

When you need a little extra support

You don't have to do this alone

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

Sometimes, even with planning and effort, accessing enough food can become difficult. This resource is here to remind you that support exists and reaching out is part of taking care of yourself.



Let's say this first

If you're finding it hard to afford food right now, you are not alone. Needing support is:

- Common
- Understandable
- Nothing to be ashamed of

Sometimes things get tight, even with:

- Careful planning
- Budgeting
- Stretching meals
- Multiple incomes per household

There are times when it is still not enough. That is when support matters.

It might be time to reach out if you are:

- Skipping meals to make food last
- Worried about feeding your family
- Relying on very limited food options
- Feeling stressed or overwhelmed about food
- Spending more than you receive

What support can look like

Support isn't just one thing, it can include:

- Community food programs
- Neighbourhood Houses
- Food hampers or pantry support
- Community meals
- Local sharing initiatives
- Community pantries

Support is part of a strong community
Reaching out:

- Helps you get through tough times
- Connects you with others
- Keeps you going when things feel hard

It is okay if it feels uncomfortable

Many people feel:

- Hesitant
- Embarrassed
- Unsure
- Not deserving of support
- Isolated
- Like they are failing

This is normal, support exists for a reason; because everyone needs help sometimes, and you may not be expecting this to be you one day.

A gentle reminder

Accepting support today doesn't define your future. It simply means you are doing what you need to do right now

Food resilience isn't about doing everything on your own. It is about:

- Using what you have
- Learning what you can
- And reaching out when you need to

Strong communities are built on people supporting each other.

- You don't need the "right words"
- You don't need to explain everything
- You are allowed to ask

Accessing food support is part of a strong, connected community. It means:

- You are taking care of yourself or your family
- You are using what is available
- You are getting through a tough time

**Support is there, and you can access it.
Be kind to yourself.**

Accessing food support in Tasmania

If you need support with food, there are services across Tasmania that can help. This guide is here to make it easier to understand what's available and how to access it.

You don't need to be in crisis to reach out

Support is there for:

- Tough weeks
- Unexpected costs
- Ongoing support

Everyone needs a hand sometimes.

What kind of support is available?

Food Hampers and Pantry Support

You may be able to access:

- Free or low-cost groceries
- Pantry staples
- Fresh food (depending on service)

Community Meals

Some organisations offer:

- Free meals
- Pay-what-you-can meals
- Shared community dining

Low-Cost Food Options

Including:

- Community food co-ops
- Low-cost stores
- Discount produce programs

Emergency Relief

Short-term help for:

- Immediate food needs
- Financial hardship

Where to start

Neighbourhood Houses Tasmania

- Located across the state
- Offer food programs and local support
- A welcoming first point of contact

Foodbank Tasmania

- Supplies food through partner organisations
- Supports emergency and ongoing food relief

Loaves and Fishes Tasmania

- Community meals
- Food support services

The Salvation Army Australia

- Emergency relief
- Food and financial support

St Vincent de Paul Society Australia

- Food assistance
- Community support

Eat Well Tasmania

- Provides resources and guidance
- Connects people to local initiatives
- Shares practical food support ideas

How to access support

Step 1 | Reach out to a local service

Step 2 | Ask what support is available

Step 3 | Find what works for your situation

Every service is a little different, it is about finding one that supports you in the way you are comfortable.



What to expect

- Friendly, respectful support
- Different types of assistance depending on need
- Some services may ask a few questions; this helps them provide the right support

Important to know

You do NOT need to:

- Be in crisis
- Have everything figured out
- Do this alone

If you are unsure where to go

Start local:

- Your nearest Neighbourhood House
- Your local council website
- Community centres
- Your local MP

What to say

Reaching out is a strong step, and it is okay if it feels hard.

You can simply say:

- “Hi, I’m just calling to see what food support might be available in my area.”
- “I’m not sure what I’m eligible for – I just wanted to ask what options, there are.”
- “I’m having a tough week and need some help with food, is there anything available?”
- “Hi, I just wanted to ask about any food support or pantry options.”