



# CHALLENGES TO HEALTHY EATING

## Food insecurity in Victoria

### WHAT IS FOOD INSECURITY?

Food insecurity is when people do not have (or can't easily get) enough healthy food to eat.

**10 in 25 adults**

were food insecure

Of the 10 in 25 who are food insecure, 40% were between

**18 and 34 years old**



### FOOD INSECURITY FALLS INTO TWO CATEGORIES

#### Food insecurity with hunger

Food insecurity is when people do not have (or can't easily get) enough healthy food to eat.

**1 in 25**

adults in Victoria ran out of food in the previous 12 months and could not afford to buy more



#### Food insecurity without hunger

Food insecurity without hunger is when a person has enough food to eat but the food may not be healthy or they may be worried about having enough money to buy more food.

Nearly **2 in 5**

adults in Victoria did not always have healthy food or were worried about running out of money to buy food



**1 in 5**

Aboriginal adults ran out of food in the previous 12 months and could not afford to buy more



**1 in 8**

parents relied on unhealthy low-cost food for their children to avoid running out of money to buy food

