

The Highlights of the Food for All Projects: Brief Summaries

Brimbank

This project aims to improve access to fresh and affordable fruit and vegetables for disadvantaged groups by:

- Developing Council Forums; for knowledge transfer, and to present actions that will influence positive policy changes for food security.
- Councils Aged Services to purchase fresh fruit and veg from markets for delivered meals and other programs where food is supplied.
- Conducting an audit of transport systems to, and price monitoring of, fruit and vegetable outlets to establish more community routes and lower prices for healthy food. Maintain a database of these outlets
- Developing community gardens as well as local fruit and veg deliveries to selected outlets across Brimbank in partnership with WestNet
- Providing translated health information and starter gardener pack to new arrivals
- Hosting a Food Expo to showcase Food Security demonstrations, experiences from employment training programs and to launch a community developed recipe book

Expected outputs

- a) Increased accessibility and consumption of affordable fresh fruit and vegetables and an increased number of fresh food outlets across the municipality, particularly in disadvantaged communities.
- b) Strengthened Council and community knowledge, advocacy and planning to increase food security
- c) A Welcome Kit in relevant languages produced for new arrivals, containing information about access to healthy food.
- d) Ongoing employment opportunities for those involved in the community gardens and an increase in disadvantaged people cooking their own nutritious meals.

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Swan Hill

Together with stakeholders, and using a whole of council approach, this project plans to:

- Develop small business policy guidelines to encourage local retailers to stock healthier food choices as well as for use in tuckshops and local government venues.
- Support a hospitality restaurant/ training facility
- Incorporate improved transport to retail food outlets as part of the Southern Mallee Transport Connection program,
- Expanding the Koori cooking program “Young Mum’s Day Out” and extending the model to other cultures
- Develop a “Rent to Own” appliance program
- Work with growers and retailers and consumers to improve supply of a variety of foods for healthy eating.

Expected outputs

- a) Council use of an integrated planning model to improve policies and programs such as the Koori cooking program, hospitality training and the Rent to Own program; these programs to become sustainable.
- b) Increased sales and consumption of healthy foods by the community, particularly by disadvantaged families
- c) Improved community knowledge and understanding of, as well as transport to, healthy foods.
- d) Increased availability of fresh and healthy food in retail stores.

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Melton

This project aims to improve access to healthy food by establishing and promoting a Veg Out Van Service. This will involve:

- Working with businesses, neighbourhood houses and a local intellectual disability organisation to deliver fruit and vegetables to key community outlets
- Encourage businesses to respond to these needs and increase supply of fresh, healthy food
- Providing training to relevant community stakeholders to increase understanding and capacity to address Food Security issues
- Cultivating an experienced Food Security Community Coalition to respond to food access issues at a local level.
- Consolidating integrated and collaborative approaches within council to increase the projects sustainability whilst ensuring councils corporate strategies and plans address food security

Expected outputs

- a) Establishment of locally supported, low cost fresh fruit and vegetable shops and a delivery service
- b) Training implemented for volunteers and disability clients to improve their understanding of healthy food and delivery services
- c) Community coalition to develop policy responses and activities responsive to local food security issues
- d) Enhanced awareness by both Council and developers, about healthy food outlets in new estates.
- e) Increased consumption of fruit and vegetables amongst residents involved in this project.

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City of Greater Dandenong

This project aims to address the access to healthy food needs of people living in marginalized housing, including caravan parks, rooming houses and those using emergency food relief services. This project will:

- Develop a Food Security Policy linked to Municipal Public Health Plan
- Working with key stakeholders such as the Springvale Community Aid & Advice Bureau; strengthening partnerships within and between the emergency relief sector and the non-emergency relief sector such as housing and public transport.
- Advocate and promote a variety of transport options including the free Dandenong central activity district courtesy bus, as well as work with the Dandenong Market redevelopment project.
- Audit of Council owned facilities. This will contribute to the identification of appropriate facilities for community kitchens and contribute to the development of a Housing, Community Centres and Neighbourhood Houses Future Directions Plans.
- Link relevant people into social and food educational/awareness activities developed, such as low cost meal options at selected cafes or healthy and cheap meal coupons.
- Creatively document peoples 'journey to obtain food' and support community gardens

Expected outputs

- a) Strategies to improve access to a range of foods for healthy eating are integrated into relevant Council plans; policies and a food security policy adopted.
- b) Improved knowledge about healthy food as well as an understanding of how cross-cultural awareness and perceptions of food can impact on food security.
- c) Increased intake of fruit and vegetables; Food distribution components providing more medium to long term solutions to emergency food relief provisions
- d) Residents in marginalised housing who can be hard to engage, are linked into supportive environments/programs.

