



Foodbank WA

Feeding Western Australians in need every day

Feed. Educate. Advocate.



foodbank.org.au



HELLO, WE'RE FOODBANK WA

We believe everyone should have access to healthy food. There are Western Australians going without every day, and we are working hard to change that.

We provide food and groceries to those who struggle to afford them. We deliver nutrition education to promote healthy eating and advocate on behalf of people that experience food stress.

Last financial year we provided almost 7.8 million meals to Western Australians through our charity partners and schools. This a staggering 1 million meals than the previous year.

Sadly, we know that there is still an unmet gap of 30%.

In 2020 we were assisting about 200 households a day. Some days this is now over 800.

Times are tough. There are many reasons why people find themselves struggling to afford enough food.

The need to support each other has never been this great. Many people are reaching out for help for the first time in their lives.

Together we can help get food to Western Australians who need it.

YOUR DONATION WILL SUPPORT PEOPLE LIKE BRIONY

The day Briony made her first trip to Foodbank WA's Centre for Hunger relief, is a memory both bitter and sweet. She'd been given a ticket to survival, a fifty dollar voucher. Her rent was paid, the lights were on, she had nappies, baby Marlow had been fed, but Briony had been going without.

Three years earlier at age thirty, she never could have imagined being without food. She was fit, full of fun and loving her full time job working for an art supply specialist in Subiaco. Everything fell apart the afternoon she got a call from her doctor to come in urgently. Briony's breast cancer treatment started right away.

"People don't choose poverty. We shouldn't take anything for granted, especially after this past 2 years, there are a lot more people in this situation. Sometimes all it takes is someone filling up your pantry to give you the confidence to keep going."



THE HIDDEN ISSUE OF HUNGER

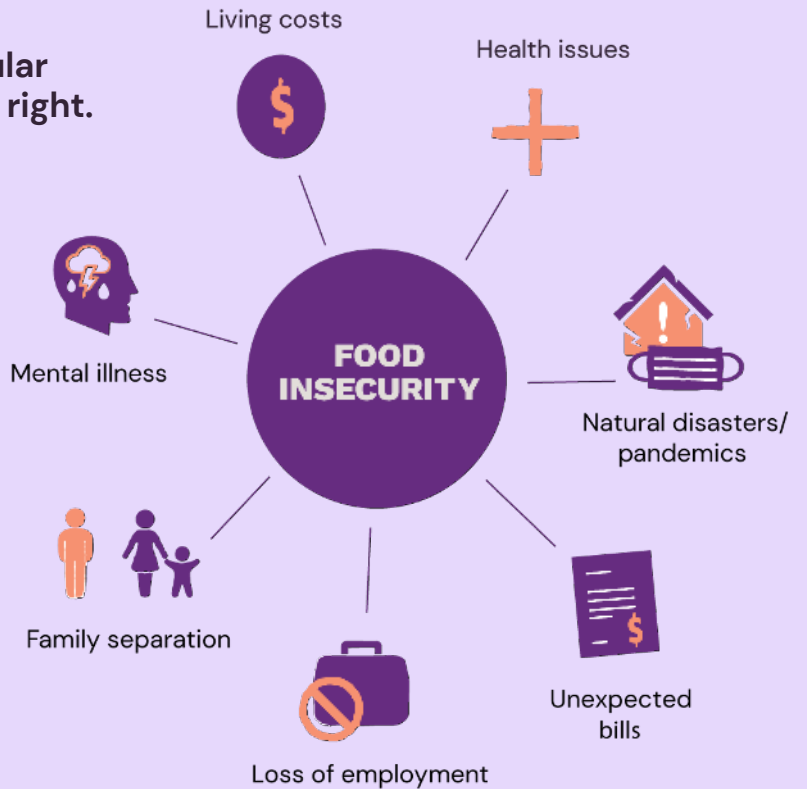
Everyone deserves access to regular healthy meals. It is a basic human right.

Food insecurity or hunger is when individuals or households have limited or uncertain physical, social or economic access to sufficient, safe, nutritious and culturally relevant food.

This occurs when a household needs to spend more than 25% of their disposable income on food



1 in 5 people in WA (21%) have experienced **severe** food insecurity in the last 12 months

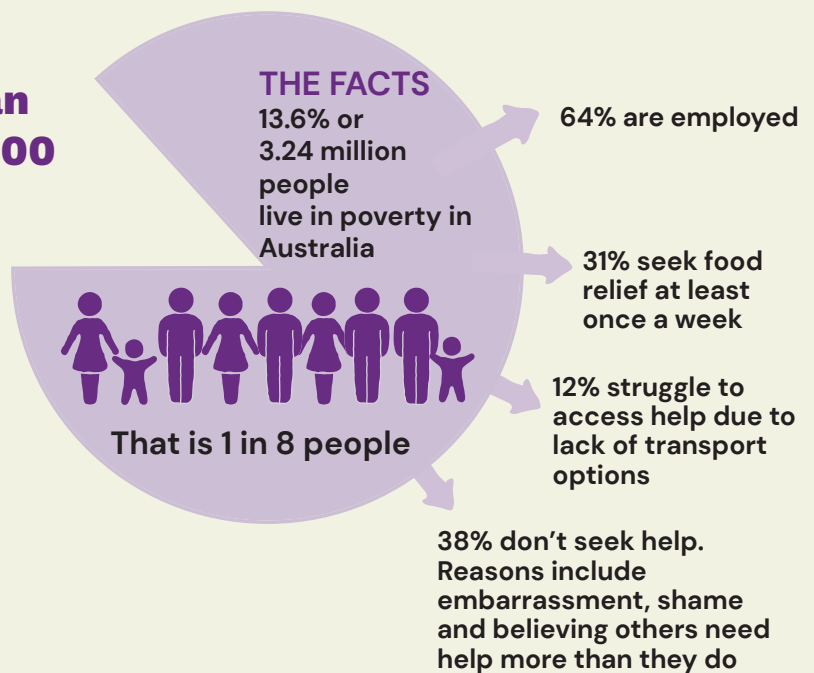


There are many reasons that lead to hunger and food insecurity

208,000 Western Australian households including 116,000 children, need our help



1 in 6 children



The impact of our work contributes to the United Nations Sustainability Development Goals.



