

Bridging Voices Through Food:

Young African Australians lead advocacy for affordable food

The challenge

In Australia, an estimated [1 in 2](#) people experienced some difficulty in being able to access or afford food in 2023.

Migrant communities in Australia and other high-income countries can often face major barriers to accessing healthy, culturally appropriate and affordable food.

Despite this, migrant communities are often overlooked and excluded from policy discussions and solutions.

One example of this is a sheer lack of data reporting on rates of food insecurity among migrant communities in Australia.

Achieving healthy, sustainable and equitable food systems for all will require the voices and lived experiences of people from migrant backgrounds, and diverse socioeconomic positions, to be better captured and meaningfully represented in food systems decision-making.

Our response

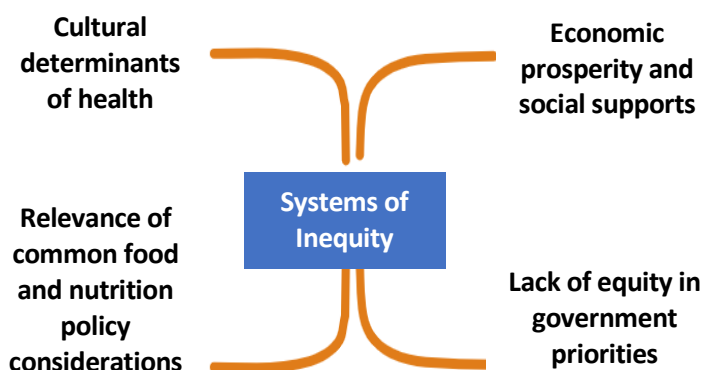
The **African Youth Food Policy Study** showcases our efforts to push boundaries by thinking locally to influence policy changes.

Co-led by young people, this research aimed to genuinely listen young people's policy priorities.

In this study African young people aged 15-25 of were interviewed across Metro and Regional areas of Victoria. The aim of the study was to better understand their experiences with food in Australia and to gain insights into the social, cultural, historical and political enablers and barriers for African youth in Australia to have ideal food experiences.

The results

The **four main themes** identified in this study are summarised in the graphic below.



Key Areas for Impact

By adopting the recommendations below, decision-makers can foster cultural inclusivity in addressing food insecurity. Elevating diverse cultural experiences promotes economic opportunity and enhances social cohesion, ultimately building a more resilient and equitable food system for all Australians.

Amplify Community Voices in Policy Decisions:

- Improve policy engagement efforts to reach migrant communities and tailor food policies.

Access to and Representation of Cultural Foods:

- This includes making cultural foods available in neighborhoods, supermarkets and reducing trade barriers.

Support for African Food Business:

- Identify avenues to support economic prosperity and self-determination through food businesses.
- Establish support initiatives, like accessible food business grants, especially for young people and African women.

Implement Social Supports

- Ensure access to essential income and social supports for those experiencing food insecurity.
- Introduce measures like food vouchers to alleviate financial pressures.



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