

THE FOOD WE EAT

- HEALTHY EATING & FOOD SECURITY

400 people accessed the foodbank in Bacchus Marsh from Jan - Nov 2019

47% increase in demand for emergency food relief during COVID-19 (Foodbank Aust.)

39% with food insecurity didn't access help in 2020

Rural and Regional areas 22% food insecurity (metropolitan areas 17%)

22% of those experiencing food insecurity were children



80 people regularly attend a free weekly community lunch in Moorabool

Only 7% of adults consume the recommended 5-6 serves of vegetables per day



1 in 8 parents rely on unhealthy low-cost food for their children to avoid running out of money to buy food

More than 10% of adults (Vic) report being unable to access a variety of healthy food (= 2472 in Moorabool in 2020)



21% of adults report healthy foods are too expensive

MCH Services Moorabool 2019

- 42.6% infants fully breastfed at 3 months (Vic 49.4%)
- 19.4% infants fully breastfed at 6 months (Vic 22%)