

Nutrition & Food Insecurity Support

Nutrition & Dietetics



In Victoria, local government areas of both Whittlesea and Hume are at a higher risk of food insecurity. In Whittlesea, the number of households that had run out of food and could not afford to buy more had doubled from 6% to 12% (Whittlesea Community Wellbeing report, 2017). In Hume, it was reported that approximately 6% of its population experience food insecurity (Beaudry et al., 2020).

What is food insecurity?

Food insecurity is defined as a household-level economic and social condition of limited or uncertain access to adequate food. In Australia, 3.7 million households experienced food insecurity during 2023 (Foodbank, 2023). People who face food insecurity are not able to access enough food, on a regular basis, to meet their basic needs. This can lead to eating lower-quality foods or skipping meals entirely.

There are three components to food insecurity:

Food access: the ability to get enough food

- Transport
- Home storage and preparation spaces
- Time to shop and prepare food

Food use: the appropriate use of food

- Knowledge and skills on preparation and cooking
- Basic nutrition knowledge

Food availability: the supply of food within the community

- Location of grocery stores
- Food available in store
- Price of food in stores

There is help out there! Ask Izzy is a great website which can tell you what support services there are near you. (<https://askizzy.org.au/>).

Local supports in the City of Hume and Whittlesea:

Meal Relief

- Salvation Army Craigieburn Corps - Community Lunch
- Banksia Gardens Broadmeadows - Community Lunch
- The SHAK (Mill Park Baptist Church) - Community Lunch

Food vouchers

- Anglicare Craigieburn - Emergency Relief
- CatholicCare Victoria Epping - Emergency Relief

Food parcels

- Compassion North Craigieburn - Material Aid
- Uniting Vic.Tas Broadmeadows - Emergency Relief
- Enjoy Church, North Campus Epping - Emergency Relief
- Turbans 4 Australia - Material Aid

For any about budget grocery shopping/meals or a complete list of current local support services, please contact DPV Health Dietetics team.

Our Dietitians listen and work with you to support your health, wellbeing and goals.



1300 234 264 (select option 4)
or download the brochure [here](#)

