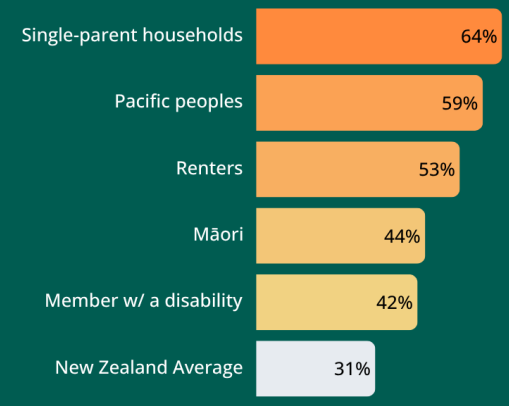
2026 HUNGER MONITOR
AT A GLANCE

NEW ZEALAND FOOD NETWORK

Food insecurity remains pervasive across Aotearoa

Nearly **one in three** (31%) New Zealand households were found to be **moderately** or **severely food insecure.** Households with children were more likely to be food insecure (43%).

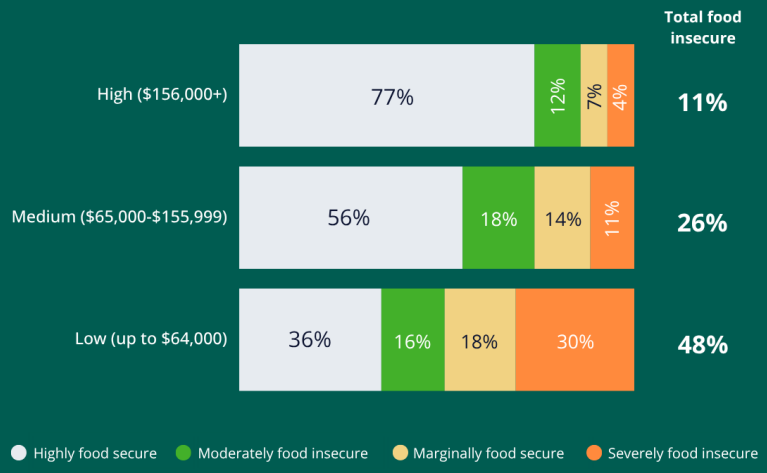
Some households are **more likely** to face food insecurity than others. Close to **two thirds** of **single parent households** (64%) were found to be food insecure



Pasifika households, people who rent their homes, and households with children were more likely to be food insecure **even among medium and high incomes**

Food insecurity is especially prevalent among **low-income households**. **Close to half** (48%) were found to be food insecure, with **30%** being **severely food insecure**

However, food insecurity is still felt **across all income levels**, with **over a quarter** (25%) of medium-income households and **one in ten** (11%) high-income households facing food insecurity



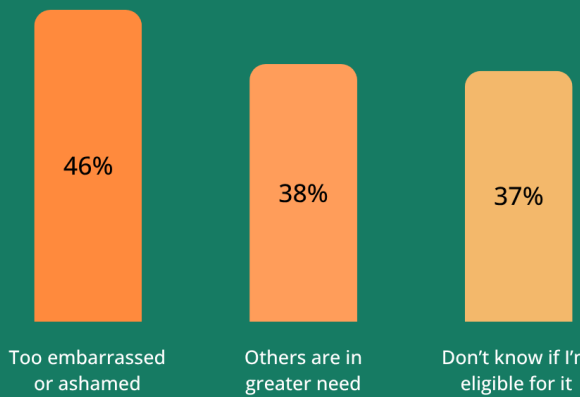
Several barriers prevent seeking food support

More than half (54%) of food-insecure households have **never received formal food support**

Embarrassment remains the **number one barrier** preventing food-insecure households from seeking food support from formal organisations

Uncertainty about eligibility is also a key barrier, with **more than a third** (37%) saying they have avoided seeking food support for this reason

Top 3 barriers to seeking formal food support



Food-insecure households reported poorer health

Both physical and mental health ratings were **significantly lower** among food-insecure households

45%
Of those who are severely food insecure rate their **physical health** as *fair or poor,* compared to **21%** of food-secure households

54%
Of those who are severely food insecure rate their **mental health** as *fair or poor,* compared to **17%** of food-secure households

Four in five (87%) food-insecure households **could not afford balanced meals** often or sometimes

One in five (22%) severely food-insecure pet owners have **skipped meals altogether** so that their pets could eat instead

The 2026 Hunger Monitor is the second annual wave of a survey conducted by Ipsos on behalf of the NZ Food Network. 3,000 New Zealand adults were surveyed, with results weighted to reflect the national population. A deep-dive module was also completed by 1,015 respondents from food-insecure households. See the full report for further information and results.

Ipsos

2026 Hunger Monitor

What is food insecurity?

Food insecurity describes a household's lack of consistent access to enough suitable food to meet their everyday needs. It is not limited to running out of food; it also includes worrying about being able to afford food, buying less varied or nutritious options, reducing portion sizes, skipping meals, or going without. It can also involve difficulty accessing food that meets a household's dietary or cultural needs in a way that preserves choice and dignity.

To measure food insecurity in Aotearoa New Zealand, respondents were asked a series of questions drawn from the United States Department of Agriculture's Household Food Security Survey Module, or HFSSM. The full module uses 18 questions to capture experiences of food access across a range of severity, from concerns about food running out to adults or children eating less than they need. Responses are combined to classify households into food security segments. More detail on the questions and calculation of these segments can be found in the Appendix.

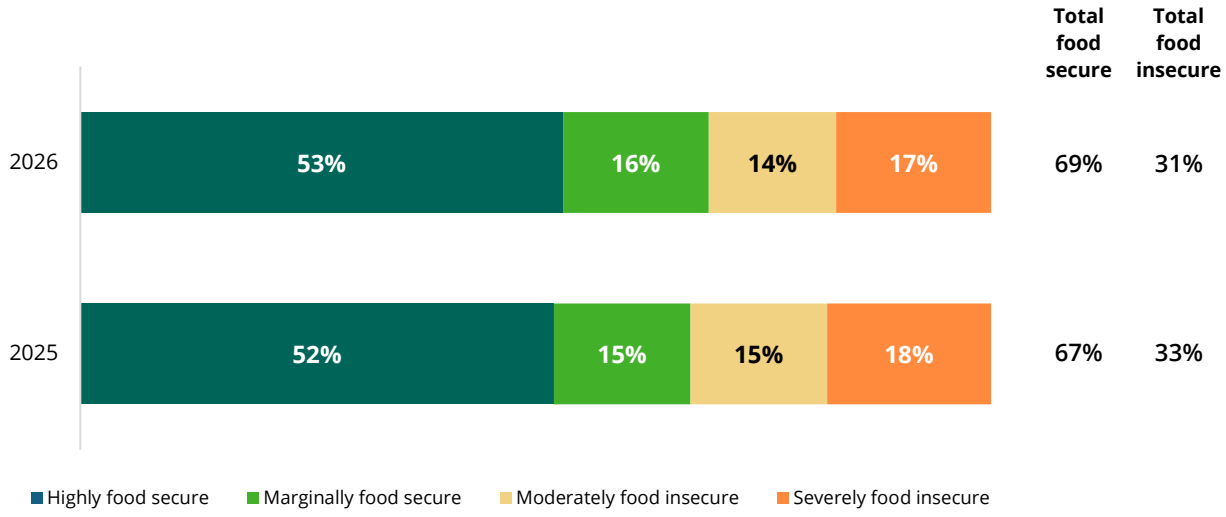
Throughout this report, food security status is separated into four segments per the HFSSM, grouped by *food secure* and *food insecure.*

	Level of food insecurity	Definition
Food secure	Highly food secure / High food security	No reported indications of food access problems or limitations.
	Marginally food secure / Marginal food security	One or two reported indications – typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.
Food insecure	Moderately food insecure / Low food security	Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
	Severely food insecure / Very low food security	Reports of multiple indications of disrupted eating patterns and reduced food intake.

Food insecurity in Aotearoa

Levels of food insecurity remain pervasive among New Zealand households, and have seen no significant improvement since the 2025 wave of the Hunger Monitor. Just under a third (31%) were found to be food insecure, on par with 33% in 2025. This comprised 14% experiencing moderate food insecurity (reports of reduced quality, variety, or desirability of diet), and 17% experiencing severe insecurity (multiple indications of disrupted eating patterns and reduced food intake).

Chart 1: USDA food security segments by year



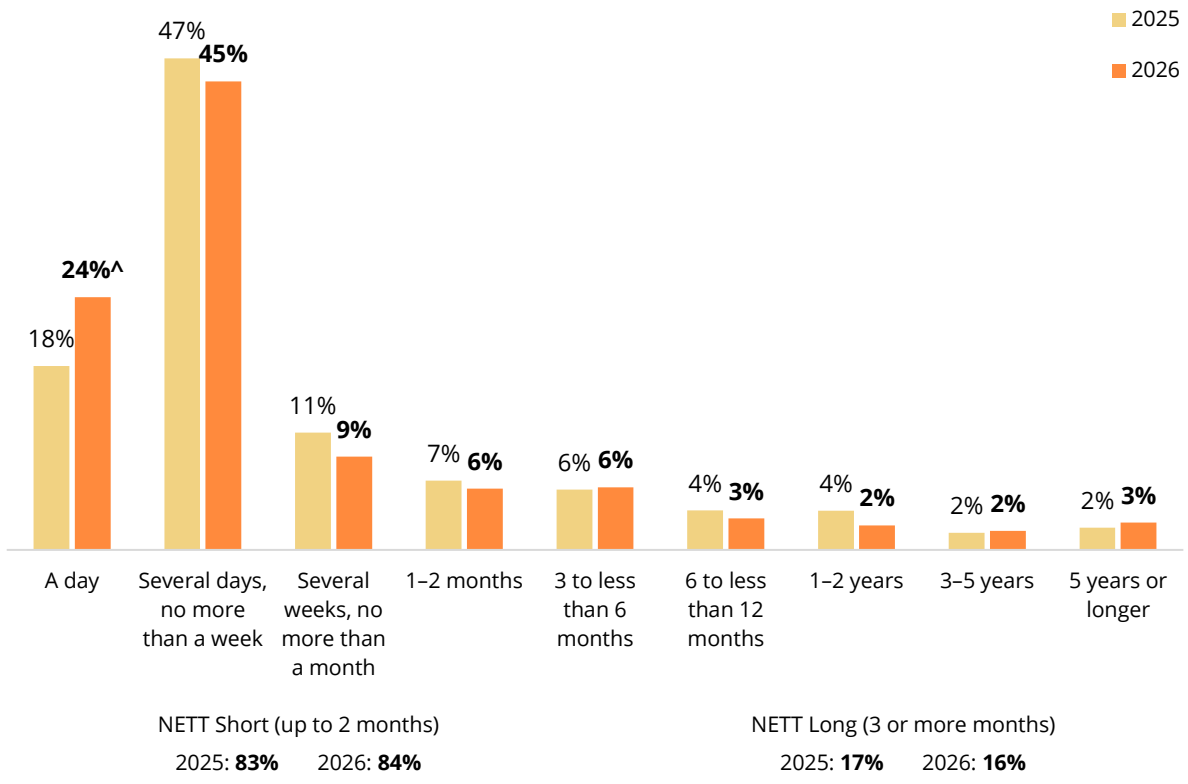
*__USDA Food Security Summary – Base:__ Total respondents (2025: n=3,000, 2026: n=2,994). __*Note:__ In 2026 n=6 respondents selected* 'don't know' *across the HFSSM question set, thus are excluded from this breakdown. __Note:__ ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

How do experiences of food insecurity vary?

Food insecurity exists on a continuum and can vary in duration, frequency, severity, and impact, including within the same household over time. While some households experience prolonged or frequent periods of food insecurity, for others it may occur in shorter or more occasional episodes. However, a brief or intermittent experience does not make it inconsequential. Any period in which a household cannot afford enough food can require difficult compromises and have a real impact on those affected.

When asked about the most recent period of inability to afford enough food, a majority (70%) of food-insecure households stated that this period lasted for several days or less. While most periods of insecurity (84%) were relatively short-term (lasting for up to two months), close to one in five (16%) households experienced periods of food insecurity lasting longer than that – three months or more. These findings are very similar to 2025. However, respondents were more likely to report not being able to afford enough food for the duration of a day in 2026 (24%) compared to 2025 (18%).

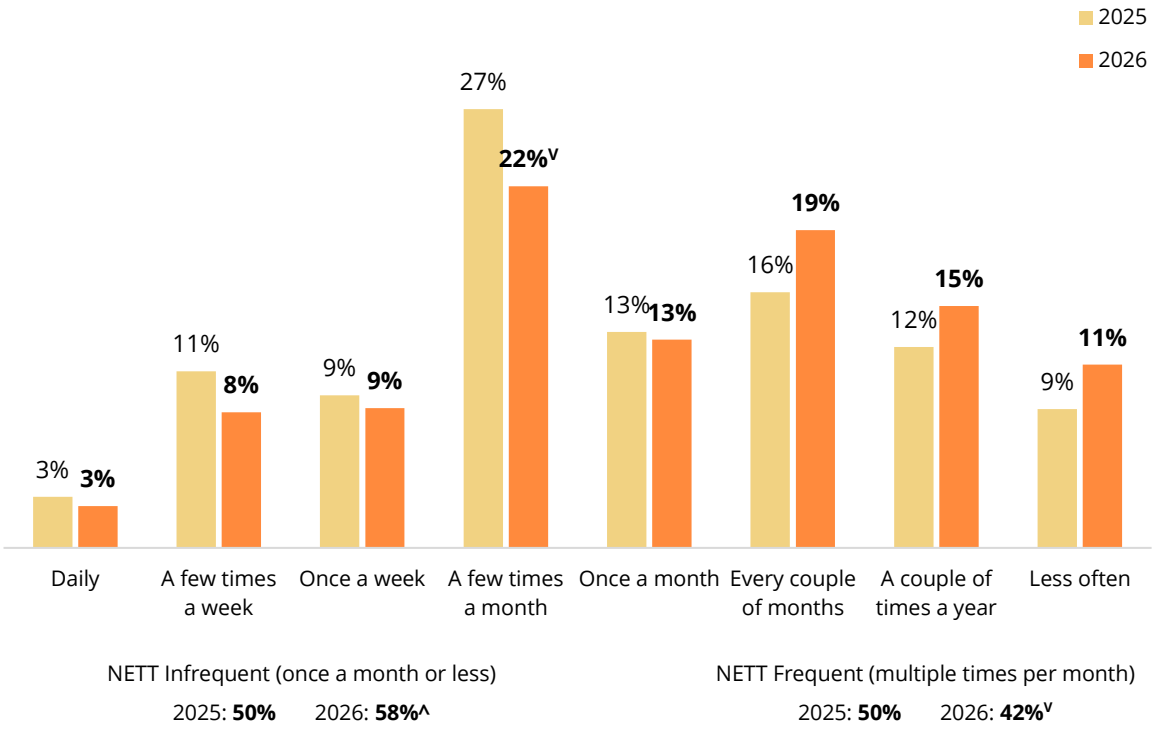
Chart 2: Duration of being unable to afford enough food



*Q38: Thinking of the last time you couldn't afford enough food, how long were you in that situation? – **Base:** Food-insecure households (2025: n=1,023, 2026: n=1,015). **Note:** ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

The frequency of these experiences also varied. In 2026, food-insecure households were more likely than in 2025 to experience food insecurity occasionally, defined as once a month or less (58%, compared with 50%). Correspondingly, the proportion experiencing it frequently decreased significantly, from 50% in 2025 to 42% in 2026. While this shift may indicate that food insecurity was less frequent for some households, around two in five still experienced it regularly, and even occasional periods represent times when households were unable to afford the food they needed.

Chart 3: Frequency of being unable to afford enough food



Q37: And in the last 12 months, how often have you found yourself in such a situation(s)? – Base: Food-insecure households (2025: n=1,023, 2026: n=1,015). Note: ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

"Just went hungry for 4 days. Each week this happens. I have 3 cats. They go hungry too. I'm trying to find a place closer to a rural township."

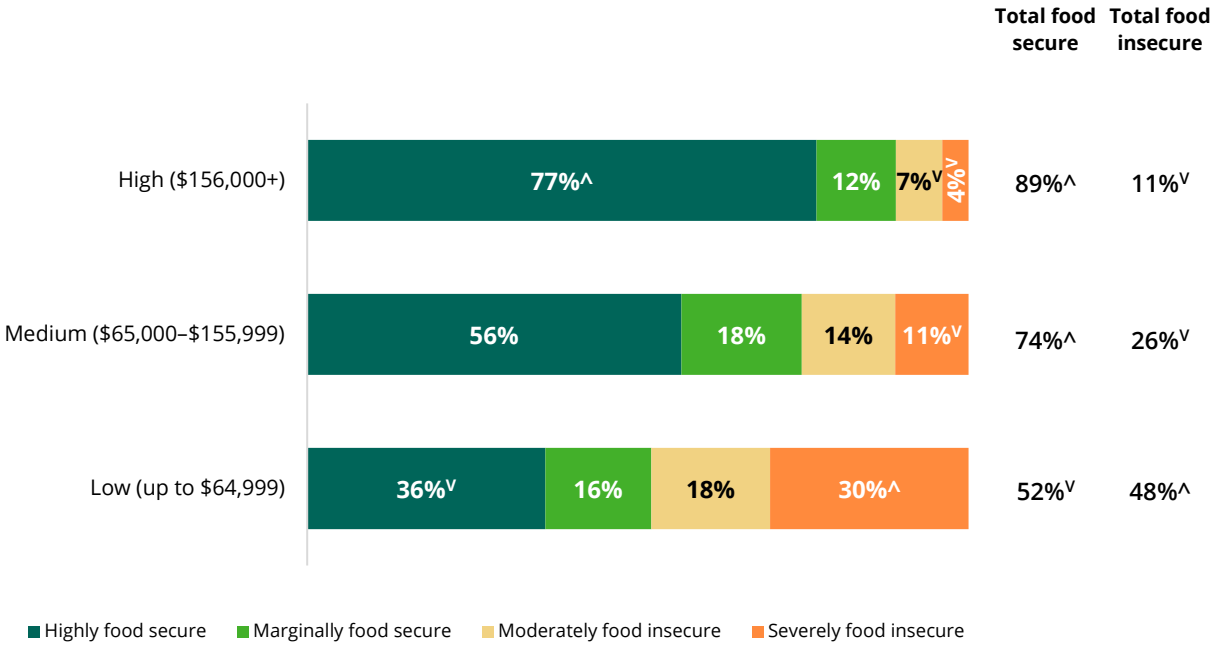
"It's happened a few times over the last couple of weeks. It's hard and stressful. I'm lucky that I do have help from relatives at time which has pulled me through it. A lot of the times it happened I didn't know what to do."

Food security across subgroups

Income, employment status, and income adequacy

Food insecurity was significantly more prevalent among low-income households, with almost half (48%) reporting food insecurity, and 30% reporting *severe* food insecurity. Consistent with 2025 findings, food insecurity was still felt among medium- and high-income households; a quarter (26%) of middle-income households reported facing food insecurity, as did one in ten (11%) high-income households.

Chart 4: USDA food security segments by household income



USDA Food Security Summary – Base: *Total respondents (2026: High income [n=611], Medium income [n=1,132], Low income [n=1,112]).*
Note*: ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

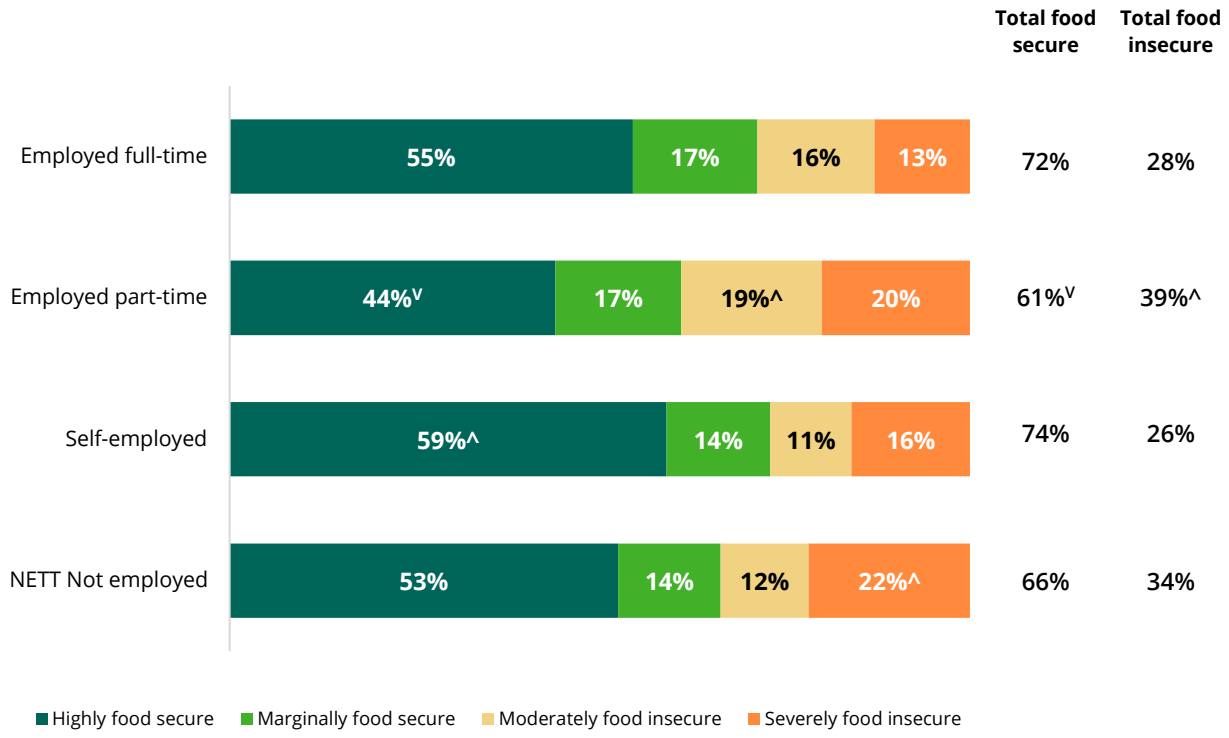
"I earn too much to qualify for assistance, but how is that possible since I can't afford to eat?"

"I do feel a bit of shame wanting to source support because I work full time for a government department. I would apply for it if delivery or pick up was discreet."

"My income hasn't increased in the past year but my expenses in nearly every category have."

Those not in paid employment continued to report the highest levels of severe food insecurity, with nearly a quarter (22%) being *severely* food insecure. Part-time employees faced higher levels of overall food insecurity – just under two in five (39%). However, food insecurity was not exclusive to any employment status – more than a quarter (28%) of those employed full-time were food insecure, as were a similar proportion (26%) of those who were self-employed.

Chart 5: USDA food security segments by employment status

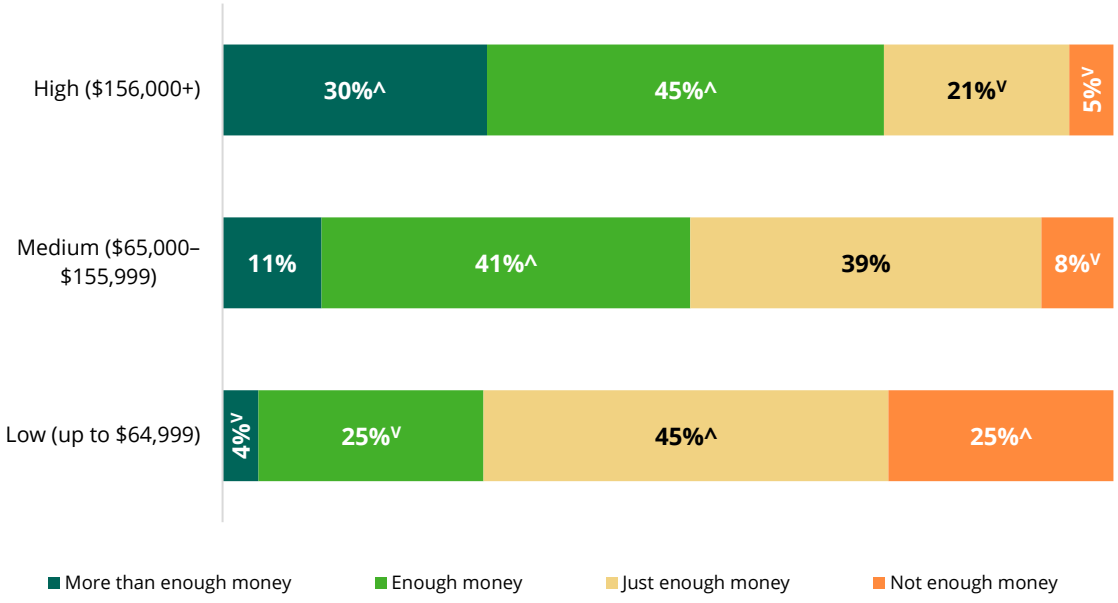


USDA Food Security Summary – Base: *Total respondents (2026: Full-time [n=1,379], Part-time [n=371], Self-employed [n=206], NETT Not employed [n=951]).* ***Note****: ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

The 2026 wave of the Hunger Monitor added a new question about whether households have enough money to meet their needs, as income itself is not necessarily indicative of whether that income is adequate for every New Zealand household.

Inadequate income was reported across all income brackets. Close to half (47%) of middle-income households stated that they had either *just* or *not enough* money to meet their needs, and just over a quarter (26%) of high-income households reported the same. A quarter (25%) of low-income households stated they did *not* have *enough* money, while 45% had *just enough* to meet their needs.

Chart 6: Income adequacy across household income brackets



MW1: *Which of the following best describes how well your total/combined income meets your everyday needs for things such as accommodation, food, clothing and other necessities?* ***Base:*** *Total (2026: High income [n=612], Medium income [n=1,132], Low income [n=1,116]).* ***Note:*** *^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Food insecurity across household incomes

Certain groups were more likely to face food insecurity regardless of household income. Large households with six or more residents were the most likely to face food insecurity among middle-income (59%) and high-income (33%) households. Across all incomes, Pacific households were more likely to face insecurity, as were those who rented their homes.

Table 2: Subgroups most likely to be food insecure across incomes

Low income (up to $64,999)		Medium income ($65,000–$155,999)		High income ($156,000+)	
Total food insecure	***48%***	*Total food insecure*	***26%***	*Total food insecure*	***11%***
Pacific peoples	**77%^**	Large HH (6+ residents)	**59%^**	Large HH (6+ residents)	**33%^**
HH with children	**76%^**	Pacific peoples	**49%^**	Pacific peoples	**31%^**
Medium HH (4–5 residents)	**68%^**	I rent my home	**41%^**	I rent my home	**23%^**
Large HH (6+ residents)	**66%^**	Māori ethnicity	**40%^**	Disability	**18%^**
I rent my home	**64%^**	HH with children	**40%^**		
Māori ethnicity	**60%^**	Medium HH (4–5 residents)	**32%^**		
Disability	**58%^**	Language other than English	**32%^**		
Language other than English	**57%^**	Living in Auckland	**30%^**		
Living in Auckland	**54%^**				

USDA Food Security Summary *–* ***Base:*** *Total (2026: Low income [n=1,116], Medium income [n=1,132], High income [n=612]).* ***Note:*** *^ / v – significantly higher/lower than total. Refer to study design for more detail.*

Food insecurity across families and household structures

Households with children continued to face higher levels of food insecurity. Single-parent households reported significant levels of severe food insecurity, with close to two thirds (64%) being food insecure, among whom more than two in five (42%) were *severely* food insecure. Half (50%) of households consisting of children living with relatives or co-residents reported food insecurity.

Households without children also experienced food insecurity – just under a quarter (24%) were food insecure, as were close to a third (31%) of households consisting of one person living alone.

Chart 7: USDA food security segments by family/household type



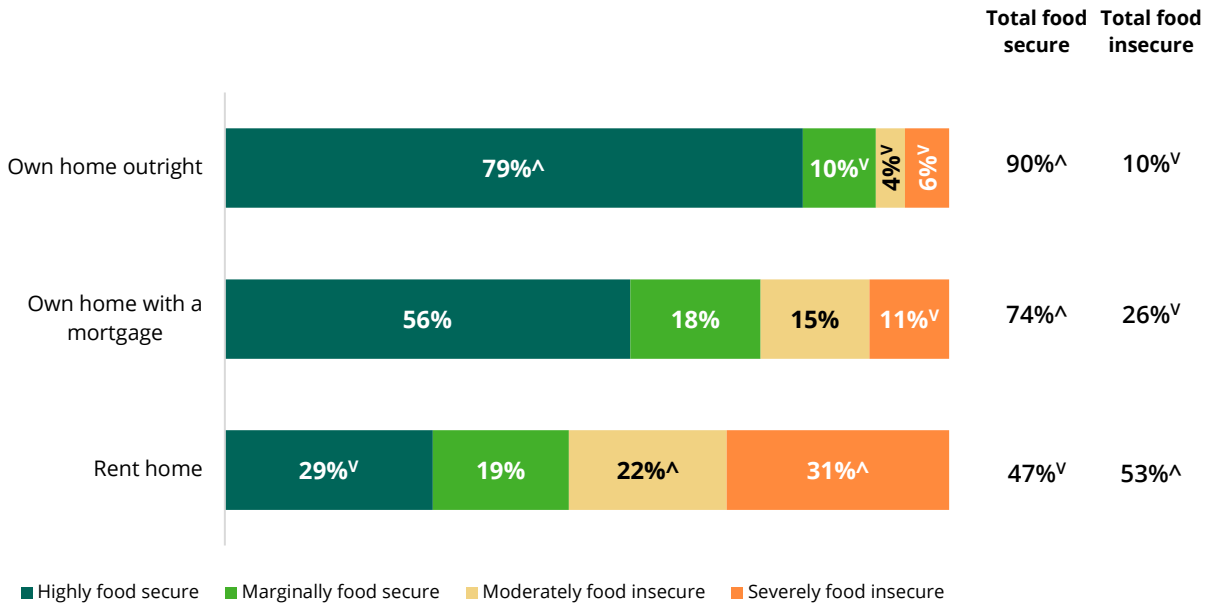
USDA Food Security Summary – Base: *Total respondents (2026: HH without children [n=1,419], Person living alone [n=441], HH with children [two parents] [n=897], HH with children [relatives/co-residents] [n=125], HH with children [single parent] [n=112], NETT HH with children [n=1,134]).*
Note: *^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"6 people get through a lot of food. Young people are hungry."

"There is only a finite amount of money that comes into our house. As children grow, they need more food."

Households living in rental homes continued to face high levels of food insecurity, with more than half (53%) being food insecure; of these households, 22% were *moderately* food insecure and 31% were *severely* food insecure.

Chart 8: USDA food security segments by home ownership



USDA Food Security Summary – Base: *Total respondents (2026: Own home outright [n=656], Own home with a mortgage [n=999], Rent home [n=934]).*
Note: *^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Refer to 'Study Design' section for more information.Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

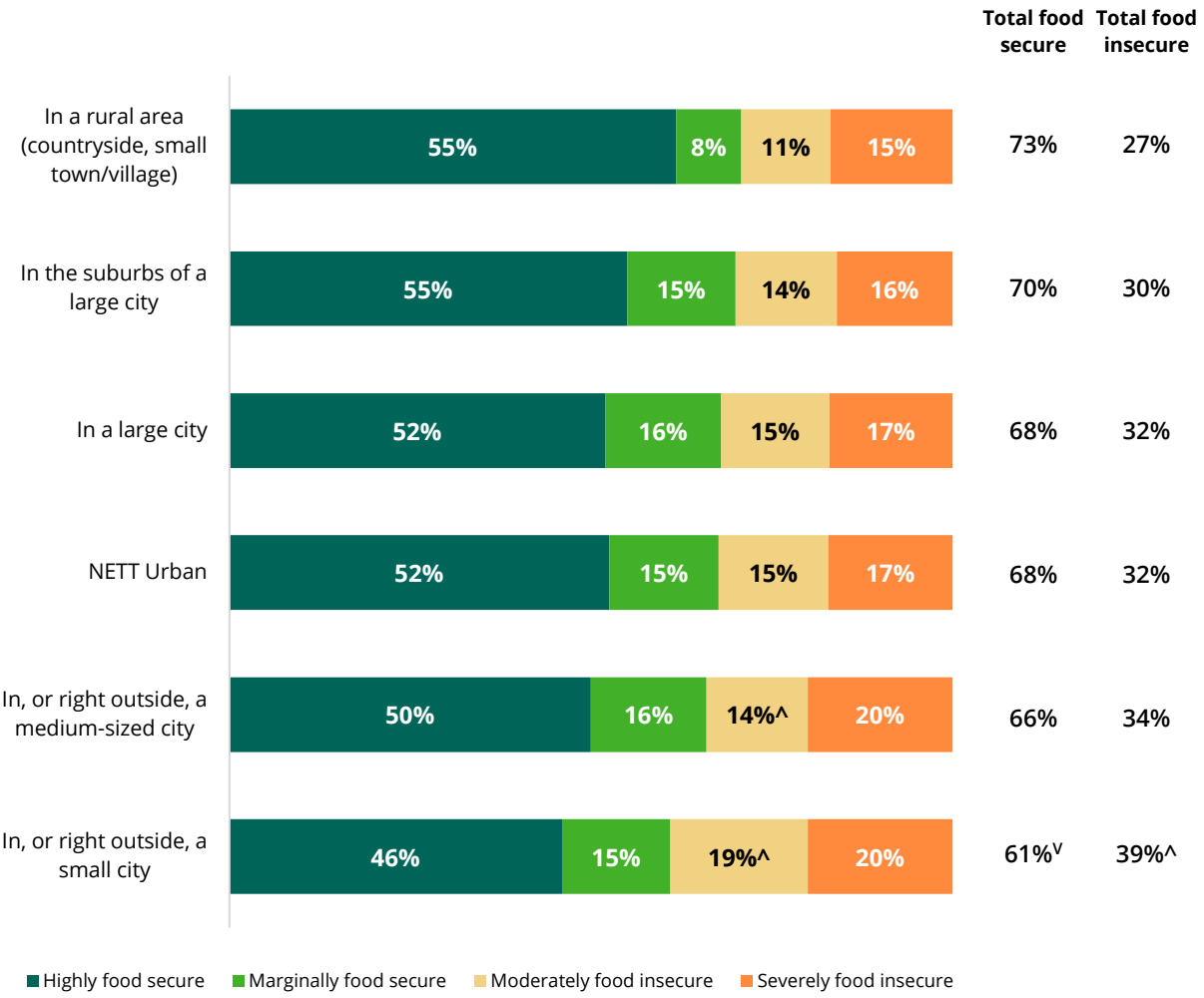
Almost 60% of my income goes into mortgage repayments."

"My rent is $675 per week. I get paid $563 per week. Enough said."

Food insecurity across area types

In 2026, a new question was added asking about the type of area that households live in. Levels of food insecurity were fairly consistent across area types, but those living in or outside small cities reported higher levels than others – close to two in five (39%) were found to be food insecure. Generally, those living in urban areas were more likely to be food insecure (32%).

Chart 9: USDA food security segments by type of area



USDA Food Security Summary – Base: *Total respondents (2026: Rural area [n=547], Suburbs of large city [n=1,362], Large city [n=355], NETT Urban [n=2,425], Medium city [n=386], Small city [n=332]).* ***Note:*** *^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

For this measure, regional data from 2025 and 2026 were combined to give a more robust view of any regional differences. Food insecurity was reported across all regions in Aotearoa New Zealand; however, households living in Waikato (36%), Northland (36%), and Manawatū-Whanganui (36%) were most likely to report facing insecurity.

Table 3: Food security across regions in Aotearoa

Region	Food secure	Food insecure
Total	***68%***	***32%***
Northland	**64%**	**36%**
Auckland	**68%**	**32%**
Bay of Plenty	**71%**	**29%**
Waikato	**64%**	**36%**
Gisborne / Hawke's Bay	**73%**	**27%**
Taranaki	**71%**	**29%**
Manawatū-Whanganui	**64%**	**36%**
Wellington	**70%**	**30%**
Nelson/Tasman/Marlborough	**70%**	**30%**
Canterbury / West Coast	**68%**	**32%**
Otago/Southland	**66%**	**34%**

USDA Food Security Summary – Base: *Total respondents (2025 & 2026: Northland [n=201], Auckland [n=2,102], Bay of Plenty [n=358], Waikato [n=556], Gisborne / Hawke's Bay [n=244], Taranaki [n=142], Manawatū-Whanganui [n=286], Wellington [n=695], Nelson/Tasman/Marlborough [n=168], Canterbury / West Coast [n=856], Otago/Southland [n=386].* ***Note:*** *^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Refer to 'Study Design' section for more information.*

Food insecurity across other subgroups

In terms of food insecurity across ethnic groups in Aotearoa, some were significantly more likely to live in or belong to food-insecure households than others; close to three in five (59%) Pacific peoples reported living in a food-insecure household, as did over two in five Māori respondents (44%).

Compared to 2025, Māori respondents were significantly less likely to report living in food-insecure households in 2026 (44% compared to 51% in 2025). Food insecurity among Pacific peoples has also declined (59% in 2026 compared to 64% in 2025), although this change is not statistically significant.

