

# Fresh Food as a Foundation for Food Security





# Executive Summary

In 2024, the need for reliable food relief continued to grow as families faced rising living costs. The One Box exists with a vision for food security; providing weekly boxes of fresh produce through schools and community partners, delivered with consistency and dignity. Independent research by Monash Business School, highlights not only the scale of what was delivered, but the stability, confidence and connection it made possible for families.

## What We Delivered

112,000 boxes of fresh fruit, veges and bread delivered

134 school and community partners, across 5 states and ACT

Over 1 million kg of fresh produce purchased

## Efficiency and Value

Families receive \$1.95 worth of food for every \$1 donated

A fresh box retailing \$25.95 is distributed for a cost of only \$13.30

Every \$1 donated turns into 0.68kg worth of fresh food

## Our Impact on Families

Evidence-based research conducted by Monash Business School's Department of Accounting shows The One Box delivers far more than fresh produce. Weekly boxes provided families with **stability and routine, restored confidence and dignity and stronger community networks**. Most importantly, The One Box lays a foundation for lasting food security.



### Food Security

Families with enough of the foods they wanted rose from **20.7% → 55.2%**

*Nutritious meals became a reliable part of daily life.*



### Financial Relief

Families estimated saving an average of **\$30.42/week** on groceries

*Extra breathing room for rent, bills or school activities.*



### Living Standards

Satisfaction rose from **6.9% → 58.6%**

*Daily life felt more stable and less stressful.*



### Wellbeing

Index grew from **54.6% → 78.9%**

*Parents felt more confident and hopeful for the future.*



### Community Connection

Strong belonging rose from **40% → 66.7%**

*Families built friendships and support networks at schools.*



### Time Back

Over half of families saved **1+ hour/week** on food management

*More time for family, work, study or simply to rest.*

All quotes in this report have been taken directly from independent interviews in 2024 by the Monash Business School team with parents, carers and hub leaders. Photographs included are for illustrative purposes and do not depict the individuals who provided the quotes.

# CEO Introduction

Food insecurity is the condition of not having access to sufficient food to meet basic needs. Food relief is critical in filling the gap, but it can also create an opportunity to address the condition. Our fourth impact report builds on previous findings that connection is the first step toward a solution.

Weekly boxes of produce enable schools to engage with families in need who typically do not come forward. Over time, trust is established increasing the chances of families opening up and being guided to the assistance they may need. Nobody should be isolated in a situation that often can be addressed. With focus, we can build processes to connect people and reduce the risk of letting anyone remain hidden.

Thank you to our research partners at Monash Business School, Department of Accounting, for their continued work and the passionate way they go about it. Also thank you to our donors, our team at The One Box, partnering schools and most of all, the families.



Martin Halphen  
CEO, The One Box



"We used to struggle to provide healthy meals all the time. It was always the quick and easy options, packet meals and stuff like that, which weren't very healthy. Since The One Box has come along, we've improved a lot. There's so much variety in the boxes, and now I know the kids are able to take fruit and we can prepare healthier meals for the kids and ourselves. It's helped in other ways too. I feel more confident that I can ask for support when we need it."

Beneficiary

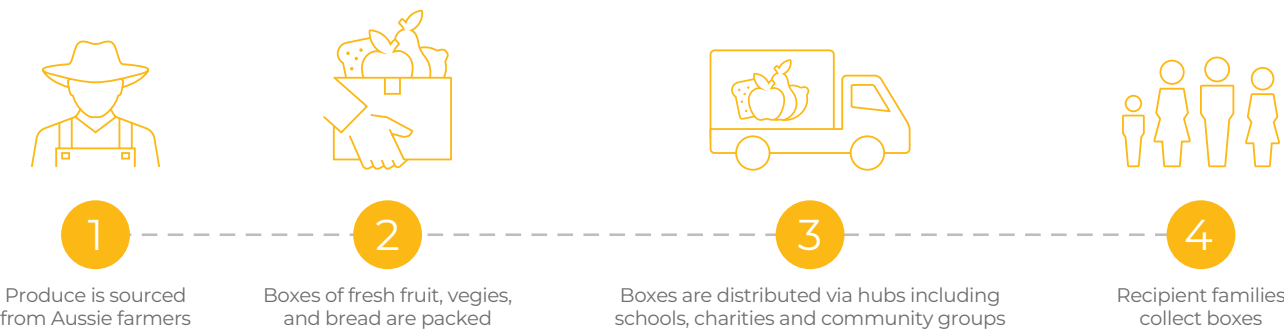


# Fresh Food with Real Impact

Behind every box is a family seeking stability and a chance to rebuild. The One Box was created to ensure families can rely on something as simple, yet vital, as fresh fruit, vegetables and bread to help maintain dignity and confidence.

Each week, the team at The Fruit Box Group hand packs fresh produce sourced directly from Australian farmers, along with wholemeal bread. These boxes are distributed by schools and community groups who know their families best, ensuring support is discreet, respectful and stigma-free. Families receive quality food they can be proud to serve, along with the consistency needed to plan ahead, reduce stress and rebuild from past challenges.

Thanks to the support of our main contributor The Fruit Box Group, along with donors, community grants from local government and philanthropy and school partners, The One Box distributed approximately 112,000 boxes in 2024. Valued at \$25.95 each, these boxes reached 134 program partners across Australia, bringing fresh produce and hope into the lives of families doing it tough.



## Internal Research: Families Behind The One Box

Australian families continue to face barriers to fresh food, from the rising cost of living to unemployment, social isolation and the impacts of illness or family breakdown. To better understand these pressures and who we are reaching, The One Box collects voluntary demographic data from program participants. In 2024, 58% of families responded, offering insights that help refine and strengthen our program delivery.

