



- Inadequate finances to purchase food
- Limited budgeting skills
- Homelessness

**MONEY MATTERS**



**HEALTH HURDLES**

- Specific dietary needs
- Chronic illness impacting on ability to access food
- Poor appetite or chewing / swallowing difficulties
- Physical disability / Mental illness



- Limited transport options to access food outlets
- Mobility affecting ability to get out of house and purchase or prepare food

**MOVIN' & CONSUMIN'**

**WHAT'S  
PREVENTING  
ACCESS TO  
FOOD?**



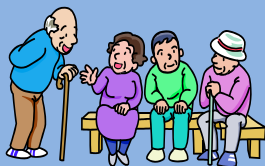
**LEARN, COOK, GROW**

- Limited knowledge of healthy eating, food safety and food preparation
- Lack of cooking skills and facilities / equipment



**BUTT OUT THE BINGE**

- Alcohol / tobacco / drugs / gambling addiction, affecting money, time and motivation to purchase and prepare food



**COMMUNITY CONNECTIONS**

- Social isolation limiting ability to gain access to food and knowledge surrounding food preparation



**ETHNIC EATS**

- Language and cultural barriers affecting ability to access food, including culturally appropriate food