

FareShare in the Classroom

## What is food insecurity and who does it affect?

If a person is food insecure it means they lack access to enough nutritious food to meet the requirement of three meals a day, every day. Food insecurity affects a wide range of people in our society, in fact every year approximately 2 million Australians will experience hunger when they cannot afford to pay for their next meal.

So who is affected?

Not surprisingly, affording enough nutritious food is often difficult for those who are homeless, those who are unemployed (no job) or under-employed (can't find enough work), suffering from mental or physical disabilities (which often leads to unemployment), or are newly arrived refugees.

15% of young Australians are food insecure

What you may not realise is that many Australians with full time jobs and a house to live in still struggle to pay for enough food for themselves and their families. How can that be?

Time for you to crunch the numbers!

In Australia, the national minimum wage in 2016 is **\$657 per week**.

As well as paying for food, a modest household generally incurs the following weekly costs:

Rent/Mortgage: \$295 (small house)

Insurance: \$10 car + \$16 house

Electricity: \$10

Phone: \$15

Water: \$8

Internet: \$15

Gas: \$12

Do you know your family's household budget?

Transport (car): \$15 registration + \$10 maintenance + \$90 petrol

 Note that this budget does not include occasional expenses such as:

- Medical costs (doctor and dental visits), clothing, sports/hobbies/entertainment, holidays, pets, education.

### Your Tasks:

 Using the figures we provided work out your weekly budget for purchasing food.

My weekly budget is \$ \_\_\_\_\_

 In the table below, write down what you would normally eat during one day and the ingredients you would need to make each meal (if you are not sure, try asking a friend or your teacher, or just have a guess!)

<i>Meal</i>	<i>What I eat/drink</i>	<i>Ingredients List and approx. quantity</i>	<i>Weekly ingredients list</i>
<i>Breakfast</i>			
<i>Lunch</i>			
<i>Dinner</i>			

 Next, let's keep it simple and assume you eat the same thing every day - how much does your weekly shop cost? (Hint: multiply the daily ingredient amounts by seven)

 Now it is time to shop! Using your list of ingredients and quantities in the table above, go to your local supermarket's online store and 'purchase' your food. How much did it cost you?  
My weekly food shop cost \$ \_\_\_\_\_

 Would you be food insecure on the minimum wage? Compare your weekly food shop cost to your original food budget - could you buy what you need?

Now imagine you are a single parent and this same budget has to stretch to feed two or three! Or what happens if friends or extended family come over - can you afford to feed them too?

You can quickly see how families can become food insecure and look to organisations like FareShare and to generous volunteers like yourself to fill the gap.

*So thank you for making a difference, and we look forward to seeing you in the kitchen!*