

# Victorian Healthy Food Basket Frankston City (2022)



## What is VHFB?

The Victorian Healthy Food Basket (VHFB) survey is a tool that assesses the **affordability** of a **healthy diet**. The basket provides both healthy food choices and foods that represent typical purchases of Victorians. The **healthy food component** of the basket provides enough food to meet the **nutritional needs** of four different family types for a fortnight.

## Components of VHFB

### Core Foods

**41 items**

Cereal

Fruits

Vegetables

Dairy

Meat & Alternatives

### Non-core Food

**3 items**

Polyunsaturated  
margarine

white sugar

Canola oil

### Discretionary Food\*

**10 items**

e.g. Mars bar

Coca-cola

Tim Tams

Teddy Bear biscuits

Potato chips

Fish fingers

Ice-cream

\*Not included in the VHFB calculation

## Family Types

### Family of 4



### Single Parent



### Older Female



### Single Male



### Core Foods

Foods that are important in promoting a quality diet in line with the Australian Guide to Healthy Eating<sup>3</sup> and to meet the revised nutrient reference values.<sup>4</sup>

### Non-core Foods

Foods that may contribute to an individual's nutritional requirements, but are not necessary.

## How was data collected?





**Q:** When was it collected?

**A:** March 2022.

**Q:** Where was it collected?

**A:** In total, data were collected from **17 stores** (including 3 ALDI stores and some independent grocers) across all wards in the Frankston City.

## Average Cost of Food Groups per Fortnight

Food Groups	Cost incl. ALDI	Cost excl. ALDI
 Bread & Cereal	\$74.58	\$80.38
 Fruits	\$110.77	\$115.26
 Vegetables	\$113.59	\$119.34
 Dairy	\$86.26	\$87.06
 Meat & Alt.	\$128.68	\$133.71
 Non-core Food	\$7.03	\$7.61
 Discretionary	\$39.45	\$42.29

Costs were calculated for reference family of 4 in March 2022

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## Affordability of VHFB for each ward

### Across Frankston City

Family of 4 = **36.8%** | **34.8%**  
 Single parent = **28.2%** | **26.6%**  
 Older Female = **13.3%** | **12.5%**  
 Single Male = **27.1%** | **25.5%**

