



Healthy Food Access
Tasmania

NORTHERN REGION – HEALTHY FOOD ACCESS BASKET SURVEY RESULTS

In March and April of 2014 the University of Tasmania, as part of the Healthy Food Access Tasmania project, conducted a price and availability survey for healthy food across Tasmania. The Healthy Food Access Basket (HFAB) survey collected data on 44 foods which are consistent with the Australian Guide to Healthy Eating (AGHE)¹. The AGHE was developed by the Commonwealth Department of Health and provides recommendations for how Australian's should eat for good health across the lifespan. The HFAB has been used widely in Australia as a measure of the cost of eating well.

Data was collected in 142 of Tasmania's 353 stores where fresh food is available. The results show that the cost of healthy foods vary across store types and the varying impost on the household budget depends on household type.

The cost of the basket can be up to 40% of the household income depending on which shop type is available where residents live. **The survey found that across Tasmania purchasing the fresh fruit and vegetable component of the healthy eating basket was more affordable in fruit and vegetable shops versus other store types.**

Below are the results for the complete basket for the Region and where available by local government area.

Northern Region

Area	1. Major Supermarket				2. Minor Supermarket				3. General and Convenience shops			
	2+2* family	1+2* family	Male Adult	Elderly Female	2+2 family	1+2 family	Male Adult	Elderly Female	2+2 family	1+2 family	Male Adult	Elderly Female
Tasmania	352.01	242.34	109.24	85.98	440.25	302.42	138.04	106.60	479.67	329.33	151.24	116.05
Northern Region	358.50	247.17	111.31	87.18	430.4	296.1	104.15	104.15	471.62	322.00	150.25	114.06
Launceston	351.46	243.98	107.57	85.64	448.03	308.47	139.86	108.28	489.56	334.67	155.46	119.39
West Tamar	352.37	241.21	110.61	86.02	407.47	279.17	128.31	98.29	502.31	343.01	160.10	121.37

*2 + 2 = 2 adults, 2 children household; 1 + 2 = 1 adult, 2 children household

Source: S. Murray et al., (2014) Availability, Cost and Affordability of a Basket of Healthy Food in Tasmania. School of Health Sciences. University of Tasmania.

¹ <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>