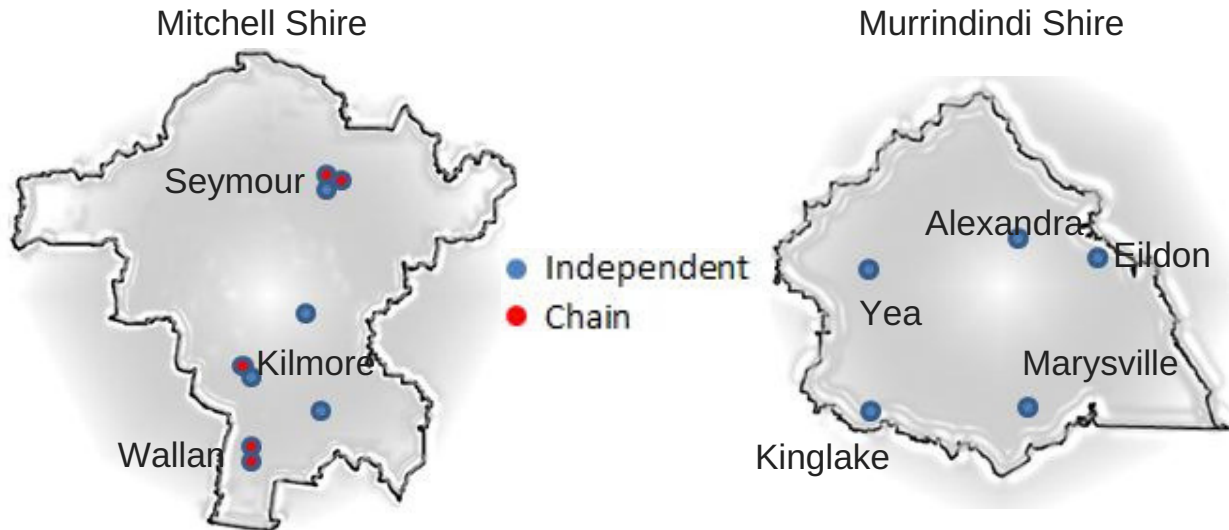


The cost of a Healthy Basket of food

14 supermarkets surveyed in February 2016 in Mitchell & Murrindindi Shires, using the Victorian Healthy Food Basket Survey

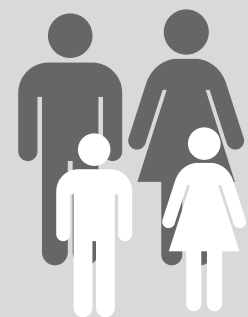
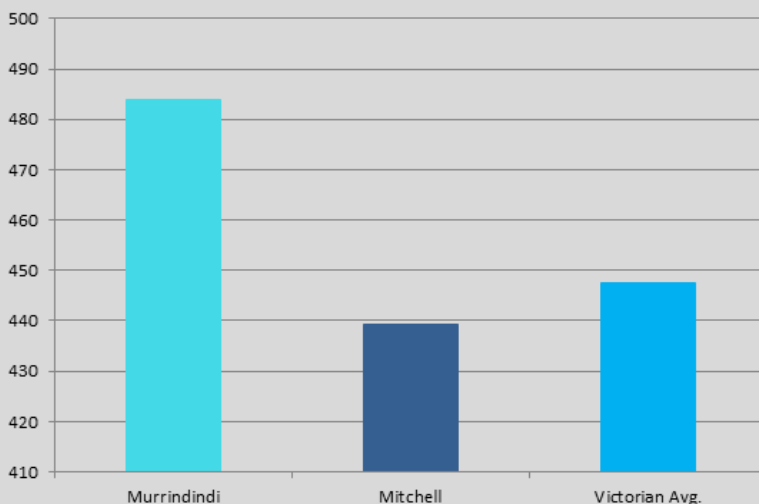


Lower Hume Supermarkets

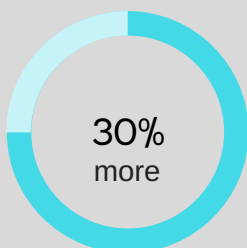


How Much?

Cost of a basket of healthy food for a typical family (2 adults & 2 kids)



Variance in supermarket cost of a basket of healthy food for a typical family



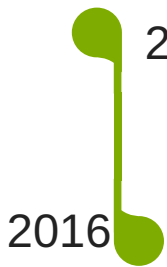
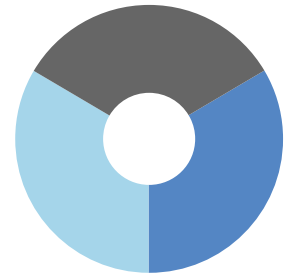
\$122 more in Murrindindi than Mitchell.

	Lowest supermarket	Highest supermarket	Difference
Mitchell	\$402.91	\$461.33	\$58.42
Murrindindi	\$428.51	\$524.84	\$96.33
Overall Lower Hume	\$402.91	\$524.84	\$121.93

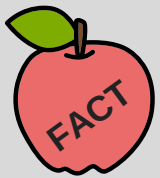


Centrelink

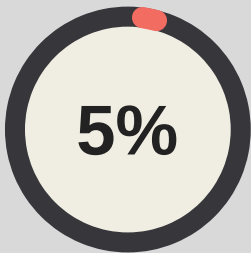
A typical family (2 adults and 2 children) would need to spend approximately **1/3** of their fortnightly Centrelink income to purchase a healthy basket of food.



The average cost of the healthy food basket for a family of four has risen by \$26.88. As a percentage of income, affordability has slightly improved, with Centrelink payments increasing more than the cost (just under 2%).



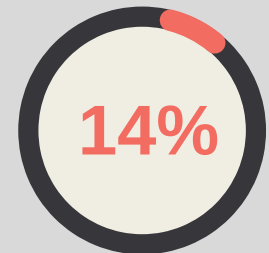
Food Insecurity - people who ran out of food in the past 12 months



Victorian Average



Mitchell



Murrindindi

Reference: 2013 LGA profile Vic population health survey 2011



Actions and Resources

- Work with supermarkets, businesses, community, Councils to ensure people can access healthy food
- Investigate various initiatives - surplus food, food share, marketing and education of healthy food
- Come together for a Healthy Food forum to collectively find solutions

Copy of full report and infographic can be found on the Lower Hume PCP website - www.lhpcp.org.au/health-promotion/

