

## What Is Food Security??

*“The state in which all persons obtain a nutritionally adequate, culturally acceptable diet at all times through local non-emergency source”*

(Community Food Security Coalition 1995).



Many things can affect you from having enough food, including:

Finances, Health Problems, Drug & Alcohol Issues, Transport, Cultural Barriers, Social Isolation or Cooking Skills & Knowledge.

Please refer to the brochures in this series for help in any of these areas.



*Improving Food Access*

## ETHNIC EATS

*Overcoming Cultural Barriers to Improve Your Access to Food*



*Improving Food Access*

## CULTURALLY APPROPRIATE MEALS / SOCIAL ACTIVITIES

### City of Glen Eira

**Moorleigh Multicultural Senior Citizens' Centre**  
Ph. 9576 4038

**Eshel Fine Kosher Meals**  
Ph. 9532 9000

**Kosher Meals on Wheels**  
Ph. 9527 5525

**Senior Citizens' Centres**  
Ph. 9524 3333

### City of Stonnington

**Food Services including Cultural Cuisine**  
Ph. 8290 3224

### City of Port Phillip

**Betty Day Community Centre**  
Ph. 9209 6371

### Across All Areas

**Jewish Care**  
Ph. 8517 5999  
[www.jewishcare.org.au](http://www.jewishcare.org.au)

## ASSISTANCE FOR REFUGEES / MIGRANTS

### City of Stonnington

**New Hope Foundation**  
Ph. 9510 5877

### City of Port Phillip

**Brigidine Asylum Seeker Project**  
Ph. 9696 2107

**English as Second Language Class**  
Ph. 9531 1954

**ESL for Work and Study**  
Ph. 9692 9500

### Across All Areas

**Centre for Multicultural Youth**  
Ph. 9340 3700

**Study Melbourne Student Centre**  
Ph. 1800 056 449

**Adult Multicultural Education Services**  
Ph. 132 637

## ETHNIC GROCERY OUTLETS

### City of Glen Eira

**Amba Bazaar**  
Ph. 9569 1386

**Asian Grocery**  
Ph. 9563 6277

### City of Stonnington

**Original Indian Spices**  
Ph. 9807 7004

### City of Port Phillip

**Shi Shi Asian Food**  
Ph. 9646 6355