



South Western Sydney
Local Health District

Food Insecurity Screening Tool

Name: _____

Contact Number: _____

DOB: _____

A person is food insecure when they lack regular access to enough safe and nutritious food for normal growth, development and an active and healthy life (FAO). The following questions assess if your patient is food insecure and provides referral pathway to assist.

The following is an *example opener* that you can use with your patients:

We know that a lot of people are struggling with accessing food. So that I can understand more about your food situation, I have a few questions to guide our discussion. Then if you would like, we can talk about some suggestions to support your access to food.

Section 1 Initial Screen

The following questions determine if your patient is food insecure. Please tick the appropriate box according to your patient's response.

	Often True	Sometimes True	Never True
(1) In the past 12 months, have you ever <u>worried</u> that food will run out before you are able to buy more?			
(2) In the past 12 months, have you run out of food and not had enough money to buy more?			

(3) In the past month, have you ever had the following experiences? (Please tick all relevant boxes)

Skipped meals	
Limited portion size	
Relied on less preferred cheaper food	
Prioritised certain family members because there wasn't enough money for food	
Eaten a lot of the same types of food (Prompt: because of difficulties with money, transport, cooking skills and facilities)	

A patient is at risk of food insecurity if (1) Q1 or Q2 is marked as 'Often True' or 'Sometimes True'; Or (2) Any action in Q3 is ticked.

If a patient is at risk of food insecurity, please continue to Section 2 "Contributing Factors to Food Insecurity".

Section 2 Contributing Factors to Food Insecurity

If the answer is 'Yes' for any of the descriptors below, discuss the relevant referral pathway. Further details of the referral pathway can be found on the Supplementary Information Sheet.

Physical Access	Yes	No	Referral Pathway
Do you find it hard getting to the shops or getting your shopping home? (Prompt: access to car, public transport, walking distance)			<ul style="list-style-type: none"> • South West Community Transport • Outer Liverpool Community Centre: Shopping Explorer • Bankstown Canterbury Community Transport • Taxi Transport Subsidy Scheme • Meals on Wheels • Tender Loving Cuisines

Do you lack facilities to store, prepare and cook food at home? (Prompt: stove, fridge, pots and pans)			<ul style="list-style-type: none"> • No Interest Loans Scheme (NILS) • Low Cost Free Meals Directory look for the M icon
Do you find it hard to access culturally appropriate food for your needs?			<ul style="list-style-type: none"> • South West Multicultural & Community Centre

Personal Capacity	Yes	No	Referral Pathway
Do you find it hard budgeting, planning and cooking healthy meals?			<ul style="list-style-type: none"> • Live Lighter: Healthy Eating, Healthy Cooking (meal planning & recipes), Shop Smart(budgeting & label reading) • No money, no time: Easy Healthy Recipes On A Budget, Healthy Hacks & FAQ • Cancer Council Healthy Made Tasty: Healthy Lunchbox, Recipes, Healthy eating tips
Do you find it hard to get the time or motivation to cook/eat?			
Do you feel lonely or isolated from those around you?			<ul style="list-style-type: none"> • Liverpool Neighbourhood Connections • Outer Liverpool Community Centre • South West Multicultural & Community Centre • Social outings with transport: Bankstown Canterbury Community Transport, South West Community Transport
Do you find it hard to cook or eat properly because of physical or mental health conditions? (Prompt: physical mobility, physical disability, poor oral/dental health, side effects of medications)			<ul style="list-style-type: none"> • Refer to Dietitian, Dental, Exercise Physiologist, Physiotherapy, Pharmacist or other clinical service as relevant. • Mental Health & Alcohol and Other Drugs services directory 2024

Economic Access	Yes	No	Referral Pathway
Do you find it hard to pay for the basics? (Prompt: food, housing, medication, and heating)			<ul style="list-style-type: none"> • Australian Government financial support • Energy Accounts Payment Assistance (EAPA) • No Interest Loans Scheme (NILS) • Low Cost Free Meal Directory • Moneysmart: Managing on a low income, Problems paying your bills and fines • Moneycare: Financial skill program, Financial counselling • Vocational Education and Training (VET) • Get debt under control
Do you choose <u>not</u> to buy vegetables, fruit, dairy or meat because they are too expensive?			

General referral services

The following services offer multiple referral pathways to support food access.

<ul style="list-style-type: none"> • Ask Izzy: connects people in need with housing, a meal, money help, family violence support, counselling and much more • The Salvation Army: provides financial, material and wellbeing support services across the district • Vinnies: provides financial, material and wellbeing support services across the district
