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## MEDIA RELEASE

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### FOOD INSECURITY - WHAT'S THAT?

The thought that families and individuals have to worry about where their next meal comes from in this 'the lucky country' to most, seems a bit far-fetched.

And that is what food insecurity means. In simple terms, it refers to the constant worry about providing enough food for you and your family.

Food insecurity can be episodes of food shortage or in the extreme, the feeling of constant hunger.

Charities throughout the Central Coast have initiated a number of programs to address the problem and the Red Cross alone provides breakfast at nine schools.

In a country like Australia and on our beautiful Central Coast, it's not a pleasant thought that many of our fellow citizens go without such a basic necessity of life.

Adequate nutrition is a fundamental human right and lack of food is directly linked to poor physical and mental health and lack of energy.

Hungry children find it harder to concentrate and hunger has a very detrimental effect on learning.

Research has indicated that in some Sydney Suburbs up to 22% of households experienced food insecurity, while 30% of households with children were food insecure. In the case of single parent households, the situation was much worse at 45%

Many residents of the Central Coast, previously described by Bob Carr when he was Premier as a community of the "working poor", face the problem of food insecurity on a daily basis.

The current economic crisis and the burgeoning levels of unemployment have seen the numbers of families approaching local charities grow exceptionally.

**Sydney Food Fairness Alliance** will hold a Pre-Summit lead up event at Wyong Memorial Hall from 10:00am – 2:00pm on August 29th. For further details see [www.sydneyfoodfairness.org.au](http://www.sydneyfoodfairness.org.au)

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