THE NEXUS BETWEEN FOOD LITERACY, FOOD SECURITY AND DISADVANTAGE

Danielle Gallegos
Indigenous peoples have a strong and unbroken connection to the land and sea. Addressing the issues of sovereignty and treaties is long overdue.

Wampum Belt representing the Dish with One Spoon Treaty
The beads on the belt form the image of a dish, which symbolises the land on which all people depend for survival. People must keep the dish clean, take from it only what is needed, and protect it for current and future generations. Human Rights Museum, Winnipeg, 2018

ACKNOWLEDGEMENT OF CO-RESEARCHERS

PhD students
Rhonda Dryland
Thuy Vuong
THE PRESENTATION JOURNEY

What does being food secure mean?

How food secure are we in Australia?

What is the neoliberal response to food insecurity?

What is the reality of living in a food insecure household?

Where does food literacy fit in?

Where to from here?
“Food and nutrition security exists when all people at all times have physical, social and economic access to food, which is safe and consumed in sufficient quantity and quality to meet their dietary needs and food preferences, and is supported by an environment of adequate sanitation, health services and care, allowing for a healthy and active life.” (Committee on World Food Security, 2012)
WHAT ARE THE OUTCOMES OF FOOD INSECURITY - ADULTS

- Increased ill-health
- Increased use of health system
- Increased depression and anxiety
- Increased incidence of chronic conditions
- Overweight and obesity in women
WHAT ARE THE OUTCOMES OF FOOD INSECURITY - CHILDREN

Increased ill-health

Increased use of health system

Increased depression and anxiety

Increased behavioural issues (externalising – transient; internalising – persistent)

Decreased academic outcomes

Decreased social engagement

Increased risk of developmental delay

The most recent Child Wellbeing in Rich Countries report – Australia (not enough data) (UNICEF)
HOW FOOD INSECURE ARE AUSTRALIANS?
HOW DO WE MEASURE FOOD INSECURITY?

“in the last 12 months were there any times that you ran out of food and couldn’t afford to buy more”

- No indications of severity
- Access – affordability only dimension measured
- Not routinely collected
- At a population level underestimates by between 5-8 percentage points (McKechnie et al 2018).
In the last 12 months was there any time you have run out of food and not been able to purchase more? (2011-2012)

- 4%
- 22%
- 31%
- 15%
## INTERNATIONAL COMPARISONS (FAO 2016)

<table>
<thead>
<tr>
<th>Country</th>
<th>%FI</th>
<th>% severe FI</th>
<th>Proportion of severe to total %</th>
<th>Country</th>
<th>%FI</th>
<th>% severe FI</th>
<th>Proportion of severe to total %</th>
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<tbody>
<tr>
<td>Ireland</td>
<td>10.9</td>
<td>4.3</td>
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<td>Belgium</td>
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<td>36</td>
<td>Netherlands</td>
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<td>Finland</td>
<td>9.4</td>
<td>3.2</td>
<td>34</td>
<td>Italy</td>
<td>8.2</td>
<td>1.0</td>
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<tr>
<td>UK</td>
<td>10.8</td>
<td>3.5</td>
<td>32</td>
<td>USA</td>
<td>10.2</td>
<td>1.2</td>
<td>12</td>
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<tr>
<td>New Zealand</td>
<td>9.3</td>
<td>2.9</td>
<td>31</td>
<td>Denmark</td>
<td>4.9</td>
<td>0.6</td>
<td>12</td>
</tr>
<tr>
<td>Australia</td>
<td>10.6</td>
<td>2.6</td>
<td>25</td>
<td>Hungary</td>
<td>9.7</td>
<td>1.1</td>
<td>11</td>
</tr>
<tr>
<td>Canada</td>
<td>8.0</td>
<td>2.0</td>
<td>25</td>
<td>Bosnia</td>
<td>8.0</td>
<td>0.9</td>
<td>11</td>
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<tr>
<td>France</td>
<td>6.9</td>
<td>1.7</td>
<td>25</td>
<td>Korea</td>
<td>7.9</td>
<td>0.9</td>
<td>11</td>
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<td>Question</td>
<td>Description</td>
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<tr>
<td>Q1</td>
<td>...you were worried you would not have enough food to eat because of a lack of money or other resources?</td>
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<tr>
<td>Q2</td>
<td>...you were unable to eat healthy and nutritious food because of a lack of money or other resources?</td>
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<tr>
<td>Q3</td>
<td>...you ate only a few kinds of foods because of a lack of money or other resources?</td>
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<tr>
<td>Q4</td>
<td>...you had to skip a meal because there was not enough money or other resources to get food?</td>
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<tr>
<td>Q5</td>
<td>...you ate less than you thought you should because of a lack of money or other resources?</td>
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<tr>
<td>Q6</td>
<td>...your household ran out of food because of a lack of money or other resources?</td>
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<tr>
<td>Q7</td>
<td>...you were hungry but did not eat because there was not enough money or other resources for food?</td>
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<tr>
<td>Q8</td>
<td>...you went without eating for a whole day because of a lack of money or other resources?</td>
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</tbody>
</table>

