

HomePlate Face to Face Conversations

We listened to older people across Australia.
Here’s what they told us.

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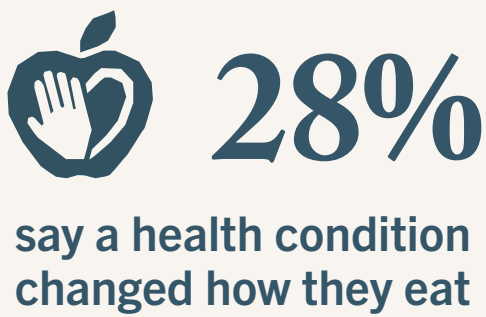
WHO WE HEARD FROM

We spoke with older people in regional, rural and metropolitan areas about their food experiences at home.



Conversations took place in homes, shopping centres, neighbourhood houses, retirement villages, community groups and Men’s Sheds, including a focus group of predominantly Chinese-speaking older adults.

WHAT WE LEARNED



KEY INSIGHTS

- 1** **Enjoyment keeps people eating**
Eating well is about more than nutrition. Pleasure, routine and having a reason to cook all matter.
- 2** **Ageing changes food habits**
Appetites often shrink, tastes change and meals are more easily skipped.
- 3** **Cooking for one can be hard**
After the loss of a partner or when living alone, motivation to cook often declines.
- 4** **Food is better shared**
People consistently told us they eat more, enjoy food more and look forward to meals when they share them with others.
- 5** **Practical barriers add up**
Health conditions, rising food costs, transport, shopping challenges and changing cooking skills can all make eating well harder.

IN THEIR OWN WORDS

“If I’m on my own, I don’t bother.”

“When you eat with other people, you always eat more.”

“I’d like to eat out sometimes but there is no-one to eat out with.”

“It’s the company that matters.”

