

# Food security newsletter: So it begins

September 2023

## So glad you're here

Welcome to the first edition of the South Western Sydney Local Health District (SWSLHD) Food Security newsletter, a space to connect over access to good food for all our community.

In each edition you will find:

- Latest updates on programs, resources and data
- Literature links for research and evidence
- Food security facts
- Service Spotlight

We'd love your involvement so feel free to get in touch with content and opportunities.



## Latest updates

As our first edition, we have included some of our favourite resources from the past few years:

**Understanding food insecurity in Australia**, describes the prevalence, experience and impact of food insecurity in Australia, identifying the populations most at risk and exploring various responses.

**The Murradambirra dhangaang (make food secure) tool** is a series of posters designed for Aboriginal community organisations, local health service staff and local councils in urban and regional areas to help address food security in their communities.

**The Food Security Data Consensus Statement** was developed to raise awareness of the need for improved monitoring on Australians facing food insecurity and advocate the use of a consistent tool.



## Literature links

Food security definition, measures and advocacy priorities in high-income countries: a Delphi consensus study - Gallegos et al 2023

Factors Associated with Food Insecurity among Pregnant Women and Caregivers of Children Aged 0-6 Years: A Scoping Review - Bastian et al 2022

# Service spotlight

## The Hub 65 Woodhouse Drive Ambarvale.

The Hub, at Campbelltown Church of Christ, is taking a thoughtful approach to dignity in their service. On Tuesdays at 11.30am the lunch room is set with round tables, chairs and flowers. Greeters meet you at the door where you take a seat and are served a warm and nourishing two-course meal by a team of attentive gentlemen.

The atmosphere is lively and friendly with up to 90 people eating a meal together and sharing life.

The Hub also provides a low-cost pantry and fantastic op shop which are open 9am - 1pm Tuesdays and Thursdays.



The Hub's garden grows produce to be used in the community lunches and also given away in the pantry.

As a volunteer-run organisation, there are many ways volunteers can get involved from running craft groups, cooking lunch, greeting people at the door, in the pantry or op shop, serving in the dining room and washing up.

Contact [the Hub](#) for more info.

## Food security facts



- Our groceries are costing 8% more now than this time last year.
- Over half of food insecure households (54%) have someone in paid work.
- 1.3 million children in Australia lived in severely food insecure households in the past 12 months.
- It takes households with children a longer time than average to recover from episodes of food insecurity.

## Final thoughts

And this brings us to the end of our first edition of the SWSLHD Food Security newsletter. Get in touch if you have anything to add or share with others, or feel free to give us your feedback.

Until next time!

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