- **35%** of households have at least one family member born overseas (vs. 30% national average)
- **39%** speak a language other than English at home (vs. 23% national average)
- **20%** identify as Aboriginal or Torres Strait Islander – six times the national average (3.2%)

“Before we had The One Box we struggled to provide healthy food for the kids, because we’re only a one-income family. Since it came along, in the last three years we’ve improved because there’s a lot of variety in the boxes and I know that the kids are going to be able to take fruit to school. It’s helped us a lot in being able to prepare healthy meals for the kids and ourselves.”

*Beneficiary*

National average has been obtained from the 2021 Australian Census.

# From Food Relief to Food Security

Food relief is a critical lifeline for families in crisis, but on its own, it is only a short-term solution. True food security goes beyond having food on the table. It means being able to consistently meet food needs with dignity, stability and choice.

## Food secure households experience:

- **Confidence** in knowing where their next meal is coming from
- **Connections** with supportive networks, reducing isolation and stigma
- **Nutritional literacy** that empowers healthier decisions for children and adults alike
- **Mental wellbeing** that comes from stability and the brain space to plan, work, study and care for loved ones
- **Financial breathing room** that allows families to redirect limited funds toward other essentials

The One Box helps bridge the gap. By delivering fresh, high-quality fruit and vegetables every week, families can move from living in crisis to planning ahead. The predictability of that weekly delivery, the friendly face of a school hub leader and the knowledge that support is consistent, all work together to reduce anxiety, restore dignity and create pathways to long-term food security.



# Research Partnership with Monash Business School



## A Word From Monash

Since 2020, Monash Business School has proudly partnered with The One Box to tackle the critical challenge of food insecurity in Australia. Together, we have combined rigorous academic research with community-led action to generate meaningful insights and real-world impact. Through this collaboration, families with young children have been supported with regular access to fresh, healthy produce – building not only better nutrition, but also stronger foundations for wellbeing, resilience and inclusion. Our ongoing research demonstrates that The One Box initiative can empower families, strengthen community connections, and contribute to long-term solutions beyond immediate food relief.

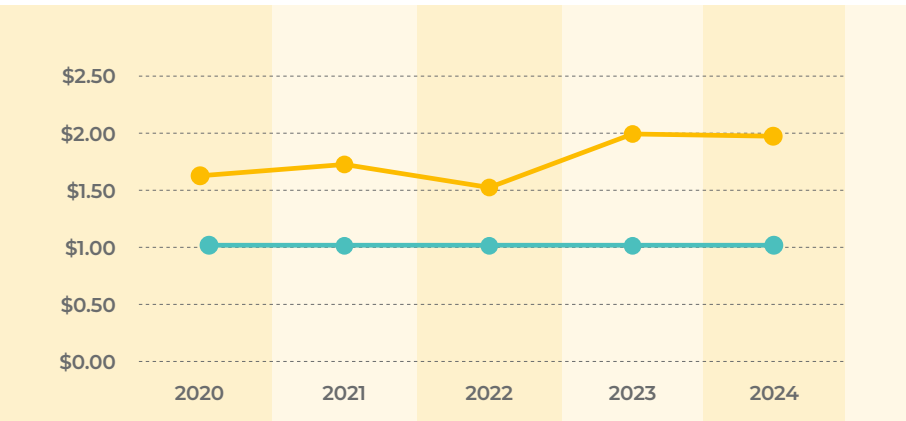
This partnership reflects Monash University’s commitment to its strategic focus on *Thriving Communities* – fostering resilience, reducing inequality and enabling a sustainable and equitable future. We are proud to continue this important work with The One Box, with the shared goal of creating lasting positive change for families and communities across Australia.

*Professor Ralph Kober, Associate Professor Dr Paul Thambar and Dr Zhiyun (Maleen) Gong*

Department of Accounting, Monash Business School

## Comparative Analysis Study

Each year, Monash Business School reviews The One Box program against other food relief models, examining procurement, packing and delivery to assess efficiency and impact. The review confirmed the consistency of past findings and built on them with new evidence.



### Doubling each donation

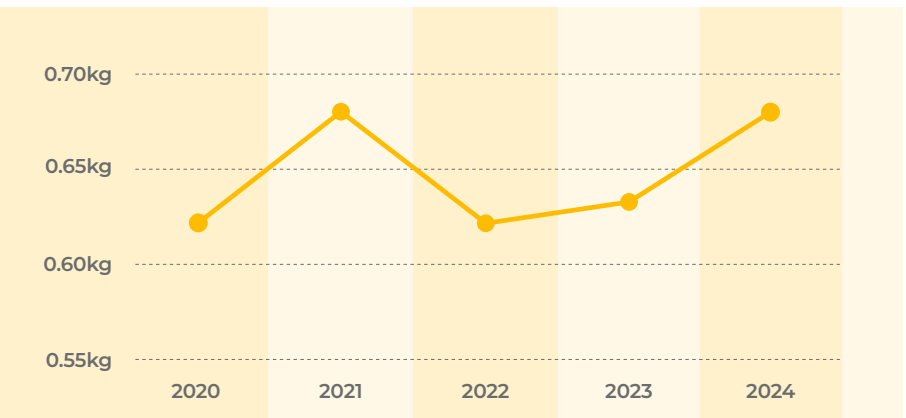
- For every \$1 donation to The One Box, a family receives \$1.95 worth of fresh food



### Data Collection and Analysis

The researchers use the financial statement data provided by The One Box. For the other food relief charities, data was sourced from publicly available financial reports and each charity's annual report.

