

Let's talk about guilt (and strength)

Food resilience isn't new – and you are not alone

Food is more than what is on the plate.
It is about health, connection, culture
and community.

When food becomes harder to afford
or manage, it can bring up more than
just practical challenges. This resource
is about recognising that and
reminding you that you are not alone.

If this feels hard, that makes sense...

Planning meals.
Stretching food.
Thinking about every dollar.

It can feel:

- Exhausting
- Frustrating
- Sometimes even a little shameful

A lot of people feel this.

- *"I shouldn't have to think this hard about food."*
- *"I feel like I'm failing if I can't just buy what I need."*
- *"I hate having to budget this tightly."*

If that is you... you are not alone.

Let's be clear about one thing
This is not your fault

Food costs are rising because of:

- Price increase to grow and harvest food
- Supply chains
- Cost of living pressures

Many generations before us:

- Lived through rationing
- Cooked through hardship
- Made food stretch every day

They:

- Shared meals
- Used everything
- Passed down knowledge

What you are doing now is part of that
same story, it is not a step back

But something has changed, somewhere
along the way:

- Convenience became the norm
- Budgeting became stigmatised
- Struggling with food became something people felt they had to hide



Planning meals, budgeting, and making food stretch is:

- Resourceful
- Skilled
- Practical
- Strong

This is what food resilience looks like. It is not about doing less, it is about doing more with what you have.

And that takes:

- Thought
- Care
- Effort

You are not “cutting back” you are adapting.

People have always:

- Cooked in bulk
- Cooked once, eaten twice
- Used leftovers
- Shared food
- Made meals stretch
- Frozen meals and leftovers

This is knowledge, not failure.

Why this matters...

You are doing something valuable

When you:

- Plan meals
- Reduce waste
- Cook at home
- Make food last

You are:

- Supporting your household
- Building skills
- Creating stability

And it is okay if it feels hard.

You can feel:

- Frustrated
- Tired
- Over it

And still be doing an incredible job.



Be kind to yourself

Instead of:

“I have to do this”

Try:

“I’m learning how to make things work”

There is no shame in making food go further.

There is strength in it.

There is care in it.

There is resilience in it.

And you are not alone in doing it.