### 5 Stores

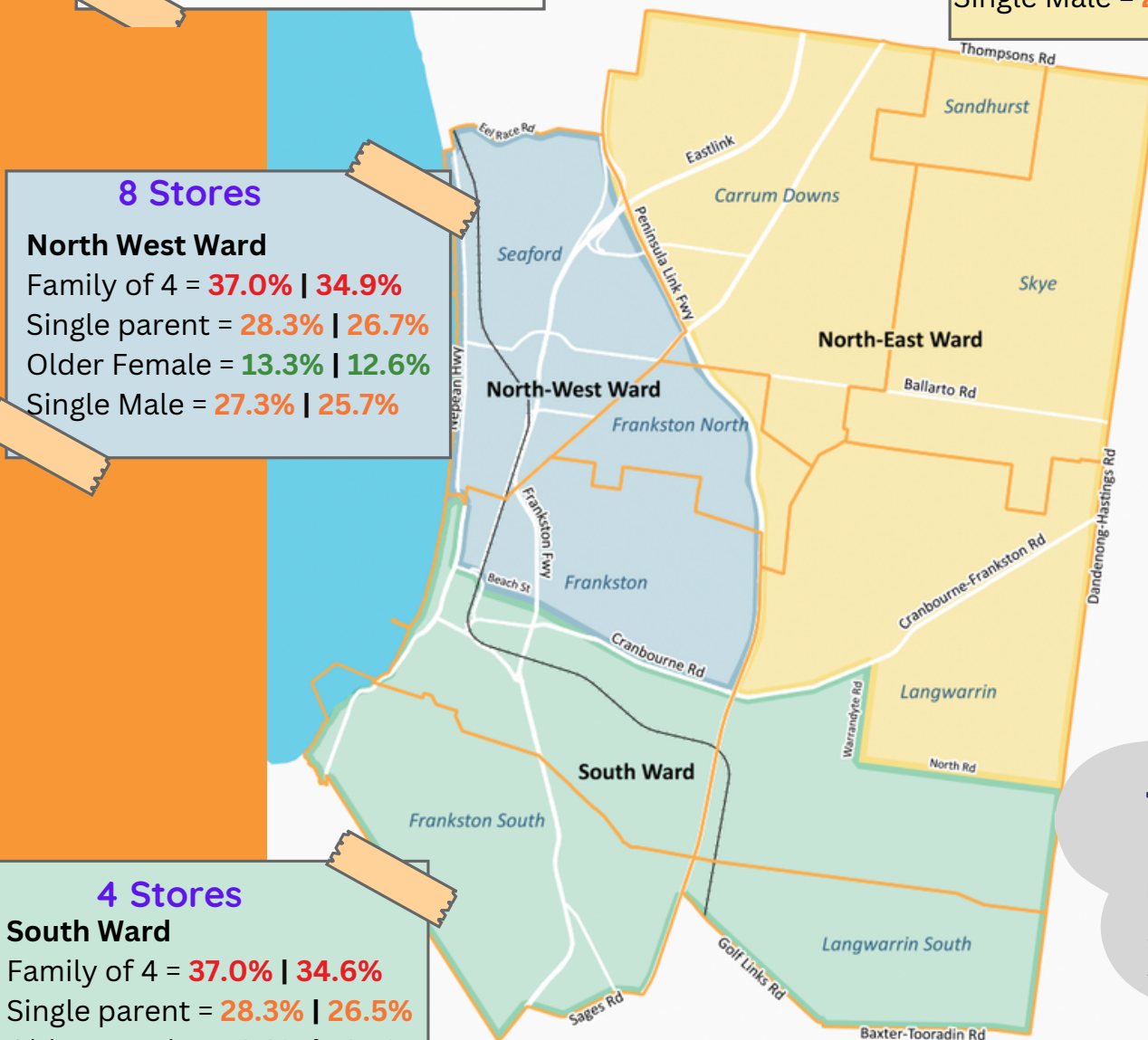
#### North East Ward

Family of 4 = **36.4%** | Nil ALDI  
 Single parent = **27.9%** | Nil ALDI  
 Older Female = **13.2%** | Nil ALDI  
 Single Male = **26.6%** | Nil ALDI

### 8 Stores

#### North West Ward

Family of 4 = **37.0%** | **34.9%**  
 Single parent = **28.3%** | **26.7%**  
 Older Female = **13.3%** | **12.6%**  
 Single Male = **27.3%** | **25.7%**



### 4 Stores

#### South Ward

Family of 4 = **37.0%** | **34.6%**  
 Single parent = **28.3%** | **26.5%**  
 Older Female = **13.3%** | **12.5%**  
 Single Male = **27.4%** | **25.4%**

Affordability:  

$$\frac{\text{VHFB cost}}{\text{Centrelink Income}} \%$$

**> 30%:**  
Unaffordable

**25 - 30%:**  
At risk of food stress

Affordability was calculated based on all income from social security payments.  
 Affordability are presented as **excluding ALDI** | **including ALDI** .

#### References:

1. Monash University Medicine, Nursing and Health Science. Healthy Food Basket [Internet]. Monash University. 2012. Available from: <https://hfb.its.monash.edu.au/hfb/>
2. Palermo C, Wilson A. Development of a Healthy Food Basket for Victoria. Australian and New Zealand Journal of Public Health. 2007 Aug;31(4):360-3.
3. Department of Health. Australian Guide to Healthy Eating [Internet]. Eat for Health. Australian Government; 2013 [cited 2022 Dec 5]. Available from: <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>
4. National Health and Medical Research Council. Nutrient Reference Values [Internet]. Eat for Health. 2021. Available from: <https://www.eatforhealth.gov.au/nutrient-reference-values>



# Key Findings Frankston City



1. Meat and meat alternatives are the most expensive group among all the VHFB food groups, followed by vegetables and fruits.
2. VHFB is **unaffordable** for **families of four** in all wards (highest food stress).
3. **Single parents** and **Single males** are **at risk of food stress**.
4. **Older females** have the **lowest risk of food stress** in all wards.
5. Multiple factors may have contributed to the high VHFB costs including, but not limited to COVID pandemic, floods and energy crisis.

## Limitations

- The VHFB is a tool to **monitor the cost and access to healthy food**.
- Discount prices and other food providers (e.g. local markets etc.) were not considered in the VHFB. Hence, it may not reflect the actual overall expenditure on food.
- The affordability is based on people receiving maximum social security income (Centrelink), it does not represent the average income.
- The VHFB does not reflect common shopping habits as some people may shop at multiple stores for discounted prices.

## What does it mean?

1. **Food** is one aspect of the household budget that is increasingly **more expensive**.
2. The increasing cost of healthy foods may lead people to purchase more discretionary foods.
3. This highlights an opportunity to **enhance the local food systems** to improve **availability, accessibility** and **affordability** in order to better meet the needs of the population.
4. Support **alternative sources of healthy food production** (e.g. farmers markets, community gardens, home gardens) to reduce **food stress** and create a more **resilient food environment**.