

Fair Food: Alliances for the Future
Towards A Local Government Approach
To Achieving Food Security For All

SACOSS, 11th June 2008

Victorian Local Governance Association

Beverley Wood

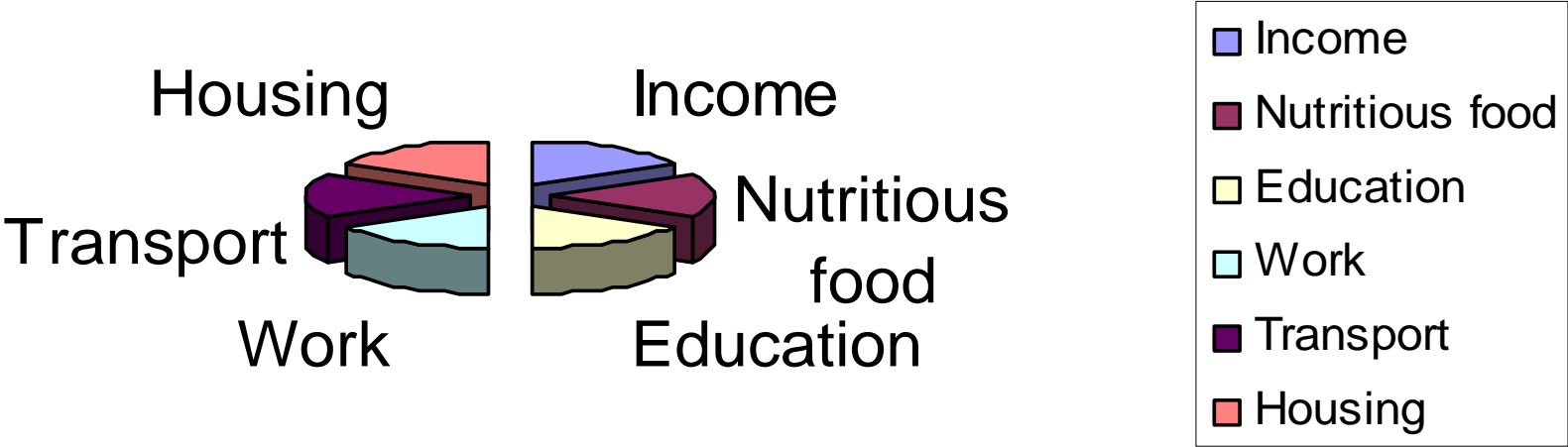
Food Security Project Officer



www.foodsecurity.vlga.org.au

SACOSS - Blueprint to eradicate poverty in South Australia (2007)

Some of the social determinants of health and wellbeing*



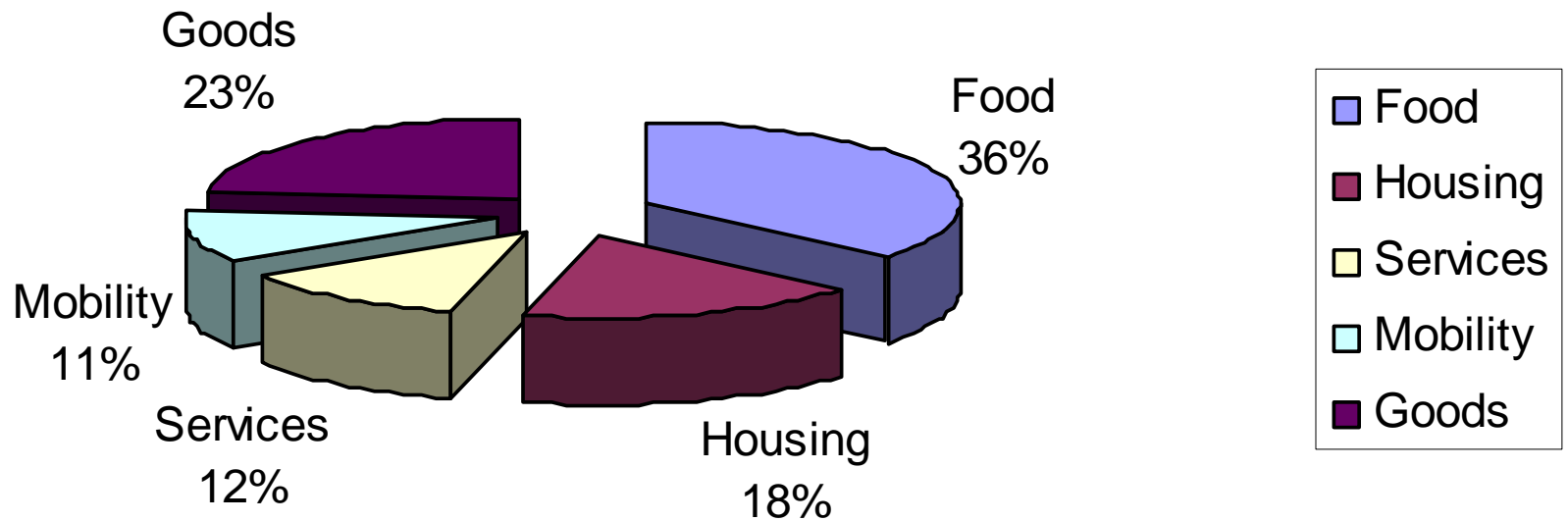
**Health-Access & equity of outcomes
Strategy 20**