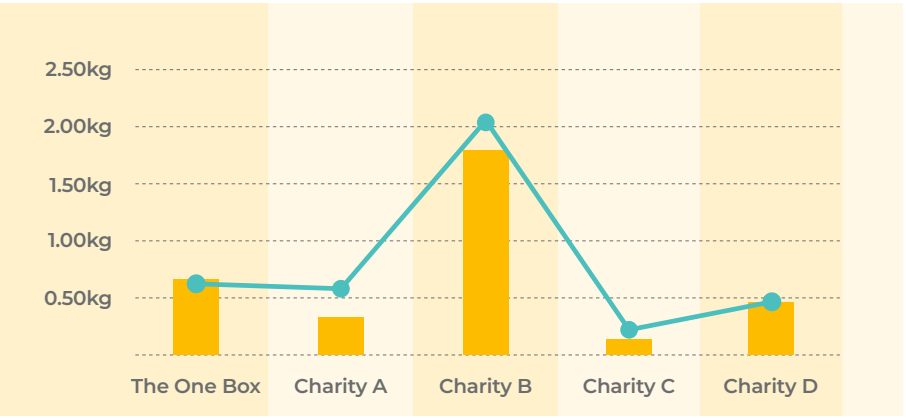
# Research Partnership with Monash Business School



### Kilograms of food in the hands of a recipient from a \$1 donation

- As part of the comparative analysis, Monash Business School compared available data from well-known food relief charities
- Every \$1 donation turns into 0.68 kilograms
- The One Box has consistently maintained second position in all comparative analyses to date

The One Box



2024 2023

- The One Box was the only charity to show a measurable improvement in efficiency in 2024, despite rising food and logistics costs
- Given The One Box is the only food relief charity to purchase 100% of its food this is a significant achievement
- Overall, the results highlight The One Box's unique efficiency model, achieving more impact per dollar spent compared to most other food relief organisations

In 2024, The One Box delivered a box of fresh produce with a retail value of \$25.95 for a total cost of \$13.30

A box of fresh produce worth **\$25.95**  
distributed at just over **1/2** that amount





### A Longitudinal Study: Measuring Impact

2024 marked the second year of a three-year longitudinal study conducted independently by Monash Business School, Department of Accounting. Guided by Professor Ralph Kober, Associate Professor Dr Paul Thambar and Dr Zhiyun (Maleen) Gong the study measures the short and long-term effects of The One Box program by following the same families who took part in the 2023 research within the Dandenong Local Government Area (LGA) in Victoria.

The research examines how regular access to fresh, healthy food via a program such as The One Box, influences broader social and economic outcomes. It tracks measurable changes in areas such as wellbeing, community connection, financial resilience and food security.

To build a complete picture, the study combines quantitative and qualitative methods. Surveys capture shifts across key indicators, while in-depth interviews add valuable insight into the lived experiences behind the numbers. In 2024, the research team completed **36 interviews in total: 31 with families and 5 with school or community hub coordinators**. This approach allows the study to uncover both the progress made during the program and the benefits that endure beyond it.

#### The study analyses results in three tiers:

- **Tier 1:** All beneficiaries from the three partner schools
- **Tier 2:** Families from two schools that retained the same beneficiaries between 2023 and 2024
- **Tier 3:** Families from Dandenong West Primary School who have now exited the program; assessing whether benefits continue once families transition off the program

#### Across all tiers, the study recorded improvements in:

- **Food security:** ensuring enough nutritious food is available and accessible
- **Financial relief:** reducing household costs and freeing budgets for other essentials
- **Subjective wellbeing:** improving mental and emotional health, confidence and overall life satisfaction
- **Community connection:** strengthening relationships with schools, neighbours and local support networks
- **Agency and achievement:** supporting people to feel more in control of their lives and able to reach personal goals

"The children are a lot healthier and a lot more energetic. They're not tired and run down and they're able to be kids, rather than worry about what mum or dad are stressing about; whether we're eating this week or not. It's great that they see us happier."

*Beneficiary*

### Social Impact Framework

Monash Business School measures The One Box's impact via the Social Impact Framework, developed in 2021. It uses three interconnected domains that capture the program's broader benefits: **Nutrition and Wellbeing**, **Community Building and Support** and **Financial Benefits**. Improvements in one domain often contribute to progress in others; reduced financial stress can lead to greater participation in community activities, while better nutrition can lift confidence and emotional wellbeing.

The framework provides a consistent structure for measuring outcomes year after year, allowing the research to track both immediate and lasting effects.







