

Improving food access in Whitehorse

A project by healthAbility and Whitehorse City Council

What is this project about?

Everyone should be able to get food that is affordable, nourishing and suits their household, close to where they live. We are working to make that easier across Whitehorse.

Why we are doing this

Where you live can affect how easy it is to get food. Some areas have many food shops nearby, while others have fewer. It can also be hard to get to the shops if you don't have a car or public transport is limited. When it is hard to get the food you need, it can affect your health and wellbeing.

By understanding the needs and challenges of people across Whitehorse, we can work with the community to make it easier for everyone to find food that meets their needs.

What we have found so far

We mapped places where people can buy, grow, and access food across Whitehorse. We found that shops, markets, and food support services are not spread evenly. There are more options around Box Hill, Blackburn and Forest Hill, while some suburbs have fewer options nearby, which can be difficult to reach by public transport.

What happens next

Over the coming months, we are looking at different ways to make food easier to get locally. These could include community markets, fresh food boxes, community grocers, food sharing and community gardens, set up in places people already go, such as Neighbourhood Houses.

We would love to hear from you

You know your own neighbourhood better than any map can tell us. Come and tell us:

- Where do you usually shop for food?
- What makes it easy or hard to get the food you want?
- What would you like to see in your suburb?



Want to stay involved?

Leave your details with us today, or get in touch with healthAbility
health.promotion@healthability.org.au

This project is delivered by healthAbility supported by a four-year partnership grant from Whitehorse City Council and is being delivered by healthAbility.



WHITEHORSE
CITY COUNCIL



改善怀特霍斯（Whitehorse）地区的食品获取途径 由 healthAbility 与怀特霍斯市议会（Whitehorse City Council）联合开展的项目

项目简介

每个人都应能在居住地附近买到价格合理、营养丰富且适合家庭需求的食品。我们正致力于让怀特霍斯地区的居民更轻松地获取这些食品。

开展此项目的原因

居住地点的不同会产生很大影响。有些社区周边商店林立，而另一些社区则商店稀少，且并非所有人都能方便地前往购物。

当获取食品变得困难时，人们往往会减少购买新鲜水果、蔬菜及其他想吃的食物。长此以往，这会影响人们的健康与福祉。通过深入了解怀特霍斯地区的实际情况，我们可以与社区携手合作，让每个人都能更轻松地获取优质食品。

目前的发现

我们绘制了怀特霍斯地区食品购买、种植及获取点的分布图。结果显示，商店、市场和食品援助服务的分布并不均匀。这些设施主要集中在 Box Hill、Blackburn 和 Forest Hill 等地，而部分社区周边的选择却寥寥无几。对于没有私家车的人来说，前往商店购物也可能存在困难，尤其是在公交服务有限的地区。

后续计划

在接下来的几个月中，我们将探索居民在本地获取食品的新途径。这些途径可能包括社区市场、新鲜食品箱、社区杂货店、食品共享计划以及社区花园等，并计划将这些设施设立在居民常去的地方，例如“邻里中心”(Neighbourhood Houses)。

期待您的反馈

您对自己社区的了解远胜于任何地图。欢迎告诉我们：

您通常去哪里购买食品？

哪些因素让您获取所需食品变得容易或困难？

您希望在自己居住的社区看到什么样的设施或服务？

有意继续参与？

请立即留下您的联系方式，或直接与 healthAbility 联系。

本项目获得了怀特霍斯市议会为期四年的合作拨款支持。我们是来自莫纳什大学（Monash University）营养与饮食学专业的学生，正与 healthAbility 合作开展此项目。