4 The eight FIES questions are derived directly from the eight questions referring to adults in the ELCSA.
5 It is essential to include a resource constraint in the questions as it contributes to define the construct of food insecurity as limited access to food. Enumerators are trained to emphasize the expression “because of a lack of money or other resources” to avoid receiving positive responses due to fasting for religious reasons or dieting for health reasons. The “other resources” notion has been tested in several contexts, to make it appropriate for respondents who normally acquire food in ways other than purchasing it with money.
Household Food and Nutrition Security Survey

Think about the last __ weeks/months.
Because of the reasons you ticked in question 1 (above), have you or anyone in your house/home ever
(Please circle the answer that applies to you)
Limited the variety of food you ate?

<table>
<thead>
<tr>
<th></th>
<th>Every week</th>
<th>Every fortnight or more</th>
<th>Almost every month or more</th>
<th>Some months, but not every month</th>
<th>Only one or two months of the year</th>
<th>Never</th>
<th>Don’t know</th>
</tr>
</thead>
</table>

Cut the size of your meals or skipped meals?
Gone without food, or changed the types of food that you eat, to pay for other expenses (e.g. bills)?
Felt stressed or left out socially isolated because you couldn’t provide the food you wanted for special occasion?
Eaten less than you thought you needed?
Felt worried or stressed that food will run out for any adults in your house/home?
Relied on others to provide food or money for food?
Gone hungry?
Not eaten for a whole day?
Ever felt worried or stressed that food will run out for any children in your house/home?
Run out of food and not been able to get more?
Used emergency food relief or food banks?

Kleve et al (2017); Archer et al (2017)
FUNDING DECLARATION

This research was funded by SecondBite through a philanthropic donation by Rowly and Judy Paterson.
WHERE THE SAMPLE LIVES

& Economic Indexes for Areas (SEIFA)

Geographical remoteness

- **Major Cities**
  - 776 people (77%)
- **Inner Regional**
  - 149 people (15%)
- **Outer Regional**
  - 72 people (7.2%)
- **Remote**
  - 1 person (0.1%)
- **Very Remote**
  - 6 people (0.6%)

Total (assignable) : 994
Total sample : 1010

Socioeconomic Percentiles National (ABS) Sample

- **Low**
  - 1-32
  - 24.2% (21.2%)
- **Medium**
  - 33-65
  - 32.4% (30.3%)
- **High**
  - 66-100
  - 43.4% (48.4%)

* Based on SEIFA
Equivalised income is an indicator of the economic resources available to each individual in a household.

This graph compares different percentiles of incomes from the ABS (in Green) to the Survey data (in Red).

Our mean score is a lot lower than the ABS average, suggesting that our sample is of a lower income.

In the 10th percentile (bottom 10%) the survey sample has a lower income amount than the ABS, again highlighting that this sample is on lower incomes than the general population.

This is reflected in the 20th, 50th and 80th percentile.

The 90th percentile is very similar across the two samples.
### Who is food Insecure?