## A Turning Point for Wellbeing

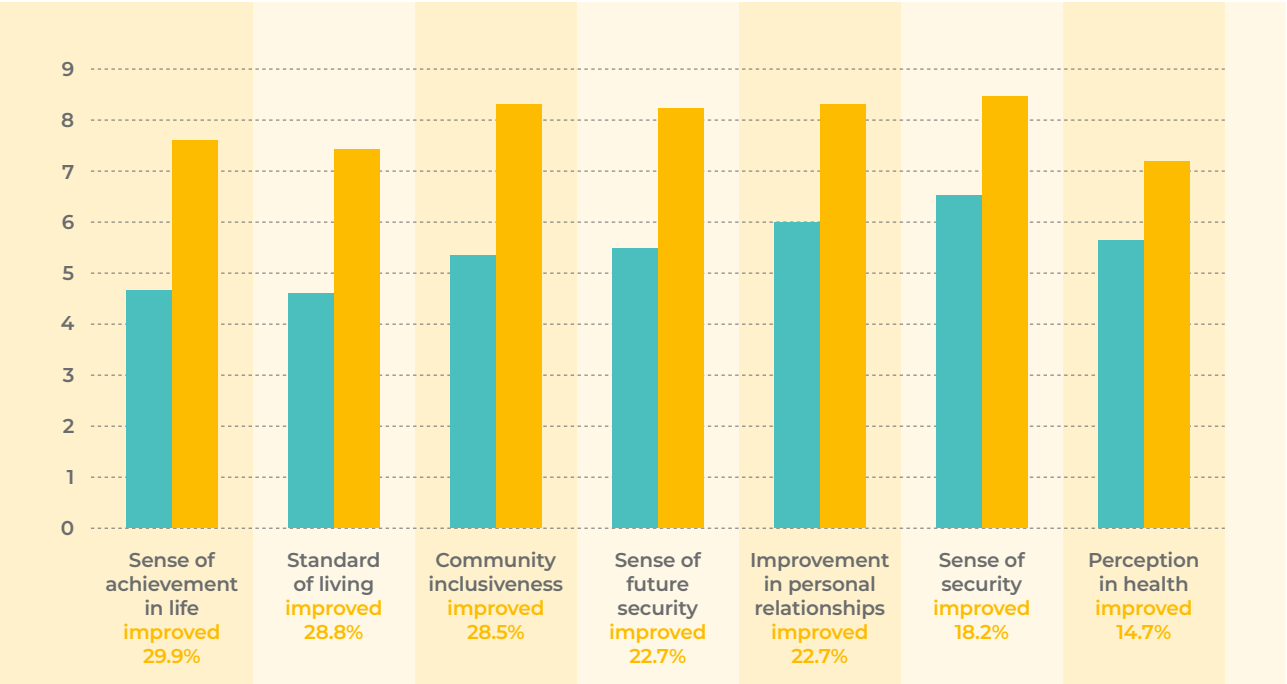
For many families, The One Box is more than fresh produce. It is a sign they are supported, valued and not alone. The second year of Monash Business School's longitudinal study shows The One Box model can provide far-reaching benefits: lifting confidence, restoring dignity and creating momentum for lasting change.

Across seven wellbeing measures, the overall subjective wellbeing index grew from 54.6% before receiving The One Box to 78.9% while on the program or after exiting it. Improvements are seen across all indicators, with the largest gains in **sense of achievement, standard of living and community inclusiveness**.

### Sense of achievement stood out as a key driver of wellbeing:

- **83.3%** of participants reported an improvement in their sense of achievement after receiving The One Box
- Those rating their sense of achievement at 8 or above (out of 10) rose from **13.3% before the program to 63.3% after**
- Average scores for the Dandenong West sample (families no longer in the program) climbed from **4.4 to 7.4**, showing sustained benefits beyond the program

This growth is often linked to families rebuilding stability after domestic violence, forced migration, prolonged unemployment, or periods without access to welfare support. For those households, The One Box offers a reliable foundation on which to recover and re-engage with life.



Improvements in subjective wellbeing — Before — After

Improvements can be seen across all seven wellbeing measures, with the largest increase seen in sense of achievement, standard of living and community inclusiveness.

## Why a Sense of Achievement Matters

Interviews with recipient families show that an improved sense of achievement often marks a turning point in recovery from crisis. For some, The One Box is the first form of support they receive, delivered through their child's school. This connection opens doors to trust, engagement and community participation after periods of isolation.

Weekly access to high-quality fruit and vegetables presents families with stability. It reduces daily stress, frees up mental and emotional energy, and enables parents to set personal goals, pursue education or work and strengthen community ties. The positive effects remain, even after families exit the program.

### Examples from follow-up interviews show:

- A former beneficiary with limited English, previously socially isolated, began visiting the school after joining the program. She enrolled in English classes, gained confidence and later secured employment at the school's community hub
- A family who received The One Box during a period without government support was able to stabilise, and within two years they had started a small business, regaining financial independence

These stories illustrate how food relief, when delivered consistently and with dignity, can help restore a sense of control and open pathways to long-term wellbeing.





## Research Partnership with Monash Business School



### Lisa: Finding Stability and Rebuilding Confidence

Lisa, a mother of two children aged 11 and 12, had left a safe house after escaping domestic violence. Once highly independent, with degrees in social science and psychology and experience running her own shop in regional Victoria, she now faced the daunting task of starting over in a new community, with limited resources and ongoing legal pressures.

“There was always that feeling of not having enough to provide for the family,” Lisa recalls.

Fresh produce was often beyond reach, and meals were restricted to what little she could manage. The introduction to The One Box at her children’s school began to shift that reality. “It improves all our well-being, what the kids eat, and what they eat helps their well-being and their schooling, because they can think and do schoolwork properly and sleep better. So it has a huge impact. Massive.”

The regularity of support became just as important as the food itself.

“The kids have a routine, they can eat properly. The other food support has also been very, very helpful when it does turn up – but not as helpful as The One Box, because we know that it’s a consistent item that we’re receiving every week. We know that it’s arriving, which makes the difference – knowing that it’s there every week, and that’s one less thing we have to worry about.”

This stability created space for Lisa to reimagine her own future. “Receiving The One Box has been able to cut my time; it allows me to study and work and not have to worry so much about the stresses of going shopping and cooking. I suppose it’s just that peace of mind knowing that it’s arriving, and I can already have the meals planned.”

Moments of reconnection with the wider community added to her sense of belonging.

“I attended the Women’s Expo they had a couple of months ago. That was really fun. It was kind of one of the first times since being out of safe housing that I was able to go to something. I’d definitely go to that again or anything involved with that. It was a really good day.”