Chart 10: USDA food security segments by ethnicity

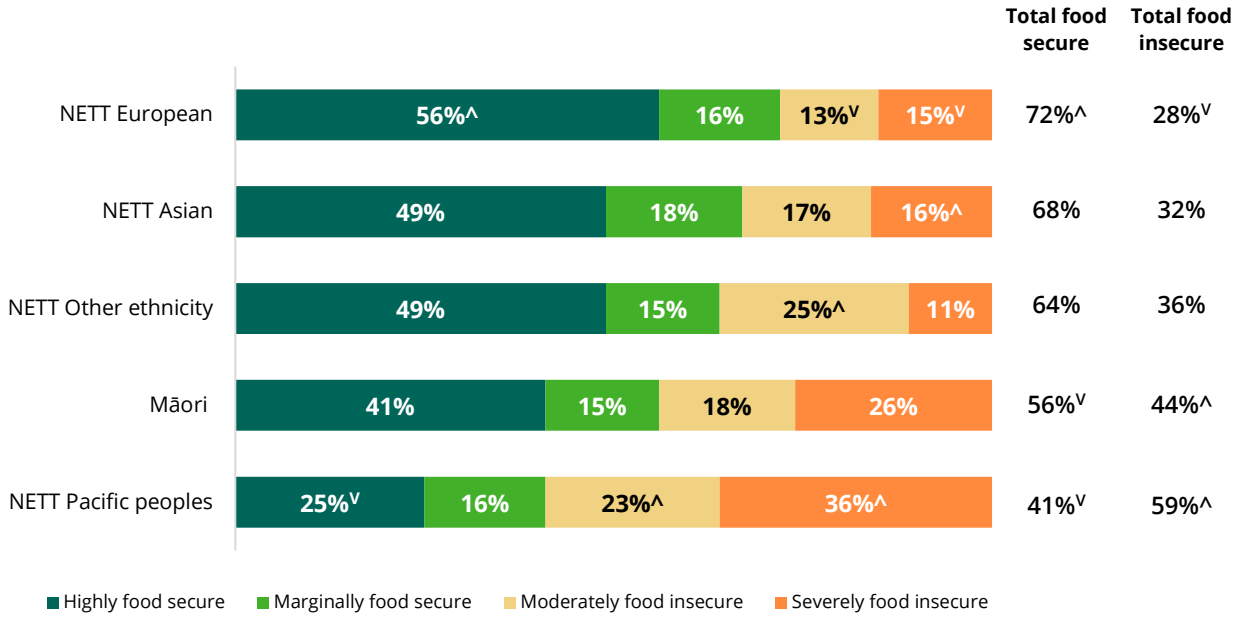


Table 4: Food security across ethnic groups compared by year

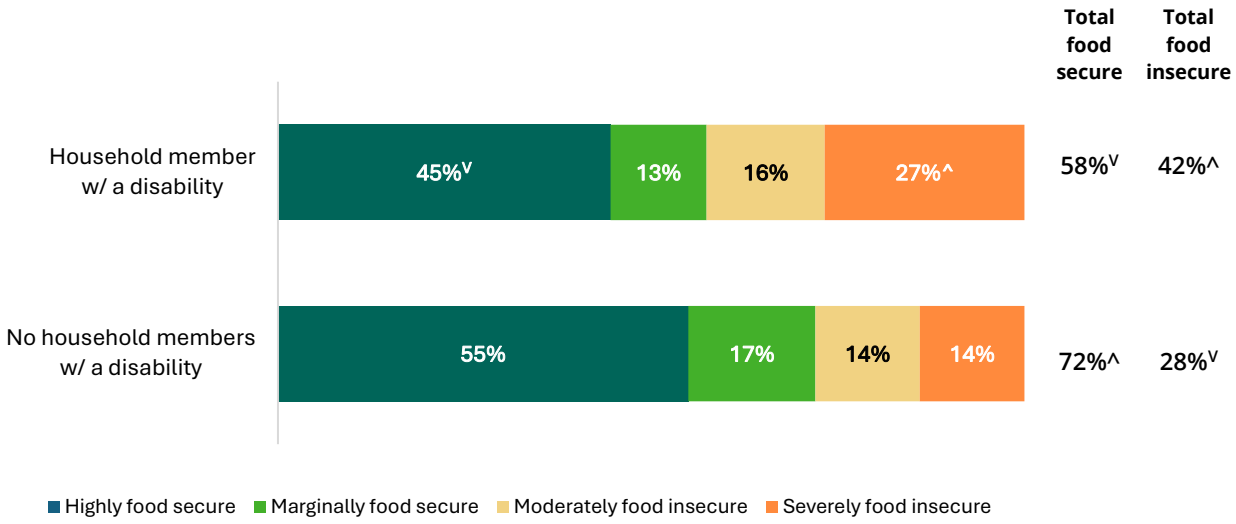
Ethnicity	Food secure		Food insecure	
	2025	2026	2025	2026
NETT European	71%	72%	29%	28%
Māori	49%	56%^	51%	44%v
NETT Pacific peoples	36%	41%	64%	59%
NETT Asian	68%	68%	32%	32%
NETT Other ethnicity	67%	64%	33%	36%

__USDA Food Security Summary__ – __Base:__ Total respondents (2025: NETT European [n=2,178], Māori [n=491], NETT Pacific peoples [n=241], NETT Asian [n=535], NETT Other ethnicity [n=101]; 2026: NETT European [n=2,159], Māori [n=493], NETT Pacific peoples [n=270], NETT Asian [n=531], NETT Other ethnicity [n=98]). __*Caution:__ Low base size (n<100), results indicative only. __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

In 2026, several new questions were added to determine whether New Zealand households had any members with a disability. These included questions from the Washington Group Short Set (WGSS) – a standardised tool consisting of six questions asking about difficulty with various activities – and a self-reported question about whether the respondent or anyone in their household has a disability or thinks of themselves as being disabled.

Households with a member with a disability (either WGSS or self-defined) reported notably higher levels of food insecurity compared to those with no disability. Over two in five (42%) reported being food insecure, with more than a quarter (27%) reporting *severe* insecurity.

Chart 11: USDA food security segments among households with a member with a disability



USDA Food Security Summary – Base: *Total respondents (2026: Has a household member with a disability [n=777], Does not have a household member with a disability [n=2,223]).* ***Note:*** *^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. In 2026, household disability was calculated based on the WGSS and a self-reported disability question. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"I have severe disability. I am waiting for surgery, and because I can't afford to go private I am still waiting. I'm not supposed to work but because I don't get enough from the benefit I have to work few hours a week. Cost of food and living is also not easy."

"I'm disabled and have absolutely no whānau in New Zealand. That's really hard when one is getting older."

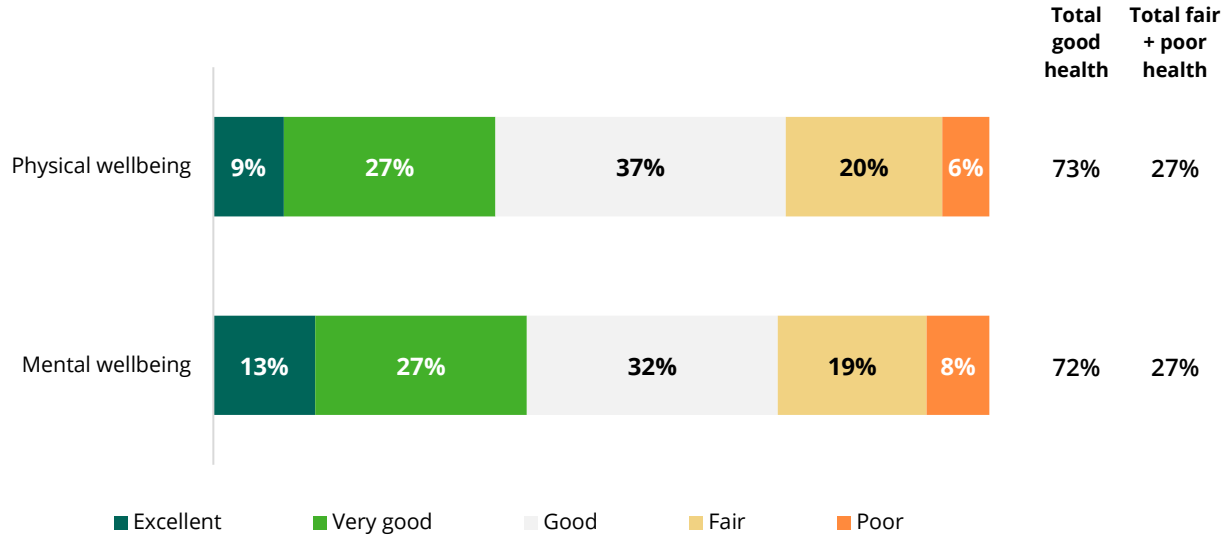
Food insecurity and health

Two new questions were added in 2026 asking how respondents rate their own mental and physical wellbeing, on a five-point scale from *excellent* to *poor*. This was to allow the examination of the relationship between food security and the health of New Zealanders.

Generally, New Zealanders reported good health, with just under three quarters (73%) rating their physical health as good (*good*, *very good*, or *excellent*), and a similar proportion (72%) rating their mental health the same.

These results are lower than the latest reported data from the New Zealand Health Survey. According to the 2024/25 data, 87% of New Zealanders rated their health in general as *good*, *very good*, or *excellent*.

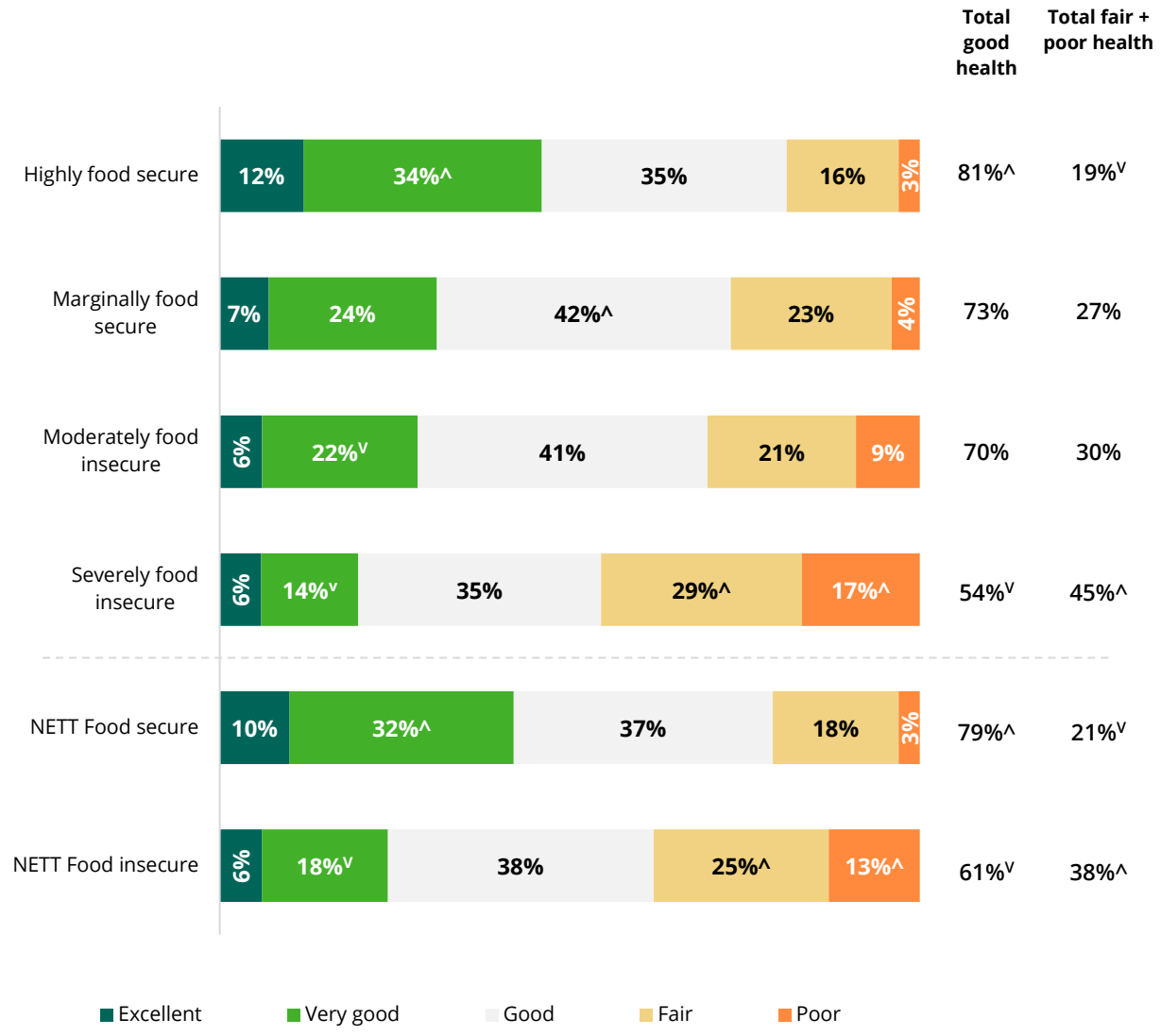
Chart 12: Ratings of mental and physical health across Aotearoa



__HW1:__ In general, how would you rate your... physical / mental wellbeing? – __Base:__ Total respondents (2026: n=3,000). Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

There is a strong relationship between ratings of physical health and food insecurity. Those facing severe food insecurity were significantly more likely to rate their physical health as *fair* or *poor* (45%), with close to one in five (17%) rating it as *poor*. Those with moderate food insecurity were also more likely to rate their health lower, with one in ten (9%) rating their physical health as *poor*.

Chart 13: Ratings of physical health by USDA food security segments



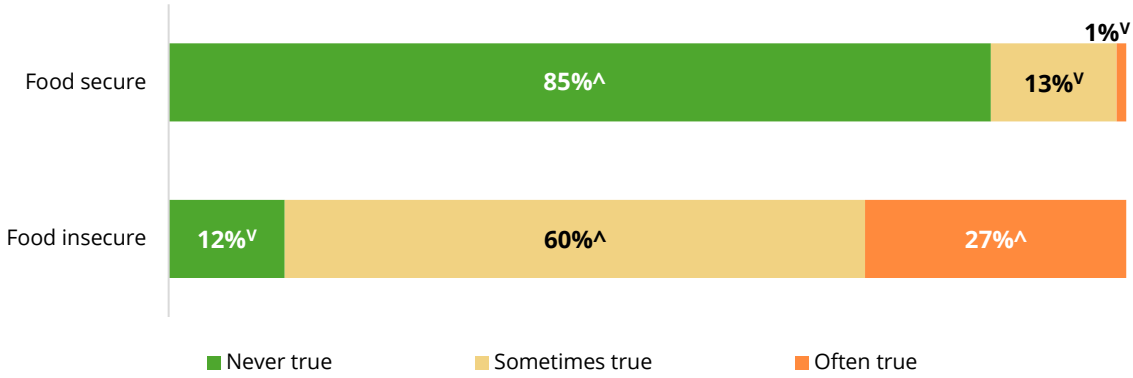
*HW1_1: In general, how would you rate your physical wellbeing? – **Base:** Total respondents (2026: Highly food secure [n=1,490], Marginally food secure [n=489], Moderately food insecure [n=461], Severely food insecure [n=554], NETT Food secure [n=1,979], NETT Food insecure [n=1,015]). **Note:** ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"We stretched food and ate more basics meaning unbalanced and unhealthy options such as 2-minute noodles."

"Doctors or health nurse put me on Ensure supplies to overcome weight loss."

One of the questions in the HFSSM question set asked respondents how often they could not afford to eat balanced meals. Of those who were food insecure, 87% stated they were unable to afford to eat balanced meals *often* (27%) or *sometimes* (60%).

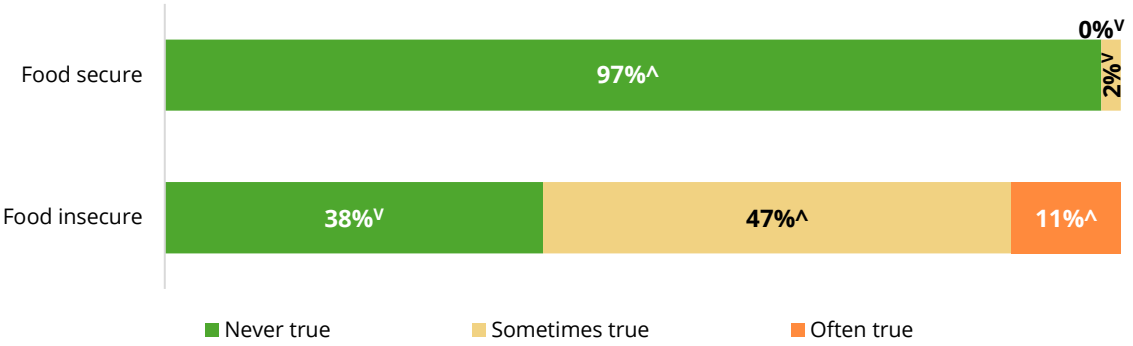
Chart 14: Frequency of inability to afford to eat balanced meals (all households)



*HH2_4_4: I couldn't afford to eat balanced meals – **Base:** Total respondents (2026: Food secure [n=1,979], Food insecure [n=1,015]). **Note:** ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Households with children were also asked how often they could not afford to feed their children a balanced meal. Of those who were food insecure, 58% stated they were unable to afford to feed their children balanced meals *often* (11%) or *sometimes* (47%).

Chart 15: Frequency of inability to afford to feed children balanced meals (households with children)

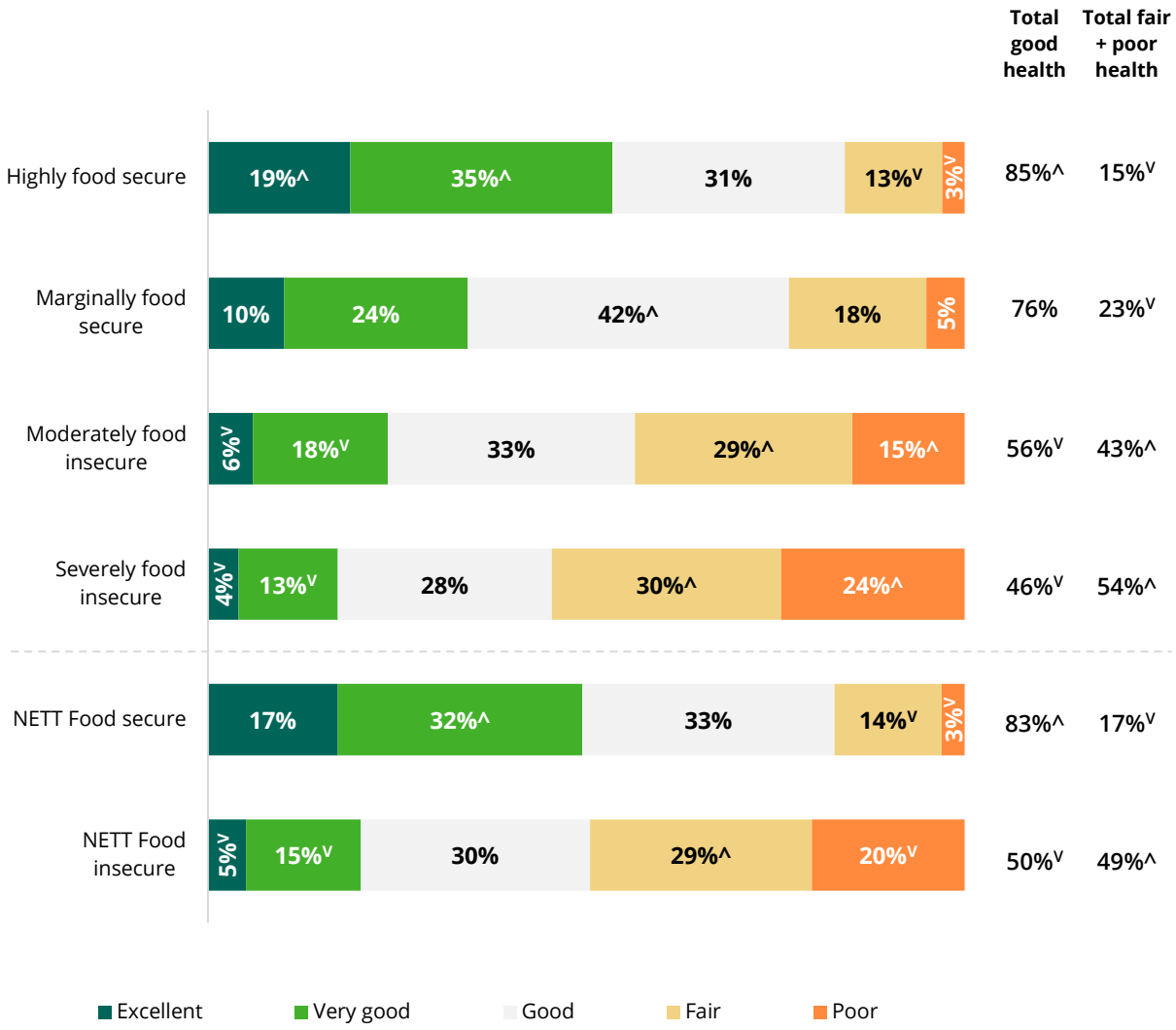


*CH_2: Couldn't feed children a balanced meal, because we couldn't afford that – **Base:** Households with children (2026: Food secure [n=632], Food insecure [n=502]). **Note:** ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

The difference between these two datapoints highlights the efforts New Zealand households, including those who are food insecure, put into feeding their children a balanced meal.

There is also a relationship between food insecurity and mental health among New Zealanders. More than half (54%) of those who were severely food insecure rated their mental health as *fair* or *poor*, with close to a quarter (24%) rating it as *poor* outright. Those who were moderately food insecure also rated their mental health lower than average, with two in five (43%) rating it as *fair* or *poor*, and 15% rating it as *poor*.

Chart 16: Ratings of mental health by USDA food security segments



*HW1_2: In general, how would you rate your mental wellbeing? – **Base**: Total respondents (2026: Highly food secure [n=1,490], Marginally food secure [n=489], Moderately food insecure [n=461], Severely food insecure [n=554], NETT Food secure [n=1,979], NETT Food insecure [n=1,015]). **Note**: ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"It's a real struggle out there and it's bad for my mental health. Worrying daily if I can afford to put food on the table or feed my cats, and if I'll have enough to pay the bills. Causes much anxiety."

"We apply for work constantly but never get the jobs. It's incredibly depressing & if I eat any less I will be starving."

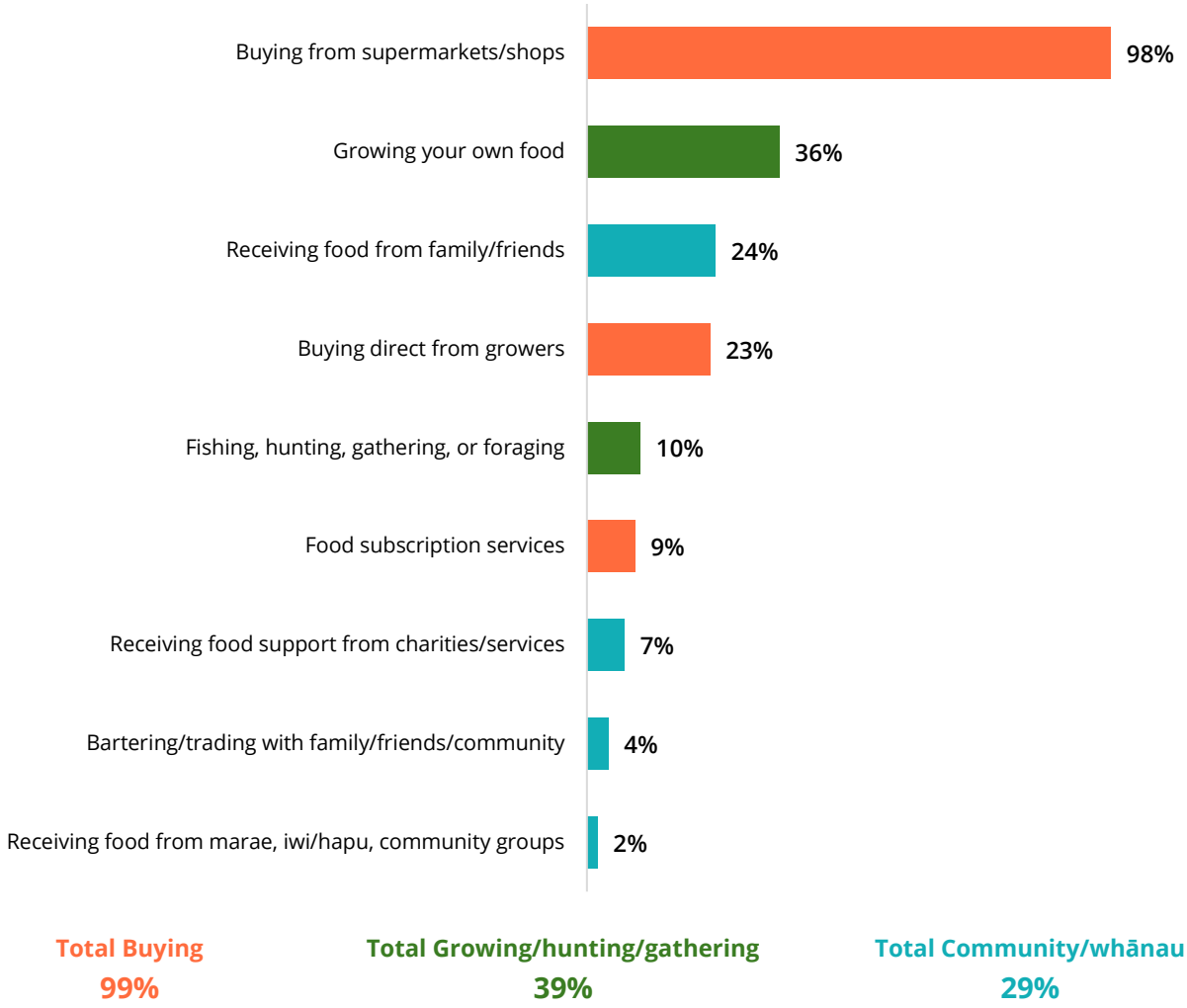
Food sources

In 2026, several new questions were added to explore the various ways New Zealanders source their food outside of purchasing it from supermarkets or elsewhere, the proportions of food obtained from these alternative sources, and the reasons for not sourcing more food from alternative sources.

Regular sources of food

The vast majority reported obtaining their food from buying, with 99% purchasing food from supermarkets, shops, growers, or food subscription services. Around two in five (39%) stated they obtained food from *growing/harvesting, fishing/hunting* or *gathering/foraging*, and 29% obtained food from their *community* or from *friends, family, or whānau*.

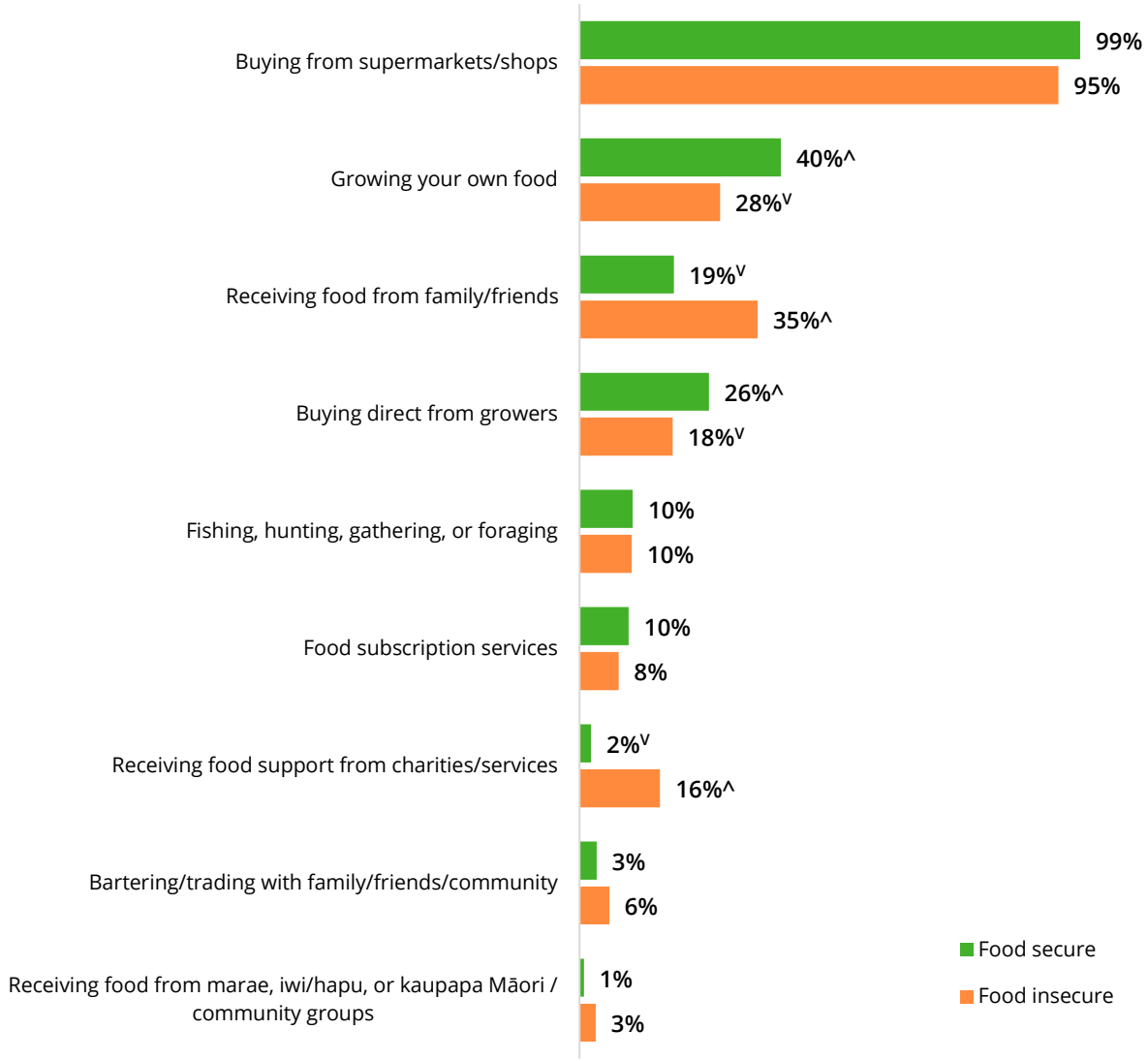
Chart 17: Regular sources of food across Aotearoa



SF1: *Can you please indicate which of the following ways you regularly get food?* – ***Base:*** *Total respondents (2026: n=3,000).* ***Note:*** *This was a multiple-choice question, so percentages add to more than 100%. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Across food security categories, food sources are fairly similar; however, those who were food secure were more likely to obtain food from alternative sources such as *growing, fishing, or hunting* (42%). Those who were food insecure were more likely to obtain food from *community, family, friends, or whānau* (44%) and from *charities or services* (16%), and were less likely to *grow their own food* (28%) or *buy direct from growers* (18%).

Chart 18: Regular sources of food across food security segments



Total Buying
Food secure: **100%**
Food insecure: **98%**

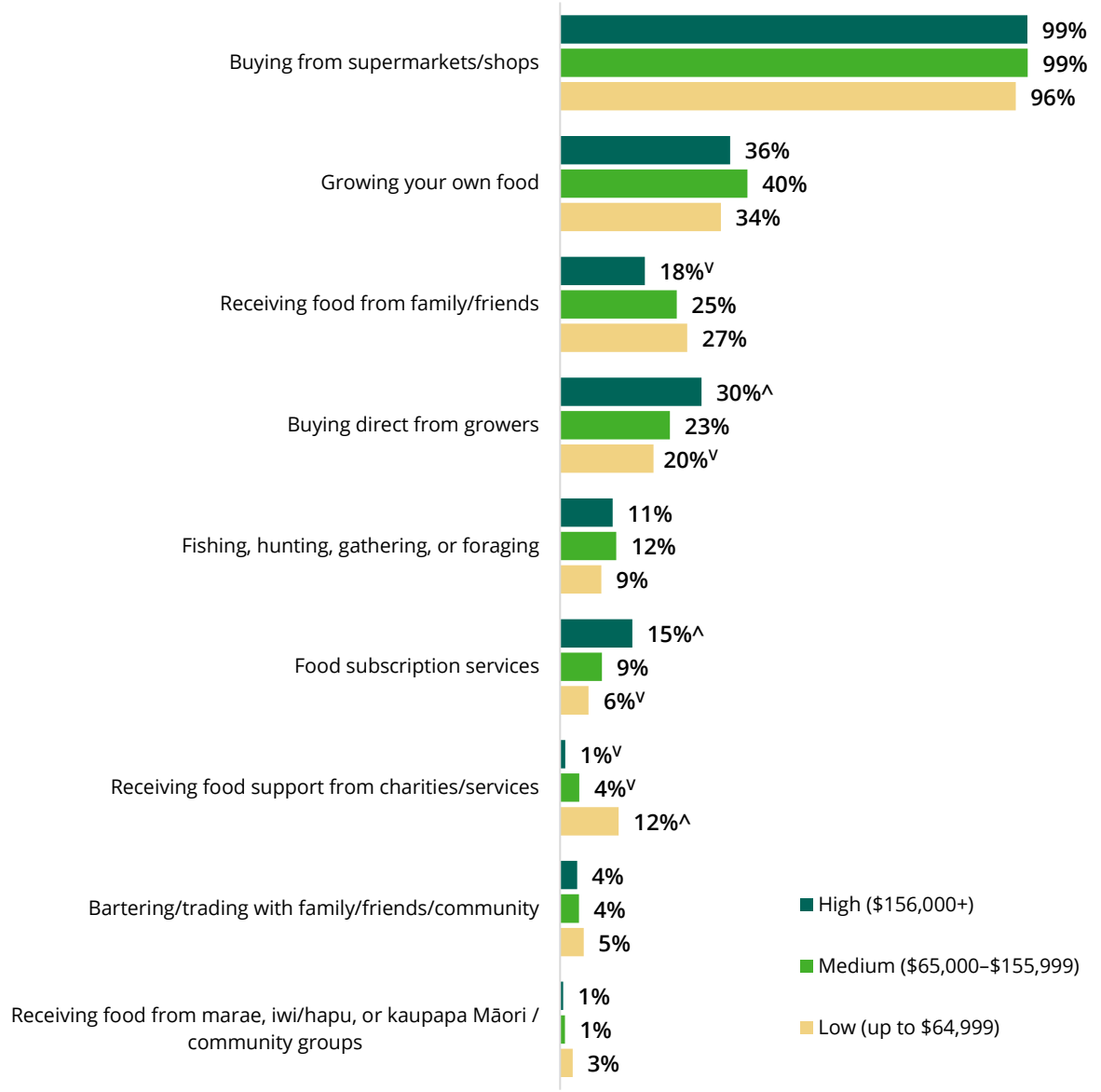
Total Growing/hunting/gathering
Food secure: **42%^**
Food insecure: **32%v**

Total Community/whānau
Food secure: **22%v**
Food insecure: **44%^**

__SF1:__ Can you please indicate which of the following ways you regularly get food? – __Base:__ Total respondents (2026: Food secure [n=1,979], Food insecure [n=1,015]). __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Purchasing remained the main source of food across income brackets, but those in middle-income households were more likely to source food via *growing, hunting, or gathering* (42%), particularly by *growing their own food* (40%). High-income households were more likely to *buy food direct from growers* (30%) or use food *subscription services* (15%). Low-income households more often sourced food from *family and friends* (27%), *charities and services* (12%), and from *marae, iwi/hapū, or kaupapa Māori / community groups* (3%).

Chart 19: Regular sources of food across household income brackets



Total Buying

High income: **100%**
Medium income: **100%**
Low income: **98%**

Total Growing/hunting/gathering

High income: **39%**
Medium income: **42%^**
Low income: **37%**

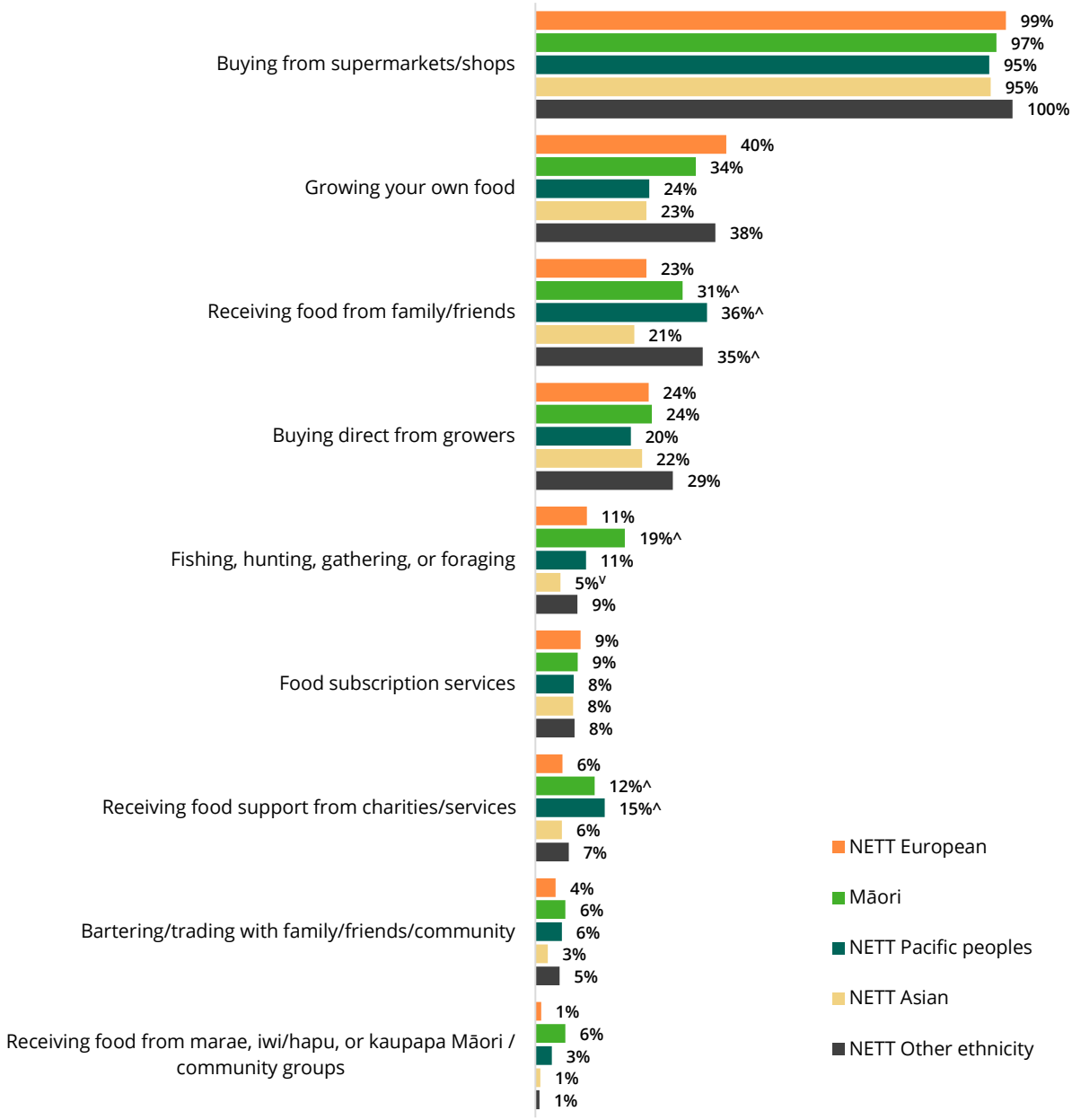
Total Community/whānau

High income: **20%v**
Medium income: **28%**
Low income: **35%^**

__SF1:__ Can you please indicate which of the following ways you regularly get food? – __Base:__ Total respondents (2026: High income [n=612], Medium income [n=1,132], Low income [n=1,116]). __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Across ethnicities in Aotearoa, Pākehā / those of European descent were more likely to *grow their own food* (40%). Māori households were more likely to obtain food via *fishing, hunting, or gathering* (19%). Both Māori (39%) and Pacific peoples (44%) were more likely to source food from their *community or whānau*.

