

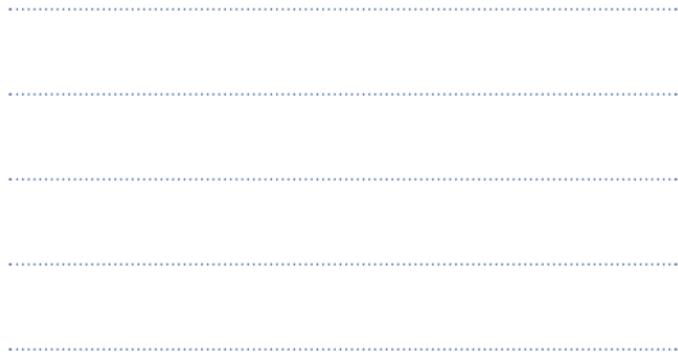


Creating a **healthier food system**

It is estimated that just **4 crops**
are **responsible** for **50%**
of the **world population's**
total **energy** intake¹

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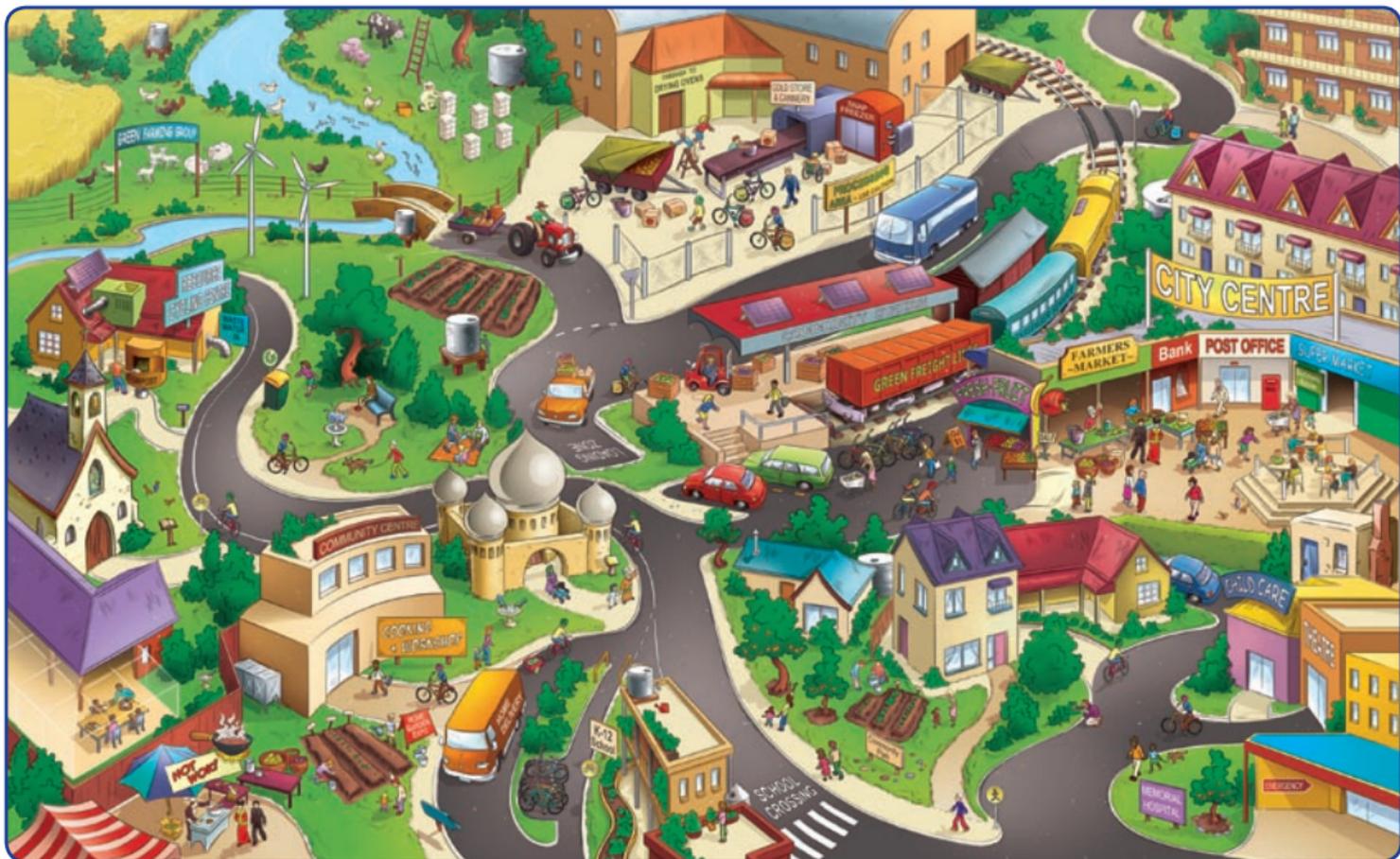
Agricultural diversity is key to protecting food security in the future. Eat a wide variety of foods for health and sustainability of our food system.



1. Convention on Biological Diversity, *Biodiversity for Food and Nutrition*, 2007.
Available at www.cbd.int/agro/food-nutrition.