Most importantly, The One Box opened doors to a trusted support network. “The connection I have with the school has been amazing. It’s kind of like a little community. It’s a little safe space. There’s no judgment there, and everyone’s just comfortable and able to relax and have a good time. If I need extra support, I know where to go now and I know who to ask.”

By 2024, Lisa had regained her footing; working, studying, and parenting with renewed confidence. For her, The One Box was more than groceries. It was consistent, dignified support that restored stability and helped her rebuild a hopeful path forward.

### Nutrition & Wellbeing

- Weekly boxes meant fresh produce replaced the frozen and processed options
- Her children’s routines and wellbeing improved; they could concentrate at school, sleep better and feel more settled

### Community Building & Support

- Lisa found a safe, supportive space to share experiences and form genuine friendships
- Built trust and confidence knowing there was somewhere to turn for help when she needed it

### Financial Savings

- Saved around \$30–\$40 each week on groceries
- Savings helped Lisa say ‘yes’ to small treats like pizza night or better Christmas gifts
- The relief of knowing basics were covered gave her breathing space to rebuild





## Research Partnership with Monash Business School

"It sounds dramatic, but it has helped, in all kinds of aspects. It's not necessarily all about being able to afford the food and going hungry. It's all the social aspects as well and how the kids think about food. They are more aware. We talk about the boxes and why we receive them, and the kids are learning empathy and they're not ashamed. I think at their age, I would have been really embarrassed to bring home the box, we'd be looked at as a poor family, but they're really proud and make sure I don't forget it."

*Beneficiary*

"After receiving The One Box I started going to the women's group at the school. Getting the boxes made me interact and stop isolating myself. It's had a big impact for me. It's helped us with food. It's helped us with saving. It's helped us with reconnecting to the world."

*Beneficiary*

"What we have seen, what I've witnessed, is probably not the resilience, but the openness to other people who have got a box. It's about almost supporting each other because we know we're getting the boxes. It is building connection; it's building a bit of empathy."

*Community hub leader*

"Feeding a family of six gets quite stressful but knowing that support is there makes a big difference. We're also cooking more as a family now. We make more shared decisions around food. My two younger ones love cooking with us, they see what's in The One Box and say, 'This week we've got zucchini, so let's make zucchini fettuccine'. We even make our own pasta now, which we never used to do. It's definitely brought us a lot closer as a family."

*Beneficiary*

"The kids are a lot better compared to when we started The One Box about three years ago. They struggled to concentrate, and they were moody because they were hungry. We started to see the changes with The One Box; the kids were going to bed full and having a decent sleep and their attitude towards school and learning changed a lot."

*Beneficiary*

"I've enrolled myself and my children in Scouts; I've been able to concentrate more on extracurricular activities – especially for my oldest son who's heavily into soccer. The extra expense that we don't have to put towards fruit and veg is now used to put fuel in the car and get my kids to their extracurricular activities."

*Beneficiary*





### Building Belonging and Connection

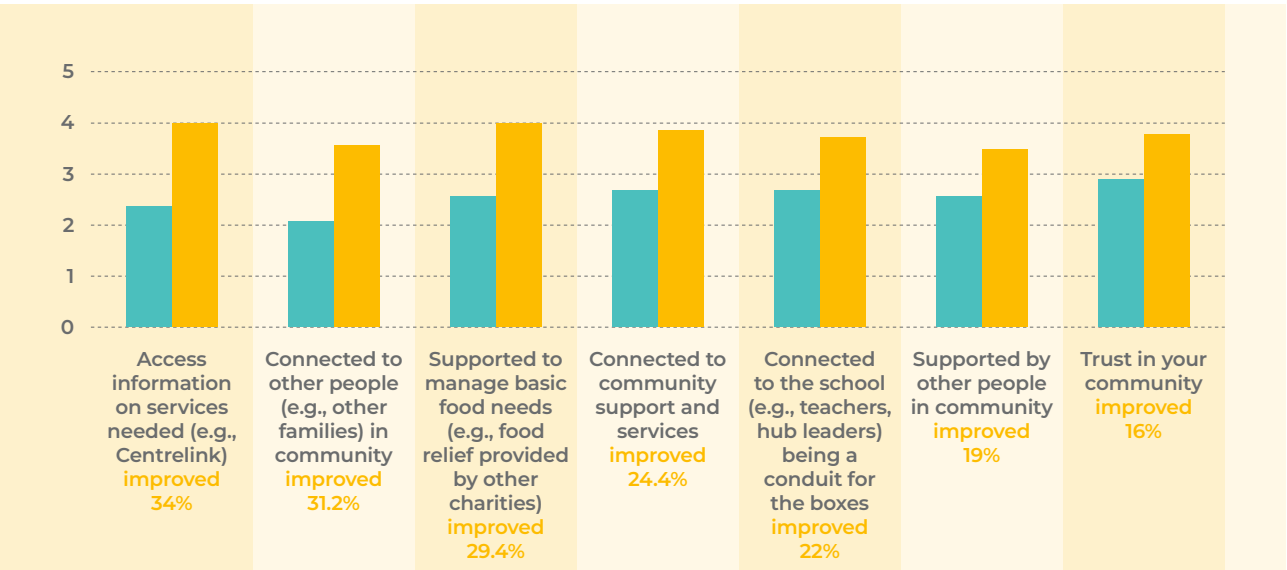
For many families, hardship often means isolation. Financial stress, language barriers and the shame of asking for help can keep people apart from the support they need. The One Box changes that, not just through food itself, but through the connections and networks it helps build.

