



# FEEDING HUNGRY KIDS

Addressing food insecurity for children & young people affected by poverty in WA



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# HUNGRY KIDS NEED HELP NOW

Not having regular access to sufficient, nutritious, affordable food can have a devastating, lifelong impact on a child. Food insecure children face increased hospitalisation, developmental risk, behavioural problems, anxiety, depression and attention deficit disorders.<sup>1</sup>

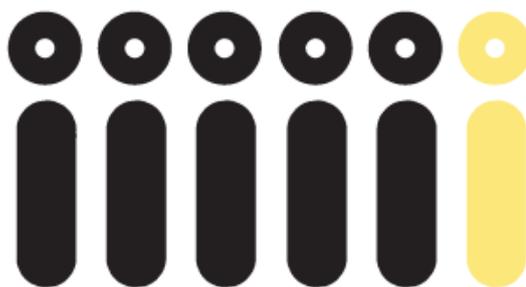
Since the start of the COVID-19 pandemic, OzHarvest WA has experienced considerable growth in the number of people seeking food relief. The most notable has been the increase in the number of schools needing to provide vulnerable students in their care with a regular supply of nutritious food.

Recognising that schools provide an ideal avenue for identifying and reaching children in struggling families, who have slipped through the cracks of other health and welfare services<sup>2</sup> OzHarvest increased the number of schools supported by the *Nourishing Our Schools* Program from 20 to 65. This was made possible by financial support from the Telethon Trust.

Hunger is an invisible problem with social, economic and public health implications. There has never been a more critical time to bring together the key players in WA to create change in addressing food insecurity for children and young people affected by poverty.

## Food insecurity is not going away.

This is both a national and state problem which has been dramatically impacted by the COVID-19 pandemic and more recently the rising cost of living.



### **1 IN 6 PEOPLE**

in Australia do not have enough to eat.

### **1.2 MILLION CHILDREN**

have gone hungry in the last year

### **43% OF PARENTS**

who are food insecure say their children go an entire day without eating at least once a week.

### **1 IN 5 KIDS**

go to bed or school hungry

*Source: Foodbank Hunger Report 2021*

<sup>1</sup>Black 2012

<sup>2</sup>100 Families WA 2021 Report



## Getting food to charities

OzHarvest WA is currently providing nearly 1.5 million kilograms of food relief each year through food rescue operations and the Nourishing Our Schools program. Every week fresh and nutritious food is delivered to 179 charities across Perth and the Greater Metropolitan Area, of which 112 (including educational institutions) are feeding vulnerable children, youth and families. There are 23 charities on the waiting list for food and those we already support, say they can always take more to meet demand.

OzHarvest collects quality surplus and nourishing food donated by 418 local supermarkets, cafes, restaurants and other food businesses in WA. We target end-of-the-day fresh food within expiry date, preventing it from ending up in landfill.

OzHarvest is committed to closely collaborating with other food rescue organisations to ensure vulnerable people in the WA community are supported with food relief. Other organisations assisting school communities that we continue to work alongside include Foodbank WA, SecondBite WA, Manna and Margaret Court Outreach Centre.

### OZHARVEST IMPACT IN WA

FY 2021/22



**1,495,090 KGS**

food rescued



**179 CHARITIES**

supported



**2,963,422 MEALS**

delivered



**65 SCHOOLS**

supported by *Nourishing our Schools* program

# Getting food to schools

The *Nourishing Our Schools* program was the result of close collaboration with a number of schools across Perth and support organisations throughout 2019. Piloted in 2020, the program provides schools with the opportunity to register for :

1. Food for Learning (food supplied for onsite school programs)
2. Food for Thriving (hamper boxes for school families in need.)

65 schools are currently supported by this program and we are on track to deliver 120 tonnes of food. In a survey conducted last year over 1,000 students were supported through the program, and 250 families received hampers. Most schools said they would definitely need this support in the future. The benefits include:

- It supports a range of school needs, including breakfast, lunch and cooking programs with fresh, nutritious food
- Food is delivered directly to schools, for free
- There is no charge for membership or food
- Vulnerable school families can be supported



## How it helps

*"It's helped families on low income as well as students at educational risk due to low attendance rates, Many are coming to school regularly now because they feel supported and have food to get them through the day. It enables us to build relationships with families."*

Hillman Primary School

*"OzHarvest food helps us to engage with our disengaged students, we work in the lowest socio economic area of greater Perth, having healthy, exciting foods available makes hungry kids happier and more able to learn."*

SMYL Community College

*"The impact has been monumental for our foundation. We have many at-risk, vulnerable students that often arrive at our academy with no food for the day or have not eaten in day."*

Motivation Foundation



# Educating to create change

School-based investment is essential to educate young people and inspire generational change.

