

Hunger and Food Insecurity

Snapshot



100 Families WA

“Sometimes I’ve exhausted all food options and no one can help”

Food security is the ability to access and afford the quality of food that meets nutritional needs without having to rely on emergency food programs. When people have low food security, or are food insecure, it impacts their ability to survive and thrive leading to potential short and long term impacts. Families experiencing food insecurity are often faced with difficult choices, such as purchasing food or paying bills and rent.

What is food security and why is it important?

This Snapshot highlights key findings taken from the 100 Families WA longitudinal baseline survey. The findings are based on survey responses collected from 400 families living in entrenched disadvantage across Perth. For more in-depth information and further findings please refer to **100 Families WA Bulletin 1 on hunger and food insecurity**.

What does food security and hunger look like for people experiencing entrenched disadvantage in Perth?

Findings indicate that the vast majority of families experiencing entrenched disadvantage in Perth are food insecure. Adults have lower food security than children, potentially sacrificing food and going hungry in order to feed their children.



Only **7%** of families

who have children living with them reported **high food security**.



80% **58%**

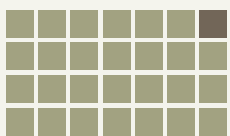
Families reported having significantly **low or very low food security**, with adults experiencing higher levels of food insecurity than their children.

In the 12 months prior to being surveyed (May 2019),

58% of adults experienced hunger and did not eat because there wasn't enough money for food.



17% of families



went **without food for an entire day** because there wasn't enough money, almost once every month.



Food insecurity is heightened for **adults with children**.

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of adults with children indicated that it was sometimes or often true that they **couldn't feed their children** a balanced meal, because they couldn't afford to.



27% of families with children said that they had **cut the size of their children's meals** in the past 12 months because there wasn't enough money for food.

13% of adults with children



said that at least one of the **children had skipped meals** because there wasn't enough money for food.

To learn more about the project visit www.100familieswa.org.au