Chart 20: Regular sources of food across ethnicities in Aotearoa



Total Buying:

NETT European: **99%**
Māori: **99%**
NETT Pacific peoples: **97%**
NETT Asian: **99%**
NETT Other ethnicity: **100%**

Total Growing/hunting/gathering

NETT European: **43%**
Māori: **40%**
NETT Pacific peoples: **29%v**
NETT Asian: **26%v**
NETT Other ethnicity: **38%**

Total Community/whānau

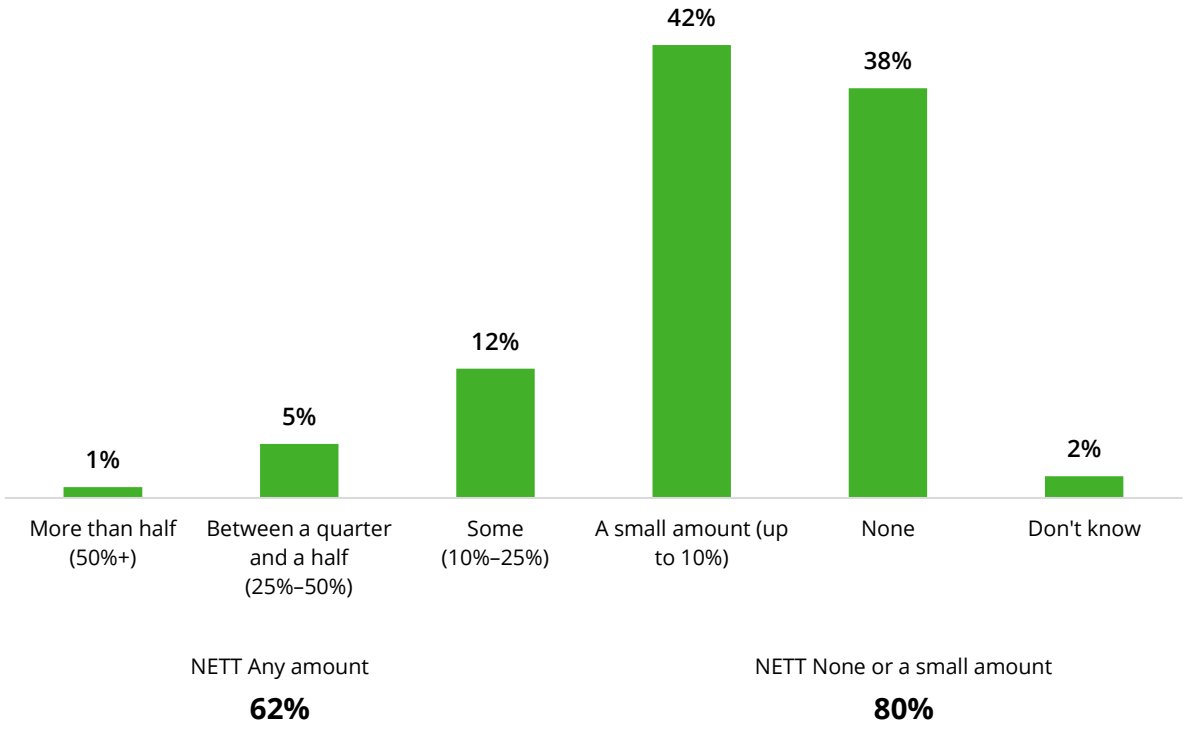
NETT European: **28%**
Māori: **39%**
NETT Pacific peoples: **44%^**
NETT Asian: **25%**
NETT Other ethnicity: **37%**

__SF1:__ Can you please indicate which of the following ways you regularly get food? – __Base:__ Total respondents (2026: NETT European [n=2,159], Māori [n=493], NETT Pacific peoples [n=270], NETT Asian [n=531], NETT Other ethnicity [n=98]). __*Caution:__ Low base size (n<100), results indicative only. __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Proportion of food obtained via hunting, gathering, and growing

The vast majority heavily rely on purchasing their groceries; four in five (80%) obtain none or only a small amount of their food via non-purchasing means, with close to two in five (38%) stating that they did not obtain any food from alternative sources. A small proportion (6%) reported that at least a quarter of their food was obtained from sources other than purchasing.

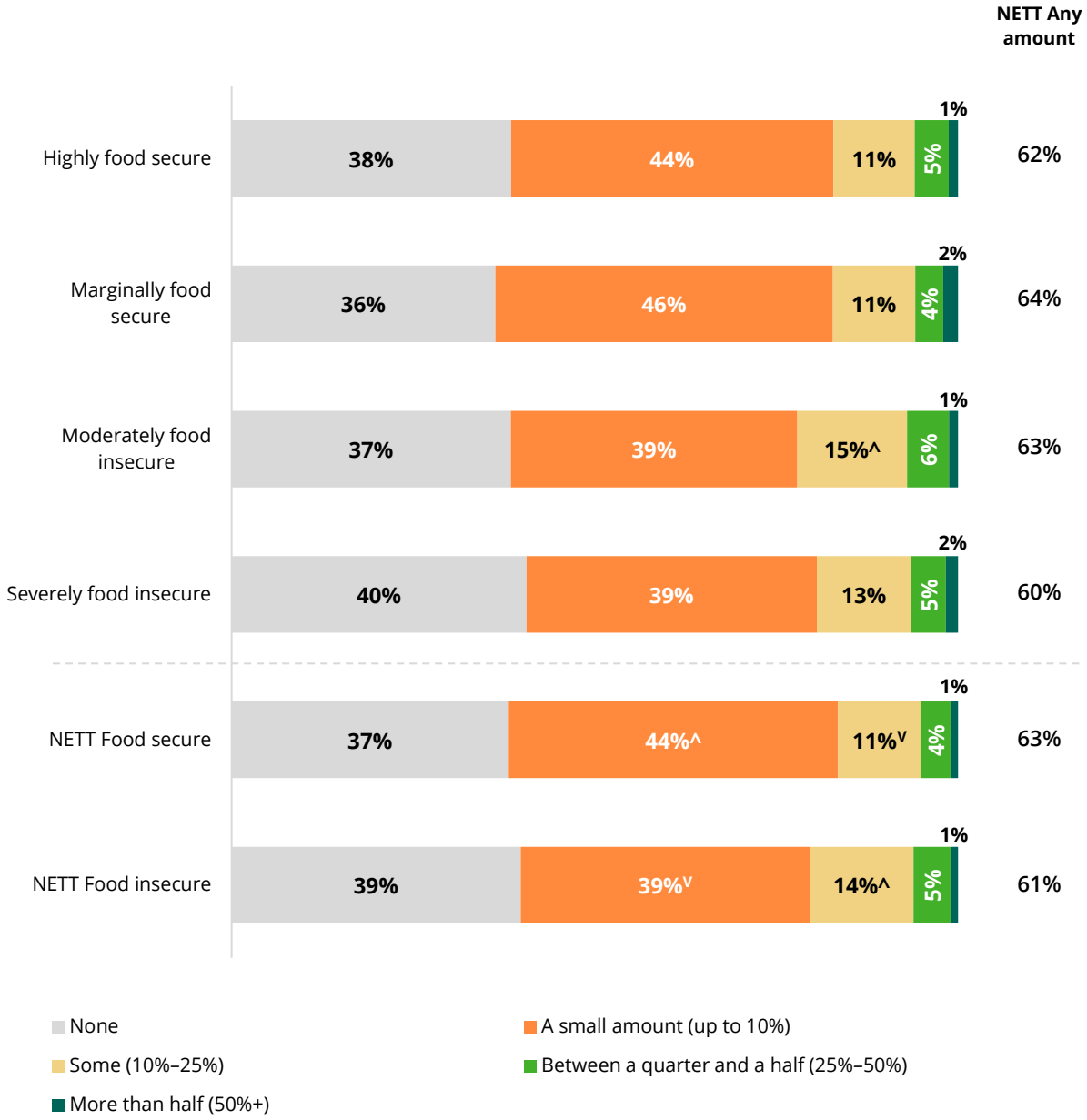
Chart 21: Proportion of food obtained via alternatives to purchasing



*SF2: Thinking about all the food that your household eats, approximately how much food comes from growing, gathering, hunting, fishing, harvesting, or similar activities? – **Base:** Total respondents (2026: n=3,000). **Note:** ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Across food insecurity segments, proportions of food obtained via alternative sources are fairly similar. Food-secure households were more likely to state they obtained only a small amount of food via alternative sources (44%). Food-insecure households were more likely to state that 10%–25% of their food is obtained from alternative sources (14%).

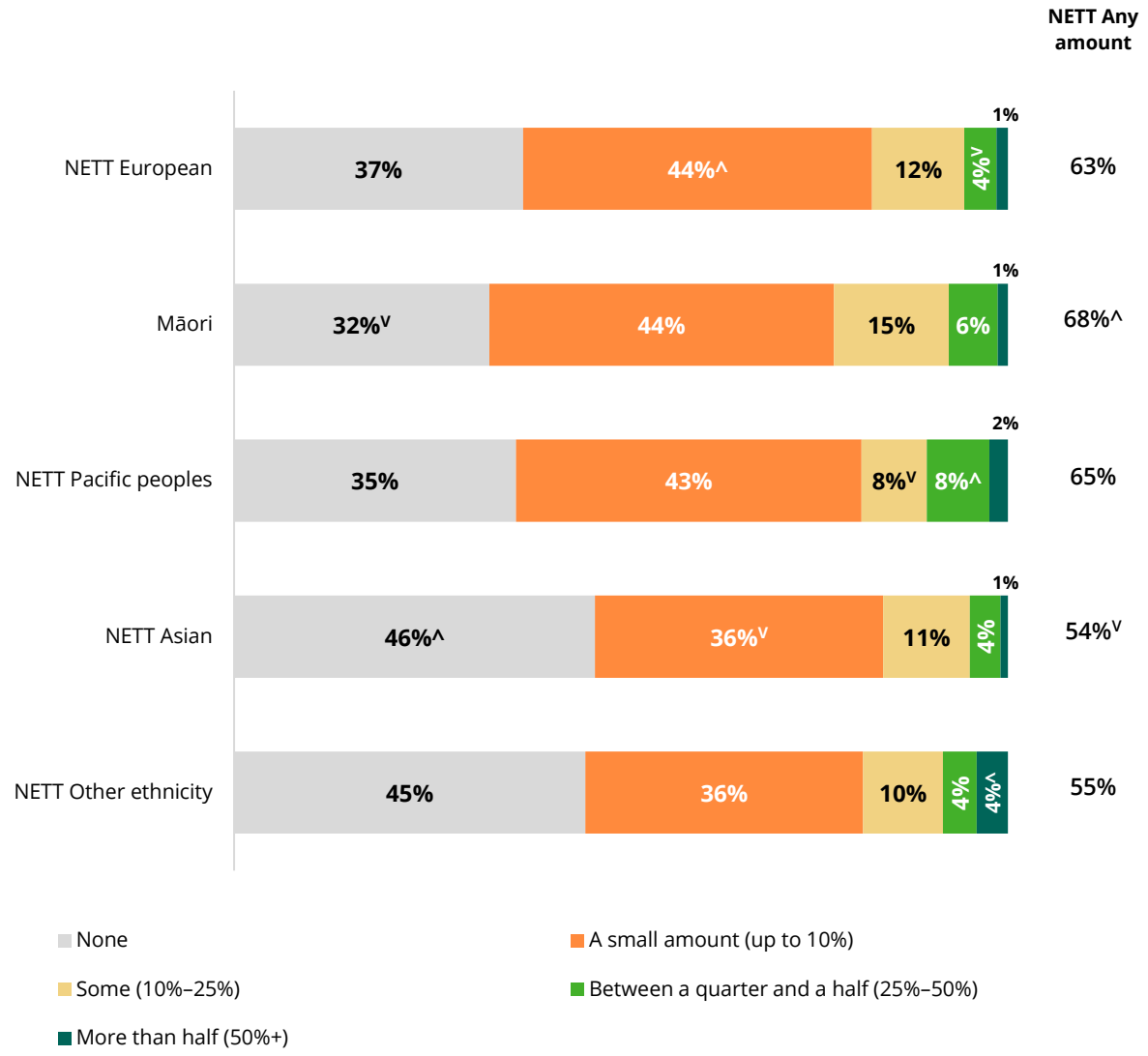
Chart 22: Proportion of food obtained via alternatives to purchasing by food insecurity



__SF2:__ Thinking about all the food that your household eats, approximately how much food comes from growing, gathering, hunting, fishing, harvesting, or similar activities? – __Base:__ Total respondents (2026: Highly food secure [n=1,490], Marginally food secure [n=489], Moderately food insecure [n=461], Severely food insecure [n=554], NETT Food secure [n=1,979], NETT Food insecure [n=1,015]). __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Overall, Māori respondents were more likely to report obtaining any amount of food from alternative sources (68%), while Asian respondents were less likely (54%).

Chart 23: Proportion of food obtained via alternatives to purchasing by ethnicity

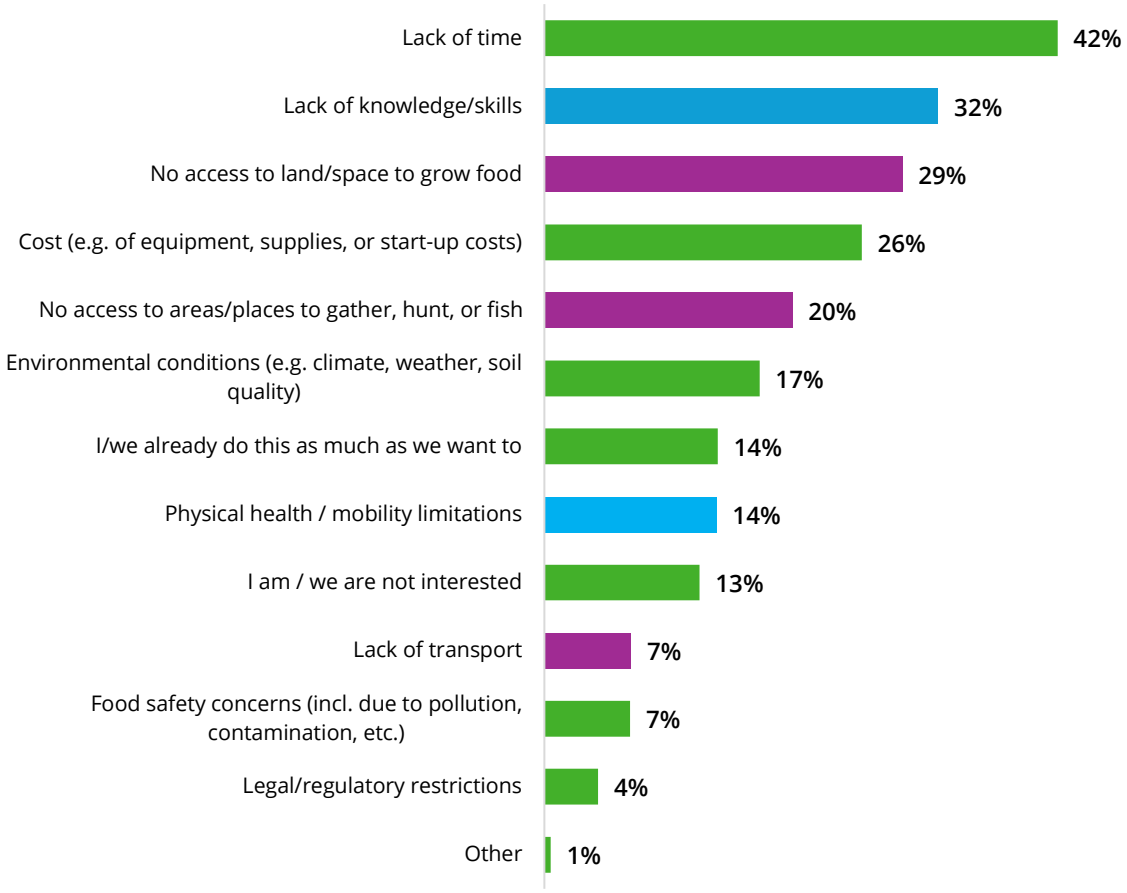


*SF2: Thinking about all the food that your household eats, approximately how much food comes from growing, gathering, hunting, fishing, harvesting, or similar activities? – **Base:** Total respondents (2026: NETT European [n=2,159], Māori [n=493], NETT Pacific peoples [n=270], NETT Asian [n=531], NETT Other ethnicity [n=98*]. ***Caution:** Low base size (n<100), results indicative only. **Note:** ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Attitudes towards alternatives to purchasing food

The largest barrier to obtaining food via sources alternative to purchasing was a *lack of time*, with 42% citing this as a reason they did not get more food in these ways. *Lack of capability* – either a *lack of knowledge or skills* or *physical or health limitations* – was also a commonly cited reason (42%). *Lack of access* was another key theme (40%), be it a *lack of land*, *no access to areas to provision food*, or *lack of transport* to get to such areas.

Chart 24: Reasons for not obtaining more food via alternatives to purchasing



Lack of access (NETT no land, places, or transport): **40%**

Lack of capability (NETT knowledge, physical limitations): **42%**

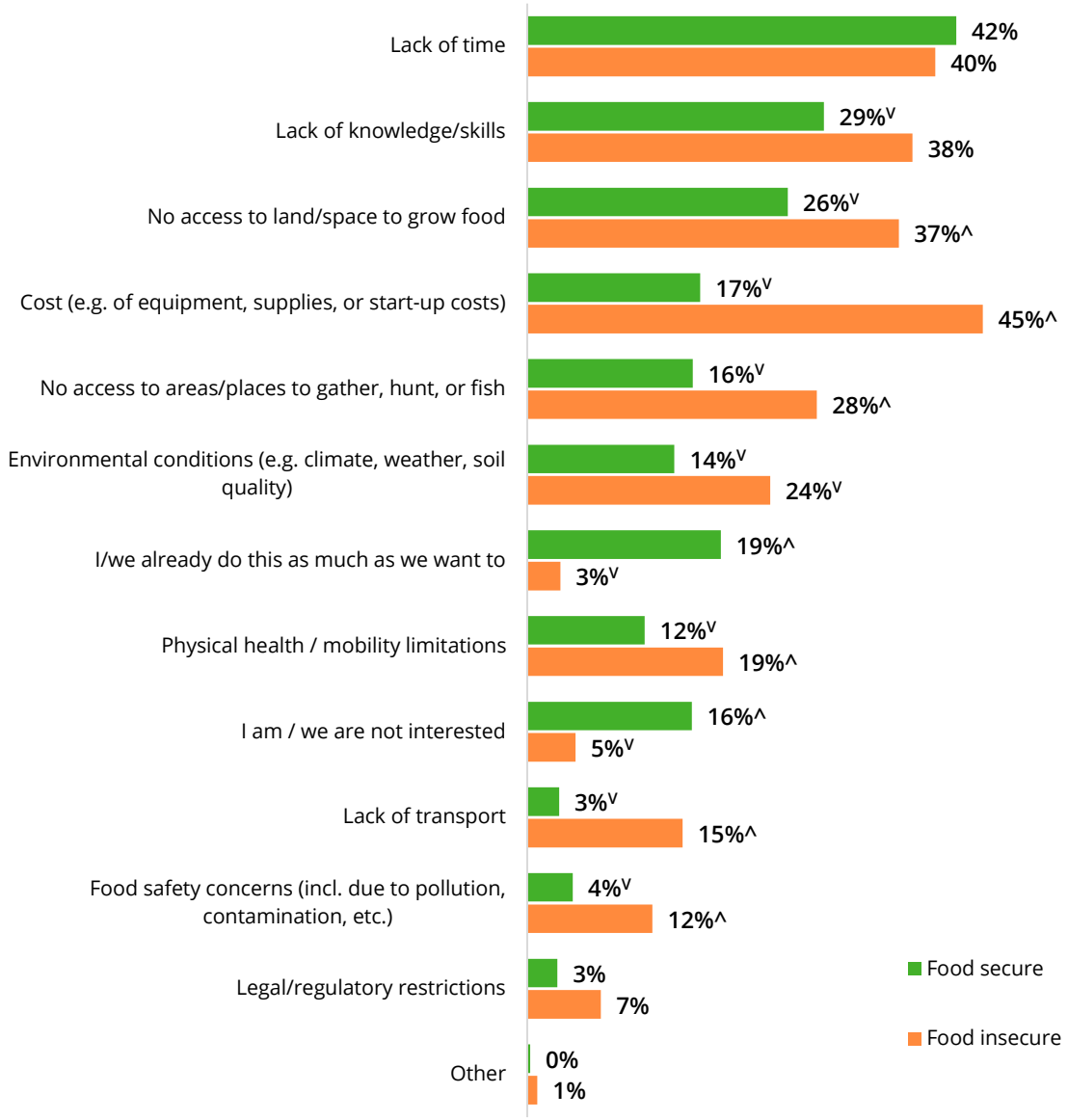
__SF3:__ For which of the following reasons do you or your household not get more food through growing, gathering, hunting, fishing, harvesting, or similar activities? – __Base:__ Total respondents (2026: n=3,000). __Note__: ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

"I rent and can't dig up the backyard to put in gardens or planters."

"I tried, and I spent more money on gardening supplies than I got back in food."

Across food security brackets, food-insecure respondents were more likely to cite *lack of access* (52%), *lack of knowledge or physical capability* (51%), and *cost* (45%) as the main barriers to obtaining food from sources other than purchasing. Food-secure households were more likely to state that they were *not interested* (16%) in obtaining food in alternative ways, or that they *already did so as much as they wanted to* (19%).

Chart 25: Reasons for not obtaining more food via alternatives to purchasing by food security



Lack of access (NETT no land, places, or transport):

Food secure: **35%v** Food insecure: **52%^**

Lack of capability (NETT knowledge, physical limitations):

Food secure: **38%** Food insecure: **51%^**

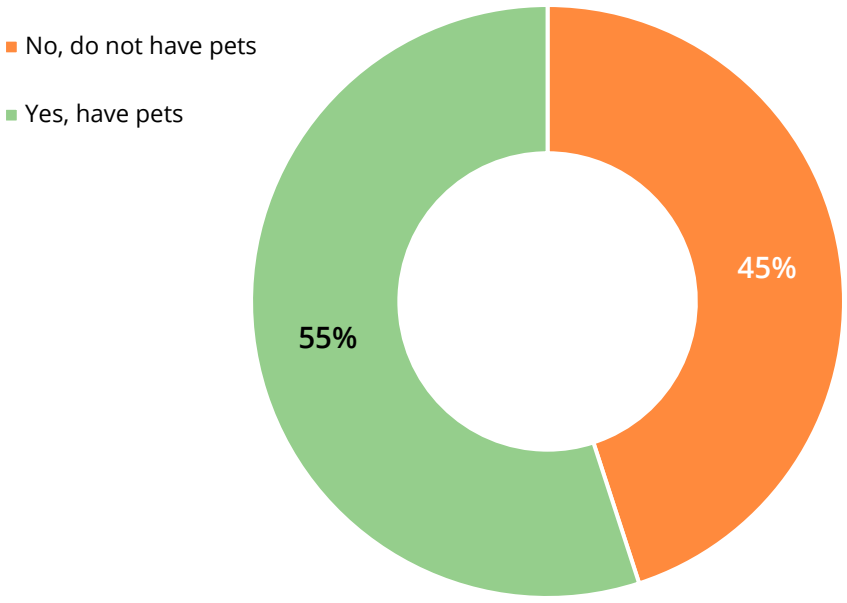
__SF3:__ For which of the following reasons do you or your household not get more food through growing, gathering, hunting, fishing, harvesting, or similar activities? – __Base:__ Total respondents (2026: Food secure [n=1,979], Food insecure [n=1,015]). __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Pets

In 2026, two new questions were added to explore pet ownership among New Zealand households, and experiences of pet ownership for those who are food insecure. These include a question asking whether the respondents' households have had pets in the previous 12 months, and another about their experiences feeding their pets.

More than half (55%) of households in Aotearoa New Zealand reported they had pets.

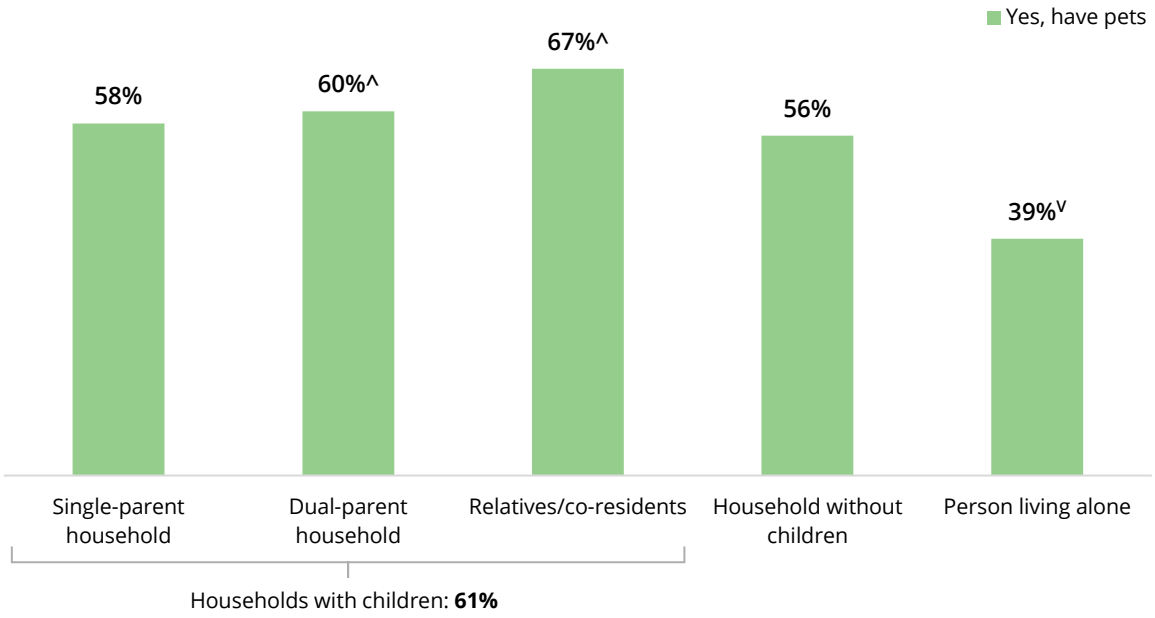
Chart 26: Household pet ownership



P10a: *Have you had any pets in your household over the last 12 months?* – ***Base:*** *Total respondents (2026: n=3,000). Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Households with children were generally more likely to have pets than households without children (61% vs 56%); 60% of dual parent households reported having pet(s), as did over two thirds (67%) of households consisting of children living with relatives/co-residents. People living on their own were less likely to report having pets (39%).

Chart 27: Household pets by family/household type

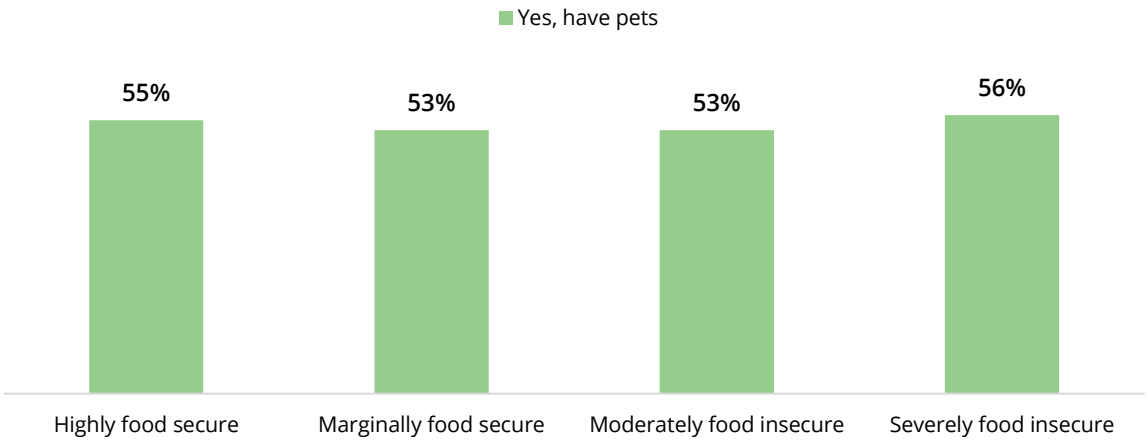


P10a: *Have you had any pets in your household over the last 12 months? –* ***Base:*** *Total respondents (2026: HH with children [single parent] [n=112], HH with children [two parents] [n=898], HH with children [relatives/co-residents] [n=125], HH without children [n=1,423], Person living alone [n=442]).*
Note: *^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Experiences of food-insecure households with pets

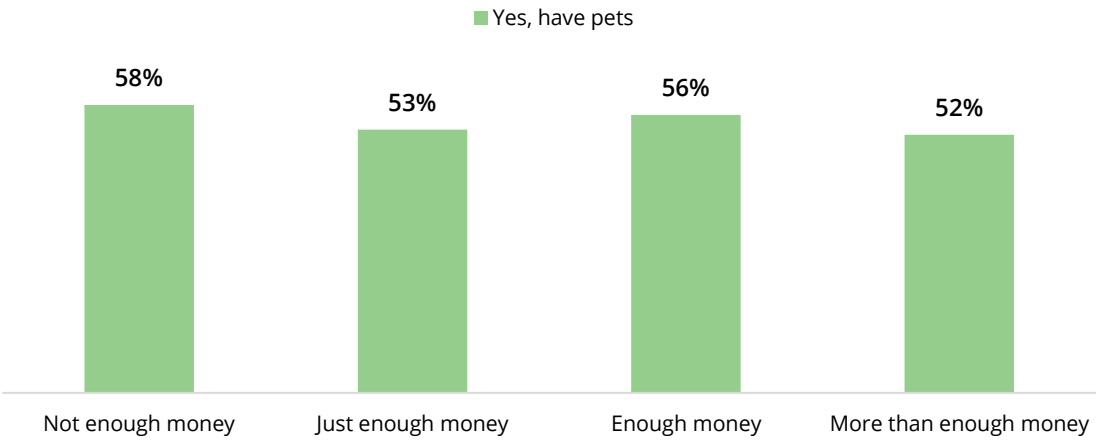
Pet ownership varied little by food-security status; 55% of highly food-secure households stated they had pets, as did a similar proportion (56%) of severely food-insecure households. Similarly, households reported having pets largely irrespective of income adequacy; 58% of households with not enough money reported having pets compared to 52% of households with more than enough money.

Chart 28: Household pets by food security



__P10a:__ Have you had any pets in your household over the last 12 months? – __Base:__ Total respondents (2026: Highly food secure [n=1,490], Marginally food secure [n=489], Moderately food insecure [n=461], Severely food insecure [n=554]). __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

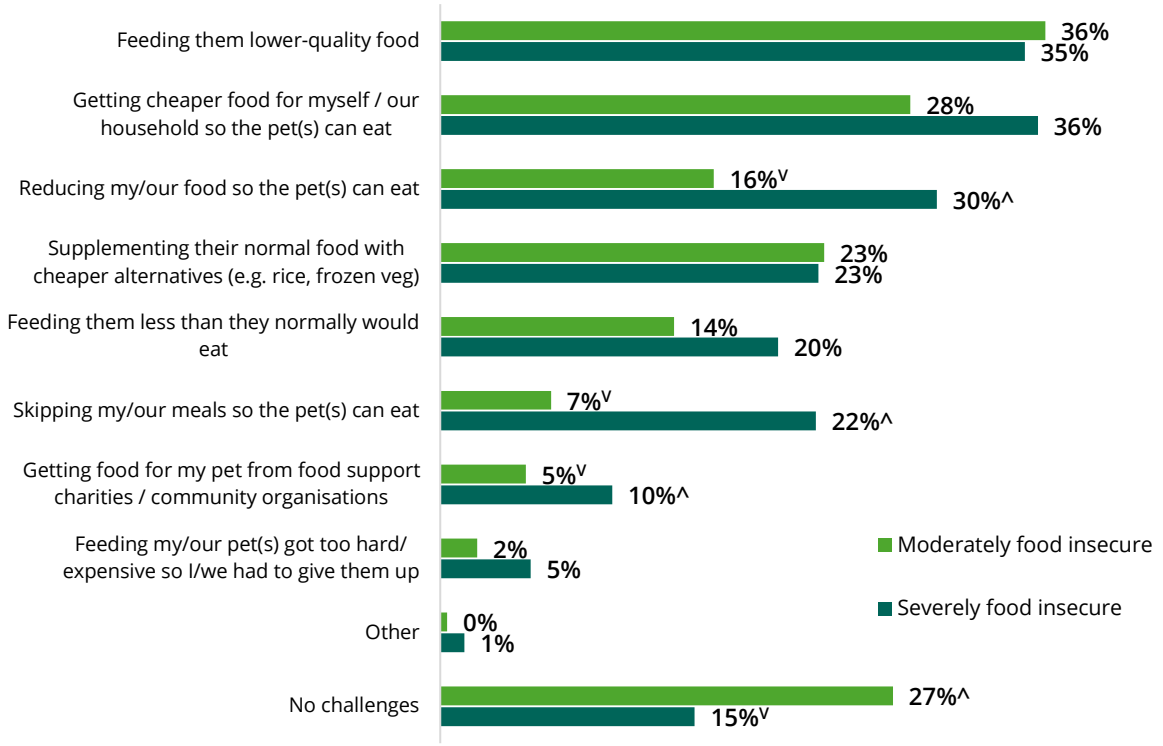
Chart 29: Household pets by income adequacy



__P10a:__ Have you had any pets in your household over the last 12 months? – __Base:__ Total respondents (2026: Have more than enough money [n=339], Have enough money [n=1,041], Have just enough money [n=1,155], Do not have enough money [n=442]). __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Many households struggling with food insecurity stated they needed to *feed their pets lower-quality food* (36% moderately food insecure, 35% severely food insecure). Severely food-insecure households were more likely to sacrifice their own eating habits to ensure their pets were fed; 36% stated they *bought themselves cheaper food*, 30% *reduced their own food intake*, and 22% *skipped meals so that their pets could eat instead*.

Chart 30: Experiences of struggling to feed pets among food-insecure households



*PD9: Have you and/or your household experienced any of the following when feeding your pet/s over the last 12 months? – **Base:** Food-insecure households who have pets (2026: Moderately food insecure [n=246], Severely food insecure [n=309]). **Note:** ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"Full transparency, I am on the medical benefit bringing in $390 a week. With this, I need to pay rent, power/wi-fi, gas, phone bill, bin bill and I would rather spend my leftover money on anything and everything for my cat rather than myself."

"My dog needed to go to the vet twice in a month and it wasn't covered by insurance, so that was nearly $1000, he comes first before me always."

"The food we buy at our weekly shop never lasts the week. And I have stopped eating breakfast and meat so my husband and cats can eat."

"Not enough income to buy proper food like fruit and veges. Just pasta and noodles etc. Always buy pet food first."

Food insecurity in depth

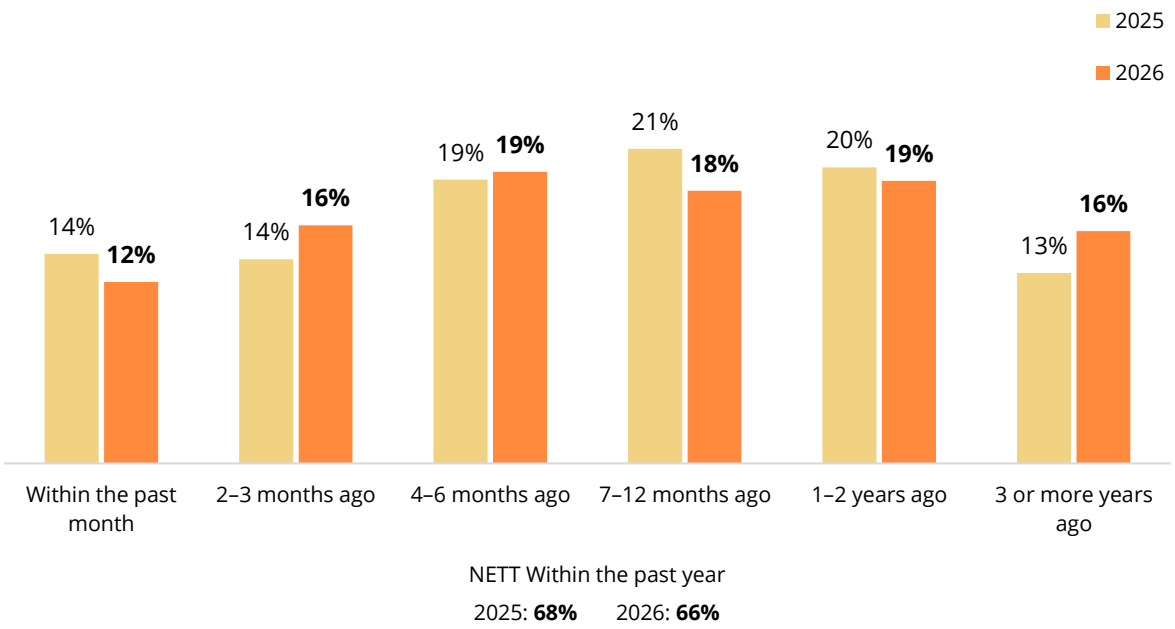
This section explores the experiences of respondents who were found to be food insecure.

These respondents were asked to reflect on the first time they experienced food insecurity, their most recent occurrence of food insecurity, and how frequent and lengthy their period(s) of food insecurity had been.

Experiences of food insecurity

Among food-insecure households, close to two thirds (66%) reported having first experienced food insecurity within the past year, similar to the 2025 findings (68%). In both 2025 and 2026, 28% had first experienced food insecurity in the previous three months.

Chart 31: First time experiencing not being able to afford enough food

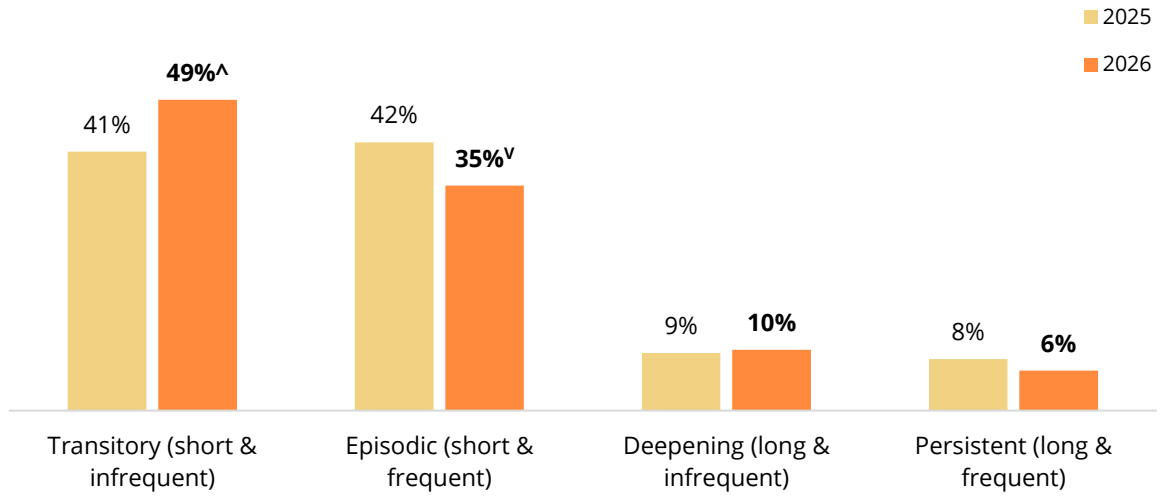


Q36: Approximately, when was the first time you / your household experienced not being able to afford enough food [for yourself]? – Base: Food-insecure households (2025: n=1,023, 2026: n=1,015). Note: ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

The USDA Food Security module categorises food insecurity into different levels of severity based on its frequency and duration. Findings show that a significant proportion of food insecurity experienced by New Zealand households over the past 12 months was either transitory (short term and infrequent) or episodic (short term and frequent), while 6% experienced persistent food insecurity (long term and frequent).

