

## What Is Food Security??

*“The state in which all persons obtain a nutritionally adequate, culturally acceptable diet at all times through local non-emergency source”*

(Community Food Security Coalition 1995).



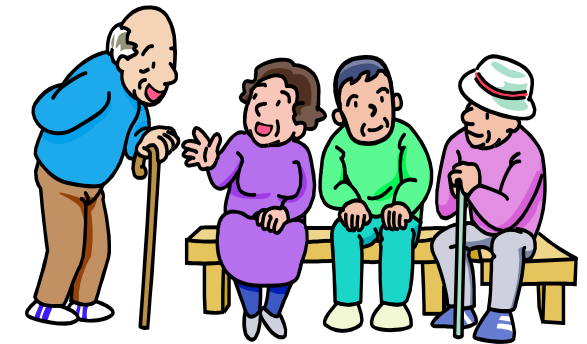
Many things can affect you from having enough food, including:

Finances, Health Problems, Drug & Alcohol Issues, Transport, Cultural Barriers, Social Isolation or Cooking Skills & Knowledge.

Please refer to the brochures in this series for help in any of these areas.



*Improving Food Access*



# COMMUNITY CONNECTIONS

*Overcoming Social Barriers to Improve Your Access to Food*



*Improving Food Access*

## COMMUNITY BASED SOCIAL ACTIVITIES

### City of Glen Eira

#### **Bowling Clubs**

9524 3333

#### **Older Adults Explorer Program**

Ph. 9524 3333

#### **Senior Citizens' Centres**

Ph. 9524 3333

#### **Social Support and Monitoring Service**

Ph. 9571 8622

### City of Stonnington

#### **Adult Day Activity Support Service**

Ph. 8290 3224

#### **Bingo Centre Prahran**

Ph. 9529 6853

#### **Chris Gahan Centre**

Ph. 8290 3224

### City of Port Phillip

#### **Betty Day Community Centre**

Ph. 9209 6371

#### **Cora Graves Community Centre**

Ph. 9209 6738

#### **Mary Kehoe Senior Citizens' Club**

Ph. 9699 4904

#### **Gasworks Arts Park**

Ph. 8606 4200

## SHARED MEALS

### City of Glen Eira

#### **Caulfield Community Health Service**

Ph. 9076 6776

### City of Stonnington

#### **Centre Based Meals**

Ph. 8290 3224

#### **Social Spoons Café Meals Program**

#### **Inner South Community Health Service**

Ph. 9215 1300

### City of Port Phillip

#### **Rooming House Social Meals**

Ph. 9209 6716

#### **Social Meals Program**

Ph. 9209 6715

#### **Social Spoons Café Meals Program**

#### **Inner South Community Health Service**

Ph. 9215 1300