- **71%** are Renting
- **68/100** score in Nutrition knowledge
- **<$300pw**
  - Just enough to make ends meet

### Who is food Secure

- **71%** are Home-owners
- **74/100** score in Nutrition knowledge
- **$1,250-$1,490 pw**
  - Comfortable with their money situation

#### Living conditions

<table>
<thead>
<tr>
<th>FT, Students, PT</th>
<th>Living with others</th>
<th>Living alone</th>
</tr>
</thead>
<tbody>
<tr>
<td>27%, 15%, 14%</td>
<td>28%</td>
<td>23%</td>
</tr>
</tbody>
</table>

**Median Age:** 39 yrs

**Median HH income:** $65,000-$77,999 p.a.
WHAT DO DIFFERENT QUESTIONS TELL US ABOUT FOOD INSECURITY?

- **NHS question**
  - Secure: 80%
  - Insecure: 20%

- **Not enough to eat**
  - Secure: 67%
  - Insecure: 34%

- **Not nutritious food**
  - Secure: 61%
  - Insecure: 39%
**BEHAVIOUR/PRACTICES: ADULTS**

- **Limited the variety of food you ate?**
  - At least fortnightly: 50%
  - Almost every month: 10%
  - Some Months: 28%
  - Never: 11%

- **Cut the size of your meals or skipped meals?**
  - At least fortnightly: 43%
  - Almost every month: 11%
  - Some Months: 29%
  - Never: 18%

- **Gone without food, or changed the types of food that you eat, to pay for other expenses (e.g. bills)?**
  - At least fortnightly: 35%
  - Almost every month: 16%
  - Some Months: 31%
  - Never: 18%

- **Felt stressed or left out because you couldn’t provide the food you wanted for special occasions (like being unable to provide your kids with a special meal)?**
  - At least fortnightly: 30%
  - Almost every month: 16%
  - Some Months: 33%
  - Never: 20%

- **Eaten less than you thought you needed?**
  - At least fortnightly: 34%
  - Almost every month: 15%
  - Some Months: 31%
  - Never: 21%

- **Felt worried or stressed that food will run out for any adults in your house/home?**
  - At least fortnightly: 32%
  - Almost every month: 11%
  - Some Months: 28%
  - Never: 29%

- **Relied on others to provide food or money for food?**
  - At least fortnightly: 20%
  - Almost every month: 11%
  - Some Months: 32%
  - Never: 37%
### BEHAVIOUR/PRACTICES: ADULTS CONTINUED

<table>
<thead>
<tr>
<th>At least Fortnightly</th>
<th>Almost every month</th>
<th>Some months</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gone hungry?</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21%</td>
<td>10%</td>
<td>34%</td>
<td>35%</td>
</tr>
<tr>
<td><strong>Not eaten for a whole day?</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18%</td>
<td>9%</td>
<td>33%</td>
<td>40%</td>
</tr>
<tr>
<td><strong>Run out of food and not been able to get more?</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14%</td>
<td>9%</td>
<td>36%</td>
<td>42%</td>
</tr>
<tr>
<td><strong>Used emergency food relief or food banks?</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9%</td>
<td>6%</td>
<td>24%</td>
<td>62%</td>
</tr>
</tbody>
</table>
### BEHAVIOUR/PRACTICES - CHILDREN

**Have your children ever…**

<table>
<thead>
<tr>
<th>Question</th>
<th>At least Fortnightly</th>
<th>Almost every month</th>
<th>Some months</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not been able to eat as much food as you they needed?</td>
<td>10%</td>
<td>3%</td>
<td>12%</td>
<td>75%</td>
</tr>
<tr>
<td>Relied on a school breakfast program for food?</td>
<td>6%</td>
<td>3%</td>
<td>9%</td>
<td>82%</td>
</tr>
<tr>
<td>Gone Hungry?</td>
<td>6%</td>
<td>3%</td>
<td>9%</td>
<td>82%</td>
</tr>
<tr>
<td>Had to have smaller sized meals?</td>
<td>7%</td>
<td>4%</td>
<td>16%</td>
<td>73%</td>
</tr>
<tr>
<td>Skipped meals?</td>
<td>8%</td>
<td>4%</td>
<td>9%</td>
<td>79%</td>
</tr>
<tr>
<td>Not eaten for a whole day?</td>
<td>6%</td>
<td>1%</td>
<td>8%</td>
<td>85%</td>
</tr>
</tbody>
</table>
WHERE DOES FOOD LITERACY FIT IN?
FOOD PILLAR COMPARISONS

