

Eating well in Tasmania

Affordable. Nutritious. With dignity.

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

Eating well isn't about perfection or expensive ingredients — it's about having enough, making practical choices, and doing what works for your life.

What does 'eating well' actually mean?

Eating well isn't about:

- Expensive food
- Perfect meals
- Getting it right all the time

Eating well looks like:

- Regular meals
- A mix of foods (when possible)
- Enough to feel full and energised
- Food that works for your life
- Access to fruit and vegetables

Eating well is about nourishment.



What is food resilience?

Food resilience starts at home.

It looks like:

- Cooking once, eating twice
- Using the whole ingredient
- Growing even a small amount
- Sharing meals
- Supporting local, seasonal food

Eating well on a budget

Affordable food that goes a long way

Focus on what is in season and accessible to you. Plan for when produce isn't in season if you have room to store this in the freezer when it either isn't available or is less affordable.

Aim to include:

- Vegetables (fresh, frozen or tinned)
- Grains (rice, pasta, oats)
- Protein (eggs, beans, lentils, meats)

Simple ways to eat well

- Add vegetables to meals
- Cook at home when you can
- Eat regular meals
- Drink water



The part we often forget – ourselves

When life is busy or stressful, it's easy to:

- Skip meals
- Eat last
- Focus on everyone else

Especially for:

- Parents
- Carers
- People under pressure

You matter too.

How to prioritise yourself (without pressure)

- Eat something – even if it's simple
- Sit down when you can
- Don't skip meals regularly
- Use leftovers for yourself too

If things feel overwhelming:

- Keep meals simple
- Repeat foods
- Focus on getting through

Eating well in Tasmania is not about:

- Cost
- Perfection
- Pressure

It is about:

- Nourishment
- Practical choices
- Supporting yourself and your household

Why this matters

This isn't just about saving money.

It is about:

- Strengthening community connection
- Reducing food waste
- Improving access to fresh food
- Supporting local producers and small growers

This doesn't have to be formal or complicated. Even sharing with one other household can make a difference.

Nutrition without the pressure

Eating well doesn't mean a perfect diet or special ingredients.

It means:

- Enough food
- Variety over time
- Meals that keep you going

Eating with dignity

Eating well also means:

- Feeling comfortable with what you eat
- Not feeling judged
- Having choice where possible
- Being able to feed yourself and your family