The schools that The One Box partners with play a central role. Weekly box collections encourage families to come together at a regular time, often with others who understand and are living with the same challenges; be it single parenting, resettling in a new community, or navigating complex welfare systems. What begins as a quick pick up, evolves into conversations, shared childcare, swapping recipes and extended support. Parents who once described feeling 'in a vacuum' begin to feel part of something larger.

This ripple effect extends beyond the school gate. The simple act of collecting The One Box opens doors to English classes, playgroups, cooking sessions, and vocational training. This is especially powerful for those who might never have sought help due to trust issues, anxiety or cultural stigma.

#### Key findings include:

- **70%** of families reported an improvement in their sense of belonging to the community
- **43.3%** of recipients reported a substantial improvement in community connection (an increase of more than 3%)
- The proportion feeling strongly part of the community increased from 40% before the program to **66.7%** after participation
- In the Tier 3 sample (Dandenong West, where families had exited the program), average scores for feeling part of the community jumped from **5.3 to 7.5**, showing the program's lasting impact



Improvements in community connection before and after receiving The One Box

— Before — After

Seven dimensions relating to community connection were developed to gain a deeper understanding of how The One Box families build connections and access support. These dimensions were measured using a scale ranging from 1 (not at all) to 5 (to a considerable extent). The overall community connection score increased from 17.8 before receiving The One Box to 26.5 after.

#### The greatest improvements are seen in:

- Access to information about services (+34%)
- Feeling connected to other people (+31.2%)
- Being supported to manage basic food needs independently (+29.4%)





# Research Partnership with Monash Business School



## Lifting Living Standards

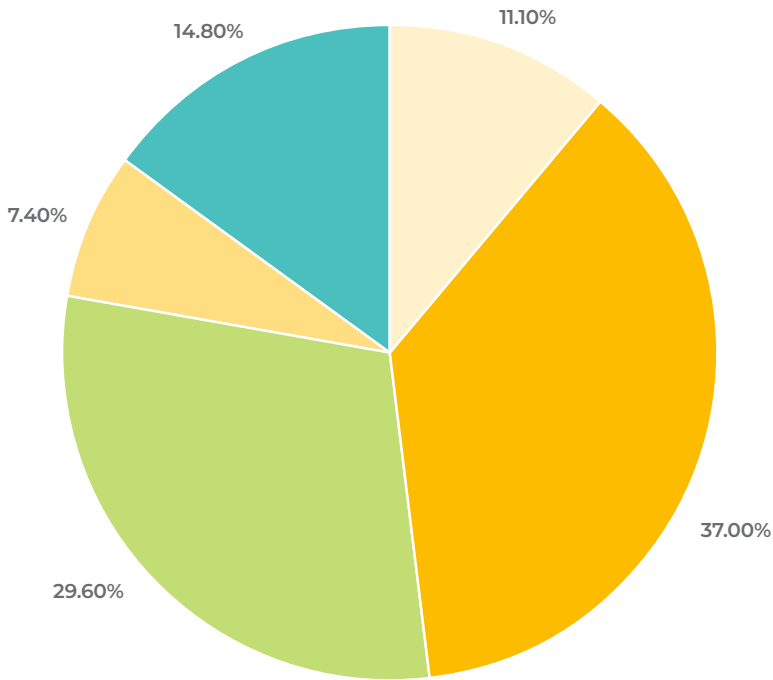
Year after year research affirms that The One Box helps families reclaim time, reduce financial strain and feel more in control of life’s daily demands. Parents told interviewers the predictability of weekly fresh fruit, vegies and bread greatly reduces anxiety around providing food for their families along with the pressures associated with financial hardship, mental stress and the emotional toll of navigating crisis situations. Knowing there will be food on the table, a piece of fruit and a sandwich in their children’s lunchboxes as well as afterschool snacks frees up time and energy for the things that matter most; whether that’s spending time with family, or dealing with the difficult tasks like finalising divorce papers or applying for jobs.

### Key outcomes from the research:

- **82.8%** of families report an improvement in their standard of living
- **34.8% experienced a substantial increase** (an increase of greater than 3%)
- Satisfaction with standard of living rose from **6.9% before The One Box to 58.6% during the program**
- Even after exiting the program, many families maintained greater stability in managing expenses, accessing nutritious food, and supporting overall wellbeing, with average scores increasing from **4.3 to 6.4**

## Time Back For What Matters

Our 2024 findings show that over half of families **saved more than one hour each week managing their food needs**. For parents balancing work, study, and care responsibilities, that extra time often goes to activities that strengthen family life, build their own community connections or support networks, and improve personal wellbeing.