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Frankston

This project aims to increase access to healthy food by forming a Food Security Advisory Group. This group will:

- Consist of a consortium of key stakeholders including council representatives, private business and local organisations from health, welfare, education and transport sectors
- Work with Council to incorporate food security issues and strategies in relevant Council plans such as the Municipal Public Health Plan and Municipal Strategic Statement.
- Work with other relevant organisations to develop and action a food security policy.
- Develop a horticultural training program to compliment the development of community gardens and extend links to other nutritional and physical activity projects in Frankston.
- Raise awareness of food security issues amongst community welfare workers.

Expected outputs

- a) An effective Food Security Advisory group is established
- b) Food Security is integrated into Council plans and a food security policy is adopted.
- c) Horticultural training program and Community gardens implemented and there is increased access and consumption of fresh fruit and vegetables
- d) Increased understanding of food security issues amongst welfare workers.
- e) A communication strategy developed and implemented

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Cardinia & Casey

This project focuses on communities in the Southern part of Casey, a population that includes people excluded from the transport catchment networks. Strategies include

- Incorporating food security principles into Council policies and strategies with a particular focus on transport and planning reform.
- Developing and implementing a “farm to plate” food education program for isolated school children which includes developing school based community gardens
- Together with local producers and local service agencies, developing a food distribution program
- Establish an Award scheme to encourage fast food proprietors to provide nutritious and affordable food.

Expected Outputs

- a) Food security issues are reflected in relevant council’s policies and plans.
- b) Policy review at council to improve transport to, and provision of, healthy food outlets
- c) Disadvantaged groups have improved access to a variety of food choices for healthy eating
- d) Increased availability of healthier foods at retail outlets
- e) Food production and nutrition is incorporated into school curriculums. Access to fruit and vegetables increased in local schools.

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Maribyrnong

This project aims to increase the supply, accessibility and affordability of fruit and vegetables in the community. Its components include:

- Development of better access and supply systems for healthy food by working with schools, local retailers and markets, community centres, insecure housing settings, and other relevant stakeholders. Examples also include bulk buying schemes and home delivery services.
- A program of professional development and capacity building with professionals from local government and other organisations that can have an influence on increasing food security. The program includes integrated planning workshops, mentoring from lead agencies and community education
- Community skill development covering the growing, purchasing, storing and cooking of fruit and vegetables. For example, community gardens, men's cooking programs and training bilingual workers to conduct cooking sessions

Expected outputs

- a) A reduction in the systemic barriers preventing access to a range of food for healthy eating, particularly for disadvantaged groups in identified neighbourhoods.
- b) Increased access and usage of community kitchens and community gardens
- c) Development of locally relevant resources and people who have a good understanding of food security who support initiatives to increase access to healthy food
- d) Community members and local workers have improve engagement in, and the understanding of, food security issues as well as improved access to a variety of foods at affordable prices.

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Wodonga

This project aims to steer Council policy towards promoting food security across Wodonga by:

- Using the integrated planning processes within council to advocate for the inclusion of food security into councils corporate planning cycle.
- Supporting and expanding the recently formed Food Security Network. Forming new partnerships with stakeholders such as transport providers and the Mugabareena Aboriginal Corporation
- Provide leadership on food security with partners such as PCP agencies
- Change the current Meals on Wheels menu to incorporate more healthy variety and implement a preschool healthy eating initiative.

Expected outputs

- a) Food Security policies developed and incorporated into council plans, including future actions
- b) Common policies agreed across the agencies that address Food Security in partnership
- c) A variety of programs to improve community access to healthy food developed and implemented.

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