**Ensure access to affordable healthy food
for all communities**

- 1) Reduction in areas of 'food deserts' in disadvantaged areas**
- 2) Increase average intake of fresh fruit and vegetables (per person) in areas with a high concentration of people on low incomes**

Remote communities

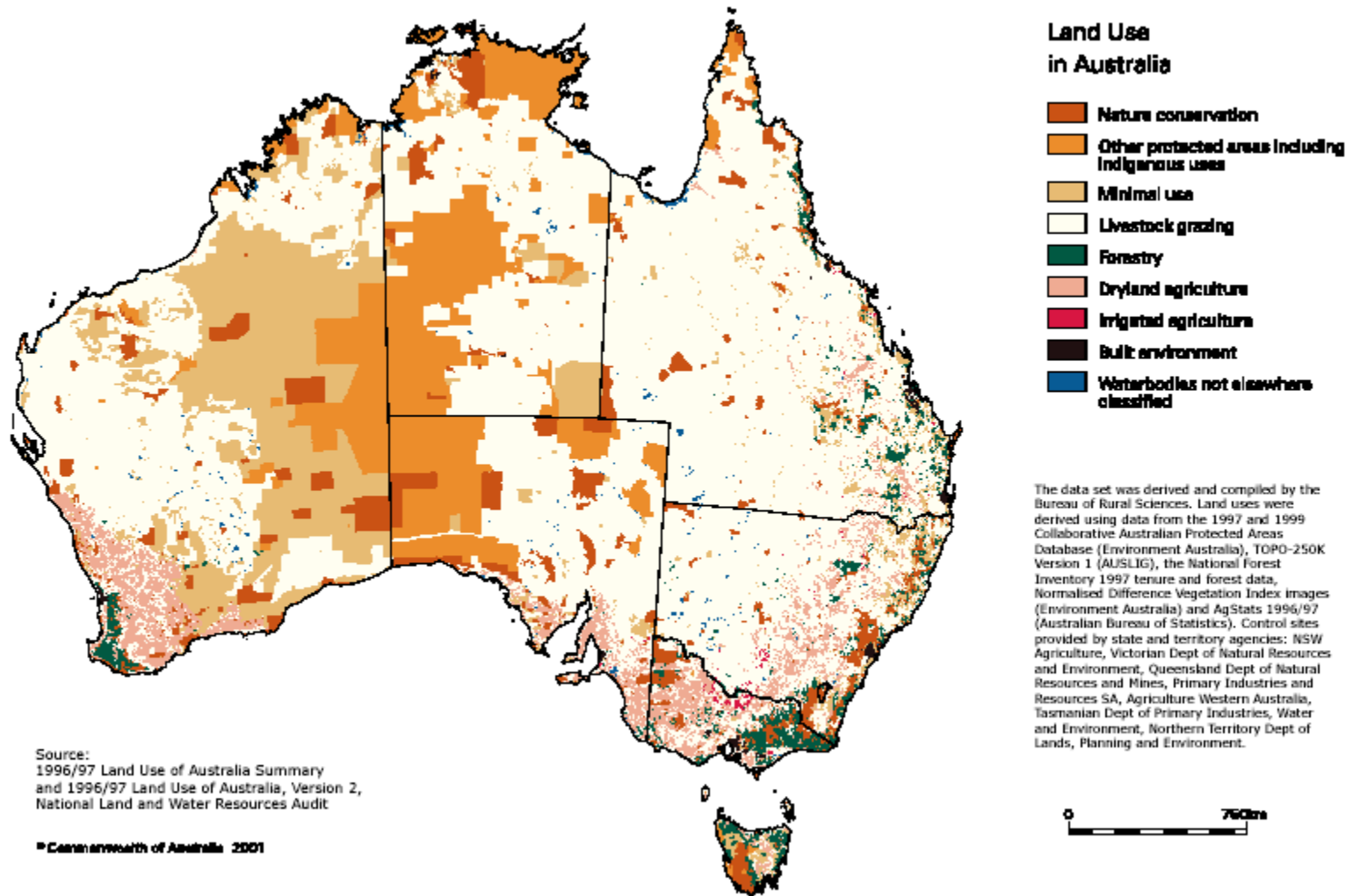
SA Ecological footprint by consumption type