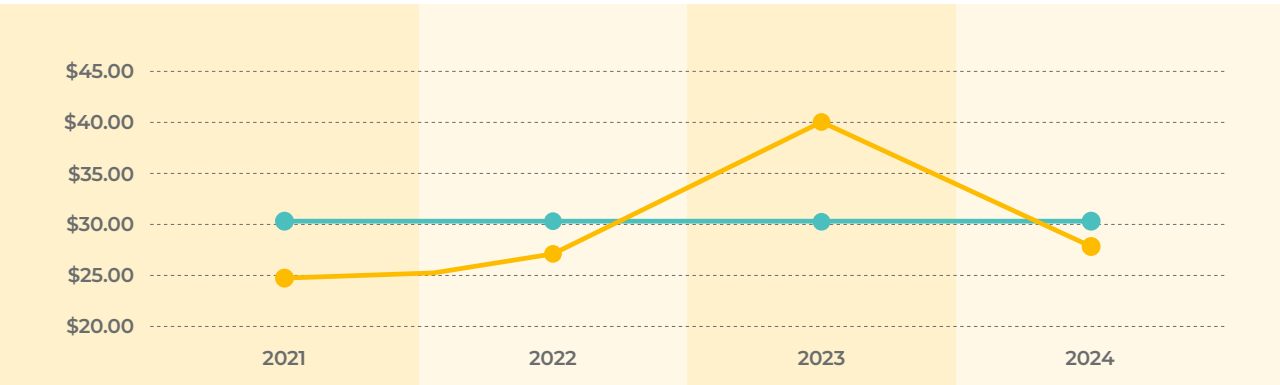


# Research Partnership with Monash Business School

## Financial Breathing Room

Over the past three years, families reported saving an average of \$30.42 per week on groceries, equating to more than \$1500 each year. For some these savings mean they can keep up with rent or bills. For others it goes towards school activities, medical needs or small treats. These savings allow families to plan ahead and get back on track with finances.

These savings aren’t just numbers; they mean saying yes to school excursions, replacing worn shoes, or covering an unexpected bill without sacrificing meals. Many families also report a reduced need for emergency food services, removing both the stigma and the time burden of seeking last-minute help.



— Average perceived value of The One Box — Perceived value of The One Box

- Families rated the box’s value lower in 2024 (and more in line with prior years), likely because 2023’s acute cost-of-living crisis amplified the sense of relief at the time
- The support itself remains unchanged, and cost of procurement has in fact risen

Research shows 13.8% of families often didn’t have enough food to eat, before receiving The One Box. During the program, that figure dropped to 0%. The share of families who said they had enough of the foods they wanted jumped to 55.2%, from 20.7%, highlighting the program’s role in shifting households from food stress to food security.



## Research Partnership with Monash Business School

"My confidence increased after I had some produce at home, so I could invite someone to my home. That made me feel happier. When I didn't have much, I would isolate. I didn't really feel confident to invite someone over when there was no food there."

*Beneficiary*

"When we come to collect the boxes, we see the parents and have a chat. How is your week? What have you been cooking? Being in a multilingual community, I've made friends with some of the other Indian families and I've been able to share recipes from my hometown in New Zealand, and they give me recipes of things I've never heard of. We love it. The kids love it too, because they see us parents talking and communicating. There's a general sense of friendship."

*Beneficiary*

"Before The One Box the children were stressed because they could see me, nine times out of ten not eating and just so they could have a decent meal. They knew if we weren't eating it was because we didn't have enough to feed them. Now with The One Box, they're able to see us all eating as a family. The One Box has definitely saved the relationship between me and my family in general."

*Beneficiary*

"Since I've received the boxes there's an increase in hope. There's hopefulness that there's a community that cares and getting the box and being able to share with others. Sometimes I feel like it's a blessing."

*Beneficiary*



# Research Partnership with Monash Business School



MONASH  
BUSINESS  
SCHOOL

## Hathy: Relocating and Rebuilding

When her marriage ended without warning, Hathy's life changed overnight.

"It was 10 years in that relationship. So, when he just left us, without money, without anything, and he didn't tell the kids or me where he was, we even thought maybe some accident had happened. He just left suddenly."

Alone with her two children, newly arrived in Australia, without financial support, Hathy faced not only the shock of abandonment but the immediate stress of how to provide for her family.

With no permanent residency at the time, she had no access to government assistance and was already coping with postnatal depression and ongoing health problems. The weight of uncertainty about her future, her children's visas, and simply getting food on the table, was overwhelming.

Amid this uncertainty, it was her school community hub leader that stepped in.

"Thankfully, the community hub leader arranged The One Box and would drop it at my door many times, because I lived close to the school. That made me feel so relieved and grateful."

Over the past two years, The One Box became an integral part of her transformation; from struggling to survive to becoming a more confident and optimistic single mother. What Hathy gained was not just food but also trust and understanding, because The One Box came with the hub leader's genuine awareness of her situation and willingness to help.

"The One Box is the first help I got after separation. I think the box is a good thing, a very good thing. But more than that, it's a link between people. It's a bridge between society and the people who need help."

By the end of 2024, Hathy was no longer part of the program, but the benefits endured. The consistent support she received in those early years had restored her confidence, helped her family establish healthier eating habits, and built a circle of supportive relationships that continue to carry her forward. The impact of The One Box, for Hathy, is measured not only in weekly groceries but in the lasting stability and optimism it made possible.

"My mentality, my finances, my confidence, and my socialising have all improved. I think I can seek help now. I'm focusing on my health, I'll study and look for a job. It has taken time, but I feel I can do it.. I'm giving 200 percent."



### Nutrition & Wellbeing

- Fresh fruit and vegies each week gave her children more variety and security in their meals
- Introduced her family to new produce they might not have tried otherwise
- The regular deliveries brought reassurance and a sense of relief

### Community Building & Support

- Built a trusting connection with her local hub leader who offered help when it was most needed
- Found comfort and friendship among others who had faced similar challenges
- Joined cooking classes that boosted both her health and social connections

### Financial Savings

- Weekly fruit and vegies covered much of her family's grocery needs
- Freed up limited money for healthcare and other essentials



# Our Distinctive Approach

The One Box is more than a weekly food relief program. It creates consistent access to fresh produce while also fostering dignity, trust and pathways to broader support. Our impact is not limited to what's inside the box. It's in how schools, families, and communities connect through it.



# Partnering for Long-Term Change



Corporate support helps us scale our impact. From workplace giving to major donations, partnerships like our work with Pace Farm play a crucial role in reaching more families, faster.