Cover illustration: Toby Quarmby, Vishus Productions. Draws on information and concepts from the Victorian Eco-Innovation Lab.





Creating a **healthier food system**

A typical **food** basket purchased in Victoria **travels twice** the **earth's circumference** (40,072 km) before it **gets to you**¹

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Buying locally grown food helps to reduce nutrient loss, avoids unnecessary transport congestion and reduces the environmental impact.

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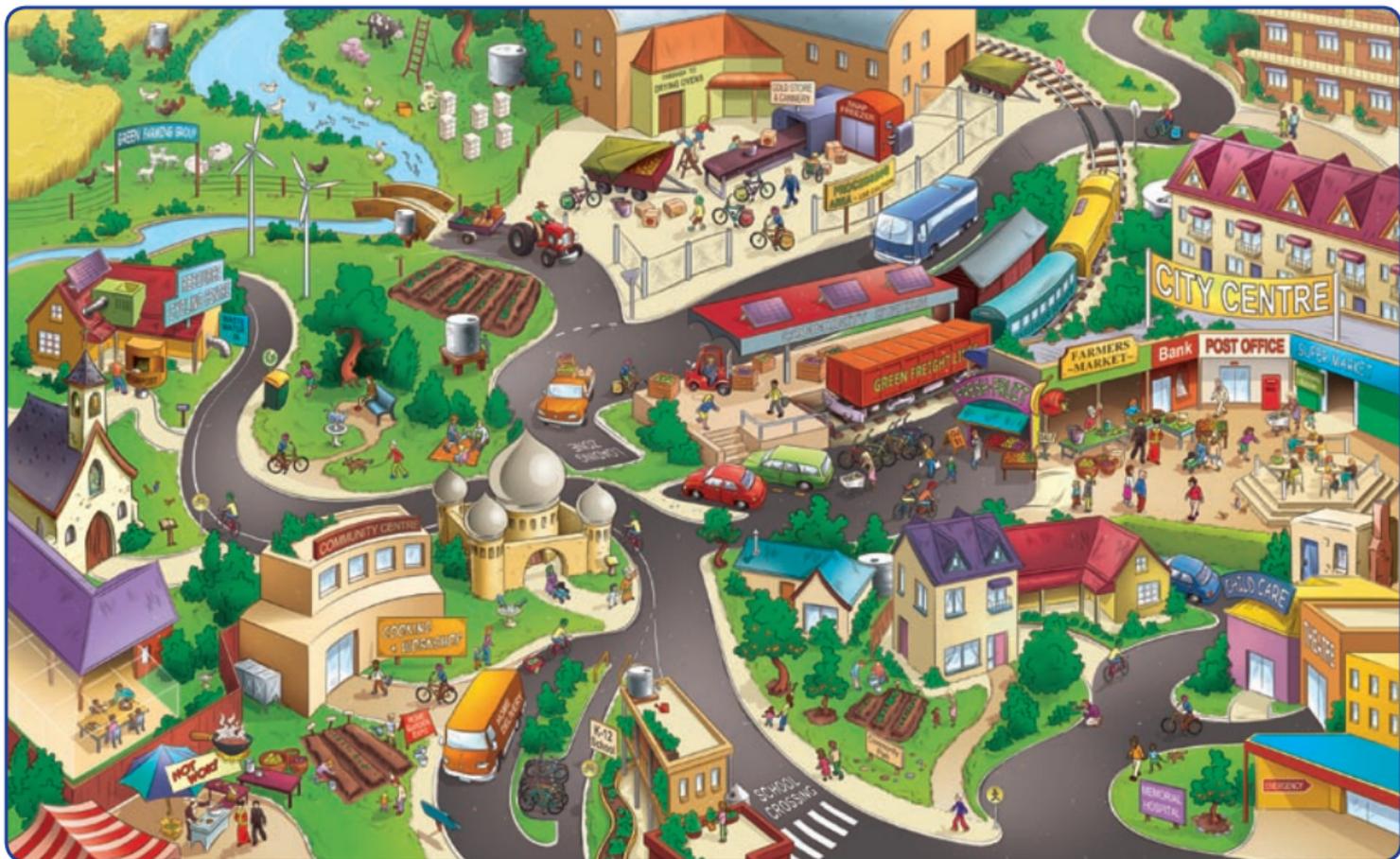
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1. Gaballa, S. and A. Abraham, *Food Miles in Australia: A Preliminary study in Melbourne, Victoria*, July 2007, CERES Community Environment Park.
Cover illustration: Toby Quarmby, Vishus Productions. Draws on information and concepts from the Victorian Eco-Innovation Lab.





Creating a **healthier food system**

Vegging out.