HOW WE HELP

There are many reasons why people may need help to access good quality, healthy and affordable food. In many circumstances people only need help on a temporary basis to get through a difficult time due to an unexpected bill, health issues, family separation, rising living costs or loss of job security.



Feed

We provide access to food and groceries to everyday Western Australians who are struggling to afford regular meals.

Educate

We provide healthy eating and cooking classes to help people learn how to meal plan and prepare healthy meals on a budget.

Advocate

We raise awareness of the many societal reasons why people may find themselves in food stress and advocate for change.

OUR ANNUAL IMPACT AT A GLANCE



4.3m kilos
distributed



7.8m meals
provided to Western
Australians



605k
school breakfasts



46k meals
prepared in our
Community Kitchen



3.6m kilos
saved from landfill



7m
CO² emissions
saved



667 sessions
nutrition education programs



5,204
participants in nutrition
education programs



65,000
volunteers hours



332
charity partners



492
schools



40
Mobile Foodbank
locations

WHAT WE DO

Feeding Western Australians in need everyday



Perth Centre for Hunger Relief



Regional branches in Peel, Bunbury, Albany, Kalgoorlie and Geraldton



Mobile Foodbank



Community Kitchen preparing ready-to-eat meals



School Breakfast Program and School Fruit Van



Emergency response to natural disasters and crisis

Empowering people to make healthy food choices



Food Sensations® for Schools (primary and high school)



Food Sensations® for Children (for parents with children 5 and under)



Healthy Food For All Abilites



Healthy Eating Hub Fremantle



Fuel Your Future (12-18yrs living in the Pilbara)



Superhero Foods® superherofoodshq.org.au

HOW YOU CAN HELP

Together we can get food to Western Australians who need it.

It is only with the help of our generous community that we can continue to meet our purpose to feed, educate and advocate for people facing food stress.



Donate

Every \$1 helps provide 2 meals. We also use the funds to buy everyday food essentials to ensure that we have enough volume and variety to meet the need.

foodbank.org.au/donate

Volunteer

Volunteers are essential to our work. We have a variety of short-term and long-term volunteer opportunities for both individuals and groups if you would like to get involved.

foodbank.org.au/volunteer

Advocate

Help raise awareness of food insecurity in Western Australia. Share our social media posts, participate in our campaigns and help spread the word.

Follow us on socials @FoodbankWA.

EMPOWERING HEALTHY FOOD CHOICES IN REMOTE COMMUNITIES

We visit schools across Western Australia to deliver fun and engaging nutrition and cooking classes for kids. Gaining important nutrition information kids then cook a few simple, healthy and delicious recipes together before the best part – eating the meals!

At our visit at Nyikina Mangala Community School in the Kimberley the lower year students particularly enjoyed the Let's Eat storybook.

"...reading the book you left us on country today. The children love it and constantly flick through the pages, talking about what they can see and what they like to do. It inspired us to make damper as well so thanks very much. Our class are going to be the chefs and make the school lunch on Tuesday with your recipes."

Sara, teacher



YOUR SUPPORT HELPS PEOPLE LIKE MEGAN

“Your child eats first” – is there any parenting instinct more basic than this one?

It's not something most give a thought to in their day-to-day, but for Megan and other single parents in our Mobile Foodbank queues, securing your child's next meal is a constant source of stress.

When Mobile Foodbank first came to Willagee 3 years ago, Megan and her daughter, now 13, had been at rock bottom for quite some time. The story of how they got there is all too familiar. In her 20's Megan considered herself a successful young adult. She worked as a salesperson for a large international phone safety company, had travelled overseas and was settling down with a partner and beautiful baby daughter.



Megan's hopes for domestic bliss were soon displaced by the daily struggle of dealing with the violence of her partner. They moved homes many times, leaving a trail of broken rentals. Megan was left broken too – by the time she got out of the relationship Megan's mental health was “just horrible”.

There were times when my daughter was very young, where I'd just eat her scraps. I'm very good with money so we've never been without, but it would just be very basic food, beans on toast and things like that.

When Foodbank WA provides food to a client, it takes away their most urgent need. With kids fed and food in the pantry, they're able to focus attention on other areas of crisis such as housing, debt, employment, ill-health or fleeing domestic violence.

For Megan, that first visit to Mobile Foodbank nearly four years ago marked an important turning point.

“When I was standing in line, it was a little bit nerve wracking. You feel a bit like ‘oh this is me, this is where I'm at right now.’ But then you get the food parcel and you look through it and you can't help but smile.”

“It was like Christmas. And it still IS like Christmas, every time I get a pack. I love getting it home and opening it up. It's a nice feeling unwrapping all the goodies.”

Megan shops at our Mobile Foodbank nearly every week, picking up a meat pack, a deli pack and sometimes a fish pack.

Having regular access to affordable food has eased Megan's mental stresses and brought joy back to the kitchen. *“With Foodbank WA, I can provide a higher quality of food to myself and my child, plus I love cooking. It's a mental health thing – I LOVE cooking!”*

Let's feed change

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who need it**

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