

# FOOD INSECURITY IN BALLARAT

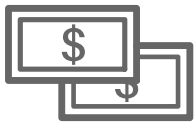
Results of survey with 100 clients accessing charitable food relief

49% have accessed charitable food services for more than a year



78%

Food insecure with moderate/severe hunger



46%

Spend less than \$50/week on food



80%

Ran out of food and could not afford to buy more



72%

Have gone 1-2 days without eating, in the past week



26%

Going to sleep hungry almost every week



69%

Felt stressed because they couldn't afford enough food



36%

Have dependents relying on them

## Impacts of Food Insecurity

I stress about kids not getting the food they need to learn

Changes my sleep cycle

Feeling hungry not long after eating

Unable to have people over for dinner

Sad and isolated

You get used to it



1 in 5

Do not have cooking and/or cold storage facilities



55%

Do not have a car



64%

Do not have someone to share food costs with

## Food they would buy with an extra \$20

1. Meat

2. Vegetables

3. Fruit

"Healthy" & "Fresh" were often mentioned