South Australia's Ecological Footprint (Government of SA)

http://www.sustainableliving.sa.gov.au/resources/Eco_Footprint_Brochure.pdf

Where is the South Australian food bowl?



Source:
1996/97 Land Use of Australia Summary
and 1996/97 Land Use of Australia, Version 2,
National Land and Water Resources Audit

© Commonwealth of Australia 2001

Water and food are basic human rights Whose responsibility?

Global
National
State-Regional

Local
Community
Household
Individual

Food safety
legislation

Food chain system ?
(paddock to plate)

Food standard
regulations



2002-2006 South Australian Monitoring & Surveillance System (SAMSS)

“In the last 12 months, were there any times that the food you have bought just didn’t last and you didn’t have money to get more?” (N=531)*

Adults 16+ years of age
84 000 (5.6%)

Plus dependent children (1:0.5)

Say 8.4% South Australians
(126 000 individuals)

More likely

- Separated/divorced or never married
- Educational attainment up to trade-certificate-diploma
- Annual household income up to \$ 60 000
- Lowest SEIFA quintile

Less likely

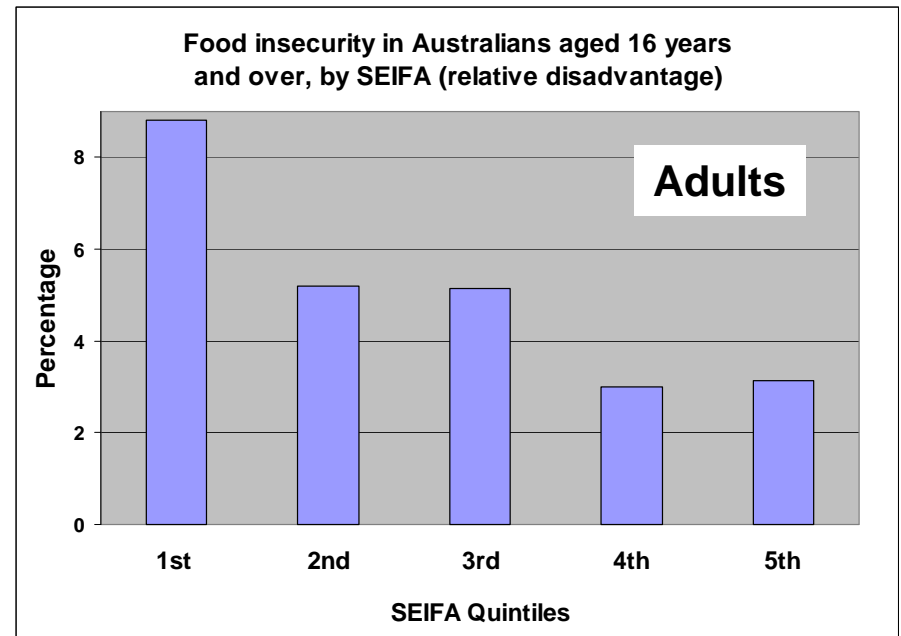
- Aged 55 years and over

1995 National Nutrition Survey* question on food security

‘In the last 12 months, were there any times that you ran out of food and you couldn't afford to buy more?’

