

People on low incomes are always eating takeaways

Since New Zealand is a first world country, people automatically assume that poverty and hunger are not problems in New Zealand. Or if people have issues then there are benefits and food banks that provide for people. Going to the food court at the shopping mall, there are always lots of people eating out or if you drive past fast food shops there always seems to be lots of people in them.

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There are plenty of fish'n'chips shops around poorer suburbs, most of the time they are close enough to walk to, and you can easily get them home because one person can carry them. Some families don't have the transport to get to the supermarkets, and aren't able to get the groceries back to the house.

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'Income is the single most important modifiable determinant of health, and is strongly related to health and well-being' (3). Families on low income cannot afford to buy the more expensive healthy foods, and instead are forced to purchase the cheaper food products, such as cheap meat, or buy takeaways more often, because often takeaways keep the children happy, and full for a while; they also most of the time hold more fat and salt than the more expensive foods, such as fish or fresh fruit causing the parents or children to become obese.

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The biggest groups in New Zealand known for obesity are the Pacific people "young Pacific people have higher levels of obesity, 23.3 per cent, compared with the general population, 8.3 per cent". Most Pacific people do not have good paying jobs and when it comes to feeding their family they have to turn to the cheap foods, "usually we will eat white bread, it's cheap, its 89 cents a loaf, I can get two or three and then the kids will fill up on that but I know it's not good for you". Takeaways are also a cheaper option because they are quicker to get and everyone likes them.

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For the parents of the families that have trouble paying for the healthy food they require because of the job types they may have will influence on what they will cook. Shift work parents usually do not have enough time for food preparation, meaning takeaway meals were the default choice for family evening meals, and we all know that a choice of takeaways for dinner is not a healthy choice which can enhance their chances of obesity in their life not just for the parent or individual person it will affect the whole family. Working late as well can result to the parent being too tired to be able to cook a proper healthier meal for the family so therefore they will turn to either a precooked meal or takeaways.

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People who also do not get enough quality food to eat may also suffer psychological stress, social isolation, and diminishing ability to take part in the community....

"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". Those only able to buy small quantities pay about a third more and those forced to buy from a local store (because of lack of transport or credit) may pay 20% more than supermarket 'own brands'.

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Fruit and vegetables and most healthy foods cost too much that is why the poor people turn to takeaways. The amount of money they would pay for the healthy foods they could feed the family a meal on fast foods even though they are not healthy for you and also have some money left over. It is not the peoples fault if they are poor because they chose not to pay

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attention in school and get a good education and end up not having good jobs that don't pay enough to help feed or supply things for the family when they need it.