# Secure Food Systems for South Australia (Synthesis Report July 2024)

## About the authors

South Australian Council of Social Service (SACOSS).

SACOSS is the peak non-government representative body for health and community services in South Australia.

## Summary

This report looks at how to improve access to healthy, affordable food in South Australia.

It combines ideas from two groups: food system experts and people who’ve experienced food insecurity first-hand.

Both groups agree that major problems are:

* low incomes
* high living costs
* limited access to fresh food.

 People want more respectful, flexible food support — like being able to choose what kind of help they get and where they get it. They also want simpler systems, better transport options and more empathy from service providers.

Some ideas from lived experience — like communal kitchens for homeless people and better support for special diets — weren’t raised by experts, showing how different perspectives shape priorities.

Opportunities for action include:

* Improve transport options to help people access affordable, healthy food.
* Offer more choice and dignity in food relief services.
* Simplify how people find and use food support services.
* Provide empathetic, respectful support tailored to individual needs.
* Include dietary-specific options in food programs.
* Create communal kitchens for people experiencing homelessness.
* Support long-term strategies like regenerative farming and sustainable food systems.
* Balance expert-driven solutions with lived experience insights for practical impact.

Overall, the report pushes for practical, people-focused solutions to make food access fairer and more reliable.

## Contact the authors

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