

Murradambirra Dhangaang (make food secure): a food security planning tool for Aboriginal communities in urban and regional areas



Homes and transport access

Access to transport

Is public transport safe, affordable and accessible to and from home for healthy supermarkets and shops? Do people have to commute far from their houses to get the bus and then carry their groceries home? Or are cheap food delivery services available?

Home cooking, equipment and skills

How well do people's homes support healthy eating? Do families have kitchen storage space? Fridges or freezers? Do people have enough basic cooking skills? Are meal preparation skills (including shopping and budgeting) training available, especially for young people.

Housing accessibility

Are there people without a home (couch surfing, sleeping in a car etc)? What services support healthy eating for these people?