

7 September 2018

Reverend the Hon. Frederick John Nile, ED LTh MLC  
Chair  
Portfolio Committee No.1 – Premier and Finance  
Parliament House  
Macquarie Street  
SYDNEY NSW 2000



By email: [portfoliocommittee1@parliament.nsw.gov.au](mailto:portfoliocommittee1@parliament.nsw.gov.au)

***Re: Inquiry into fresh food pricing; Response to Question on Notice***

Thank you for the invitation to appear for the Committee to give evidence about our Cost of Living Report. Our response to the Question on Notice provided is as follows:

**One thing that has come up in previous hearings and actually came up in the break of that fantastic SBS *Insight* program into food insecurity was the shame of not having enough money for food. Did you find that in your consultations?**

Participants in our consultations discussed that sometimes there is a stigma associated with food assistance initiatives like breakfast programs, where families may feel uncomfortable or 'ashamed' about sending their children to participate because they struggle to feed them at home. NCOSS staff also volunteer at Blacktown Community Hub run by our member St Vincent de Paul, and observe that clients often feel frustrated that they must resort to seeking food assistance when their income runs out.

This is why it is important to address these issues through approaches that enable people to feel empowered rather than reliant. This includes providing nutrition education programs to address childhood obesity and build families' capacity in relation to health and nutrition, and improving economic access to healthy food through better income support.

If you require any further information about this response, please do not hesitate to contact Ya'el Frisch (Project Officer Advocacy) on [redacted] o [redacted]

Yours sincerely

—  
Dr Kathy Chapman  
Interim Chief Executive Officer