In 2025, Pace Farm is contributing \$50,000 to The One Box, enabling us to distribute 4,000 boxes of fresh produce across 100 families experiencing hardship. This support provides consistency, dignity and nourishment across an entire school year.

**With new schools added to the program, our waitlist remains at over 70 schools, creating opportunity for other businesses to step in and help us reach the many families still waiting.** Together, we can ensure more children thrive at school, more parents feel supported and no family is left behind.

“At Mooroopna Park Primary School, we are ranked among the top 3% of the most disadvantaged schools in Australia. Many of our families face daily challenges, including financial hardship and food insecurity. In this context, The One Box, Pace Farm and MPPS’ collaboration has become more than just a food support service – it has become a vital support lifeline for those in our school community.

Each week, The One Box provides our school with boxes that contain fresh fruit, vegetables, and bread. This generous support directly eases the burden of the rising cost of living and provides immediate relief to those doing it tough. For many of our families, having access to these healthy, fresh food boxes through this program is truly life-changing.

Not only does it support physical health and nutrition, but it also strengthens the emotional and mental wellbeing of our families, maintains dignity, care and trust. We are incredibly grateful for the difference The One Box & Pace Farm is making – helping us nurture a stronger, healthier and more connected community.

Thank you, The One Box & Pace Farm, to say we are grateful does not feel like enough. Thank you, One Box & Pace Farm, for being a beacon of hope when things feel overwhelming. Your kindness has uplifted not only our students, but their families, carers, and all of us who work each day to create a brighter future for them.

From the bottom of our hearts – thank you for all that you do, for walking alongside us and showing what true support looks like.”

*Lisa Hueston, Wellbeing Co-ordinator  
Mooroopna Park Primary School*





## Thank You to All Our Contributors and Supporters

The One Box would not exist without the generosity, insight and collaboration of our many supporters. Our schools, community hubs and families voluntarily share their experiences with honesty and openness, helping us to better understand the challenges of food insecurity and the difference reliable support can make. These voices continue to shape our work, ensuring The One Box is not only a food relief program, but also a source of dignity, stability, connection and a step closer to food security.

We are deeply grateful to our research partners at the Department of Accounting, Monash Business School. Their expertise strengthens our ability to measure impact and bring visibility to the lived experience of families building food security. Together, we are developing the evidence base needed to inform change and spark collective action on this critical national issue.

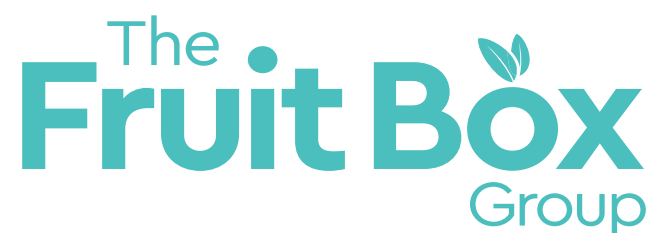
To every school partner, family, volunteer, corporate supporter and government or philanthropic donor: thank you. Your contributions, whether through time, resources, or shared experience enable The One Box to transform lives and build stronger communities.

### Acknowledgements



MONASH  
BUSINESS  
SCHOOL

We would like to thank Professor Ralph Kober, Associate Professor Dr Paul Thamber and Dr Zhiyun (Maleen) Gong from Monash Business School, Department of Accounting for their long-standing partnership, research seed funding and in-kind support.



The One Box also wishes to acknowledge The Fruit Box Group for their generosity and for continuing to be a major sponsor of our programs and research.

The Fruit Box Group remains at the heart of this work. Over the last seven years, it has donated \$2.6 million through in-kind and direct support, while embedding The One Box into its business operations and culture. In 2024 alone, The Fruit Box Group's contribution enabled the exclusive delivery of more than 32,000 boxes, equivalent to over 260,000 kilograms of fresh produce, to 820 families experiencing hardship. More than a sponsor, The Fruit Box Group demonstrates what is possible when a values-led business aligns purpose with practice, mobilising their infrastructure, logistics and people to deliver lasting community impact.

## The One Box Research: Looking Ahead

At The One Box, research is about understanding the lived experiences of families and schools. These voices shape the way food relief evolves, and how families move closer to lasting food security in Australia. Our long-standing relationship with Monash Business School allows us to independently capture the program's impact with rigour and care. We remain committed to our core research values:

- Prioritising the comfort, dignity and agency of program participants and partners
- Respecting the sensitivity of food relief, ensuring our research minimises the burden on participants
- Generating high-quality research data that guides The One Box's mission, delivery and strategy
- Raising public awareness of food security in Australia by sharing evidence and stories from our program and partnerships

### Research Goals and Objectives for 2025

As we enter the third year of our longitudinal community study, our research will continue to evaluate the long-term, comprehensive impact of The One Box model. As in previous years, parents and school hub leaders will contribute through short surveys and in-depth interviews, keeping the research grounded in lived experiences and practical insights.

#### Family resilience and independence

We will examine how The One Box fosters community connections and reduces long-term reliance on food relief.

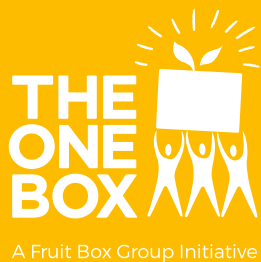
#### Learning outcomes for children

We will also measure the impact of consistent access to fresh, nutritious food on children's attendance, classroom engagement, and overall learning outcomes, highlighting the critical role nutrition plays in educational success.





*It's surprising how far  
one box can go*



[theonebox.org.au](http://theonebox.org.au)