The proportion of those experiencing episodic food insecurity decreased significantly from 2025 to 2026 (42% to 35%), as did the proportion of those experiencing persistent food insecurity (8% in 2025 compared to 6% in 2026).

Chart 32: Frequency and duration of food insecurity



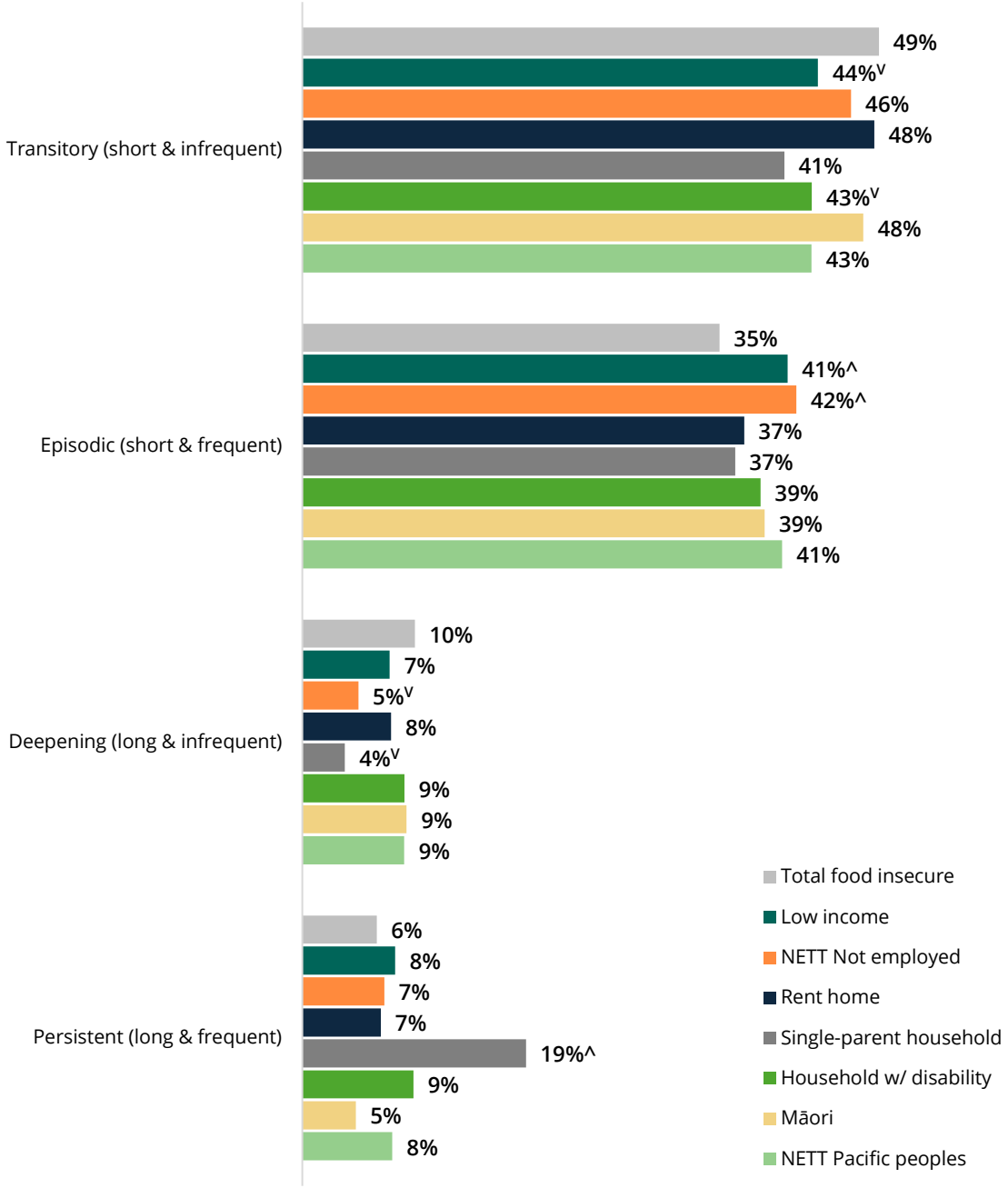
USDA Food Insecurity Segment Frequency and Duration *from* ***Q37:*** *And in the last 12 months, how often have you found yourself / your household in such a situation(s)? /* ***Q38:*** *Thinking of the last time you couldn't afford enough food for yourself / your household, how long were you in that situation? –* ***Base:*** *Food-insecure households (2025: n=1,023, 2026: n=1,015).* ***Note:*** *^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"About every 6 weeks all the bills are timed to come in at once and it's just unfortunate, some things I can't change the payment dates of, and on those weeks, food, gas and personal spending is the first to be cut."

"At this point I am used to having one meal a day 4 or 5 days a week with 2 days where I do not eat at all."

Among groups that were significantly more likely to be food insecure, single-parent households (19%), households with a disability member (9%), and those on low income (8%) were more likely to experience persistent (long and frequent) food insecurity. Additionally, those not employed (42%) or on a low income (41%) were more likely to experience episodic (short and frequent) food insecurity.

Chart 33: Frequency and duration of food insecurity by key subgroups

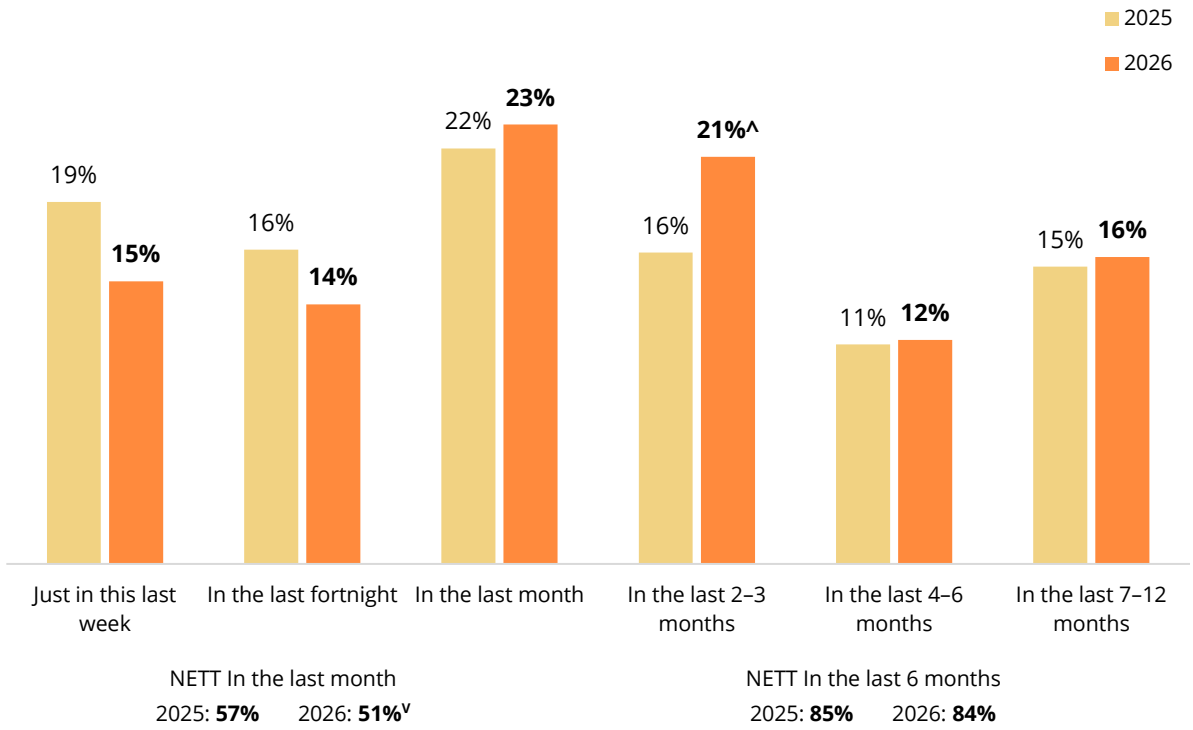


__USDA Food Insecurity Segment Frequency and Duration__ from __Q37:__ And in the last 12 months, how often have you found yourself / your household in such a situation(s)? / __Q38:__ Thinking of the last time you couldn't afford enough food for yourself / your household, how long were you in that situation? – __Base:__ Food-insecure households (2026: n=1,015 – Low income [≤$64,999] [n=571], NETT Not employed [n=353], I rent my home [n=503], HH with children – single parent [n=73], HH with a disability [n=351], Māori [n=231], NETT Pacific peoples [n=164]). __*Caution:__ Low base size (n<100), results indicative only. __Note:__ ^ / v – significantly higher/lower than total food insecure. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Recent experiences of food insecurity

Just over half (51%) of food-insecure households reported being unable to afford enough food within the previous month – a significant decrease from the 57% reported in 2025, which may be impacted by the change in fieldwork timing (November/December in 2025 vs July/August in 2026). Conversely, a higher proportion of people in 2026 reported being unable to afford enough food within the previous two–three months (21%).

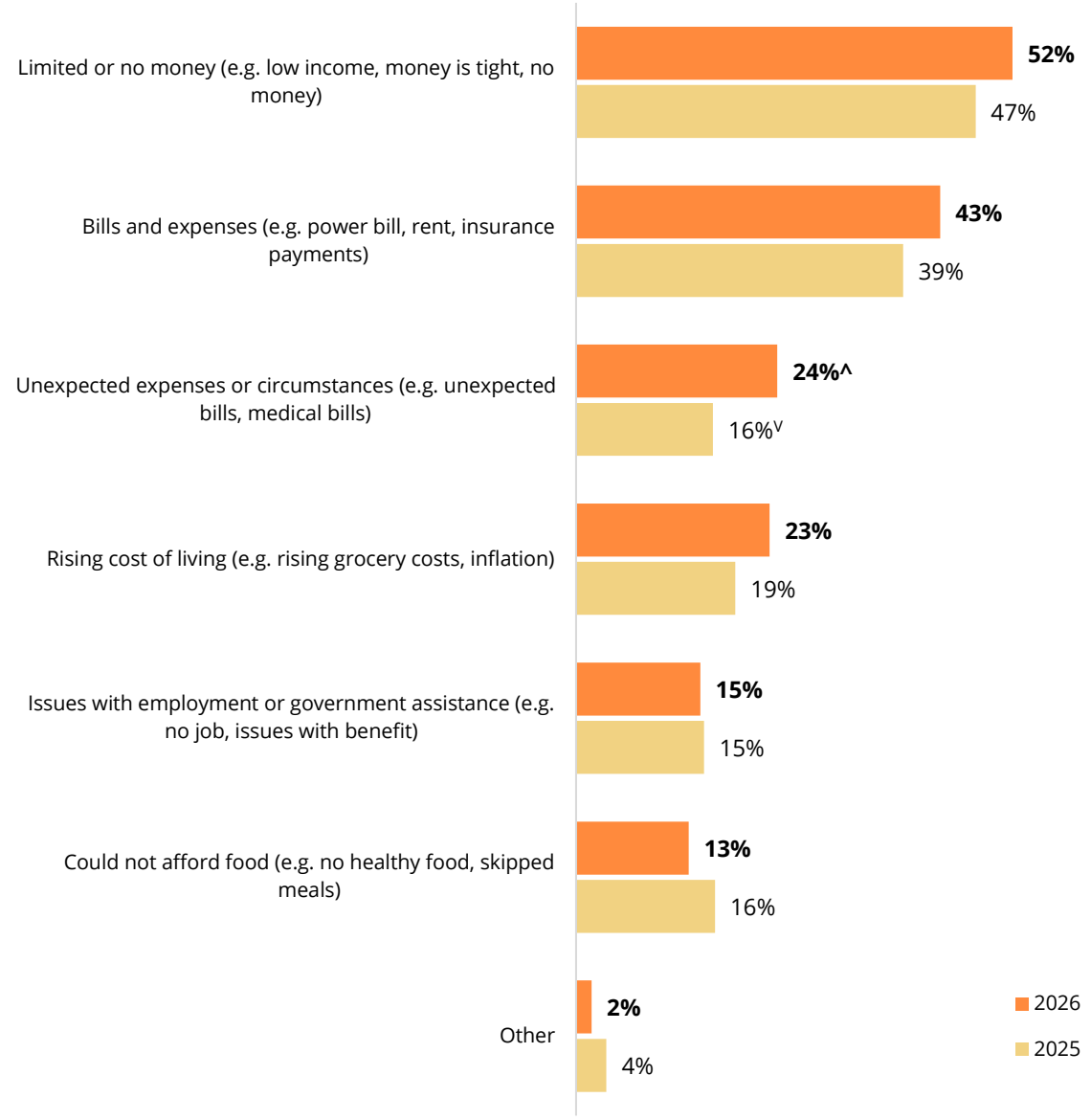
Chart 34: Most recent experience of not being able to afford enough food



Q36a: Thinking of the situation(s) in the last 12 months, where you cannot afford enough food for yourself / your household, when did it last happen? – Base: Food-insecure households (2025: n=1,023, 2026: n=1,015). Note: ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Limited or no money remained the most commonly reported reason for respondents' most recent experience of food insecurity, cited by over half in 2026 (52%) and nearly half in 2025 (47%). This was followed by *bills and expenses* and the *rising cost of living* as key drivers of food insecurity in both years. Notably, the proportion of people attributing their experience to *unexpected bills or circumstances* has increased significantly, rising from 16% in 2025 to 24% in 2026.

Chart 35: Reasons for most recent experience of food insecurity



*Q41: Thinking of the last time you could not afford enough food for yourself and/ or your household, how did it happen? – **Base:** Food-insecure households – excluding non-responses (2025: n=349, 2026: n=334). **Note:** ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Rebased to exclude 'don't know', 'prefer not to say', and 'no response'. Themes are based on open-ended text responses. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Thinking of the last time you could not afford food for yourself or your household, how did it happen? – *comments from respondents*

"I had unexpected bills that hit all at once and needed products and items from pharmacy, plus petrol and power are so much higher. I had no money for anything till benefit came few days later."

"My benefit was changed, I was not entitled to housing or much on WINZ food card. I was really ill and unable to work or manage finances."

"We have started strict weekly budgets for food. Occasionally we run out of food by the end of the week. We need to be strict as we are struggling to have enough money in the bank account to pay for monthly expenses."

"My entire family got real sick with the flu for a week and a half which meant we had to spend some of our weekly food budget on medicine instead so when it got to the day before payday we ended up having to have cereal for dinner."

"I bought the cheapest possible noodles I could and ate those for each meal. I had spent all the money I had on my mortgage, rates, fuel and monthly train pass."

"My working for families payments got reduced, and my daughter's dad stopped paying child support, so my income dropped drastically, and then I got hit with a $1200 repair bill for my car."

"I'm self employed and my husband has low income so occasionally we struggle if a client pays me late or I have a quiet month with less clients."

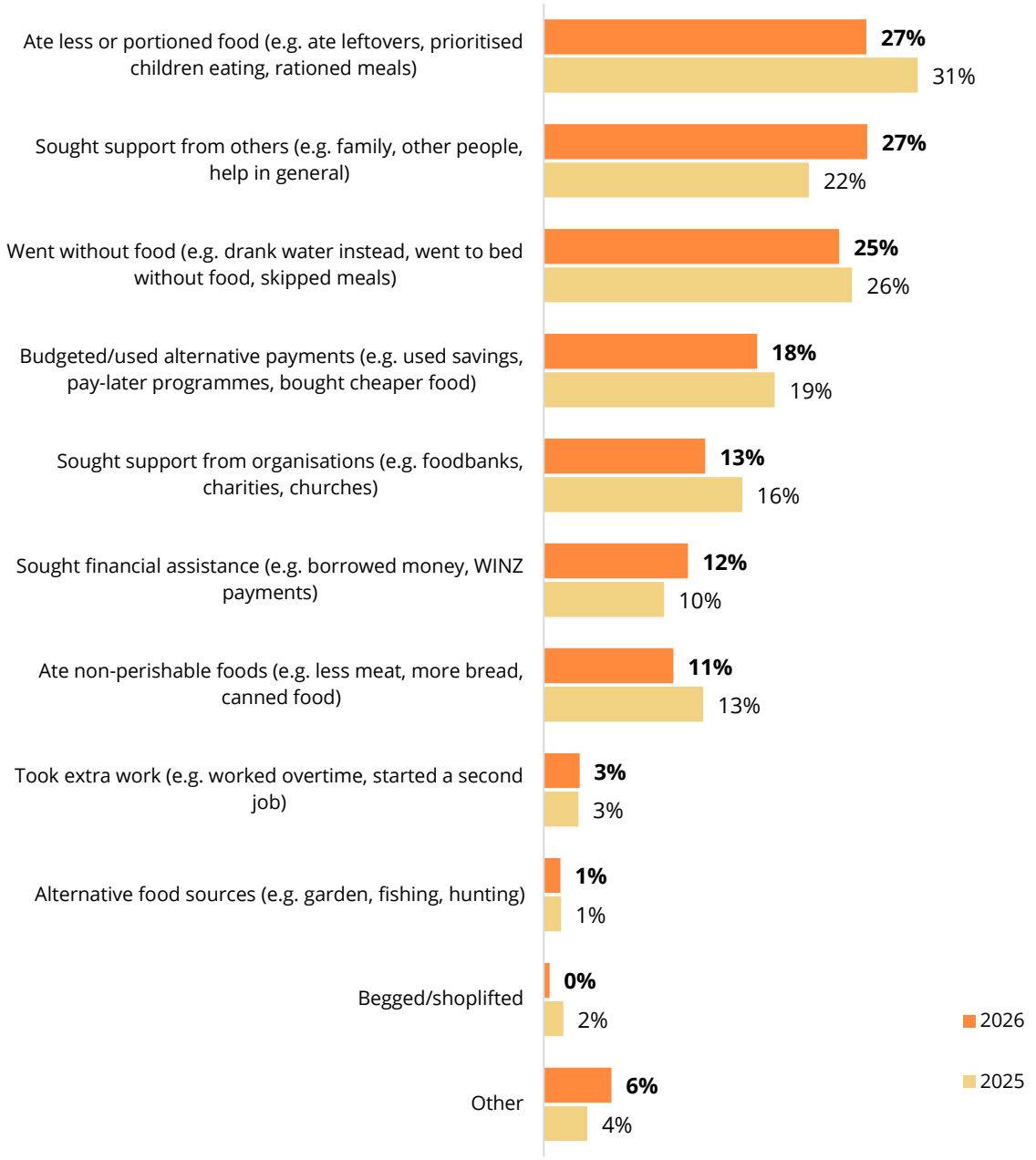
"The cost of living has been going up but benefits have not kept up. I am searching for a job currently to help. Both of us are disabled and have limited capacity to work."

"The winter months mean power increases and a sick household, which means no work so no sick days left, plus cost of medications, paying for doctors and foods to help heal the sick, a lot more washing, making sure our children are always warm, and their needs are met."

"The money that came in from work just all got used up to pay bill and utilities. I had a dentist bill to pay and an unexpected vet bill to pay and they came first."

Seeking support from others (27%), *eating less or reducing portion sizes* (27%), *and going without food* (25%) were the three most common actions taken in response to food insecurity in 2026. These findings were broadly consistent with those reported in 2025.

Chart 36: Actions taken as a result of most recent experience of food insecurity



*Q50: Thinking of the last time you could not afford enough food for yourself and/or your household, what did you do? – **Base:** Food-insecure households – excluding non-responses (2025: n=410, 2026: n=401). **Note:** Rebased to exclude* 'don't know', 'prefer not to say', *and* 'no response'. *Themes are based on open-ended text responses. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Thinking of the last time you could not afford enough food for yourself and/or your household, what did you do? – *comments from respondents*

"Lived off just one pack of chicken drumsticks and a bag of potatoes for 2 weeks, no vegetables because produce is too expensive."

"We drank more water and played games to take our minds off of it. We also started doing more small cash jobs like cleaning for a neighbour to make sure we are not in the situation often."

"I tried limiting my intake of food so that my siblings and or parents would eat more. I was able to control my hunger feeling by drinking amounts of water and distracting myself via books, movies, and shows."

"Went to my whānau and had a feed there, or I go to the nearest food packs you get for free from Salvation Army - that's if you make it there before 11am because there always a long waiting line."

"I sometimes can eat at my parent's house (I'm 34 years old this is embarrassing) or my coworkers have been buying me food so I eat well and my brain works well enough for me to do my job. It's hard to work when you're hungry."

"Suffered with it until we could afford to buy some groceries."

"I always made sure my kid has food before me and I wouldn't have to go much longer than one day max without food for myself."

"We made large bulk meals that could last a few days out of cheap ingredients - pasta bakes and soups. We had toast and two-minute noodles for lunches."

"I rationed what we had. Skipped meals myself so the children didn't miss any meals and worked as an escort to get extra cash."

"Usually "shop" in mums pantry or make sure the food I had will make sure my child is not hungry and reduce the amount that I eat."

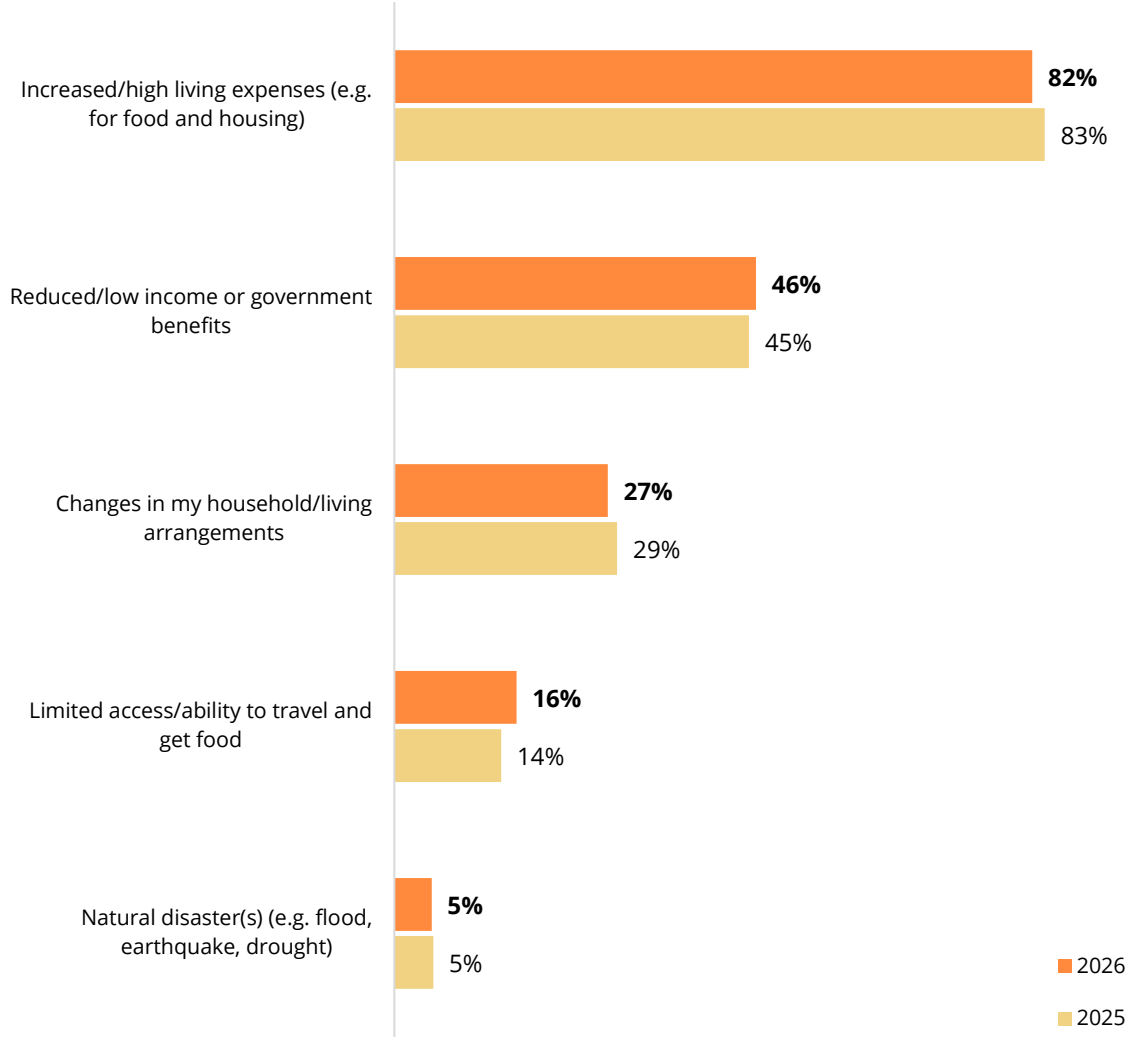
"Tried local foodbanks or pātaka kai ...or asked on local social media pages if really desperate."

"I stopped getting fresh food, veggies, fruit etc, and relied on cheap, plain pasta for a few days, limited portions, etc."

Factors contributing to food insecurity

Increased or high living expenses remained the most commonly reported contributing factor to food insecurity, cited by more than four in five food-insecure households in both 2025 (83%) and 2026 (82%). *Reduced or low income* was the second most frequently reported contributor across both years. Overall, the pattern of contributing factors remained consistent between 2025 and 2026, with no statistically significant differences observed.

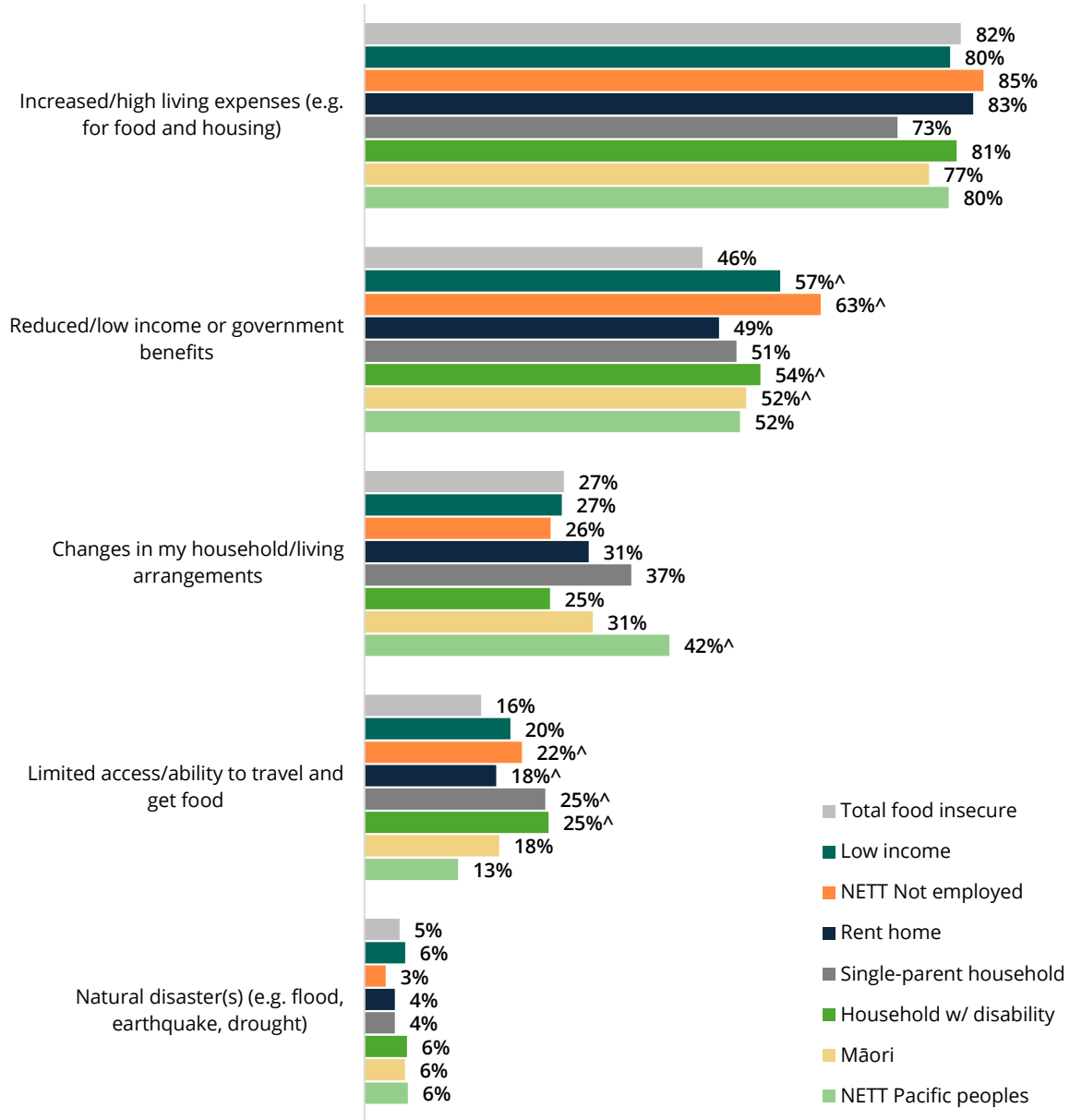
Chart 37: Factors contributing to food insecurity



Q40: *In the last 12 months, which of the following do you think have contributed to the situation(s) where you and/or your household could not afford enough food? –* ***Base:*** *Food-insecure households (2025: n=1,023, 2026: n=1,015).*

Increased or high living expenses was the most frequently identified contributing factor to food insecurity across all key subgroups. It was reported most often by those who were unemployed (85%) and those who rented their home (83%). *Reduced or low income* was the second most common contributing factor, particularly among those who were unemployed (63%) and those on low incomes (57%). *Changes in living arrangements* was also a notable contributor for Pacific peoples, with 42% identifying this as a factor in their experience of food insecurity.

Chart 38: Factors contributing to food insecurity by key subgroups

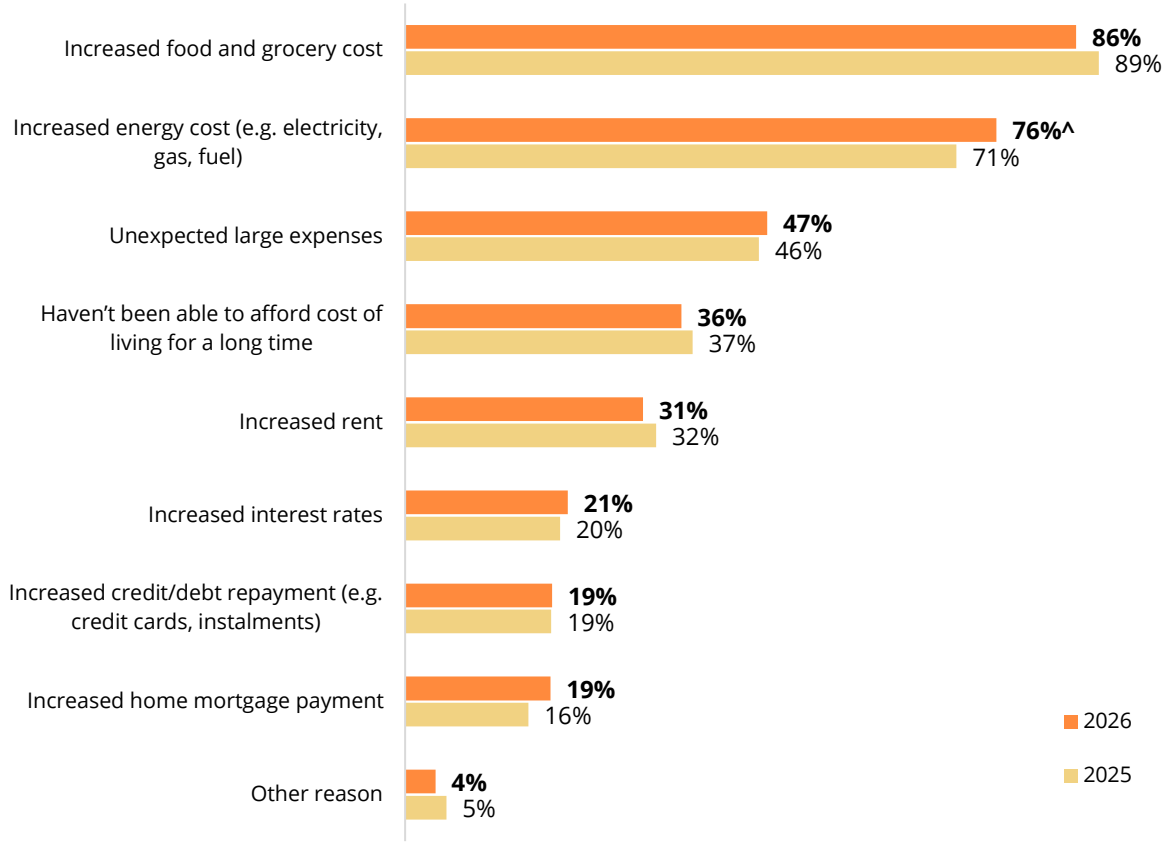


__Q40:__ In the last 12 months, which of the following do you think have contributed to the situation(s) where you and/or your household could not afford enough food? – __Base:__ Food-insecure households (2026: n=1,015 – Low income [≤$64,999] [n=571], NETT Not employed [n=353], I rent my home [n=503], HH with children – single parent [n=73], HH with a disability [n=351], Māori (n=231), NETT Pacific peoples [n=164]). __*Caution:__ Low base size (n<100), results indicative only. __Note:__ ^ / v – significantly higher/lower than total food insecure. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Detailed factors contributing to food insecurity

Increased or high living expenses were most commonly attributed to *rising food and grocery costs* and *energy costs*. In 2026, more than three quarters of food-insecure households (76%) identified *increased energy costs* as a contributing factor to their food insecurity – a significant increase compared with 2025 (71%). The prevalence of other contributing factors such as *unexpected large expenses* and *increased rent* remained largely unchanged between 2025 and 2026.

Chart 39: Reasons for food insecurity: Increased/high living expenses



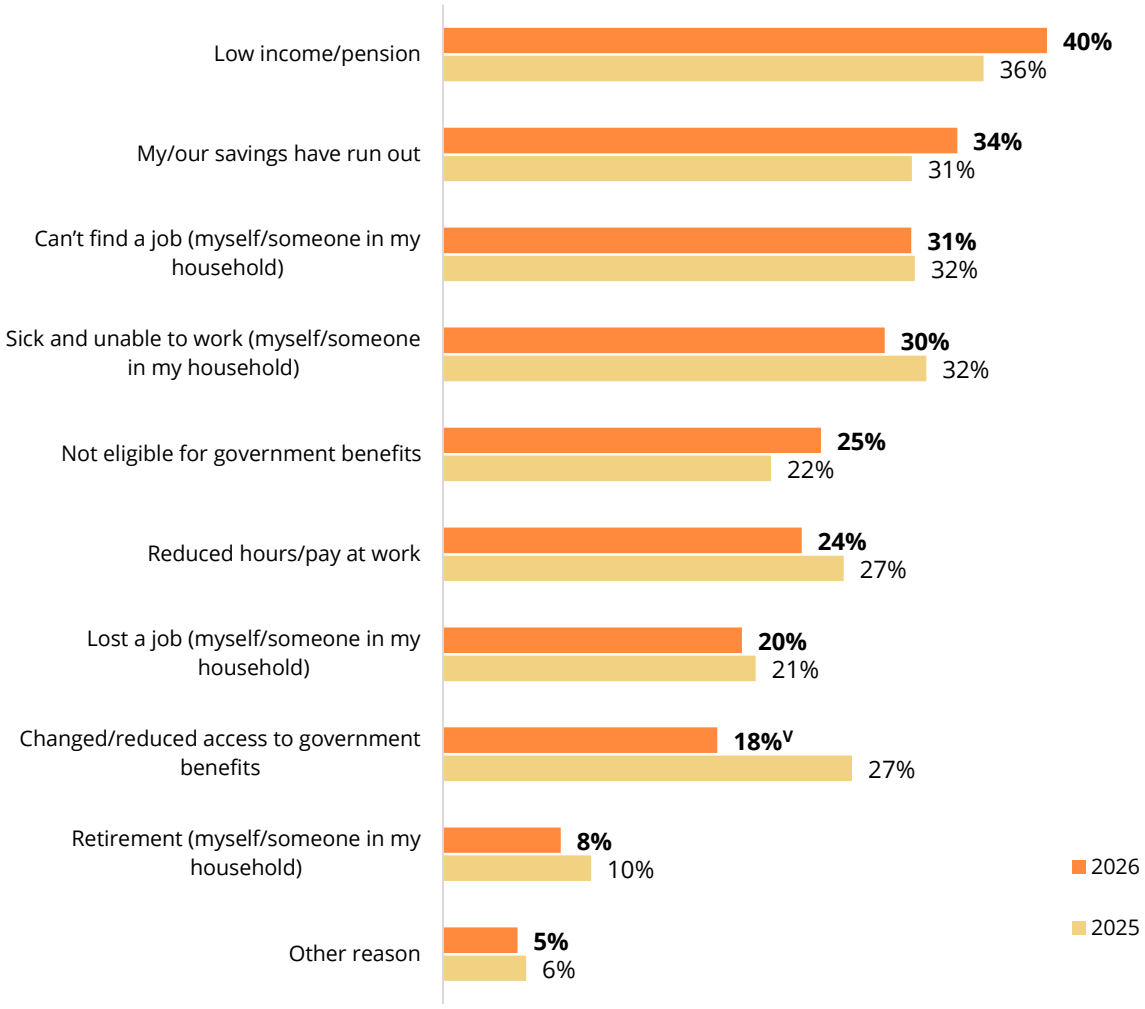
Q40b: *Can you tell us more in what way increased/high living expenses (e.g. for food and housing) contributed to your food situation(s) in the past 12 months? –* ***Base:*** *Q40 = Increased/high living expenses (2025: n=855, 2026: n=824).* ***Note:*** *^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"Due to the costs of food, power, medical costs, petrol, and rent the money does not go as far as it used to."

"It just takes an unexpected expense to throw you out. E.g. a doctor's visit, travel costs, new glasses, toothache etc."