### Economic Access
- **Lack of money**
  - Food Insecure: 55.0%
  - Food Secure: 10.3%

### Access
- **Competing Costs**
  - Food Insecure: 64.0%
  - Food Secure: 15.3%
- **Too Expensive**
  - Food Insecure: 47.0%
  - Food Secure: 12.9%
- **Hard to Access**
  - Food Insecure: 14.9%
  - Food Secure: 6.3%
- **Shops too far**
  - Food Insecure: 11.0%
  - Food Secure: 4.4%

### Availability
- **Lack of Nutritious Stock**
  - Food Insecure: 8.3%
  - Food Secure: 4.0%
- **Not Appropriate for Culture**
  - Food Insecure: 6.2%
  - Food Secure: 3.0%

### Utilisation
- **Unsure of what to buy**
  - Food Insecure: 12.2%
  - Food Secure: 6.1%
- **Unsure of preparing/cooking**
  - Food Insecure: 12.6%
  - Food Secure: 6.1%
- **No food storage**
  - Food Insecure: 7.1%
  - Food Secure: 3.3%
- **Lack of kitchen equipment**
  - Food Insecure: 7.6%
  - Food Secure: 3.3%
- **Kitchen not appropriate**
  - Food Insecure: 7.6%
  - Food Secure: 2.1%
- **No time**
  - Food Insecure: 25.0%
  - Food Secure: 15.3%

### Health
- **Health condition**
  - Food Insecure: 19.5%
  - Food Secure: 7.7%

None of the above
- Food Insecure: 8.5%
- Food Secure: 64.8%
FOOD LITERACY

Certainty
Choice
Pleasure

diet quality
food group serves
nutrient intake

Other outcomes eg:
• social connectedness
• ethical and sustainable food choices
• food security

THE SOCIAL DETERMINANTS OF HEALTH
early childhood experiences with food

food supply

food group serves

serves

nutrient intake

NUTRITION

Planning and management
Selection
Preparation
Eating

THE SOCIAL DETERMINANTS OF HEALTH

Poverty

geography

social support

social exclusion

QUT
1. Plan and Manage

1.1 Prioritise money and time for food.

1.2 Plan food intake (formally and informally) so that food can be regularly accessed through some source, irrespective of changes in circumstances or environment.

1.3 Make feasible food decisions which balance food needs (e.g. nutrition, taste, hunger) with available resources (e.g. time, money, skills, equipment).

2. Select

2.1 Access food through multiple sources and know the advantages and disadvantages of these sources.

2.2 Determine what is in a food product, where it came from, how to store it and use it.

2.3 Judge the quality of food.

3. Prepare

3.1 Make a good tasting meal from whatever is available. This includes being able to prepare commonly available foods, efficiently use common pieces of kitchen equipment and having a sufficient repertoire of skills to adapt recipes (written or unwritten) to experiment with food and ingredients.

3.2 Apply basic principles of safe food hygiene and handling.

4. Eat

4.1 Understand that food has an impact on personal wellbeing.

4.2 Demonstrate self-awareness of the need to personally balance food intake. This includes knowing foods to include for good health, foods to restrict for good health, and appropriate portion size and frequency.

4.3 Join in and eat in a social way.

FOOD LITERACY is the ability to...
Food security is a “managed process” whereby a range of coping strategies are used to avoid or delay hunger for their families and in particular for children:

- identifying where to shop and shopping at different stores based on price;
- buying in bulk;
- catching foods on sale as a collective;
- rationing items to purchase in a fortnightly pay cycle based on need;
- prioritizing food items based on children’s needs and/or preferences;
- and in the US utilizing food coupons with maximum effect.