OzHarvest's curriculum-aligned education program for schools -FEAST (Food Education and Sustainability Training) inspires kids to eat healthy food, waste less and become change-makers in their community.

FEAST is available to all schools, but also targets schools in low socio-economic areas, with families often experiencing food insecurity. The program uses visual, picture-based content for culturally and linguistically diverse students and with low literacy.

With only 5% of children eating the right amount of vegetables, FEAST has a positive impact on children to eat healthy food. Survey results showed 75% of students increased their fruit and veg intake after undertaking the program.

Since launching in WA in 2022, over 70 primary schools have enrolled. FEAST for High Schools is currently being piloted with plans to roll-out in 2023.



Kids love the hands-on cooking activities, and try a range of hot and cold recipes that can be made easily in the classroom. FEAST provides professional learning for teachers, kitchen kits and lessons aligned to the Australian Guide to Healthy Eating (AGTHE) with all recipes traffic light approved.

## How it helps

*"Our students were enthusiastic about cooking and trying new foods. They loved the social act of sharing the food they had prepared and enjoyed reporting back about the recipes they had tried at home,"*

Piara Waters Primary School



**FEAST**<sup>™</sup>  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

# Working together to increase access to food relief in Western Australia

Ensuring families, young people and children can access fresh and nutritious food on a regular basis is key to addressing hunger in WA. It is also a problem to be tackled together, across the sector and with key stakeholder support.

Since 2017, OzHarvest WA has been a member of the WA Fair Food Group (formerly WA Food Relief Framework Working Group) and resulting in the WA Food Relief Clearing House. Both groups meet on a monthly basis and came about after the community sector recognised that improvements to the service system could be better made to respond to the increased need. Key achievements included the development of the Food Stress Index, which can be found [HERE](#).

## Food insecurity skyrockets in times of crisis

The most common reasons why people experience food insecurity are unexpected expenses or overall low incomes. Which in times of crisis, is exacerbated. The impact of COVID-19 and now the rising cost of living is affecting many families, particularly those with low-income and culturally and linguistically diverse families. Many people are turning to charities for the first time in their lives, despite having a job and somewhere to live.



## Taking action:

The community sector needs the capacity to support people through the toughest times as the most vulnerable in our community are always hit the hardest. Recommended action includes:

- Support the food rescue sector to scale up to redistribute more good food to charities that support families and young people, and reduce the number of charities on the waiting list
- Create long-term funding to expand the Nourish our Schools program across WA, targeting schools and community organisations in low socio economic areas
- Fund the expansion of school-based education programs like FEAST to encourage healthy eating and promote access to fresh and nutritious food to reach every school in WA
- Establish stand-by funding for rapidly scalable emergency food relief in times of crisis



# About OzHarvest

Founded by Ronni Kahn AO in 2004, OzHarvest is a for impact organisation with a driving purpose to 'Nourish our Country' by stopping good food going to waste and delivering it people in need. Ronni started in Sydney with just one van, which now has operations nationally with seven state/city offices and 11 regional locations. Since inception OzHarvest has delivered over 210 million meals, preventing 70,000 tonnes of food from ending up in landfill.

OzHarvest runs three education programs with the aim of creating positive change, by increasing life skills around healthy eating, raising awareness about food waste and strengthening community connections. FEAST is a curriculum-aligned program for primary schools, NEST teaches adults from vulnerable backgrounds how to cook and eat healthily on a budget and Nourish offers hospitality training and employment pathways for vulnerable youth.

Our advocacy work aims to empower others to fight food waste and promote food security, with a firm commitment to reach the national target of halving food waste by 2030, in line with United Nations Sustainable Development Goal 12.3 and Zero Hunger Goal 2. By working closely with government and stakeholder groups, OzHarvest provides a voice for food insecure Australians and insights on reducing food waste.

Continuous innovation guides our work to tackle food waste and feed hungry people, working closely with our social impact business, ForPurposeCo.

Read our 2021 Impact Report [HERE](#).



## WA operations

Started in late 2014, OzHarvest WA has grown quickly and now delivers over 80,000 meals a week. With a fleet of eight yellow vans the team collect fresh and nutritious food from 418 food donors and deliver it directly to 159 charities helping to feed people in need. The Perth based team has over 200 volunteers that help to 'Nourish our Country.' Over 20 million meals have been delivered throughout the region since inception.

OzHarvest rescues food across Perth and the Greater Metropolitan area through its fleet of eight vehicles. It also delivers emergency food relief in times of crisis to meet the increased need in the most affected communities.

For every dollar donated, OzHarvest can provide two meals to someone in need.

[www.ozharvest.org](http://www.ozharvest.org)

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