

RUMBLING TUMMIES

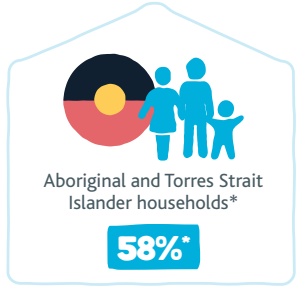
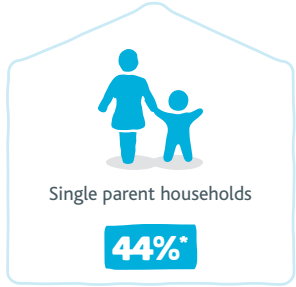
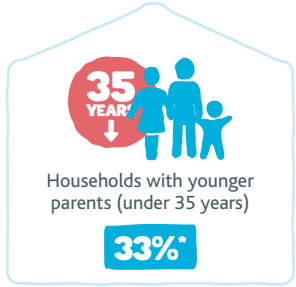
CHILD HUNGER IN AUSTRALIA



FIGHTING HUNGER IN AUSTRALIA



A CHILD IS EVEN MORE LIKELY TO EXPERIENCE HUNGER IN:

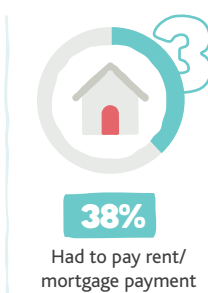
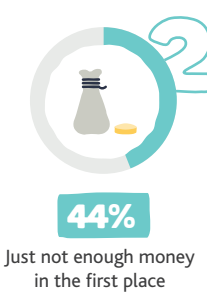


* Proportion of each demographic group that have experienced food insecurity in the last 12 months

*Small sample size (n=45)

THE COST OF LIVING IS THE MAIN CAUSE OF HOUSEHOLD FOOD INSECURITY

TOP 3 CAUSES OF FOOD INSECURITY IN HOUSEHOLDS WITH CHILDREN UNDER 15:



MORE THAN HALF OF PARENTS (56%) HAVE NOT PAID BILLS IN ORDER TO HAVE ENOUGH MONEY TO BUY FOOD.

FUTURE CHALLENGES

MORE THAN HALF OF FOOD INSECURE PARENTS (51%) EXPECT IT TO BECOME MORE CHALLENGING TO PROVIDE FOOD FOR THEIR FAMILY IN THE FUTURE BECAUSE:



FOOD INSECURITY CAN SIGNIFICANTLY IMPACT A CHILD'S WELLBEING

PARENTS LIVING IN FOOD INSECURE HOUSEHOLDS SAY THEIR CHILDREN EXPERIENCE THE FOLLOWING AT LEAST ONCE A WEEK



22%

Going a whole day without eating any fresh food



18%

Going to school without eating breakfast



16%

Having nothing for afternoon tea after school



15%

Going to school without lunch or money to buy lunch



11%

Going to bed without eating dinner



9%

Going a whole day without eating at all

PARENTS NOTICE SEVERAL CHANGES TO THEIR CHILDREN'S WELLBEING WHEN THEY DON'T HAVE ENOUGH TO EAT.

PHYSICAL

22%

Become agitated and irritable

17%

Sleeping patterns change

EMOTIONAL

24%

More outbursts and tantrums

24%

Become unhappy

BEHAVIOURAL

17%

Act up at school or home

16%

Cannot concentrate at school

PARENTS DO A LOT TO PROTECT THEIR CHILDREN FROM HUNGER...

AT LEAST ONCE A WEEK, PARENTS LIVING IN FOOD INSECURE HOUSEHOLDS:

36%

Skip a meal so their children can eat

32%

Rely on only a few kinds of low-cost foods to feed their children

31%

Worry that the household will run out of food

29%

Can't make the household's food last

29%

Go a whole day without eating at all

... AND YET MANY FEEL ASHAMED WHEN THEY STRUGGLE TO PROVIDE FOOD FOR THEIR FAMILY

74%

FEEL EMBARRASSED OR ASHAMED BECAUSE THEY STRUGGLE TO PROVIDE FOOD FOR THEIR CHILDREN

41%

SAY OTHER PARENTS ASSUME THEY ARE NEGLECTING OR MISTREATING THEIR CHILDREN WHEN THEY CANNOT PROVIDE ADEQUATE FOOD

COPING WITH FOOD INSECURITY

TWO IN FIVE PARENTS (40%) HAVE SOUGHT FOOD ASSISTANCE FROM A CHARITY IN THE LAST 12 MONTHS

FOOD ASSISTANCE ALLOWS FOOD INSECURE HOUSEHOLDS TO:

48%

Feel less stressed as a family

45%

Feel supported by their community

39%

Eat more fresh fruit and vegetables

38%

Use their money to pay their bills

TO ENSURE THEIR CHILDREN HAVE ACCESS TO FOOD, PARENTS WILL:

59%

Borrow money from family or friends

49%

Cut down the size of the household's meals to make the food last longer

38%

Take their children to a family member's house for a meal

PARENTS REPORT THE FOLLOWING IMPROVEMENTS IN THEIR CHILDREN AS A RESULT OF RECEIVING FOOD ASSISTANCE:

34%
Felt less hungry

33%
Were happier

20%
Had more energy

20%
Behaviour improved

ABOUT FOODBANK

Foodbank is the largest hunger relief organisation in Australia, providing food for 183,000 meals a day to over 2,400 charities nationally. Foodbank also provides regular breakfasts to over 116,000 students in 1,750 schools around the country.

FOODBANK.ORG.AU

METHODOLOGY

Sample criteria: Australian parents with at least one child under the age of 15 (children under 15 are classified as dependent by the Australian Bureau of Statistics).

Question used to define food insecurity: 'In the last 12 months, was there any time when you or anyone in your household ran out of food and did not have enough money to purchase more?'

Assumptions: Dependent children living in a household which has experienced food insecurity in the last 12 months are assumed to have

experienced food insecurity themselves in the same period.

Proportion of children experiencing food insecurity calculation: each respondent was asked how many children they cared for under the age of 15. The total number of children under 15 represented by food insecure parents was taken as a proportion of the total number of children under 15 represented by a panel of 1,000 Australian parents (nationally representative by state and gender).

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