

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



LEARN, COOK, GROW

*Overcoming Food Knowledge
and Skill Barriers to Improve
Your Access to Food*



Improving Food Access

COMMUNITY KITCHENS / COOKING GROUPS

City of Port Phillip

Rooming House Social Meals

Ph. 9209 6716

Kitchen Survival Skills

(Wednesdays between 11:00am – 1:00pm)

Ph. 9645 1476

Social Cooking at Simply Living Community Garden, Port Melbourne Uniting Church

Ph. 9690 1188

Cooking for One

Ph. 9209 6397

Social Spoons Café Meals Program

Ph. 9525 1300

COMMUNITY GARDENS

City of Glen Eira

Murrumbeena Community Garden

Koornang Uniting Church

Ph. 9568 8177

Caulfield South Community House

Ph. 9596 8643

City of Stonnington

Prahran Adventure Playground Service

Ph. 8290 7131

City of Port Phillip

Dig In Community Garden

Ph. 9645 1476

Port Phillip Eco Centre, St Kilda

Ph. 9534 0670

Christchurch Community Centre Garden, St Kilda

(Every Thursday between 12:30pm – 2:00pm)

Ph. 9534 9250

Te-Arai Community Garden, St Kilda East

Ph. 9525 8746

Park Towers Garden, South Melbourne

Ph. 9429 3084

Union Street Estate Gardens, Windsor

Ph. 9429 3084

EDUCATION SESSIONS

City of Glen Eira

Introduction to Nutrition

Caulfield South Community House

Ph. 9596 8643

City of Stonnington

Ardoch Youth Foundation

Ph. 9537 2414

City of Port Phillip

Grub Club

(first Wednesday of each month from

2:30pm – 4:00pm)

Ph. 9525 1300

Skidders Adventure Playground Healthy Eating

Ph. 9209 6352

FoodMate

Ph. 9525 1300