

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



MONEY MATTERS

Overcoming Financial Barriers to Improve Your Access to Food



Improving Food Access

FOOD PARCELS/VOUCHERS/MEALS

City of Glen Eira

Coatesville Community Care

Ph. 9570 3912

Community Information Glen Eira

Ph. 9571 7644

Open Hands Project – Carnegie Church of Christ

Ph. 9572 2550

Savemore Supermarket Clearance Centre

Ph. 9574 2593

St Vincent de Paul Society

Ph. 1300 305 330

Tony's Cafe

Ph. 9569 2099

City of Stonnington

Ardoch Youth Foundation

Ph. 9537 2414

Christ Church South Yarra

Ph. 9866 4434

Malvern Relief Food Program

Ph. 9822 2487

Prahran Citizens Advice Bureau

Ph. 9804 7220

Last updated: December 2015

Prahran Mission

Ph. 9692 9500

St Joseph's Food Store

Ph. 9826 9677

St Martins Anglican Church

Ph. 9827 3324

St Matthew's Anglican Church

Ph. 9510 3326

Salvation Army Crisis Services

Ph. 9536 7777

City of Port Phillip

Betty Day Community Centre

Ph. 9209 6371

Emerald Hill Mission

www.emeraldhillmission.org.au

Fresh Fruit and Veg Monday's

Ph. 95340777

Hare Krishna Temple

Ph. 9699 5122

Sacred Heart Mission

Ph. 9537 1166

St Kilda Engagement Hub

Ph. 9525 5478

St. Silas Anglican Church

Ph. 9696 5116

Across All Areas

Second Bite Help Yourself

Ph. 9209 6777

FINANCIAL COUNSELLING / SUPPORT

City of Stonnington

Prahran Citizens' Advice Bureau

Ph. 9804 7220

City of Port Phillip

Port Phillip Community Group

Ph. 8598 6600

Across All Areas

Centrelink

Ph. 132 300 – say **Financial Information Service** when prompted

Connections (Windsor)

Ph. 9521 5666

Gamblers Help Southern

Ph. 9575 5353