

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



MOVIN' & CONSUMIN'

Overcoming Transport Barriers to Improve Your Access to Food



Improving Food Access

DELIVERED MEALS

City Of Glen Eira

Meals on Wheels
Ph. 9524 3333

City of Stonnington

Meals on Wheels
Ph. 8290 3224

City of Port Phillip

Meals on Wheels
Ph. 9209 6441

COMMUNITY TRANSPORT SERVICES

City of Glen Eira

Alfred Health Carer Services
Ph. 1800 052 222

Community Information Glen Eira
Ph. 9571 7644

Glen Eira Access 4 All Award
Ph. 9524 3333

Older Adults Explorer Program
Ph. 9524 3333

Shopping Trips
Ph. 9524 3333

TransAccess
Ph. 9575 5386

City of Stonnington

Community Transport Services
Ph. 8290 3224

RECHARGE Scheme
Ph. 8290 1333

City of Port Phillip

Community Transport Services
Ph. 9209 6223

Southport Day Links
Ph. 9646 6362

Food Pantry
Ph. 9690 1188

Across All Areas

Australian Red Cross
Ph. 8327 7700

Non – Emergency Ambulance Service
Ph. 9896 6051