

This Booklet was produced by:

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Home and Community Care: Supporting you to eat well



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

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The importance of food and independence

Have you ever stopped to think about how important food is to you? Food not only nourishes our body, but it also plays a major role in our cultural, spiritual and social identity.

Sometimes a change in health or circumstances can affect the way we access food. Given the importance of food in our lives, the impact of these changes may have significant consequences on health, independence and wellbeing.

This brochure aims to support people to manage daily food related tasks such as shopping and meal preparation. Our main focus is to keep you as independent as possible with accessing food of your choice.