**Adults 16+ years of age
1 million (5%)
Plus dependent children
(1:1)**

**Say 10% Australians
(2 million individuals)**



* Australian Bureau of Statistics, 1998

Health and nutritional consequences of food insecurity

- Higher burden of disease
- Higher morbidity and mortality rates
- Lower longevity in disadvantaged areas
- Lower longevity in indigenous people

- Nutritional-health implications of less food choice
- Psycho-social effects (food exclusion, food insecurity, social inequality and social exclusion)
- Higher crime rates

City of Port Phillip's 20 year vision of food security

... the City of Port Phillip will be a local community that acknowledges **food security as a human right** and takes **collective responsibility** for ensuring that all people have daily access to affordable, nutritious food throughout their lifespan...

Our **shopping centres** will welcome and cater for the food and nutritional needs of all local people, regardless of their income.

Our **public transport systems** will make it easy for people to access these shopping centres and to carry their food home.

... More people will be supported ... to make **healthy food choices**, cook their own food, and **grow their own food** either at home or in nearby community gardens.

City of Port Phillip, 2005



Food security*

'Food security can be defined as the state in which all persons obtain a nutritionally adequate, culturally acceptable diet at all times through local non-emergency sources.

Food security broadens the traditional conception of hunger, embracing a systemic view of the causes of hunger and poor nutrition within a community while identifying the changes necessary to prevent their occurrence.

Food security programs confront hunger and poverty.'

* Community Food Security Coalition, 1995

Access to the food supply

Access to quality food in local communities which is safe, affordable at competitive prices, culturally and environmentally acceptable and nutritious, with opportunity for healthy food choices, within walking distance (400-500 metres in urban areas)* or by readily available, frequent and affordable public transport

* Melbourne 2030

Access to good affordable food makes more difference to what people eat than health education’**

** Wilkinson and Marmot 1996



Complementary VLGA Activities

Local Government

Engaging citizens in priority setting & community planning
Informing corporate plans and budgets

Capacity building-target groups

Local Government Mayors,
Councillors, Staff
Local citizens and community groups
Public servants

Community planning and policy making

www.vlga.org.au

Food security support and planning

Food Security Network

www.foodsecurity.vlga.org.au

Food Security Project

Two Local Governments with Neighbourhood Renewal sites - RAP trial

Leadership and Learning Centre

Food security advisory and training services



Food Security Project

City of Wyndham and City of Greater Geelong in the setting of Neighbourhood Renewal

Phase I

Trial RAPid audit of municipal food security

Phase II

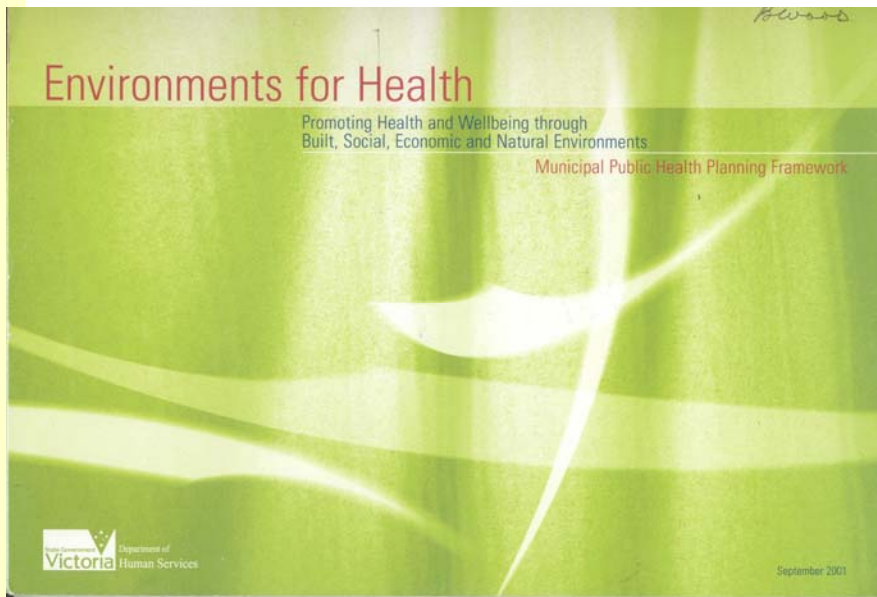
**Assist in identification and opportunities for
local government policies & processes which support
whole of population food security**

Phase III

**Assist in the planning, development and progression
of local government policies and strategies which
will improve whole of population food security in a
sustainable way**

Victorian Environments for Health*

Municipal Public Health Planning Framework



* Department of Human Services, 2001 (Public Health Division)

