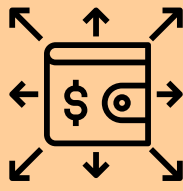


What influences access to food?



Cost

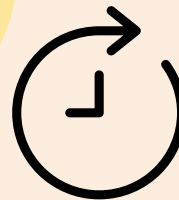
A stretched budget can affect the variety and quality of food you can afford.

Ultra processed foods are sometimes cheaper and easier to come by than fresh produce. It can take extra planning to make both budget-friendly and healthy meals.



Health

Long-term illnesses and problems like not being hungry, trouble chewing or swallowing, and needing special diets can change your food choices. Having physical disabilities or mental health issues can also play a role.



Time

When you're busy, it's not always easy to find the time to cook, buy or prepare fresh food.



Housing & facilities

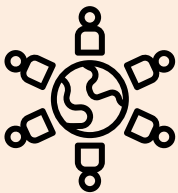
Housing and cooking facilities can impact the kinds of food you can access, prepare and store.

It can be harder to prepare healthy meals, if you share a kitchen, lack cooking equipment or don't have permanent housing.



Neighbourhood design

The way your neighbourhood is designed can influence how easy it is to get healthy food. Good public transport, safe neighbourhoods, and fewer fast food outlets can make it easier to eat well.



Cultural connection & Social inclusion

Community and cultural connections can support food access, through knowledge or skill sharing.

But, sometimes accessing food, particularly cultural foods, can be challenging. This might depend on where you live, if you feel welcomed in your community, language barriers, and what social supports are in place.



Skills and knowledge

If you're not confident knowing what's healthy, how to keep food safe or how to cook, it can change the kinds of foods you make and eat.



Geographic location

Where you live, whether it's in a city, regional or more remote – affects the food you can get. Cost, variety and how fresh the food is, depend on your location. Some areas are more prone to weather events, like drought and floods, which can also impact food access and choice.