For those experiencing disadvantage prioritizing money for food is not a simple feat. Individuals and households need to balance a range of competing priorities including ensuring access to one of the other fundamental human rights – shelter.
What is the Lived Experience of Food Insecurity

If we are struggling [food] is the the first thing that goes we would be back to sausages... Well $8 for 20 sausages or something is a cheap meal for 4 people and I guess its’ food that my kids will eat there is no hesitation they would eat a sausage on bread and feel quite happy and lucky no curries or vegetables just good old sausage on bread
There is evidence, however, that low income households are more likely to cook foods at home. High levels of food literacy are deployed to put food on the table:

- cooking dishes that are cheap and filling – prioritizing quantity and satiety over quality;
- eating nutritionally sound but socially devalued foods;
- making use of foods that can be frozen and stored; storing and using leftovers;
- stretching the food to make it last longer; removing spoiled areas or insects from food to extend its usability;
- using foods that were beyond the expiry date; cutting down on the variety of fruits and vegetables to only those that are most affordable, most filling
It was the non-priority stuff that got sorted out through my tax like car, new TV and food shopping which was so much fun there was a lot of fun food in there. The kids just went mum can we get that yeah okay. It probably wasn’t too nutritious for a couple of weeks but it was a lot of fun. Fun food. Have to forgo fun when money is tight.
ARE FOOD INSECURE HOUSEHOLDS FOOD LITERATE? PREPARATION & EATING

- household chaos and the complex manipulation of time to balance obligations
- stressors of role overload
- more frequent moving from one household to another,
- changes in the size of the household to improve economic viability,
- demands for childcare at irregular hours
- jobs that require longer commutes and heads of households engaged in non-standard employment
WHAT ABOUT NUTRITION KNOWLEDGE?

In our study significant differences were found between nutrition knowledge and food secure and food insecure.

There is evidence that nutrition knowledge among families living with disadvantage is low especially around nutrition categories rather than necessarily food categories.

Disadvantaged families tend to relate more to foods and the impact foods have on external appearance while families on higher incomes relate the nutritional value of foods in terms more likely to be understood by a health professional.

The way families understand and appreciate the nutritional value of food may be different it does not, however, necessarily make it wrong.
WHAT ARE THE RESPONSES TO FOOD INSECURITY IN HIGH INCOME COUNTRIES
NEOLIBERAL APPROACHES

Emphasis on individual responsibility and mutual obligation

Deserving poor – those who demonstrate “citizenship” by actively seeking employment and participating in the process

Low income families simply need to manage their household finances better

Disadvantage ≠ low income: deprivation, social exclusion and capabilities (the failure of society to provide opportunities)

THE CHARITABLE APPROACH?

"The hidden functions of transnational corporate food banking which construct domestic hunger as a matter for charity thereby allowing indifferent and austerity-minded governments to ignore increasing poverty and food insecurity and their moral, legal and political obligations, under international law, to realize the right to food" (Riches 2018).

Good nutrition, should not be something reliant on acts of charity
THE CHARITABLE APPROACH

A needs-based approach that assumes recipients are passive and does not necessarily fit with a rights-based approach:
- Fails to return beneficiaries to a state of food self-reliance
- Fails to maintain human dignity

In attempting to adopt a more rights-based approach, organisations have moved to creating more enabling environments which:
- Building personal skills
  - Organisations assume knowledge and skills deficits and link access to food with nutrition education, budgeting and cooking skills
- Empowering individuals or resolving food insecurity through individualizing responsibility?

“[Food insecurity] isn’t solved by giving somebody a bag of food” (Valerie Tarasuk)

NOR

Is it solved by showing someone how to cook it?
WHAT ABOUT NUTRITION AND FINANCIAL EDUCATION?

Healthy eating with FoodREDI

Would you like to learn more about how to look after the health of your family by cooking simple great tasting food on a budget?

Then come along to FoodREDI!