Dimensions and opportunities

- **Natural**
 - Built
- **Economic**
- **Social and cultural**
 - **Health**

The “Environments for Health” framework and municipal food security

Appendix 1: Municipal Public Health Planning to support sustainable food security through the local food chain system*#

Dimensions and opportunities				
	NATURAL	BUILT	ECONOMIC	SOCIAL AND CULTURAL
LOCAL FOOD CHAIN SYSTEM	<ul style="list-style-type: none"> • Is there any agricultural land or local food production or food processing? • Are there any environmental initiatives? 	<ul style="list-style-type: none"> • What is the retail mix for food access? • What is the location for food outlet access? • What is the location for dining and meal outlet access? 	<ul style="list-style-type: none"> • Are there any local policies in line with ecological sustainable development? • Are there any policies to support local food access to basic foods in all local areas? 	<ul style="list-style-type: none"> • Is culturally appropriate food available? • Are there infant, child, and youth support and activities for social and food connectedness?
Food produced				
Food available for distribution	<ul style="list-style-type: none"> • Is there any encouragement of edible planting in public areas, organisations, schools and private gardens? 	<ul style="list-style-type: none"> • Is there ready access to basic foods within walkable distance (400-500 metres) for all residents? • Is there ready access to free drinking water in open spaces? 	<ul style="list-style-type: none"> • What are the characteristics of commercial food outlets? 	<ul style="list-style-type: none"> • Are there community programs and activities for social and food connectedness?
Food available for purchase	<ul style="list-style-type: none"> • Are there liveable local environments & recreational areas? • How is food safety, food waste and packaging waste addressed? 	<ul style="list-style-type: none"> • Is there ready access to seating, public toilets and shade on all walking routes and in public areas? • Are Baby Change Room facilities readily available? • Are there minimum standards for food storage and preparation in all public housing and rooming houses? 	<ul style="list-style-type: none"> • What are the characteristics of community food outlets? • What are the characteristics of Emergency Food Relief outlets? 	<ul style="list-style-type: none"> • Do cultural and programs and activities include food access?
Food purchased				
Food eaten				
Social benefit Health status outcomes		<ul style="list-style-type: none"> • Does regular user-friendly public or community transport connect all residents to the food supply outlets? • What are the characteristics of private transport? 		<ul style="list-style-type: none"> • What is the knowledge and capacity of people in various sectors about food security?

* Modified from Wood, Swinburn, Burns (2003)

Version 2

HEALTH
<ul style="list-style-type: none"> • What are the demographic factors? What are the indices of disadvantage? • What are the food and nutrition risk factors? What is the area burden for disease? • Are there any infants, children, youth and women of child bearing age who are at risk of food security problems? • Who are considered to be the most vulnerable?

Natural environment-dimensions & opportunities

- **Agricultural land?**
- **Local food production- food processing?**
- **Environmental initiatives?**
- **Any edible planting in public areas?**
- **Liveable local environments & recreational areas?**
- **Food safety, food waste- packaging? (legislation)**

- **Mapping of arable land for farming (rural, urban) & community gardens**
- **Land use planning to preserve arable land**
- **Active support for local food – growing, production, distribution**



- **Landcare**
- **Festivals**
- **Permaculture**
- **Organic food**
- **Slow food**
- **EcoCentres**
- **Boutique food processing**

Health Promotion

- **Community gardens**
- **School gardens**
- **Food safety legislation**

Disaster relief

Built environment-dimensions & opportunities

- Retail mix for food access?
- Location for food access?
- Location for dining and meal access?
- Basic foods available-walk distance (400-500 metres)?
- Ready access to free drinking water in open spaces?
- Ready access to seating, public toilets, shade-all walking routes
- Regular user-friendly integrated public transport-all residents to food outlets?
- Characteristics of private transport?
- Baby Change Rooms available?
- Minimum standards-food storage in all public-rooming houses?

- Planning–food supply decentralisation
- Planning- integration of food security and housing policy
- Public transport-integration with food supply locations
- Mapping of community kitchens (OHS standards)



Community Services

- Breakfast programs
- Community cafes
- Meals-on-wheels
- Bottled water
- Community buses
- Taxi vouchers
- Volunteer drivers

Emergency Food Relief

Policing

Economic environment-dimensions & opportunities

- Income support?
- Health care support?
- Employment?
- Education support?

- Local policies-ecological sustainable development?
- Policy to support local food access to basic foods in all local areas?

- Commercial food outlets-variety and food value for money?