Across both years, *low income or reliance on a pension* was the primary driver of reduced income, followed by *running out of savings*. Attribution to *changes in or reduced access to government benefits* declined significantly in 2026, with 18% citing this factor compared with 27% in 2025.

Chart 40: Reasons for food insecurity: Reduced/low income



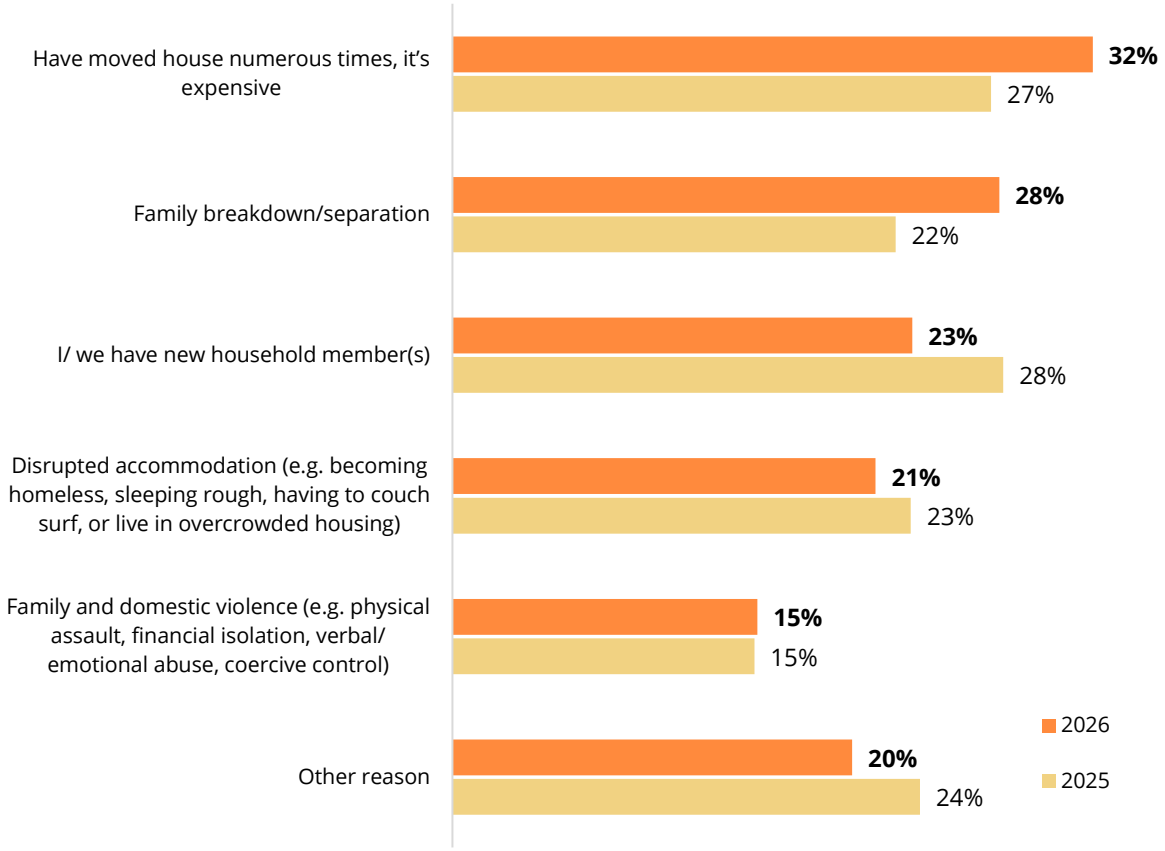
Q40a: *Can you tell us more in what way reduced/low income or government benefits contributed to your food situation(s) in the past 12 months? –* ***Base:*** *Q40 = Reduced/low income (2025: n=451, 2026: n=464).* ***Note:*** *^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"Being on maternity leave we have had a huge cut in income and an increase in expenses."

"Got less shifts at work, which in turn led to having less money to spend on food, since transport and rent costs are also added on."

Among those who reported that changes in their household or living arrangements contributed to their difficulty affording food, around one third cited *having moved house multiple times* (32%) and *family breakdown or separation* (28%) as key factors. This was followed by *having new household members* (23%) and *disrupted accommodation* (21%). There were no significant differences in the reasons reported between 2025 and 2026.

Chart 41: Reasons for food insecurity: Changes in household / living arrangements



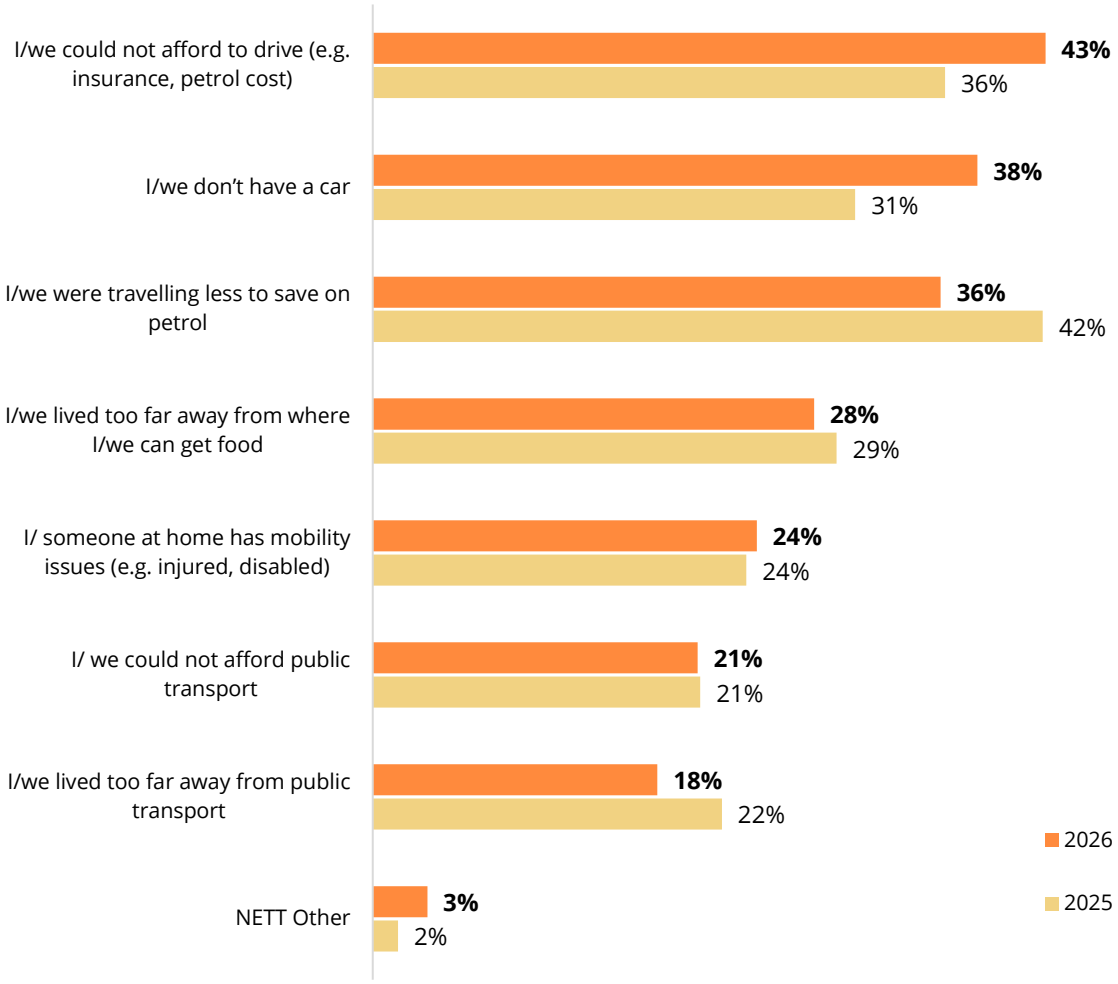
Q40c: *Can you tell us more in what way changes in your household/ living arrangement contributed to your food situation(s) in the past 12 months? –*
Base: *Q40 = changes in your household / living arrangement (2025: n=295, 2026: n=287)*

"I had a boarder and that boarder moved out which cut my extra income down and that income I usually spent on food."

"My oldest son no longer has shared care with his father, now he lives with me full time and teenage boys eat as much as 2 adults."

Among those who experienced food insecurity due to limited access to food or transport barriers, the most commonly cited reasons *were not being able to afford to drive* (43%), *not having access to a car* (38%), and *travelling less to save on petrol costs* (36%). While there were no statistically significant differences between 2025 and 2026, the ranking of contributing factors shifted slightly, with *not being able to afford to drive* overtaking *travelling less to save on petrol* as the most frequently reported reason in 2026.

Chart 42: Reasons for food insecurity: Limited access / ability to travel



Q40d: *Can you tell us more in what way limited access / ability to travel and get food contributed to your food situation(s) in the past 12 months? –*
Base: *Q40 = Limited access / ability to travel (2025: n=132, 2026: n=158)*

"A lot of bills came out in one week and didn't have enough money for a taxi to get groceries."

"There is only a small supermarket where I live and I need to drive one hour to go to a larger and therefore cheaper supermarket. I can't afford to do that every week because petrol is very expensive."

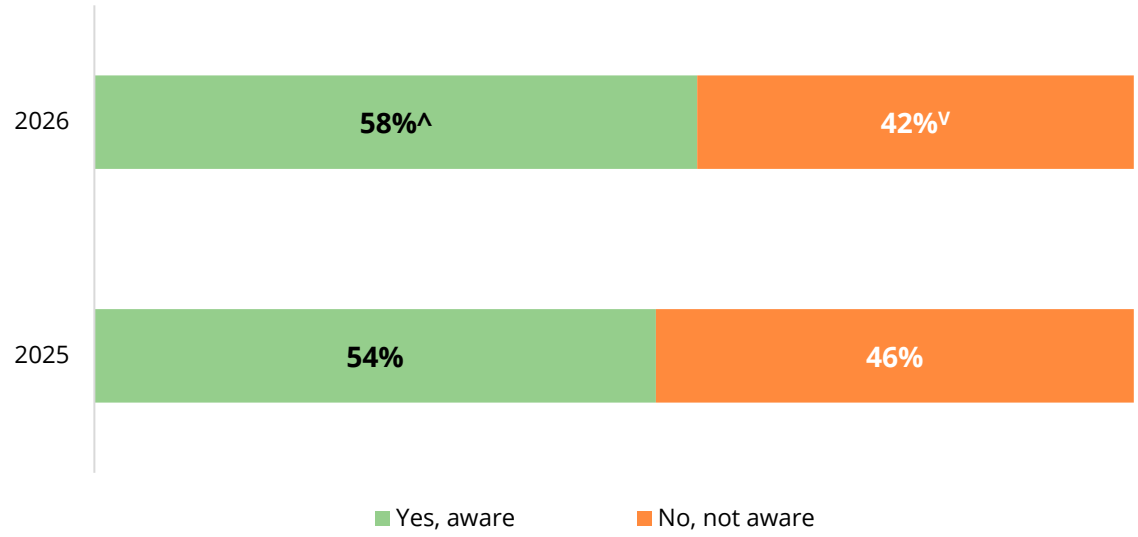
Food support

Respondents were asked numerous questions about food support to understand their knowledge and experiences. These included the sources of food support they were aware of (if any), whether they had accessed food support and how recently they had done so, whether the support met their needs, and the types of support they preferred or would like to see more of.

Awareness of food support services

Awareness of where to get food support has seen a significant increase since 2025 – close to three in five respondents (58%) stated that they would know of somewhere they could get food support if they needed it, compared to 54% in 2025.

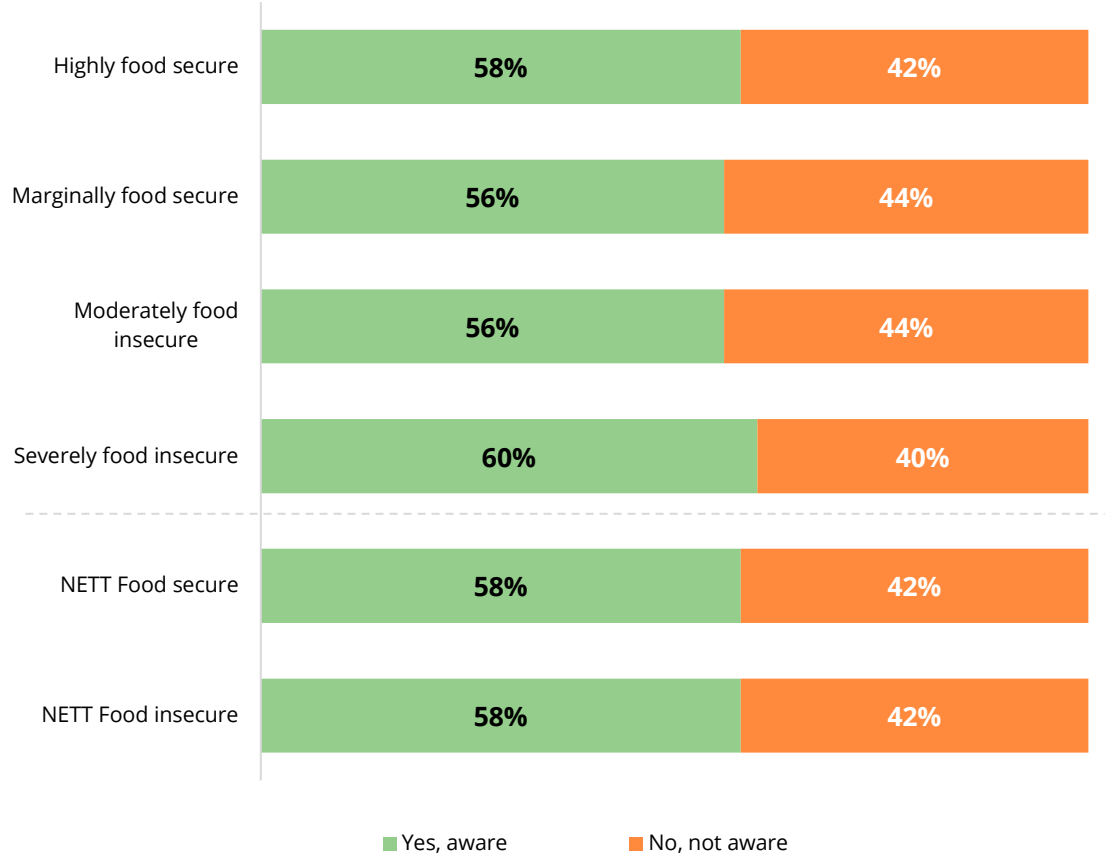
Chart 43: Awareness of where to get food support



Q47: In the situation(s) where you could not afford enough food for yourself and/or your household, do you know of anywhere you could get any food support help or support? – Base: Total respondents (2025: n=3,000, 2026: n=3,000). Note: ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Awareness of where to get food support did not vary substantially across different levels of food insecurity. Those who were severely food insecure were more likely to report that they were aware of where to go for food support (60%).

Chart 44: Awareness of where to get food support by food security segments



*Q47: In the situation(s) where you could not afford enough food for yourself and/or your household, do you know of anywhere you could get any food support help or support? – **Base:** Total respondents (2026: Highly food secure [n=1,490], Marginally food secure [n=489], Moderately food insecure [n=461], Severely food insecure [n=554], NETT Food secure [n=1,979], NETT Food insecure [n=1,015]). Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

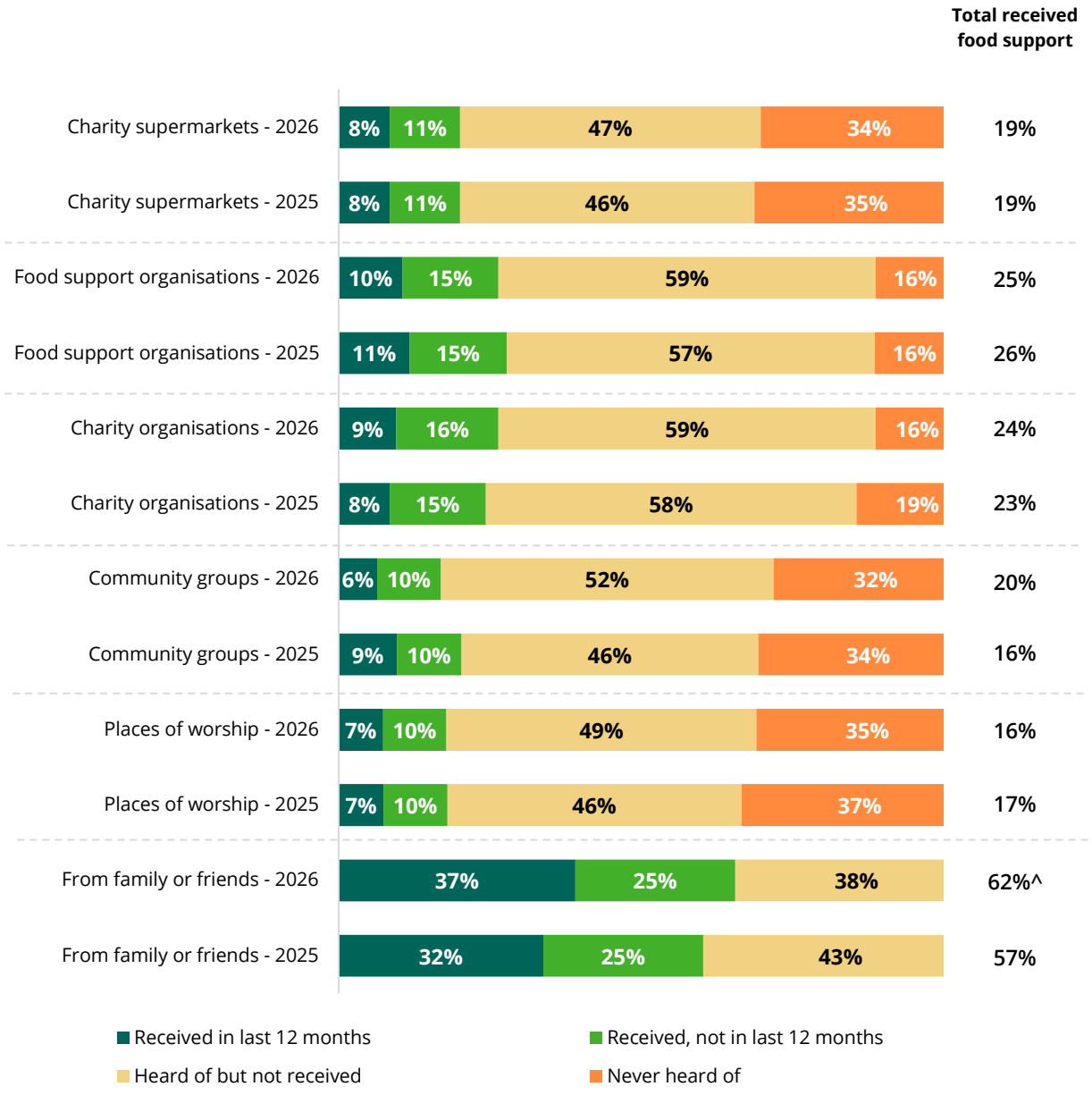
"I don't know. We were told that we could get food support, but not how to get it or where."

"I've never heard of the services that provide food-relief. I also strongly believe that I need to personally overcome my guilt around seeking help when I need it."

Forms of food support

Across various sources of food support, the proportion of those who reported ever receiving food support has remained largely unchanged between waves; however, the proportion of those who have ever received food support from *family or friends* has seen a significant increase (62% in 2026 vs 57% in 2025).

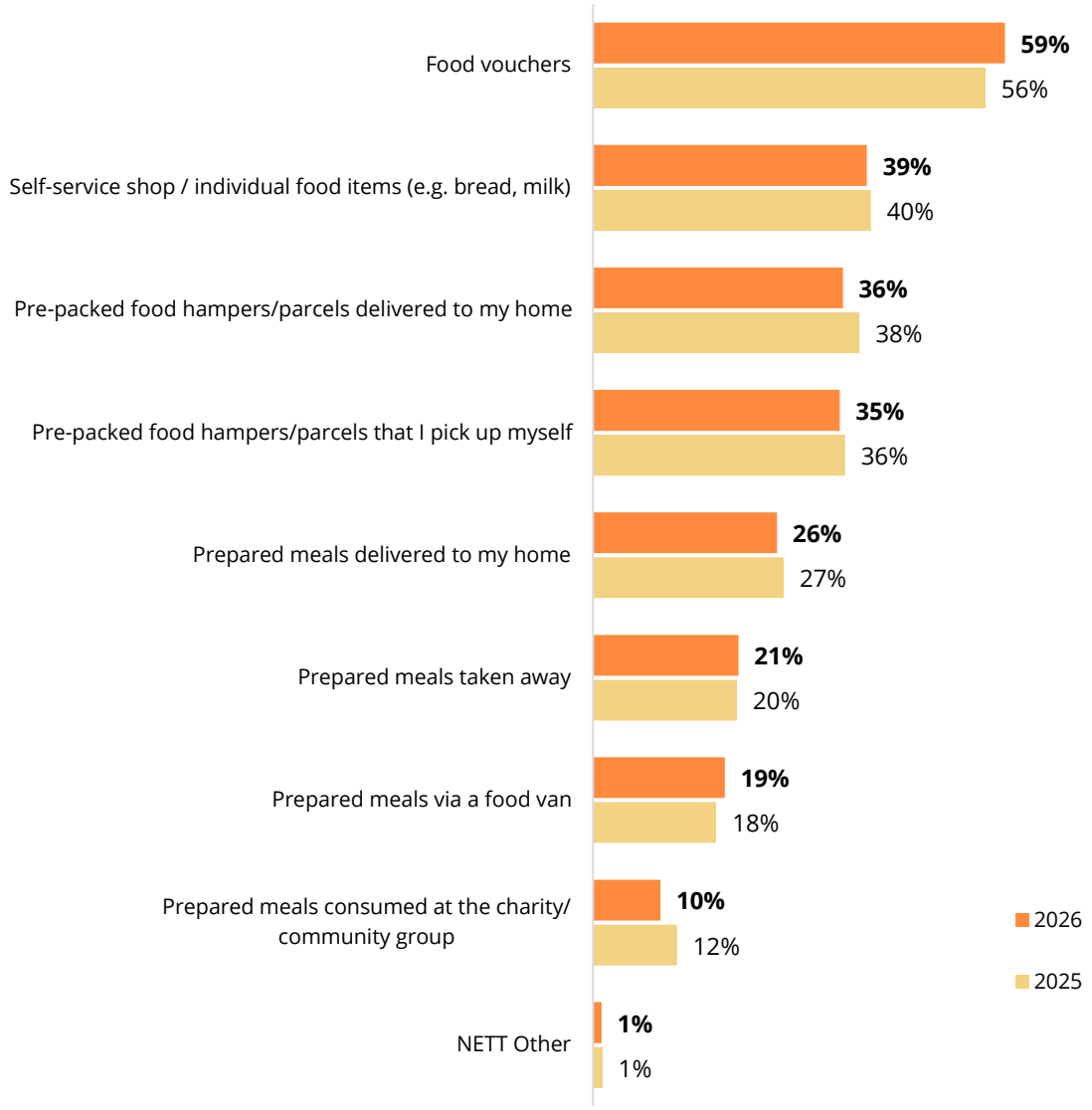
Chart 45: Awareness and use of food support sources by year



*Q48: Which of the following are you aware of for providing food support and which have you used for food support? – **Base:** Food-insecure households (2025: n=1,023, 2026: n=1,015). **Note:** ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Preferred forms of food support have not changed substantially since 2025. Most stated they preferred or would like to see more *food vouchers* (59%), *self-service shopping with individual food items* (39%), or *pre-packed and delivered food parcels* (36%).

Chart 46: Preferred types of food support from charities and community groups



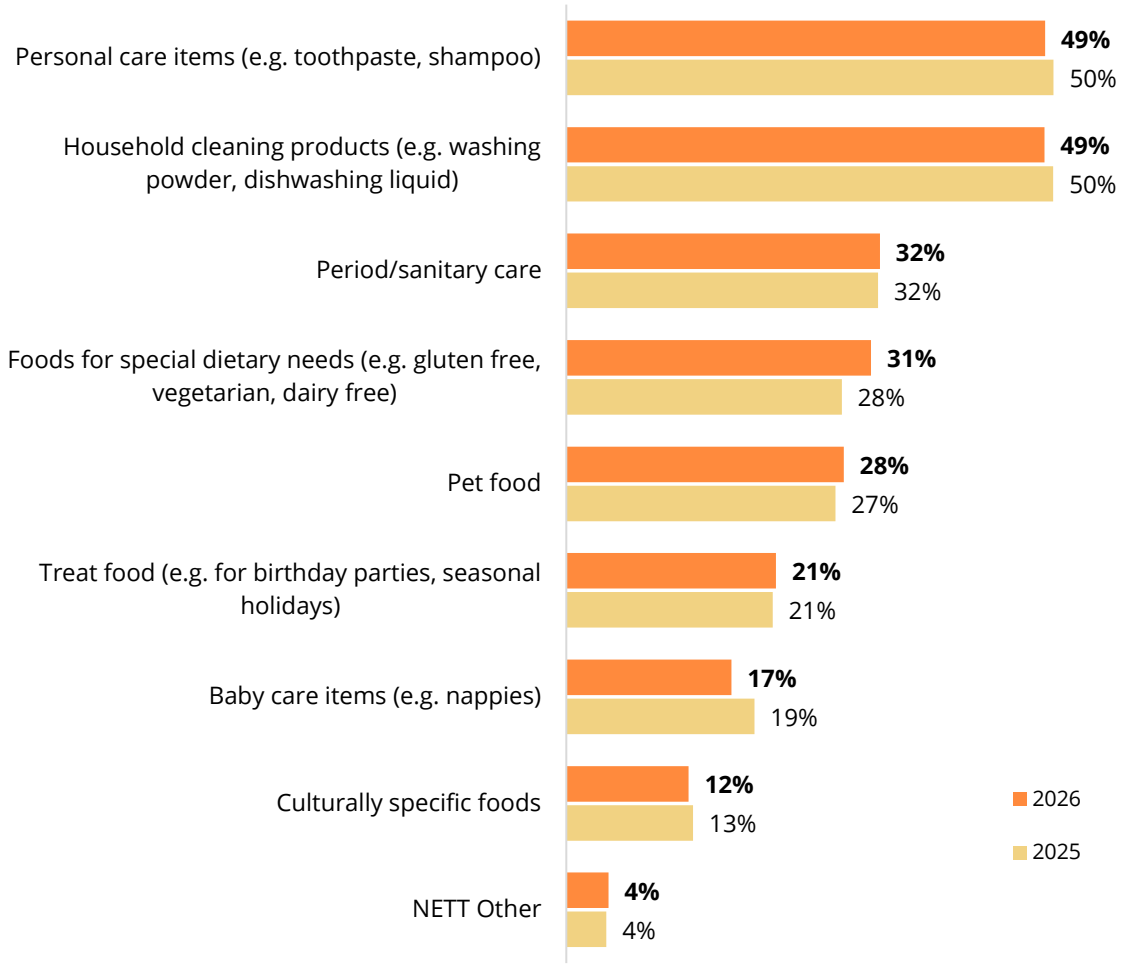
Q56: *What types of food support for you and/or your household would you like to see more of / would you be interested in from charities and community groups? –* ***Base:*** *Food-insecure households (2025: n=1,023, 2026: n=1,015).* ***Note:*** *^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"A local pick up area where you can select food (according to dietary needs) without scrutiny."

"To be able to pick items that you can and will use. Everyone has different needs and one can make a meal out of something that another can't."

Similarly, non-food items desired from food support services have remained consistent with the previous wave; around half stated they would like to see more *personal care items* (49%) and *household cleaning products* (49%). *Period or sanitary care products* remained highly sought after, with around a third (32%) stating they would like food support services to provide more of these products.

Chart 47: Other items food-insecure households would like to receive from food support services



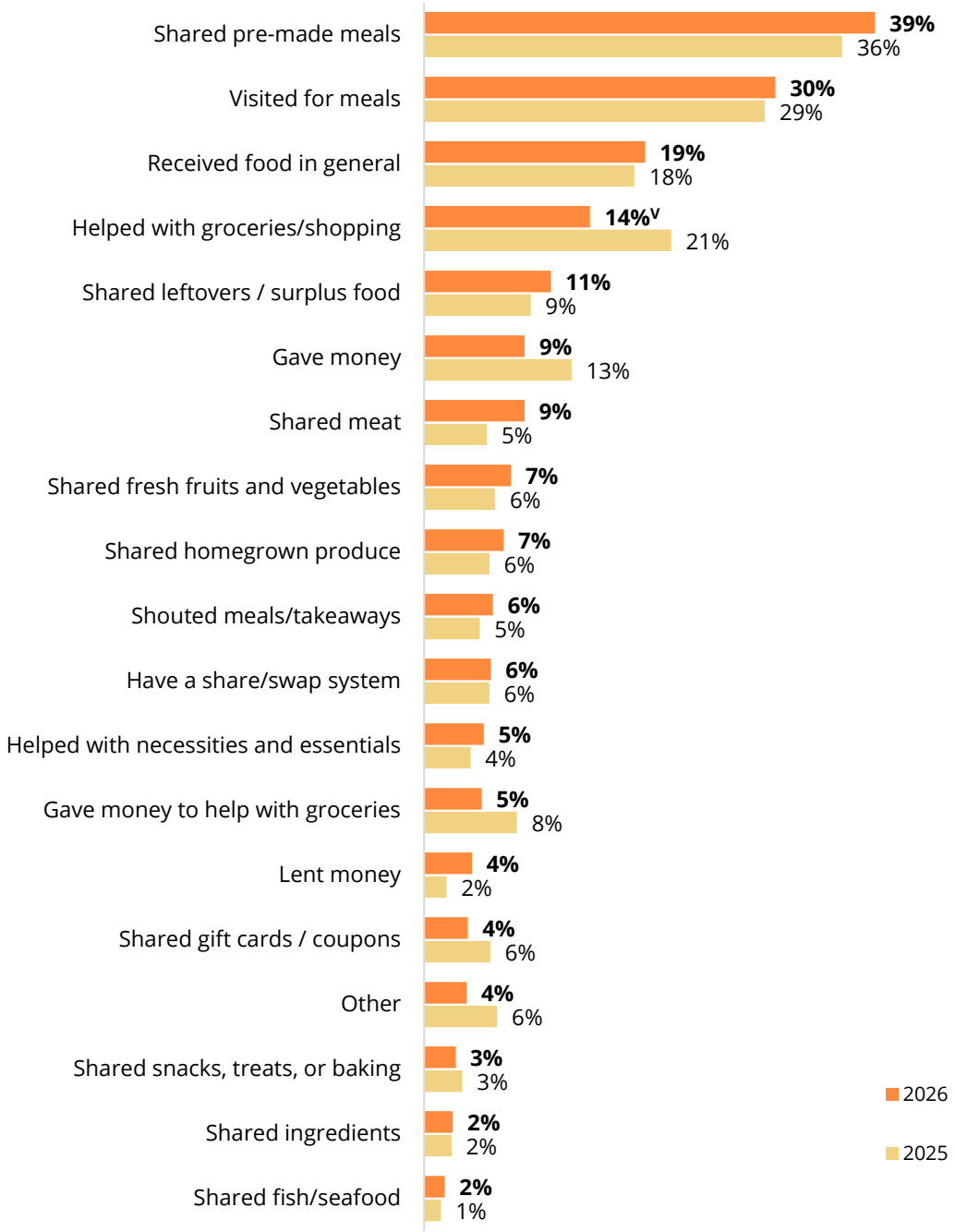
*Q58: Which of the following items would you like to see more of / be interested in from charities and community groups for your use or your household's use? – **Base:** Food-insecure households (2025: n=1,023, 2026: n=1,015). Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"If they helped with household items (cleaning products), personal hygiene products, as well as everyday food items such as milk, coffee, fruit, snacks."

"It's not just kai people need help with, it's lots of other household shopping normal items like cleaning and sanitary products."

In terms of the ways in which family, whānau, or friends provided food support, most responses mentioned *shared pre-made meals* (39%), *visiting for meals* (30%), or *receiving food in general* (19%). Significantly fewer respondents mentioned that family *helped with groceries or shopping* in 2026 (14% compared to 21% in 2025).

Chart 48: Forms of support received from family, whānau, or friends



Q59d: *Please list all the different ways in which your family or friends have provided you with food support over the past 12 months. –* ***Base:*** *Those who stated they received support from family/friends in the last 12 months at Q40 – excluding non-responses (2025: n=297, 2026: n=354).* ***Note:*** *^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Rebased to exclude* 'don't know', 'prefer not to say', *and* 'no response'. *Themes are based on open-ended text responses. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Please list all the different ways in which your family or friends have provided you with food support over the past 12 months – *comments from respondents*

"They drop by our house, talk and comfort us and then dropped off food, frozen food like pizza, meat pies and other stuff."

"I visit my dad who feeds me always, this is about 3-4 times a week for breakfast, he cooks for me."

"Visiting my grandparents for dinner on my dad's side I can eat with them any night if the week, cooked meal at home."

"Family members have taken me to the supermarket to get the bare necessities."

"My friend gave me a few steaks to put in the freezer when they had brought themselves a large uncut rump."

"Pre-made meals, having us over for meals, giving us leftovers or stuff from the freezer."

"Receiving ingredients and vegetables they had grown."

"Got veges from her vege garden and some fruit, sometimes she freezes me leftovers from their dinners."

"Provided us money to get through a few days, I always pay back."

"Eggs and meat (beef and lamb) from farm, meat form hunting (deer), fish from fishing."

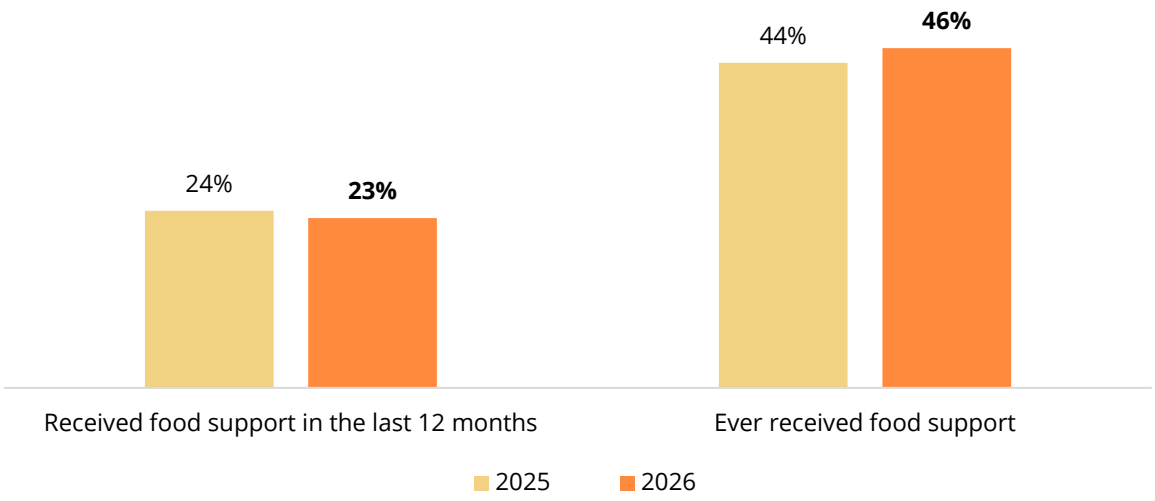
"Buying groceries and dropping them off to our house, ordering food to be delivered to our place via Uber Eats."

"Inviting themselves to share a meal, being invited to a shared meal with whānau."

Access to food support services

Close to half of food-insecure households reported having received food support at some point (46%). In terms of recent use, 23% accessed food support within the past 12 months. Overall, there were no statistically significant differences between 2025 and 2026.

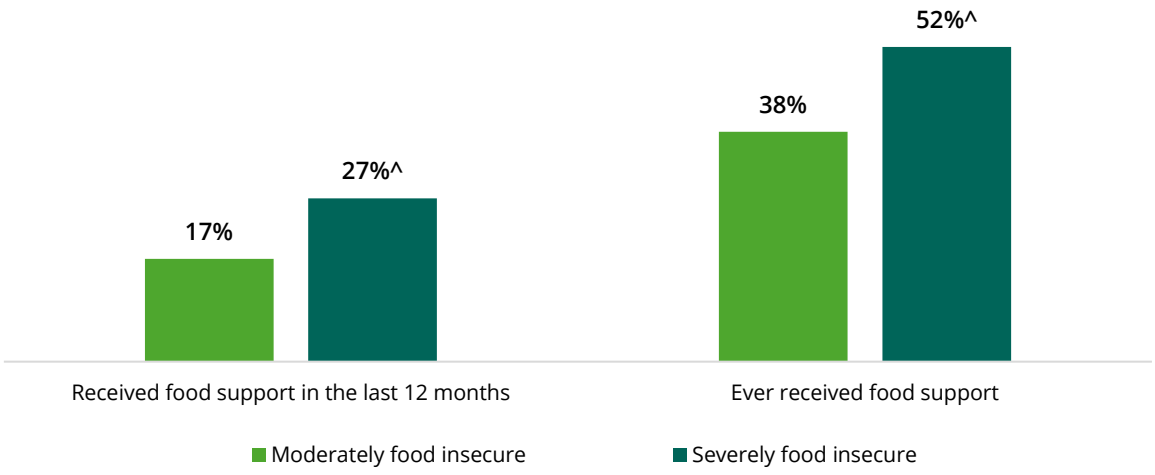
Chart 49: Food support received by food-insecure households



*Q48: Which of the following are you aware of for providing food support and which have you used for food support? – **Base:** Food-insecure households (2025: n=1,023, 2026: n=1,015). Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Food support utilisation was significantly higher among severely food-insecure households than among those who are moderately food insecure. Just over half (52%) of severely food-insecure households had ever received formal food support, compared with 38% of moderately food-insecure households. Recent receipt followed a similar pattern, at 27% and 17%, respectively.