Only 10% of Victorians eat
the recommended number
of vegetables each day

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If we all ate one more serve of fruit and vegetables a day, we would:

- reduce our chance of getting heart disease, stroke, cancer and diabetes
- save the health care system at least \$160 million per year
- support our local farmers¹

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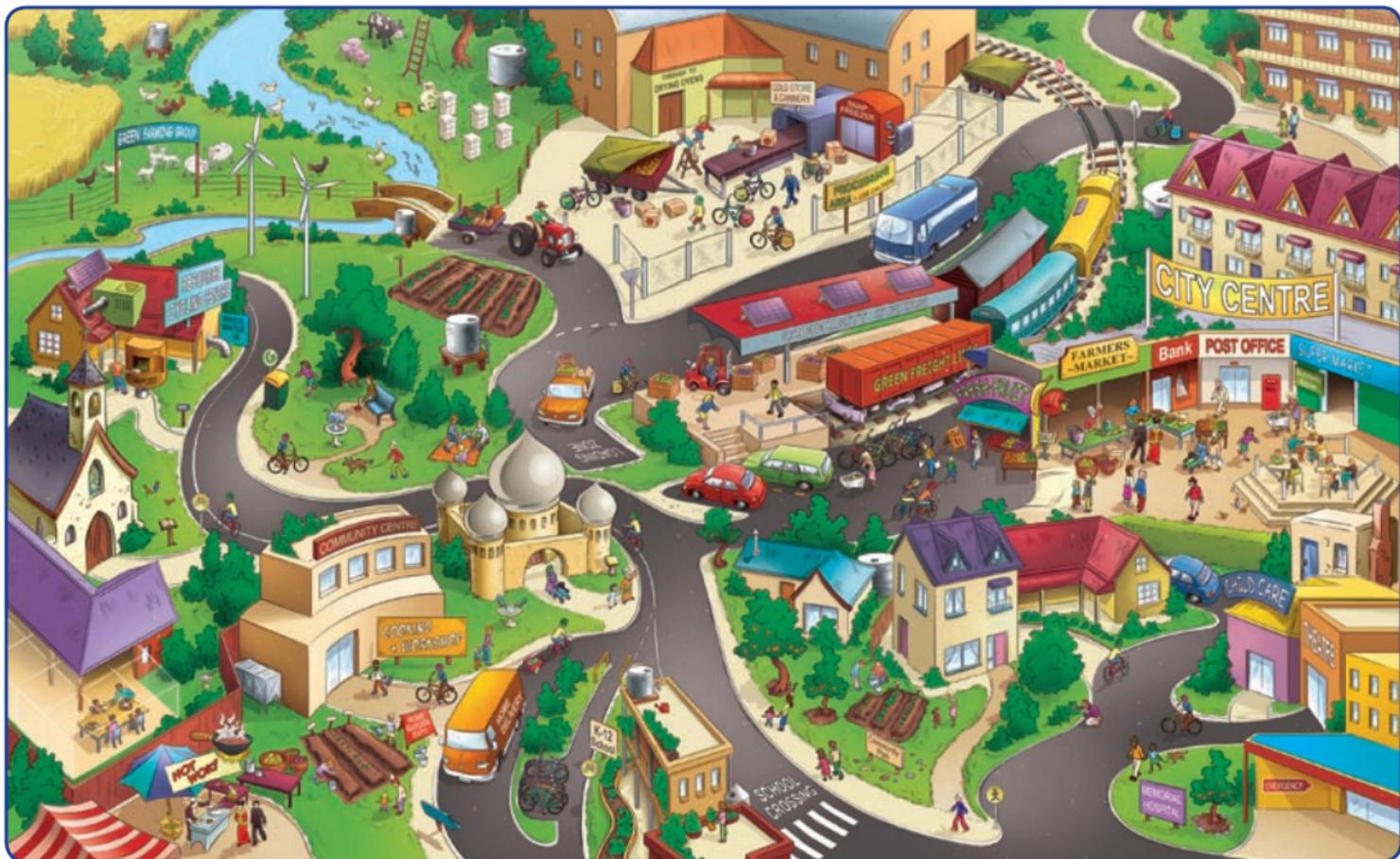
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1. Australian Chronic Disease Prevention Alliance, *The economic case for physical activity and nutrition in the prevention of chronic disease*, 2004, Australian Chronic Disease Prevention Alliance: Melbourne.

Cover illustration: Toby Quarmby, Vishus Productions. Draws on information and concepts from the Victorian Eco-Innovation Lab.





Creating a **healthier food system**

Is housing the last crop?

As planners grapple with urban sprawl and population growth, is our food supply under threat? 25% of the dollar value of Australia's food is grown on fertile land around our major cities.¹ There is **NO** national policy to protect fertile agricultural land in Australia.

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1. Houston, P., 'Re-valuing the Fringe: Some Findings on the Value of Agricultural Production in Australia's Peri-Urban Regions', *Geographical Research*, 2005. 43(2): pp. 209–223.
Cover illustration: Toby Quarmby, Vishus Productions. Draws on information and concepts from the Victorian Eco-Innovation Lab.





Creating a **healthier food system**

Food insecurity in the land of plenty?

1 in 20 Victorians experience times when they run out of food and can't afford to buy more.¹ With rising food, petrol and housing prices, what will this figure be in 5 years time?

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1. VicHealth Centre for the Promotion of Mental Health and Community Wellbeing 2007, *Community Indicators Victoria, 2007*, University of Melbourne: Melbourne.

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