Abstract

The objective of this study was to gain a better understanding of the local food distribution system, particularly focusing on Avian Park, a community situated in the Breede Valley, in the Western Cape province.  After investigating the availability and accessibility of food in the different retail outlets in and surrounding the community, it was found that food prices were not the main factor inhibiting food accessibility, but rather the variety and quality of food available.

**Message for social media**

Food accessibility in Avian Park, BREDE VALLEY, IS THE PRICE BUT RATHER  the variety and quality of food THAT IS available to the community residents.