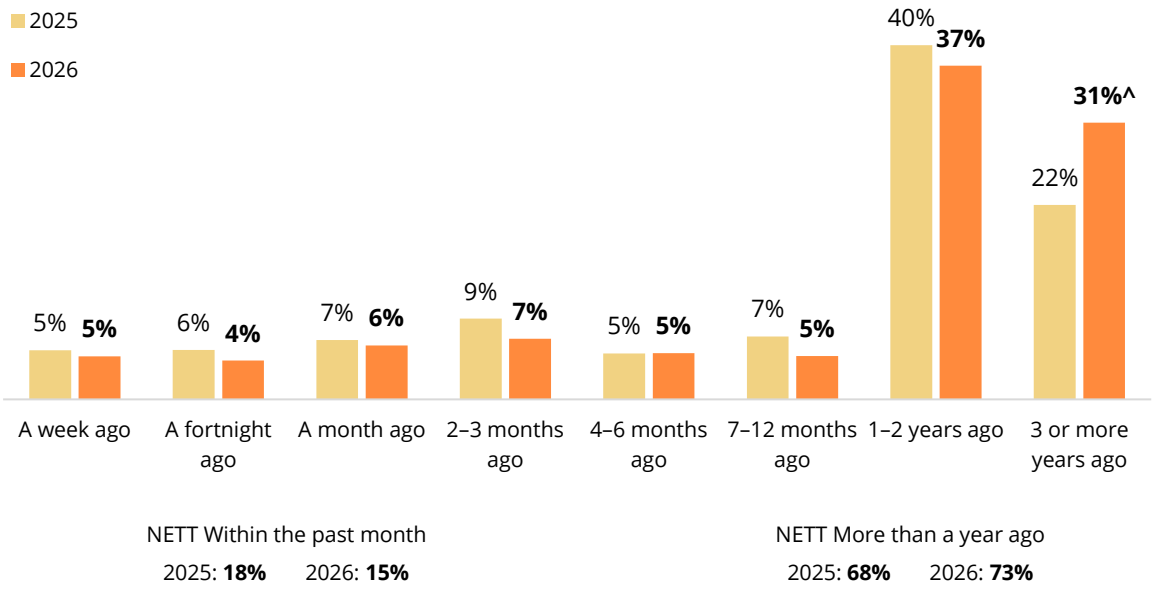
Chart 50: Food support received by food insecurity severity



*Q48: Which of the following are you aware of for providing food support and which have you used for food support? – **Base:** Food-insecure households (2026: Moderately food insecure [n=461], Severely food insecure [n=554]). **Note:** ^ / v – significantly higher/lower than total food-insecure households. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Most food-insecure households that had received food support first accessed support more than a year ago (73%) – an increase from 68% in 2025. Notably, a significantly higher proportion first received food support three or more years ago in 2026 (31%) compared with 2025 (22%). In contrast, 15% of households reported first accessing formal food support within the past month, down from 18% in 2025. Together, these findings indicate that first-time use of food support has become less common in recent periods, while a greater proportion first accessed support several years ago.

Chart 51: First time receiving formal food support among food-insecure households

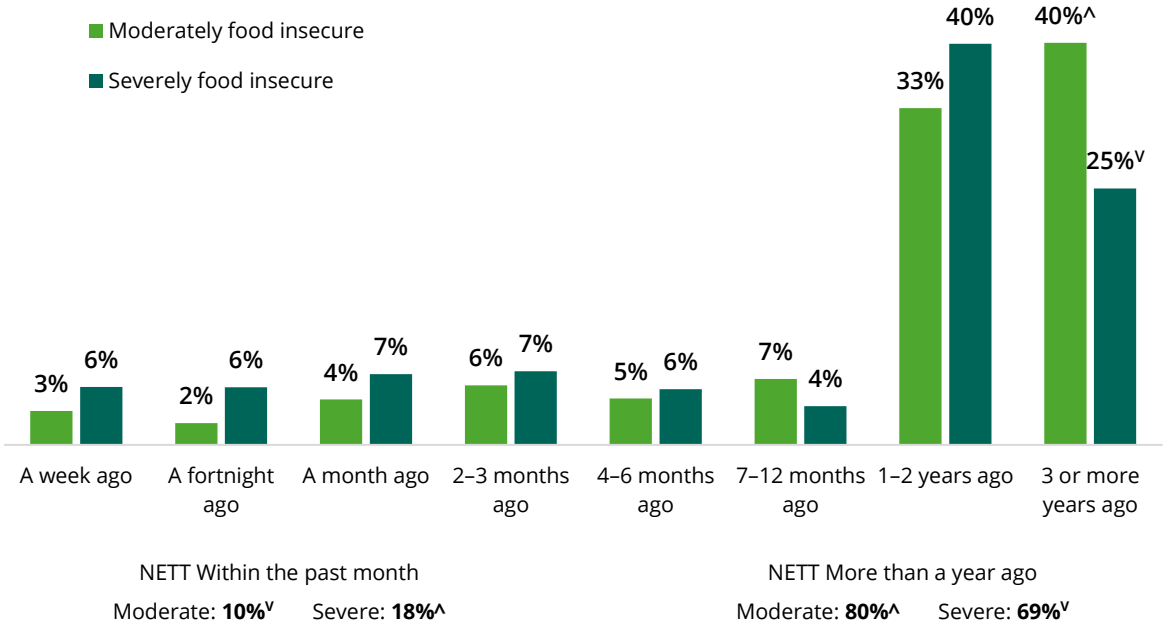


Q49A: When was the first time you received food support for yourself and/or your household from any of these charities, relief support services, or community organisations? – Base: Food-insecure households who have received food support (2025: n=453, 2026: n=468). Note: ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Moderately food-insecure households were significantly more likely to have first accessed food support more than a year ago (80%) than severely food-insecure households (69%). They were also significantly more likely to have first received food support three or more years ago (40%) compared with severely food-insecure households (25%).

Conversely, severely food-insecure households were significantly more likely to have first received food support within the past month (18%) than moderately food-insecure households (10%). These findings suggest that severely food-insecure households were more likely to be recent users of formal food support, while moderately food-insecure households were more likely to have a longer history of accessing assistance.

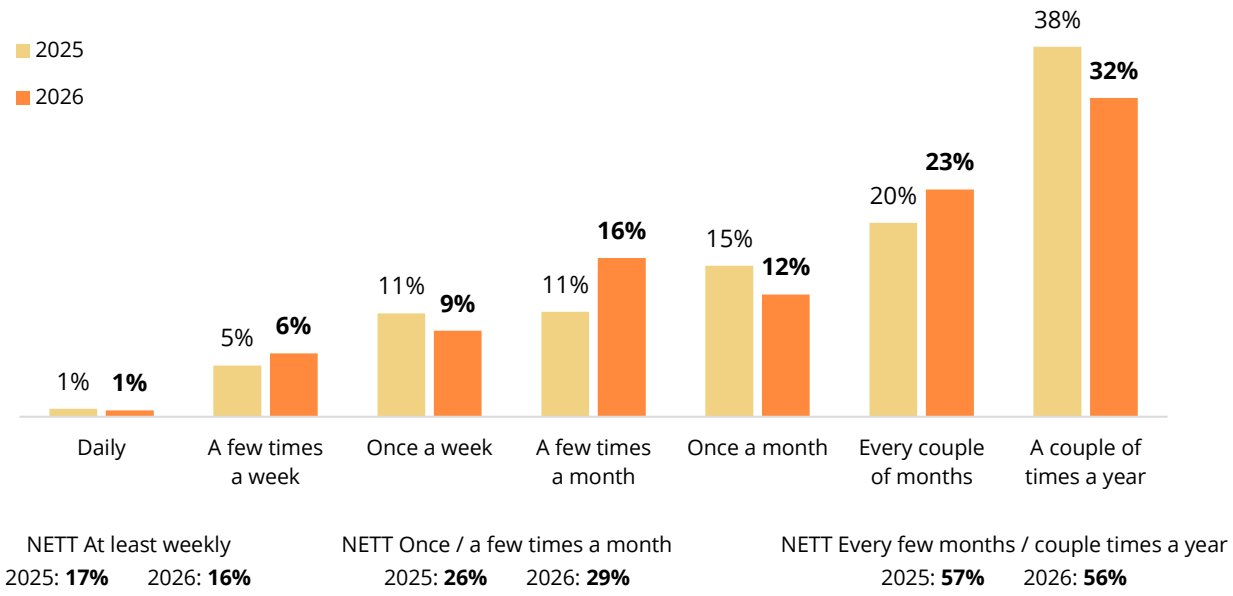
Chart 52: First time receiving formal food support among food-insecure households, by food insecurity severity



Q49A: When was the first time you received food support for yourself and/or your household from any of these charities, relief support services, or community organisations? – Base: Food-insecure households who have received food support (2026: Moderately food insecure [n=461], Severely food insecure [n=554]). Note: ^ / v – significantly higher/lower than total food-insecure households. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Most food-insecure households reported using food support only occasionally, with 56% receiving it every few months or a couple of times a year. Over a quarter (29%) reported accessing support once to a few times a month. A smaller proportion (16%) accessed food support more frequently. There were no significant differences between 2025 and 2026.

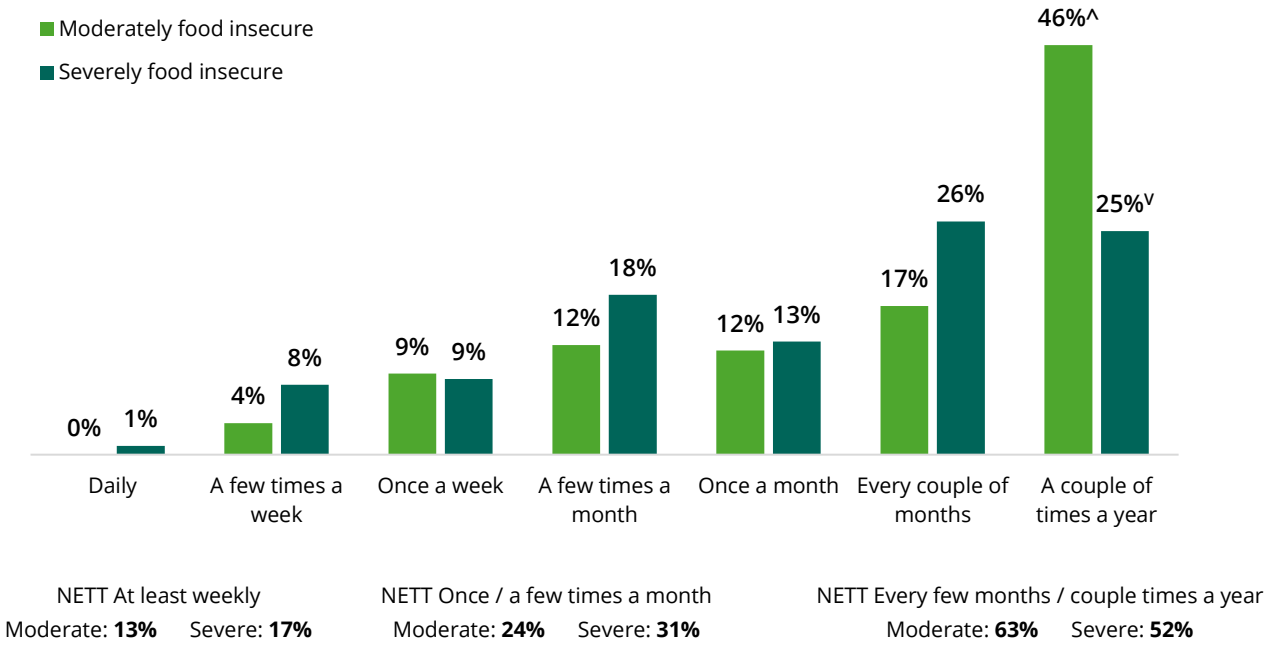
Chart 53: Frequency of receiving formal food support among food-insecure households



Q49: In the last 12 months, how often have you received food support from a charity or community organisation for yourself and/or your household? – Base: Food-insecure households who have received food support in the previous 12 months (2025: n=238, 2026: n=222). Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Severely food-insecure households were more likely to access food support frequently, with 17% receiving support weekly and 31% receiving it once or several times a month. In contrast, they were significantly less likely to access food support only a couple of times a year (25%) compared with moderately food-insecure households (46%). These findings indicate that severely food-insecure households were more reliant on regular food assistance than moderately food-insecure households.

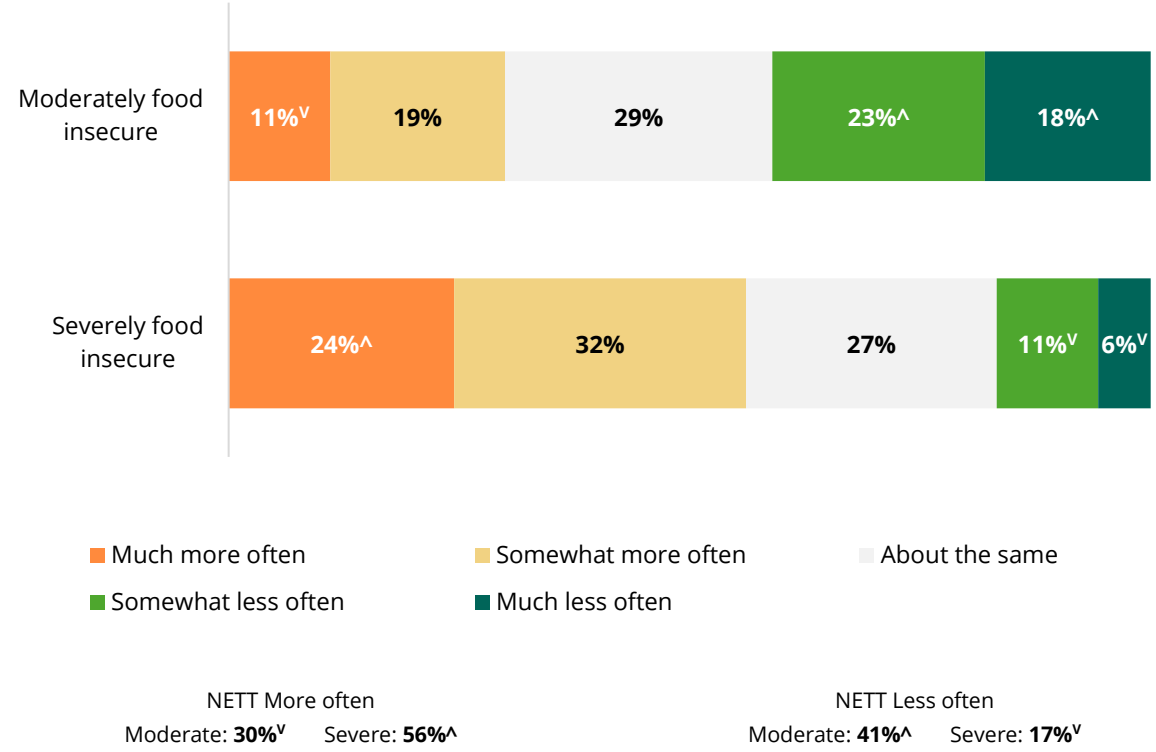
Chart 54: Frequency of receiving formal food support among food-insecure households, by food insecurity severity



Q49: In the last 12 months, how often have you received food support from a charity or community organisation for yourself and/or your household? – Base: Food-insecure households who have received food support in the previous 12 months (2026: Moderately food insecure [n=73], Severely food insecure [n=149]). *Caution: Low base size (n<100), results indicative only. Note: ^ / v – significantly higher/lower than total food-insecure households. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Severely food-insecure households were significantly more likely to have received food support more often, with over half (56%) accessing support on a regular basis, compared with 30% of moderately food-insecure households. Conversely, moderately food-insecure households were more likely to receive food support less often (41%). These findings show that severely food-insecure households were more reliant on ongoing food assistance.

Chart 55: Year comparison of frequency of receiving formal food support among food-insecure households, by food insecurity severity



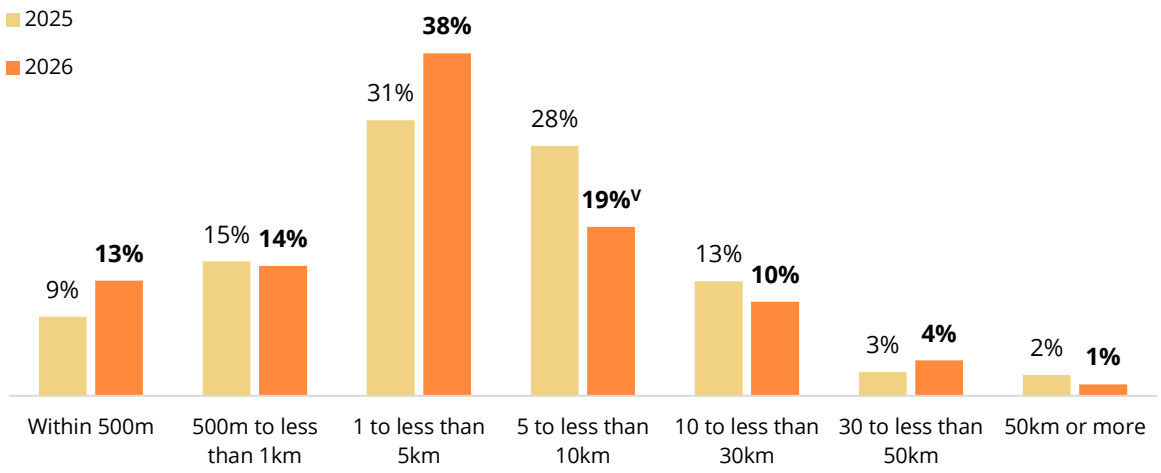
*Q51: If you compare this year to last year, are you receiving food support for yourself and/or your household more or less often this year? – **Base:** Food-insecure households who have received food support in the previous 12 months (2026: Moderately food insecure [n=73*], Severely food insecure [n=149]). ***Caution:** Low base size (n<100), results indicative only. **Note:** ^ / v – significantly higher/lower than total food-insecure households. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Accessibility of food support services

Most households that received food support travelled relatively short distances to access support, with 57% travelling 1–10 kilometres to reach food distribution points. A smaller but notable proportion (15%) travelled more than 10 kilometres.

Compared with 2025, people were significantly less likely to travel between 5 and less than 10 kilometres in 2026 (19% compared to 28% in 2025). Otherwise, travel distances to access food support remained broadly consistent between the two years.

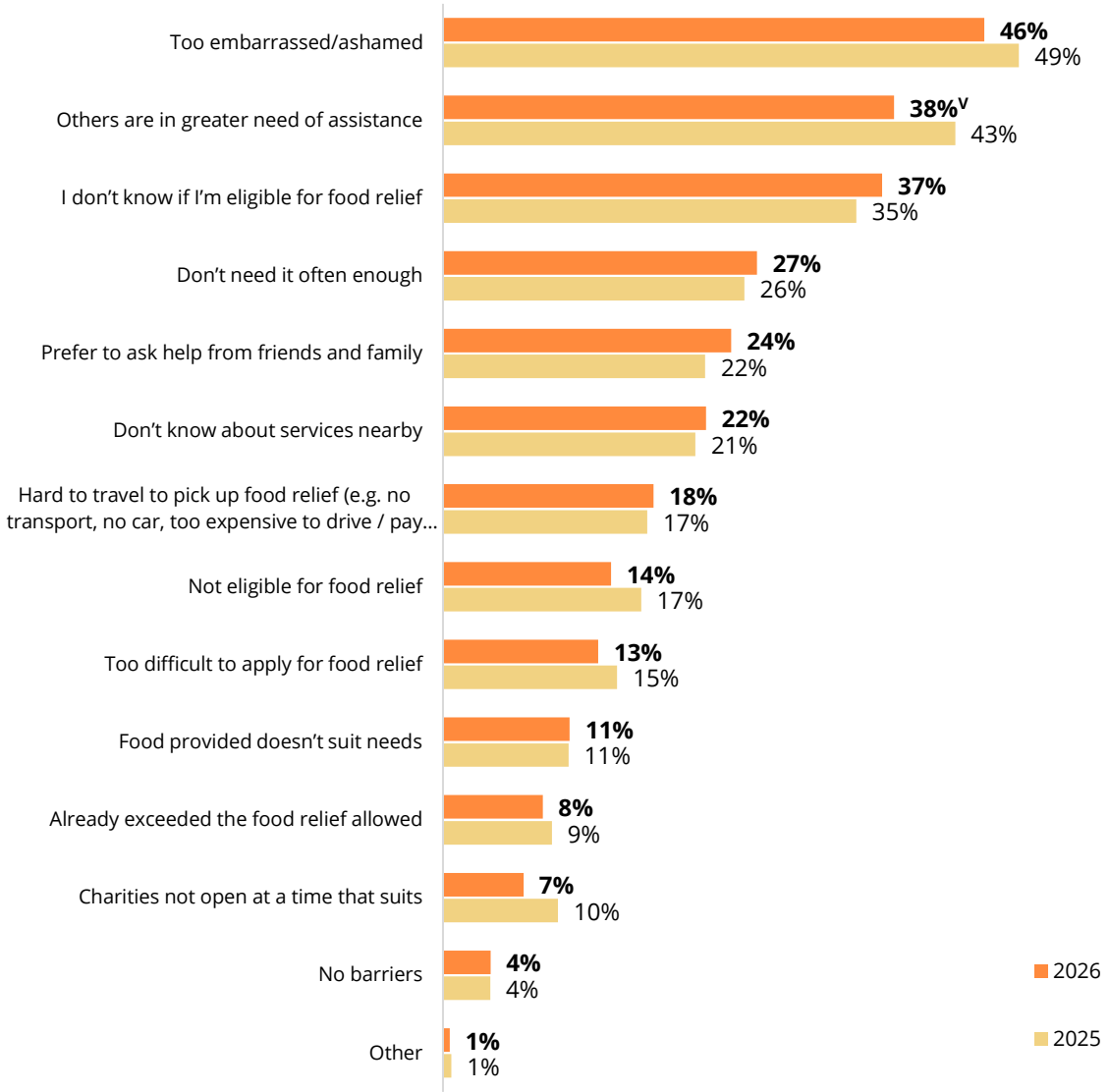
Chart 56: Distance travelled to access formal food support services



__Q60:__ Thinking of the most recent week you received food support from food support charities or community organisations. Approximately how far did you travel to get food support for yourself and/or your household? – __Base__: Food-insecure households who have received food support in the past 12 months (2025: n=238, 2026: n=222). __Note:__ ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Embarrassment and stigma remained the most commonly reported barriers to accessing food support, with nearly half of food-insecure households (46%) indicating they felt too embarrassed or ashamed to seek support. A further 38% felt that *others were in greater need than themselves* – a significant decrease from 43% in 2025. The only other significant year-on-year difference was a decline in the proportion reporting that *charities were not open at suitable times*, from 10% in 2025 to 7% in 2026.

Chart 57: Barriers to receiving food support among food-insecure households



__Q54:__ Which of the following are barriers for you in seeking food support from a charity or community organisation? – __Base:__ Food-insecure households (2025: n=1,023, 2026: n=1,015). __Note:__ ^ / v – significantly higher/lower than 2025. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

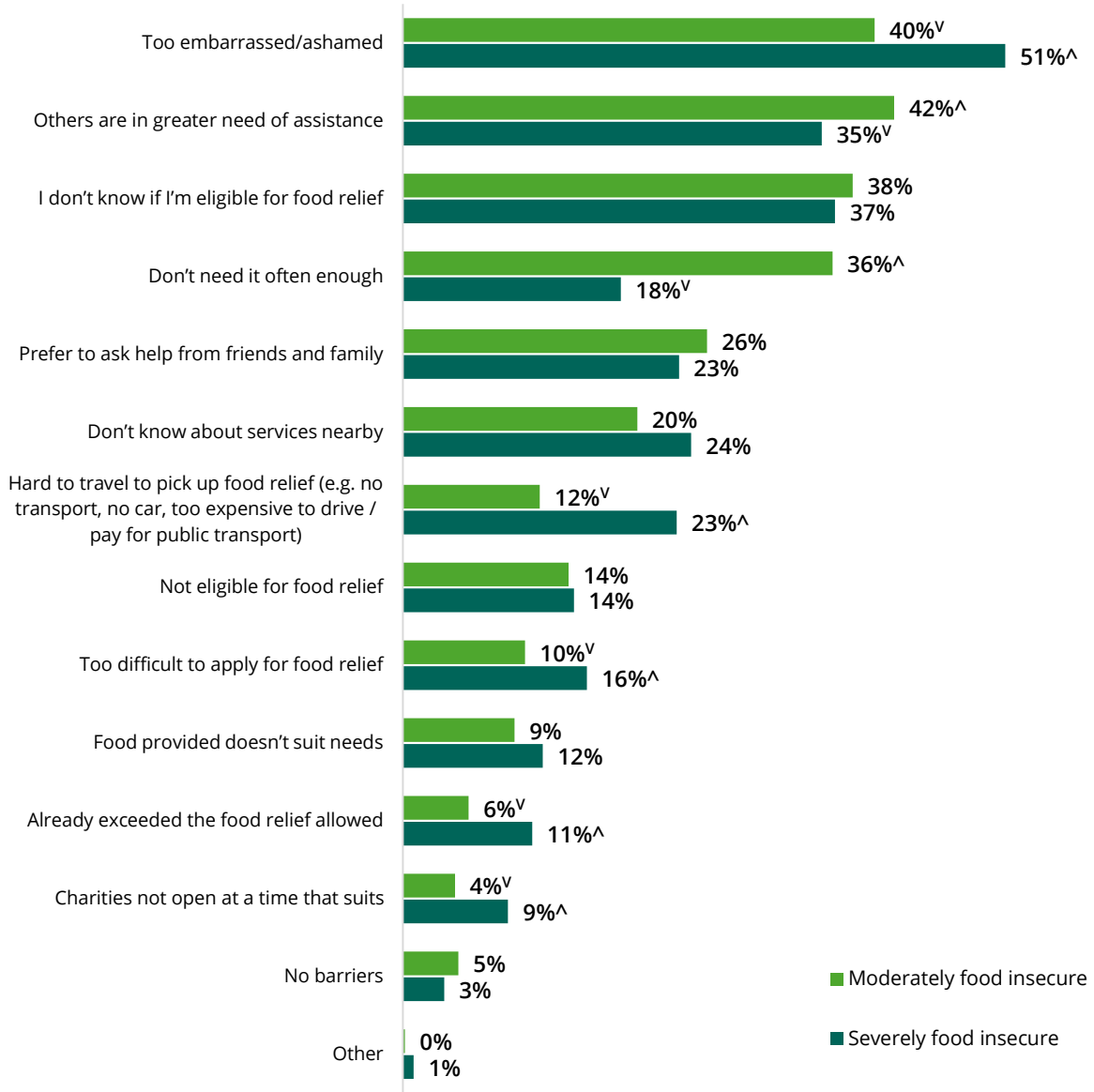
"Although things are tough there are families who need it more and I would never want others to go without because of us."

"Reduce the amount of embarrassment and shame associated with it. We are a proud honourable family who have always worked hard, had good jobs. Have never looked down on anyone needing help and have even helped a few when we could. Hard to take when it's us."

Key differences stood out between moderately and severely food-insecure households in terms of barriers to accessing food support. *Embarrassment or shame* was much higher among the severely food insecure (51% vs 40% of moderately food-insecure households), while moderately food-insecure households were more likely to indicate that *others are in greater need of assistance* (42% vs 35% of severely food-insecure households).

Practical barriers appeared more often among the severely food insecure: *difficulties travelling to pick up food* (23% vs 12% of moderately food insecure), *opening hours that didn't suit* (9% vs 4%), *having already exceeded food support limits* (11% vs 6%), and *difficult application processes* (16% vs 10%).

Chart 58: Barriers to receiving food support among food-insecure households, by food insecurity severity



__Q54:__ Which of the following are barriers for you in seeking food support from a charity or community organisation? – __Base:__ Food-insecure households (2026: Moderately food insecure [n=461], Severely food insecure [n=554]). __Note:__ ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.

Efficacy of food support received

In 2026, both moderately and severely food-insecure households reported receiving an average of 10.9 meals per week through food support. Among severely food-insecure households, this represents a slight decline from 12.5 meals per week in 2025.

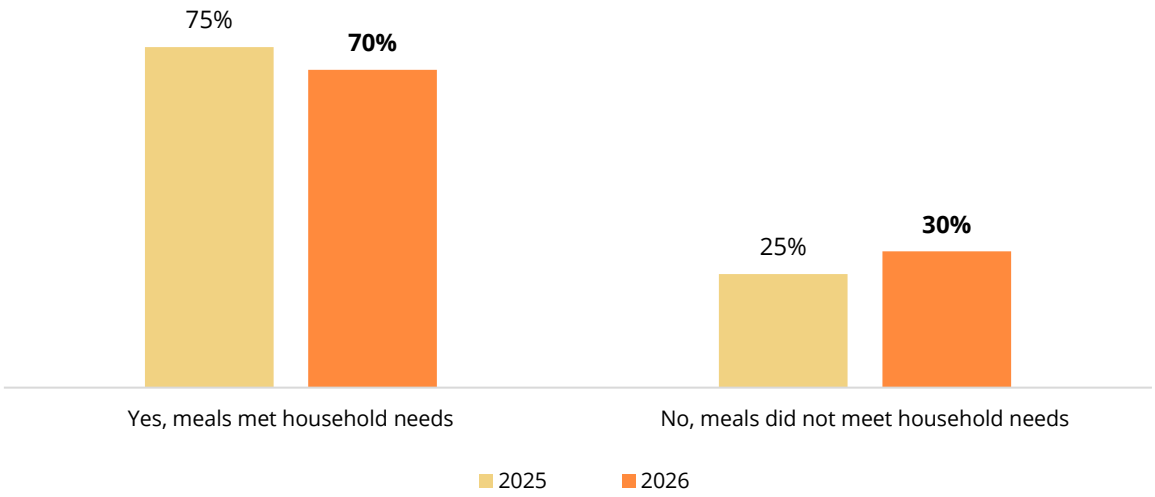
Table 5: Average number of meals from food support services received in most recent week, by food insecurity severity

Moderately food insecure		Severely food insecure	
2025	2026	2025	2026
10.9	**10.9**	**12.5**	**10.9**

*Q52c: Please give us your best estimate of the number of food support meals provided for you in that week. – **Base:** Food-insecure households who have received food support in the past 12 months (2025: Moderately food insecure [n=80*], Severely food insecure [n=158]; 2026: Moderately food insecure [n=73*], Severely food insecure [n=149]). ***Caution:** Low base size (n<100), results indicative only. **Note:** ^ / v – significantly higher/lower than total. Refer to 'Study Design' section for more information. Refer to 'Study Design' section for more information.*

Most food-insecure households found the food support they received sufficient, with 70% stating their needs were met, while for about a third (30%) the relief fell short of their needs. There were no significant differences between 2025 and 2026.

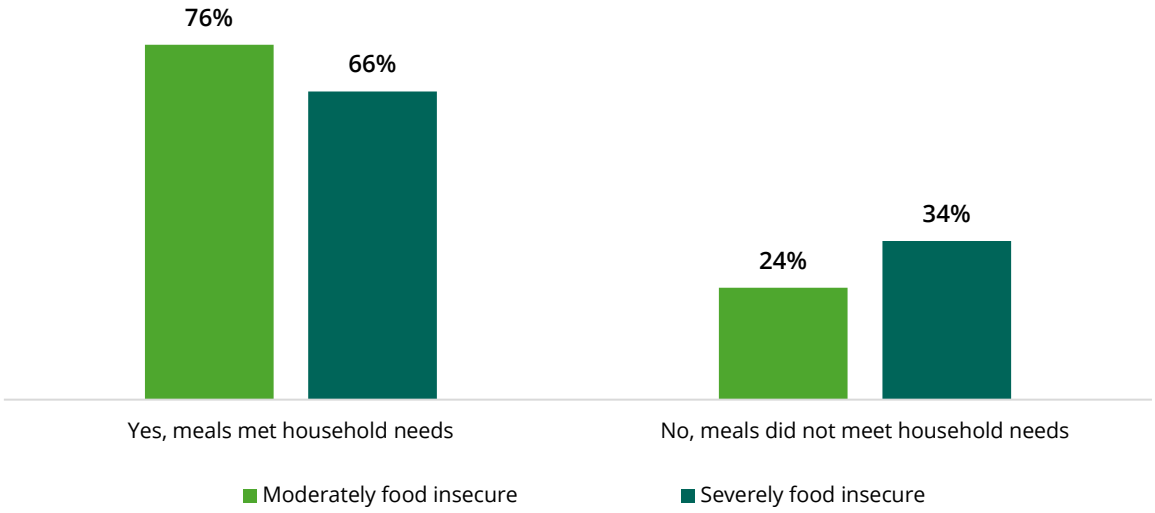
Chart 59: Needs met by food support received in most recent week



*Q53a: Did the food support you received meet the needs of yourself / your household? – **Base:** Food-insecure households who have received food support in the past 12 months (2025: n=238, 2026: n=222). Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

While the differences were not statistically significant, a higher proportion of moderately food-insecure households (76%) reported that the food support they received met their needs compared with severely food-insecure households (66%). Conversely, severely food-insecure households were more likely to report that the support received did not meet their needs (34% vs 24% of moderately food-insecure households). These findings suggest that food support may be less likely to fully meet the needs of households experiencing more severe levels of food insecurity.

Chart 60: Needs met by food support received in most recent week, by food insecurity severity



*Q53a: Did the food support you received meet the needs of yourself / your household? – **Base:** Food-insecure households who have received food support in the past week (2026: Moderately food insecure [n=73*], Severely food insecure [n=149]). ***Caution:** Low base size (n<100), results indicative only. **Note:** ^ / v – significantly higher/lower than total food-insecure households. Refer to 'Study Design' section for more information. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

"I have food intolerance, so food banks etc are limited in basic foods for this. I go hungry but my child can eat it."

"I'm extremely grateful for the help we receive. The people are kind and make it feel like a hand up and not a hand out. Judgment from volunteers and other people is a huge barrier for some."

"Our community food rescue place provides, no questions asked, support which has been great in the past if we've really needed it."

"More financial support from the Government to food charities because they are all struggling to keep up with demand to the degree their food packages have become smaller, and less frequent."

Appendix

USDA – US Household Food Security Survey Module (HFSSM)

The 2026 Hunger Monitor survey follows the USDA HFSSM to measure food insecurity. The table below provides a definition of each of the four categories. The full USDA survey instrument and implementation guide can be found at: https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools/

Table 6: Definitions of food security categories

	Level of impact	Label as per HFSSM	Definition
Food secure	Highly food secure	High food security	No reported indications of food access problems or limitations.
	Marginally food secure	Marginal food security	One or two reported indications – typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.
Food insecure	Moderately food insecure	Low food security	Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
	Severely food insecure	Very low food security	Reports of multiple indications of disrupted eating patterns and reduced food intake.

A summary of all HFSSM indicators used to measure household level of food security is provided in the table below. Each indicator, if receiving an affirmative response from the survey respondent, will be coded with a score of one for the relevant respondent.

Depending on their levels of household food security, and whether there are children in the household, the food-insecure households can receive a raw score of minimum three to maximum eighteen for those living with children, and a raw score of minimum three to maximum ten for those without children.