- Community food outlets?
- Emergency Food Relief outlets?

- Planning–food supply competition, variety, decentralisation
- Support for local food markets, food co-ops
- Food waste policy
- Up-to-date list of EFR outlets



- Farmers markets, food co-ops
- **Community Services**
- Breakfast programs
- Community cafes & kitchens
- Meals-on-wheels

- **Health Promotion**
- Health information
- Cooking classes
- Budgeting-Training

Emergency Food Relief

- **Legislation**
- Good Samaritan Law

Policing

**Social and cultural
environments
dimensions & opportunities**

**Health environments
dimensions and opportunities**

**Mapping
Food supply location
Public transport
etc**

Examples of major barriers to municipal food security

Natural environment – arable land not preserved, little local food grown

Built environment - centralised food supplies, inadequate public transport, inadequate amenities & infrastructure

Economic environment – low food variety, limited competition, high food cost

Socio-cultural environment – at risk groups (social exclusion, food exclusion)

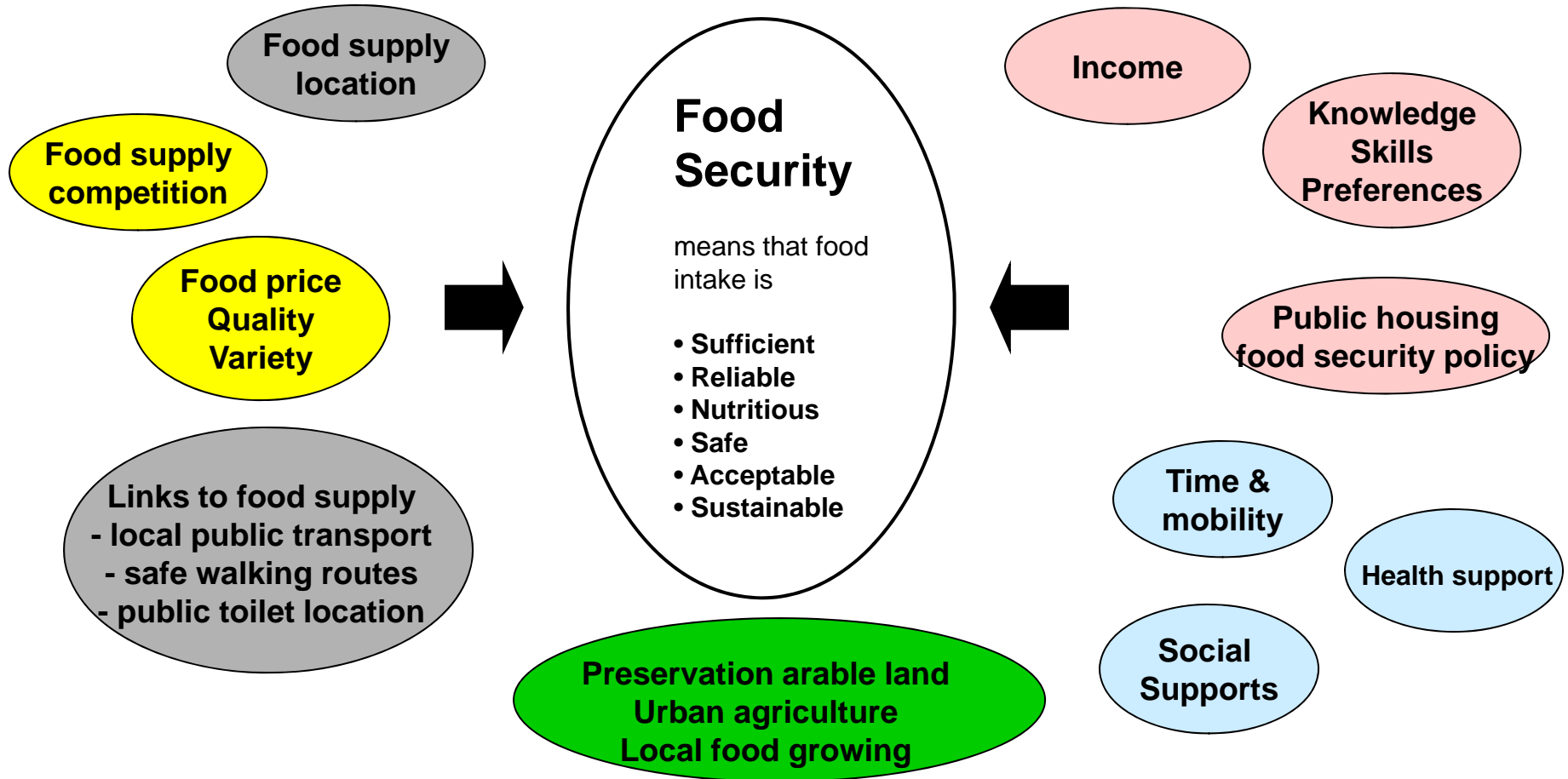
Health environment – at risk groups

Municipal Food Security

COMMUNITY FOOD SECURITY

HOUSEHOLD, INDIVIDUAL FOOD SECURITY

Health framework



Long term sustainable solutions to food security barriers promote social inclusion & food inclusion

Growing, harvesting, processing, preparing food

Social cooperation to ensure food supply

**Food consumption is social
(no culture promotes solitary eating)**

Food promotes social interaction

Food builds social relationships

(Rozin, 1996)

“Adapt or suffer”

Australians must learn to live in a warmer climate with less rainfall

**AND ONE OF THE THINGS WE CAN DO
IS TO BUY LOCAL PRODUCE ***

(Coughlan, 2007)



A liveable and just society?

Integrated planning and resources
which supports activities of daily living for all

HOW??

Good governance

- Whole of Government policy & planning
 - Community planning
 - Environments for health planning
 - Food security planning
 - Housing strategy planning
- Physical activity strategy planning

*Clean air-clean water-local food supply-
food security-mental & physical health-
quality of life-spirituality-longevity*

Democracy, good governance, mental and physical well-being for ALL

Towards an *integrated* sustainable water and local food chain systems and resilient communities

Towards a democratic people's movement for health and well-being, with protection of water and natural resources and local food production

Sustainability of change in the wider community

**Do we need lead organisation(s)
and what might it (they) look like?**

Coalitions-Food Policy Councils-Alliances?



