



## Amira

Amira\* and her husband arrived in Australia six years ago. Unable to work due to a medical condition and ineligible to access income support because of the couple's bridging visas.

Amira visits the ASRC Foodbank each fortnight to collect food for herself, her husband and their five year old daughter. Amira says that without the support of the ASRC, there would not be enough money to buy the food they need.

“ Without ASRC, we would have to buy food but there would be limits. We would take less so there is enough for our daughter Nahla – less fruit and vegetables, less milk for us.”

The ASRC provides the family with pantry staples as well as fresh produce, eggs, bread and yoghurt, with nuts, honey and spices rotated on a monthly basis. Amira is also able to access most of the ingredients she needs to reproduce traditional dishes – meals that taste like home.

“The spices ASRC provide are great. In our traditional cooking, we use a lot of spices. I can make biryani, vegetable curries. I also make Semae Phirni with rice, milk, sugar and sometimes coconut. This is my daughter's favourite.”

The ASRC Foodbank has allowed Amira to have a little bit of home, but has also introduced her to foods from other cultures, and she has added couscous, pasta, tinned fish and avocado to her cooking repertoire.

\*Name changed to protect the identity of people seeking asylum