You can learn basic nutrition, ways to shop on a limited budget and prepare tasty and healthy foods that are easy to make. The workshops are easy and fun. Each session includes a talk followed by cooking and eating together!

FoodREDI is a 2 hour workshop each week for 6 weeks, it is suitable for all adults (18+). It is FREE of charge to attend.
VOLUNTARY FAILURE: POTENTIAL WEAKNESSES OF THE NOT FOR PROFIT SECTOR

*Philanthropic insufficiency* – unable to generate enough adequate, reliable funding to meet the demand for services.

*Philanthropic particularism* – some sub-groups of the population may not be adequately represented

*Philanthropic paternalism* – those with the greatest power and resources define community need and control and determine the activities. Those most in need of charitable services will not be able to make decisions regarding the services available to them, causing a dependent relationship between those giving and receiving charitable aid.

*Philanthropic amateurism* – often staffed by volunteers lacking professional training and professionalised models of service provision


Thanks to Sue Booth for introducing me to Salamon’s theory
Like I went to the (youth service) class, they were making muffins and I was like, “excuse me, I don’t have an oven, right, this has like 11 ingredients in it, right, and I don’t have an oven or a cake tray or like, what’s wrong with you? Why are you teaching homeless people how to make muffins right?”

(Vidgen, 2013)

<table>
<thead>
<tr>
<th>The 10-Plan</th>
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<tbody>
<tr>
<td>First Step</td>
</tr>
<tr>
<td>Write down the amount of money you usually spend on food per week or fortnight or month.</td>
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<tr>
<td>Food money</td>
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<tr>
<td>$_________</td>
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<tr>
<td>Second Step</td>
</tr>
<tr>
<td>Divide this amount by 10 to give you a ‘part’ (e.g. $140 divided by 10 means $14 per ‘part’).</td>
</tr>
<tr>
<td>Food money</td>
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<tr>
<td>$_________ +10</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>$_________ per part</td>
</tr>
<tr>
<td>Third Step</td>
</tr>
<tr>
<td>On the 10-Plan below, write the amount you should spend on each section.</td>
</tr>
<tr>
<td>Eat Least Foods</td>
</tr>
<tr>
<td>These foods usually cost around $10–20 kg.</td>
</tr>
<tr>
<td>1 Part</td>
</tr>
<tr>
<td>$_________ x 1</td>
</tr>
<tr>
<td>= $_________ to spend on margarine, oils and other ‘extra’ foods.</td>
</tr>
<tr>
<td>Eat Moderately Foods</td>
</tr>
<tr>
<td>These foods usually cost around $5–12 kg.</td>
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<tr>
<td>3 Parts</td>
</tr>
<tr>
<td>$_________ x 3</td>
</tr>
<tr>
<td>= $_________ to spend on lean meat and similar, milk and milk foods.</td>
</tr>
<tr>
<td>Eat Most Foods</td>
</tr>
<tr>
<td>These foods usually cost around $2–6 kg.</td>
</tr>
<tr>
<td>6 Parts</td>
</tr>
<tr>
<td>$_________ x 6</td>
</tr>
<tr>
<td>= $_________ to spend on vegetables, legumes, fruit, bread and plain cereal foods.</td>
</tr>
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</table>

Remember - for every $10 that you spend on food, spend:
- $6 on ‘Eat Most Foods’
- $3 on ‘Eat Moderately Foods’
- $1 on ‘Eat Least Foods’

THE RELATIONSHIP BETWEEN FOOD SECURITY AND FOOD LITERACY

Food security is providing appropriately distributed, sustainable opportunities to access the fundamental commodity – food.

Food literacy is being able to, at an individual and community level, take advantage of these opportunities.

Food literate individuals living in food insecure situations are potentially more likely to be able to reach the “certainty, choice and pleasure” outcomes for longer periods of time, until resources are so depleted that it is no longer possible.
THE RELATIONSHIP BETWEEN FOOD SECURITY AND FOOD LITERACY

Food literacy therefore has the potential to ameliorate some aspects of food insecurity, by increasing resilience and maximizing the use of available resources.

