

# Food security newsletter: The Cost of Living

Edition 2  
June 2024

## So glad you're here

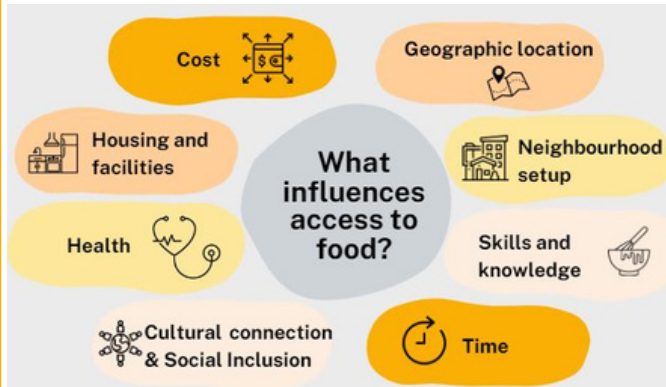
As the cost of living crisis continues to spiral, the number of Australians falling into food insecurity is not only growing but also reaching demographics not previously impacted. This includes young people, workers and middle-to-high income earners.

As a result, services are being stretched with the numbers of people walking through the door. This poses the question: **How can we, as south west Sydney community services, best support each other?**

This edition includes information, resources and literature on supporting people experiencing food insecurity due to the cost of living crisis.



## Latest updates



**What influences access to food?** Unpack food insecurity and understand what influence our access to food. Includes an infographic (left), developed by the South Western Sydney Local Health District's Health Promotion team.

**Low Cost and Free Meals Directories:** Find the services across south west Sydney that provide low-cost pantries, free meals, food vouchers, financial assistance and other support. Updated every six months, the directories are a central point of call for community members, staff and volunteers. You can subscribe to receive the latest updates.

**Food and groceries: Cost of living:** The website provides simple and practical tips for community members to reduce their food budget.

## Literature links

[The impact of the cost of living crisis and food insecurity on food purchasing behaviours and food preparation practices in people living with obesity](#) - Stone et al 2024

[FoodBank Hunger Report](#) - Get an insight into the state of food security in Australia. Check out their latest 2023 report and findings.

# Service spotlight

## Dignity Food Relief Program Liverpool PCYC, 1 Cartwright Ave, Miller

Walking through the doors of PCYC at Liverpool you'll see a freezer. Every two weeks, this freezer is stacked full of frozen meals, lovingly prepared by the volunteers from the Dignity Food Relief Program.

Community members are able to grab meals from the freezer whenever the PCYC is open. This helps people have access to food whenever they need it.

The approach of this food program is true to its name, as it harnesses true **dignity** for community members. There are no lines and no questions. It's a safe place and it's always available.



By collecting meals from a community centre such as PCYC, staff or volunteers are also able to provide community members with access to additional support services if needed.

Liverpool PCYC is open Monday - Friday  
9am - 8pm.



Find out more at [dignity.org.au](https://dignity.org.au).

## Food security facts



Source: [FoodBank Hunger Report 2023](#)

- **3.7 million households** in Australia experienced food insecurity in the last 12 months. This means, at the very least, people are reducing the quality, variety or desirability of their food and, at worst, their eating patterns are disrupted.
- **77 per cent** of households experienced food security for the first time last year, showing the changing face of food insecurity.
- **56 per cent** of people did not get help when they were food insecure but managed with coping strategies – some strategies were detrimental to the family's physical and mental wellbeing.

## Final thoughts

The cost of living crisis is real for our community members. They are modifying their behaviours and doing the best they can. What can we do to support them in the best ways possible?

Get in touch if you have feedback to add or share with us or the community.

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