

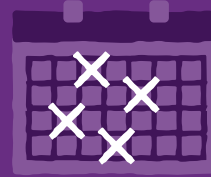
# FOODBANK HUNGER REPORT 2019

## VICTORIA

### FOOD INSECURITY IN VICTORIA



**1 in 5** in Victoria (18%) have experienced food insecurity in the last 12 months



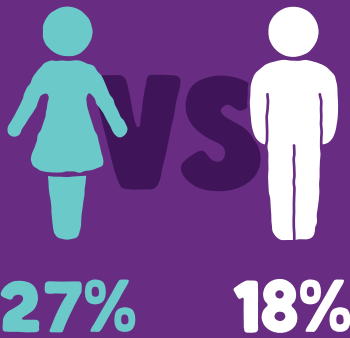
At least once a week **33%** of food insecure people in Victoria go a whole day without eating at all



Children represent **22%** of all food insecure Australians<sup>1</sup>

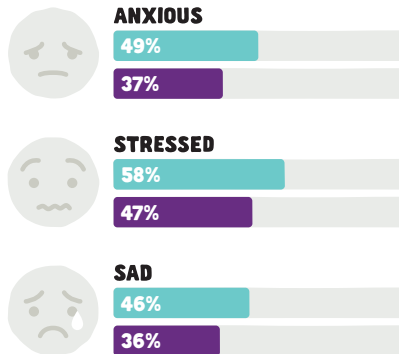
### WOMEN BEAR THE BRUNT OF FOOD INSECURITY

**WOMEN ARE 1.5 TIMES MORE LIKELY THAN MEN TO HAVE EXPERIENCED FOOD INSECURITY IN THE LAST 12 MONTHS**

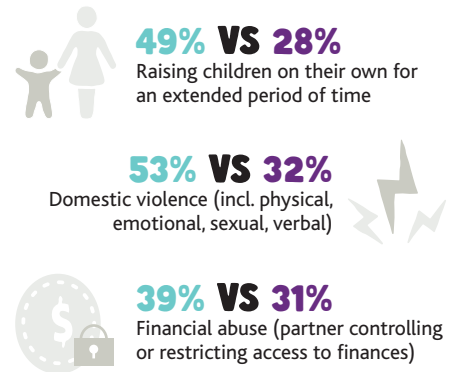


● Women ● Men

Women are more likely to report experiencing negative emotions as a result of food insecurity



In their lifetime, women struggling with food insecurity are more likely to have experienced the following:



### VICTORIANS WITH A HISTORY OF PERSONAL HARDSHIP ARE MORE VULNERABLE TO FOOD INSECURITY

#### TOP 3 IMMEDIATE CAUSES OF FOOD INSECURITY IN VICTORIA



There may also be more complex factors that make someone more vulnerable to food insecurity. In their lives, Victorians experiencing food insecurity have:



**AFTER I PAY RENT AND ELECTRICITY, I'M LEFT WITH HARDLY ANY MONEY TO BUY FOOD. I'VE GONE DAYS WITH NO FOOD JUST SO MY SON CAN EAT.**

– Gen Y single mum, Perth

1. Foodbank, Rumbling Tummies: Child Hunger in Australia, 2018

# FOOD INSECURITY CAN CAUSE A SIGNIFICANT DECLINE IN MENTAL HEALTH



FOOD INSECURE AUSTRALIANS ARE **5 TIMES MORE LIKELY** TO EXPERIENCE PSYCHOLOGICAL DISTRESS THAN THE AVERAGE AUSTRALIAN



**7 in 10** (77%) food insecure Victorians experience high or very high levels of psychological distress



Compared to only **1 in 8** (13%) amongst the general population<sup>2</sup>

**IT MAKES ME FEEL LIKE A DEADBEAT DAD AND A FAILING PARTNER/PROVIDER**

– Gen Z father, regional QLD



## THE IMPACT OF FOOD RELIEF

FOODBANK PROVIDES RELIEF TO OVER **140,153** VICTORIANS EVERY MONTH

### TOP 3 BENEFITS OF RECEIVING FOOD RELIEF

1



**43%**  
Feeling less hungry

2



**30%**  
Improvements in mental health

3



**27%**  
Able to better focus and concentrate

## CHARITIES ARE STRUGGLING TO MEET THE RISING NEED FOR FOOD RELIEF



**MORE THAN HALF OF AUSTRALIANS EXPERIENCING FOOD INSECURITY (59%) HAVE SOUGHT ASSISTANCE FROM A CHARITY AT LEAST ONCE IN THE LAST 12 MONTHS**



increase in the number of individuals seeking food relief from charities in the last 12 months



proportion of charities meeting the full needs of the people they assist

**A CERTAIN LOCAL CHARITY DELIVERED A WHOLE HEAP OF FOOD WHICH LASTED A COUPLE OF WEEKS IN WHICH WE WERE ABLE TO GET ON TOP OF A BILL THAT HAD BEEN HARASSING US. IT MAKES YOU FEEL SO MUCH HAPPIER AND CALMER KNOWING THERE WASN'T GOING TO BE A KNOCK ON THE DOOR THIS WEEK.**

– Gen Y mother, regional QLD



FIGHTING HUNGER IN AUSTRALIA  
FOODBANK.ORG.AU

**FOODBANK IS THE LARGEST PROVIDER OF VITAL FOOD AND GROCERIES TO FOOD RELIEF CHARITIES AROUND AUSTRALIA**

### METHODOLOGY

Data for this infographic has been sourced from two online surveys:

- Foodbank Charity Partner Survey: Survey of charities that source food from the food rescue sector, including Foodbank, OzHarvest and SecondBite. Received 2,089 responses, in field December 2018 – May 2019. Data based on 1,717 responses from Foodbank agencies.
- Survey of Australians experiencing food insecurity: survey of 1,017 Australians who experienced food insecurity in the last 12 months. In field July 2019.

Research and infographic design by:

**mccrindle**

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<sup>2</sup>. Australian Bureau of Statistics, 2018, 4364.0.55.001 National Health Survey: First Results, 2017-18