Food literacy could therefore, be the key to maximizing food security for a limited amount of time.

The cautionary caveat is that:

- food literacy is context dependent
- in situations of deprivation and disadvantage
  - food literacy will be unable to improve the quality or quantity of food, where this food or the means to grow or acquire it are simply not present
  - food cannot be prepared when there is no stable housing or equipment available

A focus on food literacy as the predominant means to alleviated food insecurity could therefore, potentially mask underlying social security and food security systems failures.
SOLUTIONS: MOVING BEYOND BANDAIDS
THINKING BIG: WHAT SOLUTIONS SHOULD WE BE ADVOCATING FOR?

*Adequate income* – we need to be debating a different system. Universal basic income; Basic income guarantee

Strengthening the *welfare safety net*

National poverty alleviation strategy (Go Canada!)

Housing affordability, energy affordability, water affordability

*Food affordability*: evidence is suggesting that a subsidy could work (but more than the current 10% GST)

*Monitoring and surveillance* – if we don’t know we don’t change
WHAT ARE THE FOOD SEGMENTS OF AUSTRALIAN FOR THE TOPIC OF FOOD SECURITY?

Prior research has demonstrated that the political views of people affect how beliefs about who should take responsibility for social problems (Westheimer and Kahne 2004).

Three types of citizens have been identified with different approaches to democracy

- Justice-oriented
- Participatory
- Personal responsibility

We therefore hypothesised that citizen type might be able to predict Australian attitudes towards the topic of food insecurity.

The 3 scores turned into categorical by assigning a citizenship type based on the highest scoring variable

NFHSS scale: determines if people are food insecure (or not):

Scores:

- 0: food secure
- 1-2.9: somewhat food insecure
- 3+: extremely food insecure

Three citizenship types:

- Justice oriented: Critical about established systems and structures, acts to solve root causes
- Participatory: Organises community events & takes leadership positions
- Personal Responsibility: Honest character & law abiding members of the community

“If Participatory Citizens organised the food drive and Personally Responsibly Citizens donate food, the Justice-Oriented Citizens ask why people are hungry, then act on what they discover.” (Westheimer, 2015, p. 41)
MARKET SEGMENTS BASED ON CITIZENSHIP TYPE

How do Australians’ attitudes, knowledge, behaviours to eat healthily/ be food secure differ by food segment?

The analysis used to identify the food security attitude segments was 2 step cluster analysis. The statistic underpinning the analysis is chi-square.

Responses from participants to the attitude and knowledge questions, citizenship type and demographic data were analysed.

The results showed 3 clear segments that were based on the citizenship type as the key distinguishing variable.

Income, age and food security status did not differ across the segments.
CONCEPTUALISING FOOD LITERACY BEYOND THE INDIVIDUAL: SELECT

Food labelling that is accessible, understandable and empowering regardless of your ability to read
CONCEPTUALISING FOOD LITERACY BEYOND THE INDIVIDUAL: PREPARE

Embedded food skills (not just nutrition knowledge) from prep to leaving school
CONCEPTUALISING FOOD LITERACY BEYOND THE INDIVIDUAL: EAT

Promoting a celebratory food culture
AND WHAT ABOUT FOOD SECURITY AND FOOD LITERACY?

WHOLE of population approach – rebuilding food literacy into schools

STOP privileging “cooking from scratch” – engage with the time and convenience

THINK about the whole food system

TAKE an assets-based approach

CO-CREATE with recipients
“stereotyping low-income families from the left as helpless victims of the system or from the right as irresponsible practitioners of poor dietary habits is out of step with the available evidence and demeaning when examined against the experiences of families”

Crotty et al (1992)

the nexus between food literacy and food security reminds us that the reconfiguration of nutritional health as a biomedical problem cannot be divorced from the social context. Nor should what are failures of the political system be turned into “problems of deviance or moral order” (Aronson 1982)
THANK YOU

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## International Comparisons

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<tr>
<th>Country</th>
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<th>% severe FI</th>
<th>Proportion of severe to total %</th>
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