Table 7: Summary of HFSSM indicators used to measure household level of food security

Household members	Indicators	Definition / affirmative responses for each indicator
Anyone in the household	Agree that they *"worried whether my / our food would run out before I / we got money to buy more"*	Sometimes true / often true
	Agree that *"the food that I / we bought just didn't last, and I / we didn't have money to get more"*	Sometimes true / often true
	Agree that *"I / we couldn't afford to eat balanced meals"*	Sometimes true / often true
Any adult(s) in the household	The respondent or any other adult in their household has had experience ever cutting the size of meals or skip meals because there wasn't enough money for food in the last 12 months	Self-reported *"yes"*
	The frequency of experience cutting the size of meals / skipping meals because there wasn't enough money for those who did undergo such situation in the last 12 months	Experience / happened more often than 'only 1 or 2 months'
The adult respondent themselves	Experience in the last 12 months of ever eating less than they felt they should because there wasn't enough money for food	Self-reported *"yes"*
	Experience in the last 12 months of ever being hungry but did not eat because there wasn't enough money for food	Self-reported *"yes"*
	Experience in the last 12 months of ever losing weight because there wasn't enough money for food	Self-reported *"yes"*
Any adult(s) in the household	The respondent or any other adult in their household has had experience ever not eating for a whole day because there wasn't enough money for food	Self-reported *"yes"*
	The frequency of experience not eating for a whole day because there wasn't enough money for food, for those who did undergo such situation in the last 12 months	Experience / happened more often than 'only 1 or 2 months'
Any children in the household	Agree that they "*relied on only a few kinds of low-cost food to feed the child/ren because of running out of money to buy food"*	Sometimes true / often true

Household members	Indicators	Definition / affirmative responses for each indicator
(for households with children)	Agree that they *"couldn't feed the child/ren a balanced meal, because I / we couldn't afford that"*	Sometimes true / often true
	Agree that their child/ren *"were not eating enough because I / we just couldn't afford enough food"*	Sometimes true / often true
	Experience of ever cutting the size of child/ren's meals because there wasn't enough money for food in the last 12 months	Self-reported *"yes"*
	Experience of the child/ren's ever skipping meals because there wasn't enough money for food in the last 12 months	Self-reported *"yes"*
	Frequency of the child/ren's ever skipping meals because there wasn't enough money for food for those who did in the last 12 months	Experience / happened more often than 'only 1 or 2 months'
	Experience of the child/ren's ever being hungry in the last 12 months because the respondent *"just couldn't afford more food"*	Self-reported *"yes"*
	Experience of the child/ren's ever not eating for a whole day because there wasn't enough money for food in the last 12 months	Self-reported *"yes"*

Food support glossary

Table 8: Food support glossary

Food support	Indicators	Definition / affirmative responses for each indicator
Aware of formal food support	Agree that they were *"aware of Places of worship (e.g. church, temple, mosque, synagogue, or other spiritual centres) for providing food support"*	Heard of for food support, never received help / Received food support in the past, but not the last 12 months / Received food support in the last 12 months
	Agree that they were *"aware of Community groups and / or services (e.g. marae, iwi, Pasifika community group or organisation, the local community centre) for providing food support"*	Heard of for food support, never received help / Received food support in the past, but not the last 12 months / Received food support in the last 12 months
	Agree that they were *"aware of General charity organisations (e.g. City Mission, NZ Red Cross, KidsCan, The Salvation Army) for providing food support"*	Heard of for food support, never received help / Received food support in the past, but not the last 12 months / Received food support in the last 12 months
	Agree that they were *"aware of Food support organisations and / or services (e.g. Foodbank, soup kitchen) for providing food support"*	Heard of for food support, never received help / Received food support in the past, but not the last 12 months / Received food support in the last 12 months
	Agree that they were *"aware of Charity supermarket (self-service) / food pantry (e.g. Pātaka Kai) for providing food support"*	Heard of for food support, never received help / Received food support in the past, but not the last 12 months / Received food support in the last 12 months
Aware of informal food support	Agree that they were *"aware of my / our families or friends for providing food support"*	Heard of for food support, never received help / Received food support in the past, but not the last 12 months / Received food support in the last 12 months
Received formal food support	Agree that they were *"aware of Places of worship (e.g. church, temple, mosque, synagogue, or other spiritual centres) for providing food support and have used for food support"*	Received food support in the past, but not the last 12 months / Received food support in the last 12 months
	Agree that they were *"aware of Community groups and / or services (e.g. marae, iwi, Pasifika community group or organisation, the local community centre) for providing food support and have used for food support"*	Received food support in the past, but not the last 12 months / Received food support in the last 12 months
	Agree that they were *"aware of General charity organisations (e.g. City Mission, NZ Red Cross, KidsCan, The Salvation Army) for providing food support and have used for food support"*	Received food support in the past, but not the last 12 months / Received food support in the last 12 months
	Agree that they were *"aware of Food support organisations and / or services (e.g. Foodbank, soup kitchen) for providing food support and have used for food support"*	Received food support in the past, but not the last 12 months / Received food support in the last 12 months

Food support	Indicators	Definition / affirmative responses for each indicator
	Agree that they were *"aware of Charity supermarket (self-service) / food pantry (e.g. Pātaka Kai) for providing food support and have used for food support"*	Received food support in the past, but not the last 12 months / Received food support in the last 12 months
Received informal food support	Agree that they were *"aware of my / our families or friends for providing food support and have used for food support"*	Received food support in the past, but not the last 12 months / Received food support in the last 12 months

USDA food security segments by household/demographic profile

Chart 61: USDA food security segments in Aotearoa New Zealand – 2026

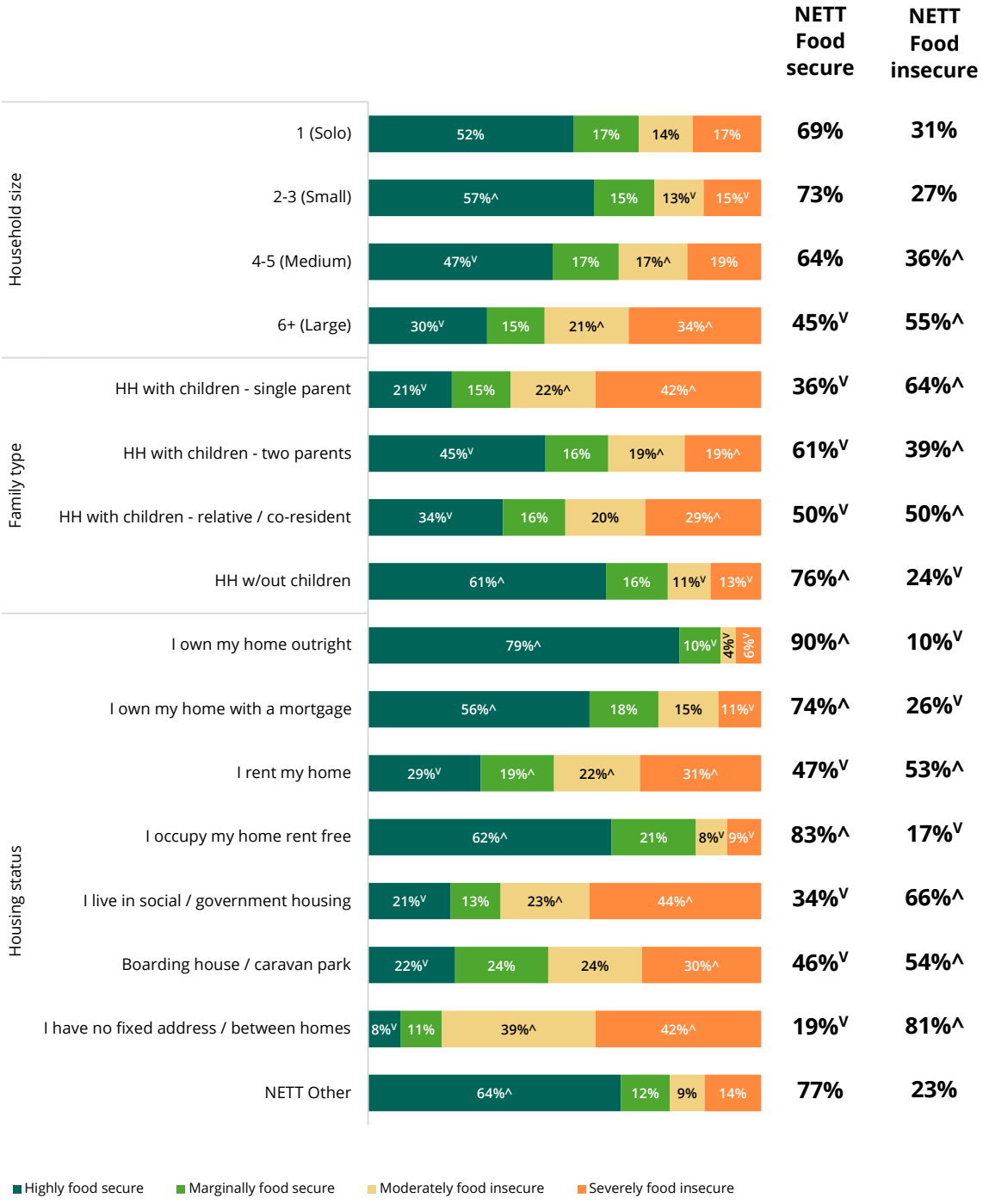


Chart 62: USDA food security segments in Aotearoa New Zealand – 2026

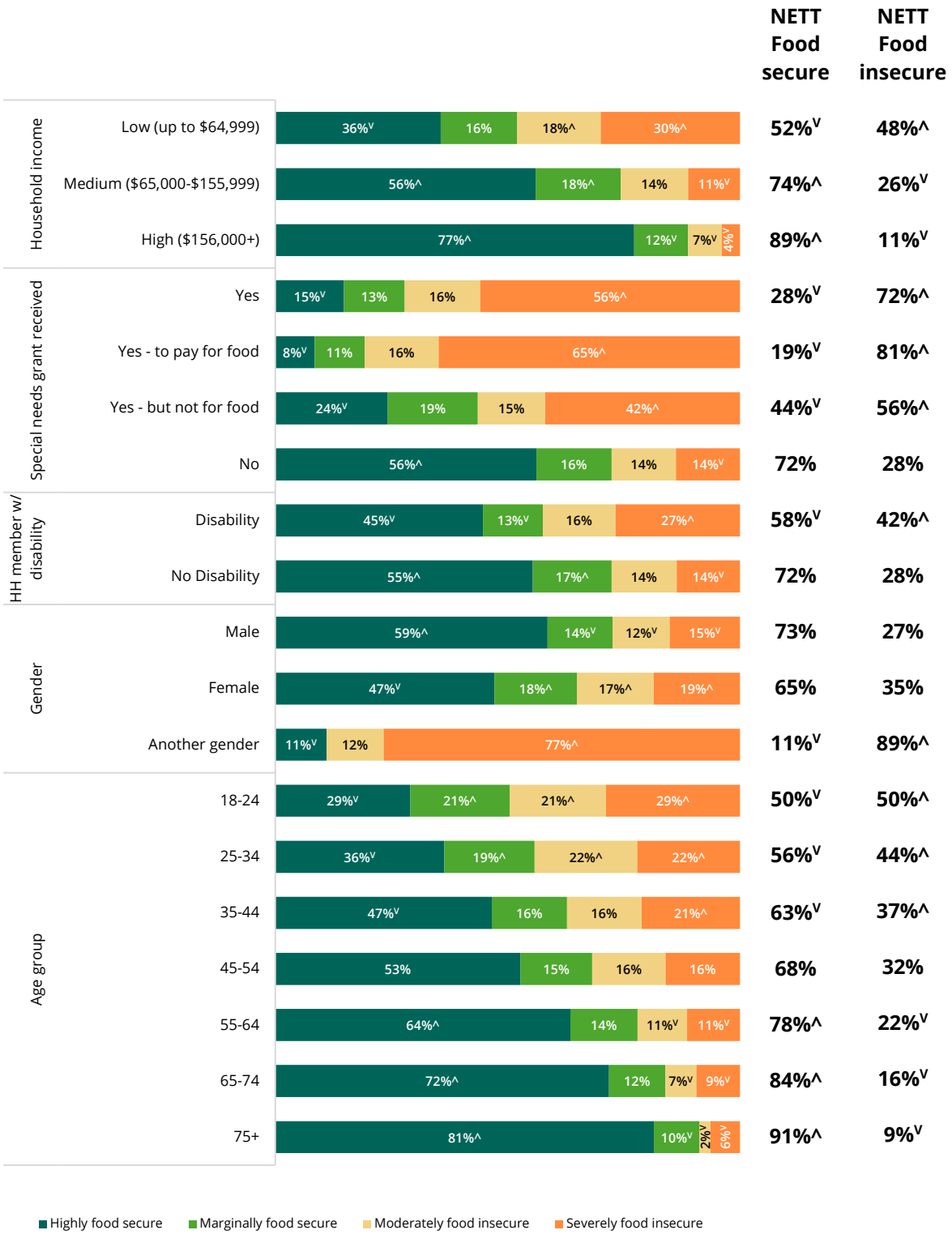
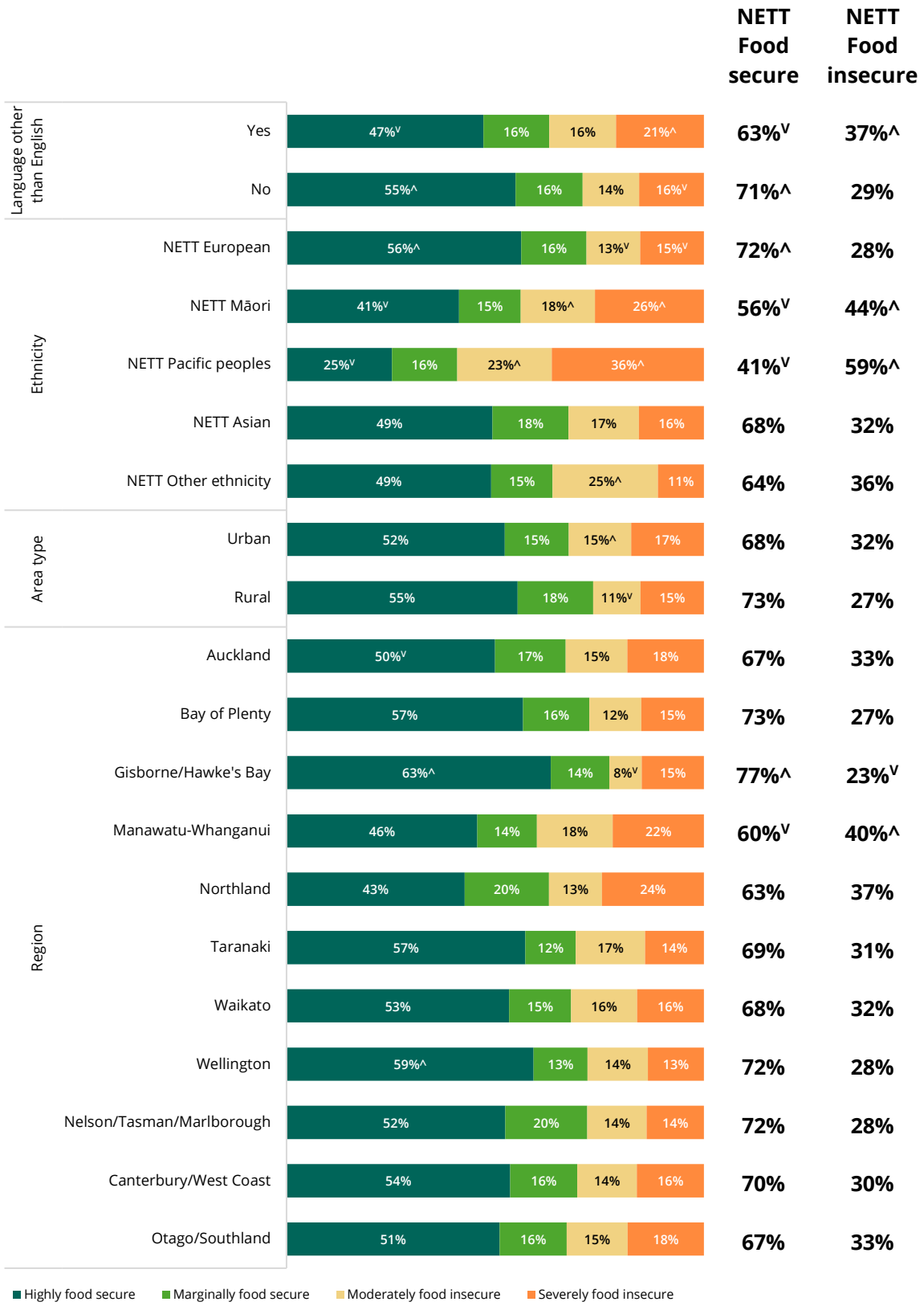


Chart 63: USDA food security segments in Aotearoa New Zealand – 2026



*USDA Food Security Summary – **Base:** Total respondents (2026: n=3,000). **Note:** ^ / v – significantly higher / lower than total. Where results do not sum to 100 or the 'difference' appears to be +/-1 more/less than the actual, this may be due to rounding, multiple responses or the exclusion of 'don't know' or 'not stated' responses.*

Food insecurity deep-dive by subgroups

Table 9: Q36 – First time not being able to afford enough food

	Total (quali-fied)	Within the past mth	2–3 mths ago	4–6 mths ago	7–12 mths ago	1–2 yrs ago	3+ yrs ago	NETT Within the past year
Household size								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
1 (Solo)	*146*	12%	17%	11%▼	15%	21%	24%▲	55%▼
2–3 (Small)	*469*	13%	13%▼	22%▲	18%	20%	14%	66%
4–5 (Medium)	*312*	12%	20%▲	20%	18%	17%	13%	70%
6+ (Large)	*88*	12%	15%	18%	22%	17%	17%	66%
Household type								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
Non-family households	*305*	13%	16%	15%▼	19%	18%	19%	64%
Family households	*710*	12%	16%	21%▲	18%	19%	14%▼	67%
Children in household								
Total (qualified)	*869*	12%	16%	21%	19%	19%	14%	68%
HH without children	*367*	12%	13%	22%	19%	18%	16%	66%
HH with children	*502*	12%	17%	21%	19%	19%	12%	69%
Family type								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
HH with children – single parent	*73*	20%▲	11%	27%	15%	19%	8%	74%
HH with children – two parents	*366*	11%	17%	19%	20%	19%	13%	68%
HH with children – relative/co-resident	*63*	10%	25%	21%	17%	18%	10%	72%
Housing status								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
I own my home outright	*72*	7%	18%	19%	18%	22%	15%	63%
I own my home with a mortgage	*275*	10%	16%	22%	20%	17%	15%	68%
I rent my home	*503*	12%	15%	19%	20%	20%	15%	65%
I occupy my home rent free	*20*	10%	31%	14%	4%	19%	21%	60%
I live in social/ government housing	*54*	26%▲	10%	19%	10%	14%	21%	65%
Boarding house / caravan park	*26*	16%	18%	7%	15%	20%	24%	57%
I have no fixed address / I'm between homes	*21*	18%	20%	34%	9%	15%	4%	81%
NETT Other	*24*	14%	20%	15%	14%	24%	14%	62%

	Total (quali-fied)	Within the past mth	2–3 mths ago	4–6 mths ago	7–12 mths ago	1–2 yrs ago	3+ yrs ago	NETT Within the past year
Prefer not to say	*20*	22%	13%	18%	12%	12%	23%	64%
Income								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
Low (≤$64,999)	*571*	14%	16%	19%	18%	19%	14%	67%
Medium ($65,000–$155,999)	*314*	9%▼	15%	20%	20%	19%	18%	64%
High (≥$156,000)	*75*	16%	19%	14%	14%	18%	20%	62%
Prefer not to say	*55*	10%	13%	28%	15%	20%	14%	67%
Special needs grant received								
Total (qualified)	*993*	12%	16%	19%	18%	19%	16%	66%
Yes	*180*	19%▲	14%	17%	13%	19%	17%	63%
Yes – to pay for food	*130*	19%▲	12%	19%	14%	20%	16%	64%
Yes – but not for food	*42*	20%	19%	13%	12%	19%	17%	64%
No	*813*	11%▼	16%	20%	19%	19%	15%	66%
HH member w/ disability								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
Yes	*351*	14%	13%	18%	19%	19%	18%	63%
No	*664*	11%	17%	20%	18%	19%	14%	67%
Gender								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
Male	*422*	11%	16%	20%	17%	19%	17%	64%
Female	*585*	13%	16%	19%	19%	19%	15%	67%
Another gender	*7*	14%	0%	14%	27%	15%	30%	54%
Prefer not to answer	*1*	0%	0%	100%▲	0%	0%	0%	100%
Age								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
18–24	*182*	11%	18%	23%	19%	16%	13%	71%
25–34	*281*	16%▲	16%	21%	19%	15%	13%	72%▲
35–44	*234*	11%	16%	21%	21%	17%	14%	69%
45–54	*166*	11%	16%	15%	14%	21%	23%▲	56%▼
55–64	*88*	10%	7%▼	19%	18%	26%	20%	54%▼
65–74	*47*	8%	17%	17%	20%	29%	9%	62%
75+	*17*	15%	33%	10%	5%	16%	21%	63%
Ethnicity								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
NETT European	*653*	11%	14%	19%	19%	20%	16%	64%
NETT Māori	*231*	15%	12%	18%	20%	19%	16%	65%

	Total (quali-fied)	Within the past mth	2–3 mths ago	4–6 mths ago	7–12 mths ago	1–2 yrs ago	3+ yrs ago	NETT Within the past year
NETT Pacific	*164*	13%	17%	18%	16%	19%	16%	65%
NETT Asian	*179*	13%	20%	21%	19%	14%	13%	73%▲
NETT Other ethnicity	*37*	3%	16%	20%	23%	21%	17%	62%
Language other than English								
Total (qualified)	*998*	12%	16%	19%	18%	19%	16%	66%
Yes	*325*	16%▲	18%	19%	17%	18%	13%	69%
No	*673*	10%▼	15%	20%	19%	19%	17%	64%
Region								
Total (qualified)	*1,015*	12%	16%	19%	18%	19%	16%	66%
Northland	*37*	10%	13%	14%	15%	20%	28%▲	51%
Auckland	*386*	14%	19%▲	21%	17%	17%	12%▼	71%▲
Bay of Plenty	*56*	8%	20%	19%	20%	19%	13%	68%
Gisborne / Hawke's Bay	*30*	11%	9%	18%	29%	17%	16%	67%
Manawatū-Whanganui	*59*	15%	11%	9%▼	20%	32%▲	13%	55%
Taranaki	*23*	12%	0%▼	35%	19%	15%	19%	67%
Waikato	*95*	14%	13%	19%	13%	16%	23%▲	60%
Wellington	*101*	8%	22%	19%	19%	21%	12%	67%
Nelson/Tasman/ Marlborough	*25*	18%	22%	16%	23%	9%	12%	78%
Canterbury / West Coast	*135*	10%	11%	21%	18%	19%	21%	60%
Otago/Southland	*68*	12%	13%	20%	23%	19%	14%	67%
Area type								
Total (qualified)	*1,001*	12%	16%	20%	18%	19%	15%	66%
Urban	*842*	12%	16%	19%	19%	19%	15%	66%
Rural	*159*	13%	14%	20%	17%	19%	18%	63%

Q36 First time not able to afford enough food percentages – Based on
Ref:(Total [qualified]) | Conf.Level: 95

Table 10: Q36a – Last occurrence of not being able to afford food

	Total (quali-fied)	Just in this last week	In the last fort-night	In the last mth	In the last 2–3 mths	In the last 4–6 mths	In the last 7–12 mths	NETT In the last mth / more recently	NETT In the last 6 mths / more recently
Household size									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
1 (Solo)	*146*	15%	15%	20%	20%	12%	18%	50%	82%
2–3 (Small)	*469*	16%	14%	23%	21%	12%	14%	52%	86%
4–5 (Medium)	*312*	12%	12%	26%	21%	11%	18%	50%	82%
6+ (Large)	*88*	18%	14%	19%	23%	11%	14%	51%	86%
Household type									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
Non-family households	*305*	18%	14%	20%	21%	12%	16%	51%	84%
Family households	*710*	13%▼	13%	24%	21%	11%	16%	51%	84%
Children in household									
Total (qualified)	*869*	15%	13%	23%	21%	12%	16%	51%	84%
HH without children	*367*	17%	13%	23%	20%	13%	13%	53%	87%
HH with children	*502*	13%	13%	24%	23%	10%	18%	50%	82%
Family type									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
HH with children – single parent	*73*	17%	19%	20%	22%	9%	13%	56%	87%
HH with children – two parents	*366*	12%▼	12%	24%	24%	10%	19%	48%	81%
HH with children – relative/co-resident	*63*	14%	10%	28%	16%	14%	17%	52%	83%
Housing status									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
I own my home outright	*72*	12%	17%	18%	26%	9%	17%	48%	83%
I own my home with a mortgage	*275*	10%▼	11%	28%▲	21%	12%	18%	49%	82%
I rent my home	*503*	16%	15%	19%▼	22%	13%	15%	50%	85%
I occupy my home rent free	*20*	16%	0%	37%	24%	10%	12%	54%	88%
I live in social/ government housing	*54*	25%▲	13%	30%▲	11%	6%	14%	68%▲	86%
Boarding house / caravan park	*26*	37%▲	12%	14%	10%	11%	15%	64%	85%
I have no fixed address / I'm between homes	*21*	21%	22%	14%	24%	10%	9%	57%	91%
NETT Other	*24*	12%	10%	22%	16%	14%	25%	45%	75%

	Total (quali-fied)	Just in this last week	In the last fort-night	In the last mth	In the last 2–3 mths	In the last 4–6 mths	In the last 7–12 mths	NETT In the last mth / more recently	NETT In the last 6 mths / more recently
Prefer not to say	*20*	0%	20%	39%	20%	0%	21%	59%	79%
Income									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
Low (≤$64,999)	*571*	17%▲	16%▲	24%	18%▼	11%	14%	56%▲	86%
Medium ($65,000–$155,999)	*314*	10%▼	11%	23%	24%	13%	18%	44%▼	82%
High (≥$156,000)	*75*	17%	10%	16%	26%	9%	21%	43%	79%
Prefer not to say	*55*	13%	9%	21%	31%	12%	15%	43%	85%
Special needs grant received									
Total (qualified)	*993*	15%	14%	23%	21%	12%	16%	51%	84%
Yes	*180*	20%▲	18%	26%	19%	3%▼	13%	64%▲	87%
Yes – to pay for food	*130*	21%▲	19%	24%	21%	3%▼	12%	65%▲	88%
Yes – but not for food	*42*	16%	15%	34%	15%	4%	14%	66%	86%
No	*813*	14%▼	13%▼	22%	21%	14%▲	17%	49%▼	83%
HH member w/ disability									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
Yes	*351*	20%▲	13%	25%	20%	9%▼	13%	58%▲	87%
No	*664*	12%▼	14%	22%	22%	13%	18%	47%▼	82%
Gender									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
Male	*422*	13%	13%	21%	23%	14%▲	16%	46%▼	84%
Female	*585*	16%	14%	25%	20%	10%▼	16%	55%▲	84%
Another gender	*7*	15%	27%	14%	14%	30%	0%	56%	100%
Prefer not to answer	*1*	100%▲	0%	0%	0%	0%	0%	100%	100%
Age									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
18–24	*182*	15%	14%	22%	20%	18%▲	11%	51%	89%
25–34	*281*	14%	12%	23%	23%	12%	17%	48%	83%
35–44	*234*	13%	15%	22%	23%	12%	14%	51%	86%
45–54	*166*	18%	14%	23%	19%	7%	19%	55%	81%
55–64	*88*	17%	17%	18%	16%	9%	23%	52%	77%
65–74	*47*	11%	12%	29%	25%	10%	13%	52%	87%
75+	*17*	8%	10%	38%	26%	5%	14%	55%	86%
Ethnicity									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
NETT European	*653*	17%▲	13%	23%	22%	11%	14%▼	53%	86%▲

	Total (quali-fied)	Just in this last week	In the last fort-night	In the last mth	In the last 2–3 mths	In the last 4–6 mths	In the last 7–12 mths	NETT In the last mth / more recently	NETT In the last 6 mths / more recently
NETT Māori	*231*	19%▲	17%	19%	18%	9%	18%	56%	82%
NETT Pacific	*164*	15%	17%	23%	18%	9%	19%	54%	81%
NETT Asian	*179*	10%▼	11%	27%	17%	15%	20%	48%	80%
NETT Other ethnicity	*37*	8%	6%	11%	30%	20%	26%	25%▼	74%
Language other than English									
Total (qualified)	*998*	15%	14%	23%	21%	12%	16%	51%	84%
Yes	*325*	14%	14%	25%	19%	11%	18%	52%	82%
No	*673*	15%	13%	22%	22%	12%	15%	51%	85%
Region									
Total (qualified)	*1,015*	15%	14%	23%	21%	12%	16%	51%	84%
Northland	*37*	23%	8%	16%	26%	7%	20%	47%	80%
Auckland	*386*	13%	12%	25%	23%	10%	17%	50%	83%
Bay of Plenty	*56*	15%	18%	10%▼	29%	14%	15%	42%	85%
Gisborne / Hawke's Bay	*30*	13%	16%	38%	12%	12%	9%	66%	91%
Manawatū-Whanganui	59	20%	13%	21%	19%	12%	16%	53%	84%
Taranaki	*23*	13%	9%	43%▲	12%	14%	8%	66%	92%
Waikato	*95*	14%	14%	16%	18%	15%	23%	44%	77%
Wellington	*101*	12%	16%	20%	23%	17%	12%	48%	88%
Nelson/Tasman/ Marlborough	*25*	14%	7%	30%	22%	3%	23%	52%	77%
Canterbury / West Coast	*135*	16%	14%	23%	19%	13%	16%	53%	84%
Otago/Southland	*68*	19%	19%	27%	17%	10%	8%	65%▲	92%
Area type									
Total (qualified)	*1,001*	15%	13%	23%	21%	12%	16%	51%	84%
Urban	*842*	14%▼	14%▲	23%	21%	12%	15%	52%	85%
Rural	*159*	20%	8%▼	19%	25%	10%	18%	47%	82%

Q36a Last occurrence of not being able to afford enough food percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95

Table 11: Q37 and Q38 – Frequency and duration of food insecurity

	Total (qualified)	Transitory (short & infrequent)	Episodic (short & frequent)	Deepening (long & infrequent)	Persistent (long & frequent)
Household size					
Total (qualified)	*1,015*	49%	35%	10%	6%
1 (Solo)	*146*	54%	35%	5%▼	6%
2–3 (Small)	*469*	49%	36%	9%	6%
4–5 (Medium)	*312*	49%	33%	13%▲	5%
6+ (Large)	*88*	41%	39%	10%	11%
Household type					
Total (qualified)	*1,015*	49%	35%	10%	6%
Non-family households	*305*	49%	38%	6%▼	7%
Family households	*710*	49%	34%	11%▲	6%
Children in household					
Total (qualified)	*869*	48%	35%	10%	6%
HH without children	*367*	51%	35%	8%▼	6%
HH with children	*502*	45%	35%	13%▲	7%
Family type					
Total (qualified)	*1,015*	49%	35%	10%	6%
HH with children – single parent	*73*	41%	37%	4%	19%▲
HH with children – two parents	*366*	49%	33%	13%▲	5%
HH with children – relative/co-resident	*63*	32%▼	44%	19%▲	5%
Housing status					
Total (qualified)	*1,015*	49%	35%	10%	6%
I own my home outright	*72*	55%	35%	7%	3%
I own my home with a mortgage	*275*	55%▲	26%▼	13%▲	6%
I rent my home	*503*	48%	37%	8%▼	7%
I occupy my home rent free	*20*	47%	24%	16%	13%
I live in social/government housing	*54*	28%▼	53%▲	7%	12%
Boarding house / caravan park	*26*	41%	52%	4%	3%
I have no fixed address / I'm between homes	*21*	25%▼	60%▲	5%	10%
NETT Other	*24*	44%	47%	4%	6%
Prefer not to say	*20*	46%	15%	39%▲	0%
Income					
Total (qualified)	*1,015*	49%	35%	10%	6%
Low (≤$64,999)	*571*	44%▼	41%▲	7%▼	8%▲
Medium ($65,000–$155,999)	*314*	57%▲	28%▼	11%	4%▼
High (≥$156,000)	*75*	56%	21%▼	16%	7%

	Total (qualified)	Transitory (short & infrequent)	Episodic (short & frequent)	Deepening (long & infrequent)	Persistent (long & frequent)
Prefer not to say	*55*	49%	33%	15%	3%
Special needs grant received					
Total (qualified)	*993*	49%	36%	9%	6%
Yes	*180*	39%▼	45%▲	6%	10%▲
Yes – to pay for food	*130*	40%▼	44%▲	5%	11%▲
Yes – but not for food	*42*	42%	50%	2%	7%
No	*813*	51%▲	33%▼	10%	5%▼
HH member w/ disability					
Total (qualified)	*1,015*	49%	35%	10%	6%
Yes	*351*	43%▼	39%	9%	9%▲
No	*664*	52%▲	33%	10%	5%▼
Gender					
Total (qualified)	*1,015*	49%	35%	10%	6%
Male	*422*	50%	32%	11%	6%
Female	*585*	48%	37%	8%	6%
Another gender	*7*	43%	41%	0%	15%
Prefer not to answer	*1*	0%	100%	0%	0%
Age					
Total (qualified)	*1,015*	49%	35%	10%	6%
18–24	*182*	44%	38%	12%	5%
25–34	*281*	49%	35%	8%	8%
35–44	*234*	48%	32%	13%	7%
45–54	*166*	49%	36%	9%	6%
55–64	*88*	49%	36%	9%	6%
65–74	*47*	59%	39%	2%	0%
75+	*17*	58%	29%	5%	8%
Ethnicity					
Total (qualified)	*1,015*	49%	35%	10%	6%
NETT European	*653*	52%▲	35%	7%▼	6%
NETT Māori	*231*	48%	39%	9%	5%
NETT Pacific	*164*	43%	41%	9%	8%
NETT Asian	*179*	41%▼	33%	19%▲	7%
NETT Other ethnicity	*37*	55%	24%	10%	10%
Language other than English					
Total (qualified)	*998*	49%	36%	9%	6%
Yes	*325*	40%▼	39%	12%▲	9%
No	*673*	53%▲	34%	8%▼	5%

	Total (qualified)	Transitory (short & infrequent)	Episodic (short & frequent)	Deepening (long & infrequent)	Persistent (long & frequent)
Region					
Total (qualified)	*1,015*	49%	35%	10%	6%
Northland	*37*	47%	39%	7%	7%
Auckland	*386*	46%	36%	12%▲	6%
Bay of Plenty	*56*	44%	35%	10%	10%
Gisborne / Hawke's Bay	*30*	54%	31%	8%	7%
Manawatū-Whanganui	*59*	61%	25%	5%	9%
Taranaki	*23*	40%	28%	32%▲	0%
Waikato	*95*	53%	30%	12%	4%
Wellington	*101*	61%▲	31%	4%	4%
Nelson/Tasman/Marlborough	*25*	66%	27%	4%	3%
Canterbury / West Coast	*135*	45%	43%	7%	5%
Otago/Southland	*68*	36%▼	48%▲	5%	11%
Area type					
Total (qualified)	*1,001*	49%	36%	9%	6%
Urban	*842*	48%	36%	10%	6%
Rural	*159*	51%	33%	7%	8%
Q37 & Q38 Frequency and duration of not being able to afford enough food percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95					

Table 12: Q40 – Reasons for food insecurity

	Total (qualified)	NETT Reduced / low income + Increased / high living costs	Reduced / low income / government benefits	Increased / high living expenses (e.g. for food & housing)	Changes in my household / living arrangements	Natural disaster(s) (e.g. flood, earthquake, drought)	Limited access / ability to travel & get food	Other reasons (please specify)	NETT Other
Household size									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
1 (Solo)	*146*	94%	61%▲	85%	26%	3%	20%	0%	5%
2–3 (Small)	*469*	90%	43%	82%	25%	4%	15%	0%	4%
4–5 (Medium)	*312*	88%	44%	79%	30%	7%	16%	0%	2%
6+ (Large)	*88*	94%	47%	84%	36%	6%	12%	0%	2%
Household type									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
Non-family households	*305*	94%▲	54%▲	84%	27%	3%	19%▲	0%	4%
Family households	*710*	89%▼	43%▼	81%	27%	6%	14%▼	0%	3%
Children in household									
Total (qualified)	*869*	90%	44%	81%	28%	5%	15%	0%	3%

	Total (qualified)	NETT Reduced / low income + Increased / high living costs	Reduced / low income / government benefits	Increased / high living expenses (e.g. for food & housing)	Changes in my household / living arrangements	Natural disaster(s) (e.g. flood, earthquake, drought)	Limited access / ability to travel & get food	Other reasons (please specify)	NETT Other
HH without children	*367*	93%▲	44%	86%▲	25%	3%▼	15%	0%	4%
HH with children	*502*	87%▼	44%	78%▼	30%	7%▲	15%	0%	2%▼
Family type									
Total (qualified)	*1.015*	91%	46%	82%	27%	5%	16%	0%	3%
HH with children – single parent	*73*	83%▼	51%	73%	37%	4%	25%▲	0%	0%
HH with children – two parents	*366*	88%▼	41%▼	78%▼	29%	7%▲	12%▼	0%	2%
HH with children – relative/co-resident	*63*	91%	49%	81%	31%	8%	16%	0%	3%
Housing status									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
I own my home outright	*72*	96%	59%▲	90%	14%▼	9%	14%	0%	6%
I own my home with a mortgage	*275*	90%	31%▼	85%	22%▼	3%	6%▼	0%	4%
I rent my home	*503*	93%▲	49%	83%	31%▲	4%	18%▲	0%	2%▼
I occupy my home rent free	*20*	67%▼	43%	63%▼	22%	16%▲	24%	0%	10%
I live in social/ government housing	*54*	91%	68%▲	72%	35%	6%	22%	0%	7%
Boarding house / caravan park	*26*	93%	66%▲	74%	44%	8%	16%	0%	0%
I have no fixed address / I'm between homes	*21*	80%	40%	67%	28%	8%	28%	0%	0%
NETT Other	*24*	90%	71%▲	83%	40%	0%	35%▲	0%	3%
Prefer not to say	*20*	49%▼	40%	37%▼	22%	7%	31%	0%	4%
Income									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
Low (≤$64,999)	*571*	90%	57%▲	80%	27%	6%	20%▲	0%	4%
Medium ($65,000–$155,999)	*314*	92%	30%▼	87%▲	27%	3%	9%▼	0%	4%
High (≥$156,000)	*75*	90%	34%▼	80%	29%	6%	10%	0%	1%
Prefer not to say	*55*	84%	40%	72%	30%	3%	12%	0%	0%
Access govt assistance									
Total (qualified)	*993*	91%	47%	83%	28%	5%	15%	0%	3%
Yes	*180*	89%	65%▲	75%▼	34%	9%▲	28%▲	0%	2%
Yes – to pay for food	*130*	89%	62%▲	76%▼	35%	8%	28%▲	0%	3%
Yes – but not for food	*42*	89%	75%▲	76%	35%	11%	32%▲	0%	0%

	Total (qualified)	NETT Reduced / low income + Increased / high living costs	Reduced / low income / government benefits	Increased / high living expenses (e.g. for food & housing)	Changes in my household / living arrangements	Natural disaster(s) (e.g. flood, earthquake, drought)	Limited access / ability to travel & get food	Other reasons (please specify)	NETT Other
No	*813*	92%	42%▼	84%▲	26%▼	4%▼	13%▼	0%	4%
HH member w/ disability									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
Yes	*351*	91%	54%▲	81%	25%	6%	25%▲	0%	3%
No	*664*	91%	42%▼	82%	28%	4%	11%▼	0%	4%
Gender									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
Male	*422*	87%▼	41%▼	79%▼	22%▼	5%	16%	0%	2%
Female	*585*	93%▲	50%▲	84%▲	32%▲	5%	15%	0%	4%
Another gender	*7*	100%	73%	85%	43%	0%	28%	0%	0%
Prefer not to answer	*1*	100%	100%	100%	0%	0%	0%	0%	0%
Age									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
18–24	*182*	89%	43%	80%	24%	7%	20%	0%	4%
25–34	*281*	90%	45%	78%▼	31%	6%	12%	0%	1%▼
35–44	*234*	88%	46%	80%	30%	5%	17%	0%	3%
45–54	*166*	93%	40%	85%	25%	3%	17%	0%	6%
55–64	*88*	93%	51%	87%	28%	4%	11%	0%	5%
65–74	*47*	93%	58%	87%	26%	0%	14%	0%	0%
75+	*17*	100%	75%▲	92%	6%	7%	22%	0%	13%▲
Ethnicity									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
NETT European	*653*	93%▲	47%	85%▲	24%▼	3%▼	15%	0%	3%
NETT Māori	*231*	88%	52%▲	77%	31%	6%	18%	0%	3%
NETT Pacific	*164*	89%	52%	80%	42%▲	6%	13%	0%	3%
NETT Asian	*179*	89%	39%▼	79%	26%	8%▲	15%	0%	4%
NETT Other ethnicity	*37*	89%	51%	87%	17%	7%	28%	0%	0%
Language other than English									
Total (qualified)	*998*	91%	47%	82%	28%	5%	15%	0%	3%
Yes	*325*	90%	45%	79%▼	32%▲	10%▲	20%▲	0%	4%
No	*673*	92%	48%	84%▲	26%	2%▼	13%▼	0%	3%
Region									
Total (qualified)	*1,015*	91%	46%	82%	27%	5%	16%	0%	3%
Northland	*37*	91%	64%▲	85%	29%	10%	29%▲	0%	6%
Auckland	*386*	90%	44%	81%	32%▲	6%	16%	0%	3%

	Total (qualified)	NETT Reduced / low income + Increased / high living costs	Reduced / low income / government benefits	Increased / high living expenses (e.g. for food & housing)	Changes in my household / living arrangements	Natural disaster(s) (e.g. flood, earthquake, drought)	Limited access / ability to travel & get food	Other reasons (please specify)	NETT Other
Bay of Plenty	*56*	89%	46%	75%	29%	4%	16%	0%	6%
Gisborne / Hawke's Bay	*30*	97%	65%	87%	19%	5%	14%	0%	7%
Manawatū-Whanganui	*59*	86%	44%	82%	15%▼	0%	15%	0%	5%
Taranaki	*23*	80%	45%	75%	17%	0%	36%▲	0%	12%▲
Waikato	*95*	90%	45%	80%	25%	4%	16%	0%	4%
Wellington	*101*	91%	41%	80%	29%	4%	13%	0%	1%
Nelson/Tasman/ Marlborough	*25*	85%	41%	78%	28%	3%	22%	0%	0%
Canterbury / West Coast	*135*	96%▲	52%	88%	23%	3%	10%▼	0%	1%
Otago/Southland	*68*	90%	45%	85%	30%	7%	13%	0%	4%
Area type									
Total (qualified)	*1,001*	91%	47%	82%	28%	5%	15%	0%	3%
Urban	*842*	91%	45%	82%	28%	4%▼	15%	0%	3%
Rural	*159*	94%	52%	86%	26%	8%▲	15%	0%	5%
Q40 Reasons for food insecurity percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95									