SACOSS - Blueprint to eradicate poverty in South Australia (2007)

Health-Access & equity of outcomes-Strategy 20

Ensure access to affordable healthy food for all communities

- 1) Reduction in areas of 'food deserts' ...**
- 2) Increase average intake of fresh fruit and vegetables (per person) in areas with a high concentration of people on low incomes**

Potential role and strategies

- 1) Data collection – mapping**
- 2) Community consultation**
- 3) Advocacy to governments**
- 4) Community strategies support**
- 5) Capacity building**
- 6) Community resilience**

Social and cultural environments -dimensions & opportunities

- **Culturally appropriate food?**
- **Infant, child youth support-social-food-connectedness?**
- **Community activities-social-food connectedness?**
- **Cultural activities include food access?**
- **Knowledge-capacity in various sectors?**

- **Food policy supports social-cultural aspects of food supply at all Council owned venues and events**
- **Policy supports integration of health promotion in community activities**



Health Services

- **Mental illness**
- **Physical illness**
- **Poverty**
- **Addiction**

Health Promotion

- **Breakfast programs**
- **Community gardens**
- **Community cafes**
- **Meals-on-wheels**
- **Cooking classes**
- **Training Programs**

Policing

Health environments—dimensions and opportunities

- What are the demographic factors?
 - What are the indices of disadvantage?
 - What are the food & nutrition risk factors?
 - What is the area burden for disease?
 - Are there infants, children, youth, and women of child bearing age at risk of food security problems?
 - Who are considered to be the most vulnerable?
- Policy to support breast-feeding
 - Planning support for community cafes
 - Disaster Relief food policy
- Health Promotion**
- Information dissemination
 - Breakfast programs
 - Community gardens
 - Community cafes
 - Meals-on-wheels
 - Cooking classes
 - Training Programs

Food security strategies

- 1) **Confront hunger and poverty**
- 2) **Ensure adequate food availability & safety nets**
- 3) **Empower individuals to gain access to food**
 - **By earning the income to purchase food**
 - **By participating in community food security activities**
 - **Where practical, by growing & sharing food**

<http://www.health.gov.au/pubhlth/strateg/food/signal/index.htm>



Remote communities

“Many Aboriginal people in remote communities do not have access to the same range and cost options for healthy food as non-Aboriginal South Australians

The ability to prepare and store fresh food is also limited by the lack of adequate facilities and infrastructure, such as kitchens, storage facilities, and a reliable source of electricity

