

For Immediate Release

19 August 2021

SHARE SMR INC Tackles Sydney's Skyrocketing Food Insecurity as COVID-19 Continues

Financial hardship due to COVID-19 is resulting in hundreds of Sydney households struggling to put food on the table. Community not-for-profit organisation SHARE SMR INC, with the support of Multicultural NSW, has stepped up the delivery of much-needed food hampers to make sure that no one has to go without. SHARE SMR INC is calling for greater support and compassion for these communities.

Food insecurity is on the rise in Sydney households as COVID-19 continues to take its toll on our communities, particularly across south-western regions and Local Government Areas (LGAs) of concern. Financial hardship and emotional strain has resulted in many families and individuals struggling to afford basic food items or access the shops for groceries and supplies. Seniors, single parent households and young families, and culturally and linguistically diverse (CALD) households are most at risk.

With food insecurity associated with heightened risk of mental health concerns and chronic health conditions, community groups have stepped up to help assist the thousands of people in need. SHARE SMR INC, a non-profit organisation providing accessible exercise and wellbeing programs to those over 50, has been taking 20 calls a week from those asking for food hamper services. SHARE SMR INC's food hampers include pantry items, fresh fruit and vegetables, and dietary staples such as milk and eggs – of which are overseen by Nutritionists and Dietitians.

“The effects of food insecurity on a family or individual are simply devastating,” says President Barbara Ward, who has been personally handling enquiries and offering a compassionate ear. “While COVID-19 affects us all – it disproportionately impacts those who are already vulnerable in our community. We need more care, more compassion and kindness.”

General Manager Adrian Prakash has been hand-delivering food and care hampers to people's doors and seen first-hand the distressing and isolating impacts. “We are currently preparing food hampers for over 120 households – and there are so many more who need help,” says Prakash, “We are grateful to Multicultural NSW and NSW Health for their continued support of our COVID-19 Community Care Services and food hampers.”

SHARE SMR INC asks everyone to keep in touch with neighbours, family members and friends, especially those who may be more isolated or vulnerable to COVID-19, and offer support or refer people who are in need to community support programs. SHARE SMR INC is also accepting donations for Food Hampers and Care Packages, and volunteers for helping deliver these much-needed goods.

SHARE SMR INC's Food Hampers can be accessed by calling Head Office on 8580 0628 or emailing info@share.org.au. SHARE SMR INC also offers Community Support Hotline, Community Transport and free virtual exercise and healthy eating classes each week.

ENDS



Note to Editors: SHARE SMR Inc (which represents **Self Health Action Responsibility & Enrichment**) offers multi-disciplinary, person-centred and community focused fitness and wellbeing programs for over 50s in over 112 locations across Sydney. As a not-for-profit, SHARE collaborates with governments, corporates, and public health organisations to support and empower older citizens – transforming the way people over 55 are supported in their health and fitness journey. Backed by internationally recognised research, SHARE’s affordable exercise programs range from Tai Chi, to hydrotherapy, to strength building classes, and have been proven to improve symptoms of chronic disease, pain management, and overall state of wellbeing.

For media comments and enquiries, please contact Laura Baker on media@share.org.au