

# *Food for All – 10 ways to act*

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# Outline

- Food For All – the journey
- Why should local government be at the centre of local action?
- The 10 ways to act
- The good news again!

# *Food For All* – our journey!

- VicHealth pilots 2001-2002
- Project objectives – raise awareness of issue, reduce local systemic and infrastructure barriers to food security, increase access to fruit and veg for people living in disadvantaged communities.
- Included in the VicHealth Strategic Plan 2005-2010



# *Food For All Objectives*

- Influence & integrate intra-council planning, develop leadership & partnerships with community agencies and build advocacy capacity.
- First round -Funded Project Officers in 9 local governments 2005-2008 ( 3 rural/regional LGA's)
- Second Round – funded project officers in 6 LG 2008-2010
- Evaluation – lead to development of information sheets and micro-movies & an evaluation report.



# Why is food security core business for Local Government?

- Health Act – 1988 ( Local Government and Public Health)
  - Statutory Requirement to produce Municipal Public Health Plan – recommended Environments for Health framework
- Local Government Act 1998
  - Amendments 2003

# Why is local government best placed to act?

- Fantastic connections & partnerships with organisations in local community
- Strong community knowledge, consultation & engagement
- Leadership and support
- Councillors are well connected with local community members



# 10 Ways to Act!

1. Allocate Responsibility
2. Build the local picture
3. Develop Policy and Plans
4. Set a good example
5. Use Regulatory and fiscal power
6. Land use planning
7. Healthy eating for residents
8. Growing food locally
9. Getting food and residents together
10. Advocacy – get your voice heard





# 1. Allocate Responsibility



- Works best when placed in social or health planning area of council
- Should be included in an existing role
- Person should be relatively senior and have research and strategic thinking skills
- Have community development or health promotion experience
- Be familiar with processes in LG and can develop and foster relationships with council and broader community.

## 2. Build the local picture - Mapping

- Develop a local evidence base – this describes the local picture
- Municipal Scanning Tool – allows for rapid assessment and uses framework that links strongly with MPHP
- Healthy Food Access basket
- Overarching document should include research which describes larger context and supports local action – VEIL, Food Supply Scenarios (DIY)



# 3. Policies and Plans

- Inclusion of FS in plans gives legitimacy to action
- Food security is then dealt with systematically and proactively over long term
- Your local mapping supports the work to have FS included in LG policy and creates an environment that supports local action.
- Identify which policies are appropriate for inclusion of FS – e.g. transport, sustainability, early years, MPPH, environmental health, walkability, climate change, community development, land planning



## 4. Set a good example

- Model ways of supporting healthy eating choices and raise the profile of healthy food access through this modelling.  
–review your internal catering for meetings policy, reduce waste; remove unhealthy vending machines; run a shopping tour for staff; identify council owned kitchens suitable for community members to use; allow shopping bags on community transport; use community grants to promote healthy eating,
- Promote your good examples through local media and council publications, partners newsletters etc.





## 5. Regulatory and fiscal power

- Use powers to increase supply and access of healthy food and decrease supply of unhealthy foods
- An examples – all council owned kitchen should be available for community use to support Community Food Programs that provide leaning opportunities around food.
- Differential rates – encourage business that improve access to healthy food



## 6. Land Use Planning



- Extensive consultation and awareness raising with this workforce is critical
- Use toolkits such as FSPUD – clearly demonstrate how it can be done
- Preserving arable farm land
- Remember the legislation does support “healthy planning”.



# 7. Healthy eating for residents



- Support local residents to adopt healthy eating practices – builds resilience
- Support local community food programs and better distribution of food to reduce waste
  - SecondBite, Vic Relief Foodbank, Fair Share



## 8. Grow food locally



- Support residents to grow and harvest food
- Some ideas – support establishment of community gardens; grow edible streetscapes; support food swaps; gardening workshops
- Conduct an audit so you know what land is available
- FSPUD a great guide to how this can be done using a planning approach



# 9. Getting food and residents together

- Poor public transport and hence access to the shops limits people choices
- Carrying shopping even when transport is good can be difficult
- “Take resident to the food and food to the residents”
- Port Produce market is an excellent example of this
- Current Community Transport review – make getting to the shops a priority!



# 10. Advocacy



- Local government and others can be a strong voice on behalf of local community to the state and federal government
- Food Alliance high level advocates for policy change
- Keep monitoring so you have an up to date picture
- Create a narrative that is relevant to the current political environment – Obesity and FS; cost of living
- *Remember when trust exists you can use logic to influence*



# The good news, again!



- *10 years of investment from VicHealth*
- *Food For All 10 ways to act, Food Alliance, Supporting research agenda*
- *Large community action ground swell*
- *Improving access to healthy food – Key priority health promotion issue for State Government*
- *Municipal Public Health Planning – process starts again next year in most LGA's*
- *Statewide Community Transport Audit – supported by State Government*
- *New Ministry Agriculture & Food Security*
- *Victorian Families Statement consultation, 2011*
- *National agenda emerging- Australia and Food Security in a Changing World, the Prime Ministers Science, Engineering and Innovation Council(2010)*
- *Community of practice research being undertaken by the VLGA*