Table 13: Q47 – General awareness of food support help/support

	Total (qualified)	Yes	No
Household size			
Total (qualified)	*1,015*	58%	42%
1 (Solo)	*146*	62%	38%
2–3 (Small)	*469*	59%	41%
4–5 (Medium)	*312*	55%	45%
6+ (Large)	*88*	58%	42%
Household type			
Total (qualified)	*1,015*	58%	42%
Non-family households	*305*	61%	39%
Family households	*710*	57%	43%
Children in household			
Total (qualified)	*869*	58%	42%
HH without children	*367*	55%	45%
HH with children	*502*	59%	41%
Family type			

	Total (qualified)	Yes	No
Total (qualified)	*1,015*	58%	42%
HH with children – single parent	*73*	71%▲	29%▼
HH with children – two parents	*366*	57%	43%
HH with children – relative/co-resident	*63*	61%	39%
Housing status			
Total (qualified)	*1,015*	58%	42%
I own my home outright	*72*	53%	47%
I own my home with a mortgage	*275*	49%▼	51%▲
I rent my home	*503*	62%▲	38%▼
I occupy my home rent free	*20*	73%	27%
I live in social/government housing	*54*	77%▲	23%▼
Boarding house / caravan park	*26*	67%	33%
I have no fixed address / I'm between homes	*21*	67%	33%
NETT Other	*24*	43%	57%
Prefer not to say	*20*	51%	49%
Income			
Total (qualified)	*1,015*	58%	42%
Low (≤$64,999)	*571*	64%▲	36%▼
Medium ($65,000–$155,999)	*314*	47%▼	53%▲
High (≥$156,000)	*75*	61%	39%
Prefer not to say	*55*	54%	46%
Special needs grant received			
Total (qualified)	*993*	59%	41%
Yes	*180*	77%▲	23%▼
Yes – to pay for food	*130*	78%▲	22%▼
Yes – but not for food	*42*	78%▲	22%▼
No	*813*	55%▼	45%▲
HH member w/ disability			
Total (qualified)	*1,015*	58%	42%
Yes	*351*	62%	38%
No	*664*	56%	44%
Gender			
Total (qualified)	*1,015*	58%	42%
Male	*422*	55%	45%
Female	*585*	61%	39%
Another gender	*7*	84%	16%
Prefer not to answer	*1*	100%	0%

	Total (qualified)	Yes	No
Age			
Total (qualified)	*1,015*	58%	42%
18–24	*182*	61%	39%
25–34	*281*	59%	41%
35–44	*234*	53%	47%
45–54	*166*	62%	38%
55–64	*88*	63%	37%
65–74	*47*	59%	41%
75+	*17*	26%▼	74%▲
Ethnicity			
Total (qualified)	*1,015*	58%	42%
NETT European	*653*	59%	41%
NETT Māori	*231*	68%▲	32%▼
NETT Pacific	*164*	68%▲	32%▼
NETT Asian	*179*	49%▼	51%▲
NETT Other ethnicity	*37*	49%	51%
Language other than English			
Total (qualified)	*998*	58%	42%
Yes	*325*	57%	43%
No	*673*	59%	41%
Region			
Total (qualified)	*1,015*	58%	42%
Northland	*37*	63%	37%
Auckland	*386*	55%	45%
Bay of Plenty	*56*	54%	46%
Gisborne / Hawke's Bay	*30*	67%	33%
Manawatū-Whanganui	*59*	67%	33%
Taranaki	*23*	79%▲	21%▼
Waikato	*95*	58%	42%
Wellington	*101*	60%	40%
Nelson/Tasman/Marlborough	*25*	51%	49%
Canterbury / West Coast	*135*	60%	40%
Otago/Southland	*68*	52%	48%
Area type			
Total (qualified)	*1,001*	58%	42%
Urban	*842*	58%	42%
Rural	*159*	60%	40%

	Total (qualified)	Yes	No
Q47 General awareness of food support help or support percentages – Based on Ref:[Total (qualified]) | Conf.Level: 95			

Table 14: Q48b_1 – Prompted awareness and use of food support services (food insecure only); Family and friends

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Household size							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
1 (Solo)	*146*	0%	37%	16%▼	46%▲	37%	63%
2–3 (Small)	*469*	0%	39%	25%	36%	39%	61%
4–5 (Medium)	*312*	0%	36%	30%▲	34%	36%	64%
6+ (Large)	*88*	0%	40%	25%	35%	40%	60%
Household type							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
Non-family households	*305*	0%	35%	19%▼	46%▲	35%	65%
Family households	*710*	0%	39%	28%▲	33%▼	39%	61%
Children in household							
Total (qualified)	*869*	0%	38%	27%	35%	38%	62%
HH without children	*367*	0%	40%	25%	35%	40%	60%
HH with children	*502*	0%	36%	28%	36%	36%	64%
Family type							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
HH with children – single parent	*73*	0%	32%	31%	36%	32%	68%
HH with children – two parents	*366*	0%	38%	27%	36%	38%	62%
HH with children – relative/co-resident	*63*	0%	30%	35%	35%	30%	70%
Housing status							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
I own my home outright	*72*	0%	52%▲	17%	30%	52%▲	48%▼
I own my home with a mortgage	*275*	0%	41%	25%	34%	41%	59%
I rent my home	*503*	0%	34%▼	26%	40%	34%▼	66%▲
I occupy my home rent free	*20*	0%	45%	23%	32%	45%	55%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
I live in social/ government housing	*54*	0%	26%	28%	46%	26%	74%
Boarding house / caravan park	*26*	0%	34%	16%	50%	34%	66%
I have no fixed address / I'm between homes	*21*	0%	39%	33%	28%	39%	61%
NETT Other	*24*	0%	44%	21%	35%	44%	56%
Prefer not to say	*20*	0%	42%	43%	15%▼	42%	58%
Income							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
Low (≤$64,999)	*571*	0%	34%▼	26%	39%	34%▼	66%▲
Medium ($65,000–$155,999)	*314*	0%	43%▲	25%	32%▼	43%▲	57%▼
High (≥$156,000)	*75*	0%	40%	23%	37%	40%	60%
Prefer not to say	*55*	0%	40%	22%	38%	40%	60%
Special needs grant received							
Total (qualified)	*993*	0%	38%	25%	37%	38%	62%
Yes	*180*	0%	27%▼	36%▲	38%	27%▼	73%▲
Yes – to pay for food	*130*	0%	25%▼	36%▲	39%	25%▼	75%▲
Yes – but not for food	*42*	0%	25%	34%	41%	25%	75%
No	*813*	0%	40%▲	23%▼	37%	40%▲	60%▼
HH member w/ disability							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
Yes	*351*	0%	35%	26%	39%	35%	65%
No	*664*	0%	39%	25%	36%	39%	61%
Gender							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
Male	*422*	0%	41%	25%	34%	41%	59%
Female	*585*	0%	36%	25%	39%	36%	64%
Another gender	*7*	0%	54%	30%	15%	54%	46%
Prefer not to answer	*1*	0%	0%	0%	100%	0%	100%
Age							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
18–24	*182*	0%	28%▼	30%	42%	28%▼	72%▲
25–34	*281*	0%	33%	24%	42%▲	33%	67%
35–44	*234*	0%	37%	27%	36%	37%	63%
45–54	*166*	0%	48%▲	24%	29%▼	48%▲	52%▼

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
55–64	*88*	0%	41%	26%	34%	41%	59%
65–74	*47*	0%	46%	15%	39%	46%	54%
75+	*17*	0%	59%	20%	21%	59%	41%
Ethnicity							
Total (qualified)	*1,015*	0%	38%	25%	37%	38%	62%
NETT European	*653*	0%	38%	22%▼	40%▲	38%	62%
NETT Māori	*231*	0%	33%	27%	40%	33%	67%
NETT Pacific	*164*	0%	30%▼	31%	39%	30%▼	70%▲
NETT Asian	*179*	0%	43%	26%	31%▼	43%	57%
NETT Other ethnicity	*37*	0%	34%	19%	47%	34%	66%
Language other than English							
Total (qualified)	*998*	0%	38%	25%	37%	38%	62%
Yes	*325*	0%	35%	29%	37%	35%	65%
Area type							
Total (qualified)	*1,001*	0%	38%	25%	37%	38%	62%
Urban	*842*	0%	37%	25%	38%	37%	63%
Rural	*159*	0%	41%	26%	34%	41%	59%
Q48 Prompted awareness/use of food support services (FOOD INSECURE ONLY) percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95							

Table 15: Q48b_2 – Prompted awareness and use of food support services (food insecure only); Places of worship

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Household size							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%
1 (Solo)	*146*	31%	49%	9%	11%▲	80%	20%
2–3 (Small)	*469*	35%	52%	8%	5%	87%▲	13%▼
4–5 (Medium)	*312*	38%	43%▼	12%	6%	81%	19%
6+ (Large)	*88*	30%	53%	10%	7%	83%	17%
Household type							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Non-family households	*305*	34%	49%	8%	9%▲	82%	18%
Family households	*710*	35%	49%	10%	6%▼	84%	16%
Children in household							
Total (qualified)	*869*	36%	49%	10%	6%	84%	16%
HH without children	*367*	35%	52%	8%	4%	88%▲	12%▼
HH with children	*502*	36%	46%	11%	7%	82%▼	18%▲
Family type							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%
HH with children – single parent	*73*	44%	41%	9%	5%	86%	14%
HH with children – two parents	*366*	33%	49%	11%	8%	82%	18%
HH with children – relative/co-resident	*63*	43%	36%▼	14%	7%	79%	21%
Housing status							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%
I own my home outright	*72*	43%	46%	7%	4%	90%	10%
I own my home with a mortgage	*275*	31%	56%▲	9%	4%▼	87%	13%
I rent my home	*503*	35%	48%	10%	7%	82%	18%
I occupy my home rent free	*20*	36%	46%	18%	0%	82%	18%
I live in social/ government housing	*54*	35%	35%▼	13%	17%▲	70%▼	30%▲
Boarding house / caravan park	*26*	38%	37%	4%	21%▲	75%	25%
I have no fixed address / I'm between homes	*21*	36%	49%	6%	8%	86%	14%
NETT Other	*24*	36%	56%	3%	6%	91%	9%
Prefer not to say	*20*	51%	33%	11%	5%	84%	16%
Income							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%
Low (≤$64,999)	*571*	36%	43%▼	12%▲	9%▲	79%▼	21%▲
Medium ($65,000–$155,999)	*314*	32%	57%▲	8%	3%▼	89%▲	11%▼
High (≥$156,000)	*75*	34%	56%	8%	2%	90%	10%
Prefer not to say	*55*	36%	57%	2%	5%	93%	7%
Special needs grant received							
Total (qualified)	*993*	35%	49%	9%	7%	84%	16%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Yes	*180*	30%	42%▼	13%	15%▲	72%▼	28%▲
Yes – to pay for food	*130*	35%	37%▼	11%	16%▲	73%▼	27%▲
Yes – but not for food	*42*	13%▼	56%	18%	12%	69%▼	31%▲
No	*813*	35%	51%▲	9%	5%▼	86%▲	14%▼
HH member w/ disability							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%
Yes	*351*	35%	50%	9%	6%	85%	15%
No	*664*	35%	48%	10%	7%	83%	17%
Gender							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%
Male	*422*	31%▼	49%	13%▲	7%	80%▼	20%▲
Female	*585*	38%▲	49%	7%▼	6%	86%▲	14%▼
Another gender	*7*	13%	56%	14%	16%	70%	30%
Prefer not to answer	*1*	0%	100%	0%	0%	100%	0%
Age							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%
18–24	*182*	38%	46%	12%	3%▼	85%	15%
25–34	*281*	37%	48%	10%	5%	85%	15%
35–44	*234*	34%	47%	9%	9%	81%	19%
45–54	*166*	33%	54%	7%	6%	87%	13%
55–64	*88*	32%	44%	13%	11%	76%▼	24%▲
65–74	*47*	32%	58%	4%	6%	90%	10%
75+	*17*	31%	52%	5%	11%	84%	16%
Ethnicity							
Total (qualified)	*1,015*	35%	49%	10%	7%	84%	16%
NETT European	*653*	36%	50%	8%▼	6%	87%▲	13%▼
NETT Māori	*231*	37%	45%	9%	8%	83%	17%
NETT Pacific	*164*	26%▼	45%	16%▲	13%▲	71%▼	29%▲
NETT Asian	*179*	32%	47%	12%	8%	79%	21%
NETT Other ethnicity	*37*	29%	47%	18%	5%	76%	24%
Language other than English							
Total (qualified)	*998*	35%	49%	10%	7%	84%	16%
Yes	*325*	35%	45%	12%▲	7%	80%▼	20%▲
Area type							

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Total (qualified)	*1,001*	35%	49%	10%	7%	84%	16%
Urban	*842*	34%	49%	10%	7%	84%	16%
Rural	*159*	36%	47%	10%	7%	83%	17%
Q48 Prompted awareness/use of food support services (FOOD INSECURE ONLY) percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95							

Table 16: Q48b_3 – Prompted awareness and use of food support services (food insecure only); Community groups

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Household size							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%
1 (Solo)	*146*	36%	48%	10%	7%	84%	16%
2–3 (Small)	*469*	31%	54%	9%	6%	85%	15%
4–5 (Medium)	*312*	31%	50%	11%	7%	82%	18%
6+ (Large)	*88*	28%	56%	11%	5%	84%	16%
Household type							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%
Non-family households	*305*	33%	51%	9%	7%	85%	15%
Family households	*710*	31%	52%	11%	6%	83%	17%
Children in household							
Total (qualified)	*869*	31%	53%	10%	6%	84%	16%
HH without children	*367*	32%	55%	6%▼	6%	88%▲	12%▼
HH with children	*502*	30%	51%	13%▲	6%	80%▼	20%▲
Family type							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%
HH with children – single parent	*73*	30%	40%▼	19%▲	11%	70%▼	30%▲
HH with children – two parents	*366*	30%	52%	13%▲	6%	82%	18%
HH with children – relative/co-resident	*63*	31%	54%	11%	4%	85%	15%
Housing status							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
I own my home outright	*72*	44%▲	47%	5%	4%	91%	9%
I own my home with a mortgage	*275*	34%	56%	6%▼	3%▼	90%▲	10%▼
I rent my home	*503*	29%	52%	11%	8%	81%▼	19%▲
I occupy my home rent free	*20*	30%	55%	15%	0%	85%	15%
I live in social/ government housing	*54*	25%	31%▼	34%▲	10%	56%▼	44%▲
Boarding house / caravan park	*26*	19%	71%	3%	7%	89%	11%
I have no fixed address / I'm between homes	*21*	35%	47%	4%	14%	82%	18%
NETT Other	*24*	27%	60%	7%	6%	87%	13%
Prefer not to say	*20*	51%	37%	4%	8%	88%	12%
Income							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%
Low (≤$64,999)	*571*	33%	48%▼	12%	8%	81%▼	19%▲
Medium ($65,000–$155,999)	*314*	31%	59%▲	7%▼	4%▼	89%▲	11%▼
High (≥$156,000)	*75*	26%	57%	12%	6%	82%	18%
Prefer not to say	*55*	33%	51%	11%	4%	85%	15%
Special needs grant received							
Total (qualified)	*993*	32%	52%	10%	6%	84%	16%
Yes	*180*	22%▼	42%▼	23%▲	13%▲	64%▼	36%▲
Yes – to pay for food	*130*	23%▼	38%▼	27%▲	13%▲	61%▼	39%▲
Yes – but not for food	*42*	13%▼	53%	18%	17%▲	66%▼	34%▲
No	*813*	34%▲	54%▲	7%▼	5%▼	88%▲	12%▼
HH member w/ disability							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%
Yes	*351*	30%	50%	12%	8%	80%▼	20%▲
No	*664*	33%	53%	9%	5%	85%▲	15%▼
Gender							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%
Male	*422*	28%▼	53%	13%▲	7%	81%▼	19%▲
Female	*585*	35%▲	51%	8%▼	6%	86%▲	14%▼
Another gender	*7*	29%	56%	14%	0%	86%	14%
Prefer not to answer	*1*	0%	100%	0%	0%	100%	0%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Age							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%
18–24	*182*	36%	51%	9%	4%	87%	13%
25–34	*281*	31%	51%	11%	7%	82%	18%
35–44	*234*	31%	51%	9%	9%▲	81%	19%
45–54	*166*	30%	54%	11%	4%	84%	16%
55–64	*88*	30%	53%	12%	5%	83%	17%
65–74	*47*	28%	57%	11%	4%	85%	15%
75+	*17*	35%	53%	0%	11%	89%	11%
Ethnicity							
Total (qualified)	*1,015*	32%	52%	10%	6%	84%	16%
NETT European	*653*	33%	53%	8%▼	6%	86%▲	14%▼
NETT Māori	*231*	30%	51%	12%	7%	81%	19%
NETT Pacific	*164*	22%▼	49%	18%▲	10%▲	72%▼	28%▲
NETT Asian	*179*	36%	52%	8%	4%	88%	12%
NETT Other ethnicity	*37*	46%	50%	2%	2%	96%▲	4%▼
Language other than English							
Total (qualified)	*998*	32%	52%	10%	6%	83%	17%
Yes	*325*	29%	52%	13%	7%	80%	20%
Area type							
Total (qualified)	*1,001*	32%	52%	10%	6%	83%	17%
Urban	*842*	31%	53%	10%	6%▼	84%	16%
Rural	*159*	34%	46%	10%	10%	80%	20%
Q48 Prompted awareness/use of food support services (FOOD INSECURE ONLY) percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95							

Table 17: Q48b_4 – Prompted awareness and use of food support services (food insecure only); Charity organisations

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Household size							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
1 (Solo)	*146*	18%	54%	18%	10%	72%	28%
2–3 (Small)	*469*	15%	62%	13%	10%	77%	23%
4–5 (Medium)	*312*	18%	57%	18%	6%▼	76%	24%
6+ (Large)	*88*	14%	61%	15%	10%	75%	25%
Household type							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%
Non-family households	*305*	18%	58%	14%	10%	76%	24%
Family households	*710*	15%	60%	16%	8%	75%	25%
Children in household							
Total (qualified)	*869*	16%	60%	15%	9%	76%	24%
HH without children	*367*	19%	64%	10%▼	7%	83%▲	17%▼
HH with children	*502*	13%▼	58%	19%▲	9%	71%▼	29%▲
Family type							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%
HH with children – single parent	*73*	10%	42%▼	32%▲	16%▲	52%▼	48%▲
HH with children – two parents	*366*	14%	63%	16%	8%	76%	24%
HH with children – relative/co-resident	*63*	17%	48%	24%	11%	65%▼	35%▲
Housing status							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%
I own my home outright	*72*	14%	73%▲	10%	4%	87%▲	13%▼
I own my home with a mortgage	*275*	14%	70%▲	11%▼	5%▼	84%▲	16%▼
I rent my home	*503*	18%	54%▼	18%	10%	72%▼	28%▲
I occupy my home rent free	*20*	18%	61%	21%	0%	79%	21%
I live in social/ government housing	*54*	9%	44%▼	25%	22%▲	54%▼	46%▲
Boarding house / caravan park	*26*	15%	49%	14%	22%▲	64%	36%
I have no fixed address / I'm between homes	*21*	19%	30%▼	37%▲	13%	49%▼	51%▲
NETT Other	*24*	20%	69%	5%	6%	89%	11%
Prefer not to say	*20*	13%	61%	22%	4%	74%	26%
Income							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Low (≤$64,999)	*571*	16%	54%▼	19%▲	11%▲	70%▼	30%▲
Medium ($65,000–$155,999)	*314*	16%	68%▲	10%▼	6%	84%▲	16%▼
High (≥$156,000)	*75*	14%	72%▲	11%	4%	85%▲	15%▼
Prefer not to say	*55*	18%	59%	13%	10%	77%	23%
Special needs grant received							
Total (qualified)	*993*	16%	60%	15%	9%	76%	24%
Yes	*180*	13%	41%▼	23%▲	22%▲	54%▼	46%▲
Yes – to pay for food	*130*	15%	39%▼	25%▲	22%▲	53%▼	47%▲
Yes – but not for food	*42*	10%	43%▼	20%	27%▲	54%▼	46%▲
No	*813*	16%	64%▲	14%▼	6%▼	81%▲	19%
HH member w/ disability							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%
Yes	*351*	14%	54%▼	20%▲	11%	69%▼	31%▲
No	*664*	17%	62%▲	13%▼	8%	79%▲	21%▼
Gender							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%
Male	*422*	16%	58%	17%	9%	74%	26%
Female	*585*	16%	61%	15%	9%	77%	23%
Another gender	*7*	44%▲	27%	0%	29%	71%	29%
Prefer not to answer	*1*	0%	100%	0%	0%	100%	0%
Age							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%
18–24	*182*	23%▲	53%▼	18%	7%	76%	24%
25–34	*281*	15%	62%	14%	9%	77%	23%
35–44	*234*	17%	59%	15%	8%	77%	23%
45–54	*166*	11%	64%	16%	9%	76%	24%
55–64	*88*	15%	51%	19%	15%▲	66%▼	34%▲
65–74	*47*	18%	63%	16%	3%	81%	19%
75+	*17*	0%	77%	7%	16%	77%	23%
Ethnicity							
Total (qualified)	*1,015*	16%	59%	16%	9%	76%	24%
NETT European	*653*	15%	62%	14%	9%	77%	23%
NETT Māori	*231*	14%	63%	15%	9%	76%	24%
NETT Pacific	*164*	12%	52%▼	20%	17%▲	64%▼	36%▲

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
NETT Asian	*179*	25%▲	54%	15%	6%	79%	21%
NETT Other ethnicity	*37*	20%	57%	16%	7%	77%	23%
Language other than English							
Total (qualified)	*998*	16%	59%	16%	9%	75%	25%
Yes	*325*	17%	56%	17%	10%	73%	27%
Area type							
Total (qualified)	*1,001*	16%	59%	16%	9%	75%	25%
Urban	*842*	15%	60%	16%	9%	75%	25%
Rural	*159*	19%	57%	15%	9%	76%	24%
Q48 Prompted awareness/use of food support services (FOOD INSECURE ONLY) percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95							

Table 18: Q48b_5 – Awareness and use of food support services; Food support organisations

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Household size							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%
1 (Solo)	*146*	16%	54%	17%	13%	70%	30%
2–3 (Small)	*469*	16%	60%	13%	10%	77%	23%
4–5 (Medium)	*312*	17%	59%	17%	8%	76%	24%
6+ (Large)	*88*	14%	59%	11%	16%	73%	27%
Household type							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%
Non-family households	*305*	16%	60%	14%	11%	76%	24%
Family households	*710*	16%	58%	15%	10%	75%	25%
Children in household							
Total (qualified)	*869*	16%	60%	14%	10%	76%	24%
HH without children	*367*	18%	62%	11%▼	9%	80%▲	20%▼
HH with children	*502*	15%	58%	17%▲	10%	73%▼	27%▲
Family type							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
HH with children – single parent	*73*	13%	56%	19%	12%	69%	31%
HH with children – two parents	*366*	15%	61%	15%	9%	76%	24%
HH with children – relative/co-resident	*63*	16%	42%▼	25%▲	17%	58%▼	42%▲
Housing status							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%
I own my home outright	*72*	16%	67%	8%	9%	83%	17%
I own my home with a mortgage	*275*	16%	68%▲	10%▼	6%▼	84%▲	16%▼
I rent my home	*503*	16%	55%▼	17%▲	12%	71%▼	29%▲
I occupy my home rent free	*20*	31%	33%▼	26%	11%	63%	37%
I live in social/ government housing	*54*	20%	32%▼	22%	25%▲	53%▼	47%▲
Boarding house / caravan park	*26*	14%	65%	8%	14%	79%	21%
I have no fixed address / I'm between homes	*21*	8%	60%	29%	4%	67%	33%
NETT Other	*24*	13%	81%▲	6%	0%	94%▲	6%▼
Prefer not to say	*20*	22%	52%	16%	11%	73%	27%
Income							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%
Low (≤$64,999)	*571*	17%	52%▼	18%▲	13%▲	69%	31%▲
Medium ($65,000–$155,999)	*314*	15%	71%▲	10%▼	5%▼	85%▲	15%▼
High (≥$156,000)	*75*	18%	60%	11%	11%	78%	22%
Prefer not to say	*55*	17%	60%	12%	11%	77%	23%
Special needs grant received							
Total (qualified)	*993*	16%	59%	14%	10%	75%	25%
Yes	*180*	13%	36%▼	28%▲	24%▲	48%▼	52%▲
Yes – to pay for food	*130*	14%	30%▼	30%▲	25%▲	44%▼	56%▲
Yes – but not for food	*42*	5%▼	48%	23%	24%▲	52%▼	48%▲
No	*813*	17%	64%▲	12%▼	7%▼	81%▲	19%▼
HH member w/ disability							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%
Yes	*351*	14%	57%	17%	12%	71%	29%
No	*664*	17%	60%	13%	10%	77%▲	23%▼

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Gender							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%
Male	*422*	17%	59%	14%	10%	76%	24%
Female	*585*	16%	59%	15%	10%	75%	25%
Another gender	*7*	30%	41%	0%	29%	71%	29%
Prefer not to answer	*1*	0%	100%	0%	0%	100%	0%
Age							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%
18–24	*182*	19%	58%	17%	6%▼	77%	23%
25–34	*281*	18%	60%	12%	9%	79%	21%
35–44	*234*	17%	56%	13%	14%▲	73%	27%
45–54	*166*	13%	58%	16%	12%	71%	29%
55–64	*88*	15%	54%	18%	13%	69%	31%
65–74	*47*	10%	68%	20%	2%▼	78%	22%
75+	*17*	11%	71%	0%	18%	82%	18%
Ethnicity							
Total (qualified)	*1,015*	16%	59%	15%	10%	75%	25%
NETT European	*653*	14%▼	63%▲	12%▼	10%	77%▲	23%▼
NETT Māori	*231*	11%▼	56%	20%▲	13%	67%▼	33%▲
NETT Pacific	*164*	12%	53%	19%	15%▲	65%▼	35%▲
NETT Asian	*179*	27%▲	56%	10%▼	8%	82%▲	18%▼
NETT Other ethnicity	*37*	26%	56%	9%	10%	82%	18%
Language other than English							
Total (qualified)	*998*	16%	59%	15%	10%	75%	25%
Yes	*325*	22%▲	53%▼	16%	9%	75%	25%
Area type							
Total (qualified)	*1,001*	16%	59%	15%	10%	75%	25%
Urban	*842*	16%	59%	15%	10%	75%	25%
Rural	*159*	17%	57%	14%	12%	74%	26%

Q48 Prompted awareness/use of food support services (FOOD INSECURE ONLY) percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95

Table 19: Q48b_6 – Prompted awareness and use of food support services (food insecure only); Charity supermarkets

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Household size							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
1 (Solo)	*146*	42%▲	42%	7%	10%	84%	16%
2–3 (Small)	*469*	36%	46%	11%	6%	82%	18%
4–5 (Medium)	*312*	30%	49%	14%▲	6%	79%	21%
6+ (Large)	*88*	21%▼	54%	11%	14%▲	75%	25%
Household type							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
Non-family households	*305*	40%▲	41%▼	10%	9%	81%	19%
Family households	*710*	31%▼	50%▲	12%	7%	81%	19%
Children in household							
Total (qualified)	*869*	32%	48%	12%	7%	81%	19%
HH without children	*367*	41%▲	45%	9%▼	6%	86%▲	14%▼
HH with children	*502*	26%▼	51%	15%▲	8%	77%▼	23%▲
Family type							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
HH with children – single parent	*73*	23%	46%	20%▲	11%	69%▼	31%▲
HH with children – two parents	*366*	27%▼	52%▲	14%	8%	79%	21%
HH with children – relative/co-resident	*63*	23%	49%	18%	10%	73%	27%
Housing status							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
I own my home outright	*72*	42%	47%	1%▼	9%	89%	11%
I own my home with a mortgage	*275*	34%	54%▲	8%▼	5%▼	88%▲	12%▼
I rent my home	*503*	34%	46%	13%	7%	80%	20%
I occupy my home rent free	*20*	41%	35%	18%	6%	76%	24%
I live in social/ government housing	*54*	22%	32%▼	21%▲	24%▲	55%▼	45%▲
Boarding house / caravan park	*26*	28%	47%	8%	18%▲	74%	26%
I have no fixed address / I'm between homes	*21*	23%	25%▼	35%▲	17%	48%▼	52%▲
NETT Other	*24*	41%	50%	3%	5%	92%	8%
Prefer not to say	*20*	42%	45%	13%	0%	87%	13%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
Income							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
Low (≤$64,999)	*571*	33%	44%▼	14%▲	9%	77%▼	23%▲
Medium ($65,000–$155,999)	*314*	37%	52%▲	7%▼	4%▼	89%▲	11%▼
High (≥$156,000)	*75*	22%▼	56%	11%	10%	79%	21%
Prefer not to say	*55*	40%	43%	7%	10%	83%	17%
Special needs grant received							
Total (qualified)	*993*	34%	47%	11%	8%	81%	19%
Yes	*180*	27%▼	34%▼	21%▲	18%▲	60%▼	40%▲
Yes – to pay for food	*130*	29%	30%▼	19%▲	22%▲	59%▼	41%▲
Yes – but not for food	*42*	14%▼	44%	29%▲	13%	58%▼	42%▲
No	*813*	35%▲	50%▲	9%▼	5%▼	85%▲	15%▼
HH member w/ disability							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
Yes	*351*	34%	43%▼	13%	10%▲	77%▼	23%▲
No	*664*	34%	50%▲	11%	6%▼	83%▲	17%▼
Gender							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
Male	*422*	34%	47%	13%	7%	81%	19%
Female	*585*	34%	48%	10%	8%	82%	18%
Another gender	*7*	29%	14%	28%	29%▲	43%▼	57%▲
Prefer not to answer	*1*	0%	100%	0%	0%	100%	0%
Age							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
18–24	*182*	38%	42%	15%	5%	80%	20%
25–34	*281*	27%▼	53%▲	14%	6%	81%	19%
35–44	*234*	33%	48%	12%	8%	80%	20%
45–54	*166*	30%	51%	7%	11%▲	81%	19%
55–64	*88*	45%▲	36%▼	9%	10%	81%	19%
65–74	*47*	42%	43%	10%	6%	84%	16%
75+	*17*	39%	51%	5%	5%	90%	10%
Ethnicity							
Total (qualified)	*1,015*	34%	47%	11%	8%	81%	19%
NETT European	*653*	36%▲	46%	10%	7%	82%	18%

	Total (qualified)	Never heard of for food support	Heard of for food support, never received help	Received food support in the past, but not the last 12 mths	Received food support in the last 12 mths	NETT Never received relief	NETT Received food support
NETT Māori	*231*	27%▼	48%	13%	11%▲	75%▼	25%▲
NETT Pacific	*164*	20%▼	56%▲	15%	9%	76%	24%
NETT Asian	*179*	40%	44%	11%	5%	84%	16%
NETT Other ethnicity	*37*	43%	49%	8%	0%	92%	8%
Language other than English							
Total (qualified)	*998*	34%	47%	11%	8%	81%	19%
Yes	*325*	29%▼	48%	15%▲	9%	77%▼	23%▲
Area type							
Total (qualified)	*1,001*	34%	47%	11%	8%	81%	19%
Urban	*842*	34%	48%	12%	7%▼	82%	18%
Rural	*159*	33%	45%	10%	12%▲	78%	22%
Q48 Prompted awareness/use of food support services (FOOD INSECURE ONLY) percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95							

Table 20: Q48 NETT – Ever received food support

	Total (qualified)	Received relief	Never received relief
Household size			
Total (qualified)	*1,015*	46%	54%
1 (Solo)	*146*	47%	53%
2–3 (Small)	*469*	44%	56%
4–5 (Medium)	*312*	46%	54%
6+ (Large)	*88*	53%	47%
Household type			
Total (qualified)	*1,015*	46%	54%
Non-family households	*305*	43%	57%
Family households	*710*	47%	53%
Children in household			
Total (qualified)	*869*	46%	54%
HH without children	*367*	37%▼	63%▲
HH with children	*502*	52%▲	48%▼
Family type			
Total (qualified)	*1,015*	46%	54%
HH with children – single parent	*73*	61%▲	39%▼
HH with children – two parents	*366*	48%	52%
HH with children – relative/co-resident	*63*	69%▲	31%▼

	Total (qualified)	Received relief	Never received relief
Housing status			
Total (qualified)	*1,015*	46%	54%
I own my home outright	*72*	32%▼	68%▲
I own my home with a mortgage	*275*	34%▼	66%▲
I rent my home	*503*	49%▲	51%▼
I occupy my home rent free	*20*	55%	45%
I live in social/government housing	*54*	76%▲	24%▼
Boarding house / caravan park	*26*	61%	39%
I have no fixed address / I'm between homes	*21*	67%	33%
NETT Other	*24*	35%	65%
Prefer not to say	*20*	51%	49%
Income			
Total (qualified)	*1,015*	46%	54%
Low (≤$64,999)	*571*	53%▲	47%▼
Medium ($65,000–$155,999)	*314*	36%▼	64%▲
High (≥$156,000)	*75*	36%	64%
Prefer not to say	*55*	32%▼	68%▲
Special needs grant received			
Total (qualified)	*993*	45%	55%
Yes	*180*	76%▲	24%▼
Yes – to pay for food	*130*	77%▲	23%▼
Yes – but not for food	*42*	78%▲	22%▼
No	*813*	39%▼	61%▲
HH member w/ disability			
Total (qualified)	*1,015*	46%	54%
Yes	*351*	52%▲	48%▼
No	*664*	42%▼	58%▲
Gender			
Total (qualified)	*1,015*	46%	54%
Male	*422*	46%	54%
Female	*585*	45%	55%
Another gender	*7*	73%	27%
Prefer not to answer	*1*	0%	100%
Age			
Total (qualified)	*1,015*	46%	54%
18–24	*182*	47%	53%
25–34	*281*	47%	53%

	Total (qualified)	Received relief	Never received relief
35–44	*234*	42%	58%
45–54	*166*	47%	53%
55–64	*88*	52%	48%
65–74	*47*	34%	66%
75+	*17*	46%	54%
Ethnicity			
Total (qualified)	*1,015*	46%	54%
NETT European	*653*	42%▼	58%▲
NETT Māori	*231*	49%	51%
NETT Pacific	*164*	63%▲	37%▼
NETT Asian	*179*	43%	57%
NETT Other ethnicity	*37*	40%	60%
Language other than English			
Total (qualified)	*998*	46%	54%
Yes	*325*	53%▲	47%▼
No	*673*	43%▼	57%▲
Area type			
Total (qualified)	*1,001*	46%	54%
Urban	*842*	45%	55%
Rural	*159*	47%	53%
Received any food support percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95			

Table 21: Q49 – Frequency in receiving support from food support services in the last 12 months

	Total (qualified)	NETT At least weekly	NETT One / a few times a month	NETT Every few months / couple times a year
Household size				
Total (qualified)	*222*	16%	29%	56%
1 (Solo)	*35*	25%	20%	55%
2–3 (Small)	*99*	12%	28%	60%
4–5 (Medium)	*65*	9%	40%▲	51%
6+ (Large)	*23*	35%▲	15%	50%
Household type				
Total (qualified)	*222*	16%	29%	56%
Non-family households	*69*	19%	22%	59%
Family households	*153*	14%	32%	54%
Children in household				

	Total (qualified)	NETT At least weekly	NETT One / a few times a month	NETT Every few months / couple times a year
Total (qualified)	*187*	14%	31%	56%
HH without children	*68*	11%	27%	62%
HH with children	*119*	16%	33%	52%
Family type				
Total (qualified)	*222*	16%	29%	56%
HH with children – single parent	*21*	7%	47%	45%
HH with children – two parents	*81*	13%	34%	53%
HH with children – relative/co-resident	*17*	36%▲	11%	53%
Housing status				
Total (qualified)	*222*	16%	29%	56%
I own my home outright	*13*	37%▲	25%	38%
I own my home with a mortgage	*44*	15%	22%	63%
I rent my home	*115*	11%	28%	60%
I occupy my home rent free	*3*	0%	0%	100%
I live in social/government housing	*23*	22%	45%	32%▼
Boarding house / caravan park	*12*	23%	28%	49%
I have no fixed address / I'm between homes	*6*	48%▲	36%	16%
NETT Other	*2*	0%	0%	100%
Prefer not to say	*4*	0%	55%	45%
Income				
Total (qualified)	*222*	16%	29%	56%
Low (≤$64,999)	*149*	17%	30%	53%
Medium ($65,000–$155,999)	*48*	4%▼	30%	66%
High (≥$156,000)	*15*	36%▲	20%	45%
Prefer not to say	*10*	23%	19%	59%
Special needs grants received				
Total (qualified)	*217*	16%	28%	56%
Yes	*74*	19%	33%	47%
Yes – to pay for food	*55*	22%	34%	44%▼
Yes – but not for food	*19*	13%	31%	56%
No	*143*	14%	25%	61%▲
HH member w/ disability				
Total (qualified)	*222*	16%	29%	56%
Yes	*85*	18%	31%	51%
No	*137*	14%	27%	58%
Gender				

	Total (qualified)	NETT At least weekly	NETT One / a few times a month	NETT Every few months / couple times a year
Total (qualified)	*222*	16%	29%	56%
Male	*89*	18%	30%	52%
Female	*130*	15%	28%	57%
Another gender	*3*	0%	0%	100%
Prefer not to answer	*0*	-	-	-
Age				
Total (qualified)	*222*	16%	29%	56%
18–24	*32*	13%	23%	64%
25–34	*62*	7%▼	33%	60%
35–44	*54*	19%	26%	55%
45–54	*38*	21%	39%	39%▼
55–64	*24*	21%	19%	60%
65–74	*7*	17%	29%	54%
75+	*5*	26%	16%	57%
Ethnicity				
Total (qualified)	*222*	16%	29%	56%
NETT European	*134*	17%	29%	54%
NETT Māori	*56*	13%	22%	65%
NETT Pacific	*54*	15%	31%	55%
NETT Asian	*34*	10%	28%	61%
NETT Other ethnicity	*5*	0%	15%	85%
Language other than English				
Total (qualified)	*220*	16%	28%	56%
Yes	*79*	17%	32%	51%
No	*141*	16%	26%	59%
Area type				
Total (qualified)	*220*	16%	28%	56%
Urban	*183*	15%	30%	55%
Rural	*37*	19%	23%	58%

Q49 Frequency in receiving support from food support services in last 12 months percentages – Based on Ref:(Total [qualified]) | Conf.Level: 95