

People on low incomes are always eating takeaways

In New Zealand 40% of families are not getting the required nutrients in their diets, or they go hungry or eat fast foods. Being hungry affects everything you do, you don't have enough energy to work properly or concentrate in school.

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Low income households generally manage their resources efficiently to get the most food energy at the lowest cost, but this does not provide a healthy diet. (1) Cheaper foods such as fish and chip takeaways can easily full a hungry stomach and give off plenty of energy. When trying to manage your budget this is a really good idea to save money; short term. But long term, people living off takeaways like this will face obesity and weaken their immune system.

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Low income families are worried about paying the power and rent bills, aren't always focused on getting their five plus fruit and veggies every day. "We focused on carbohydrates because they are cheap, filling and easy to carry home without a car from the supermarket."

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It's easy for everyone else to say what low incomer's are doing is wrong and they can't be doing anything for their health or their family's health when they eat takeaways. But for a bag of apples at 12 dollars you could get a family dinner box at either KFC or McDonalds at the same price. So under the pressure of being on a low income trying to budget everything you buy; what choice would you make, a bag of apples or a fulfilling meal for your family.

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Some aspects of food production and marketing contribute to the difficulties low income households have in getting access to enough healthy food. (2) New Zealanders think they cater for poverty through things such as food banks. Having to get food to survive from food banks can give anyone a feeling of powerlessness and helplessness in a country where we aren't meant to. No wonder people on low incomes buy takeaways; they are a cheap way to put food on the table and still having the honour you paid for it yourselves.

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People who do not get enough food to eat may also suffer psychological stress, social isolation and a diminishing ability to take part in community life. There is now increasing concern among public health and social service agencies in New Zealand about what adults and children in low income households are eating and not eating and how this is affecting their current and future health. (5) Depression is serious and New Zealanders are facing it more and more every day because of all sorts of reasons.

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With two parents working and no money to afford afterschool care for young children it's easy to buy takeaways after a stressful day in the office and there's no time to cook because you have to help the kids with their homework and get them ready for bed. Buying ingredients, budgeting the ingredients, cooking the meal can take up to a few hours for people with not many cooking skills and especially no time.

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