

**Food Security in the City of Port Phillip
Report Part V**

Municipal Food Security

**Executive Summary of dimensions,
opportunities and new ideas**



Our 20 year vision sees the City of Port Phillip as 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.

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All photographs used were taken in the City of Port Phillip with the photographed people's consent.

Preface

This is the Executive Summary Part V of the Report for the Food Security Project in the City of Port Phillip. It has been derived from the more detailed information gathered on community food security, and household and individual food security which has already been presented in the Report Parts I-IV. A glossary of terms has been provided in Appendix 1.

The Project Steering Committee and all of the interviewed Stakeholders have given generously of their time and commitment to the issues of food security in the municipality. Particular assistance has been given by Jessica Malcolm (Inner South Community Health Service) and Kylie Couzens (City of Port Phillip Health Services).

Ron Frew (Local Government Partnerships, Victorian Department of Human Services) has provided support and comment on the application of *Environments for health* and the Victorian Municipal Public Health Planning framework.

This work has identified many opportunities to improve food security in the City of Port Phillip. Sincere acknowledgment is afforded to all for their contribution. This opportunity now requires further input from other stakeholders, the Council, the Traders, community organisations and residents, and is made available for this purpose.

This Project has been commissioned and funded by the City of Port Phillip.

Food Security in the City of Port Phillip Reports:

Part I: Stakeholder interviews

Part II: Household and individual food security. The social, cultural and health dimensions and opportunities

Part III: Community food security. The environmental, built and economic dimensions and opportunities

Part IV: Municipal food security. Summary of dimensions, opportunities, and new ideas

Part V: Executive Summary-Municipal food security. Summary of dimensions, opportunities, and new ideas

'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)

City of Port Phillip Twenty year vision of food security (2024)¹

By the year 2024, 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 community will promote the social health benefits of eating together and will provide many opportunities for people from different backgrounds to enjoy meals together. 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.

There will be free public water fountains throughout the suburbs and food will be available on fruit trees, and in indigenous and non-indigenous food gardens. More people will be supported to develop the skills and knowledge necessary to make healthy food choices, cook their own food and grow their own food either at home or in nearby community gardens.

¹ This vision was developed by community members at a City of Port Phillip Forum on Food Security on April 22, 2004.

Municipal Public Health Planning to support sustainable food security through the local food chain system

LOCAL FOOD CHAIN SYSTEM
Food produced
Food available for distribution
Food available for purchase
Food purchased
Food eaten
Social benefit Health status outcomes

Dimensions and opportunities			
NATURAL	BUILT	ECONOMIC	SOCIAL AND CULTURAL
<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?
<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?
<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?
	<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 et al, 2003.

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?

Municipal food security

Summary of dimensions, opportunities and ideas

We may occasionally think of local food insecurity when we see homeless Bill rummaging through the garbage bins, but the kids who have no breakfast and perhaps junk food for lunch remain invisible.

We may not immediately think that Jack down the road hasn't eaten a vegetable for six years – unless you include chips as a vegetable – as he has no cooking skills and his rooming house provides him with nowhere to store his food and nowhere to cook.

Nor may we think of Joyce who finds it too difficult and too expensive nowadays to do the 110 minute round trip to the market by public transport. The grocery bags are simply too heavy and a shopping jeep is too awkward to lug on and off two sets of trams there and back.

We probably do not think of sole parent Barbara whose clamouring children cannot be left safely alone while she faces walking and public transport to and from the supermarket with the milk and bread and other basic foods.

And how many kids would have better social connectedness and attend school regularly if they weren't distracted by their cramping hungry stomachs and weariness from lack of regular meals?

How many dollars of health and community services and emergency food relief could we save for more positive activities, if we could ensure people had local access to something as basic as low cost nutritious food every day?

When the topic of food insecurity is raised in urban Australia, it is too easy to recall those inhumane images of the big brown eyes of a dust covered three year old African looking desperately into a camera lens as she shoos away another round of flies.

This is a country full of food. It is hard to comprehend that there are many children and families and many adults in most of our own local communities who do not know where the next meal is coming from. They can be seriously affected by the invisible barriers to local food access.

As we reflect a little more about food insecurity, we may begin to wonder about the toll this takes on our community. How many people's lives are taken or significantly shortened by the silent assassin of urban food-related health problems? How many diseases could have been prevented if everyone had the chance to eat healthy food regularly? How many lives could have been more enjoyable, more productive and longer?

Who can easily get the food they need? Who misses out? Can everyone afford the tram or bus fare? What's the impact on someone's dignity when they need to queue up for food vouchers every few weeks? How do they cope with their embarrassment and hunger during some of the other weeks? Surely, there's no shortage of food around these parts

Residents of the City of Port Phillip identified food security as a long term problem in their municipality in '*Creating a Healthy and Safer Port Phillip: Health Promotion Plan 1999-2020*'. This Project aims to identify existing information and resources, from which creative strategies can be developed to enable more people within the CoPP to secure regular, adequate, nutritious and culturally acceptable food and improved food security. The objectives are consistent with *Environments for health* and the Victorian Municipal Public Health Planning Framework, with a food security overlay.

Phase I of the Project has been to scope the dimensions and opportunities for improving food security in the City of Port Phillip. A glossary of terms has been provided in Appendix 1. The stakeholder interviews and subsequent information gathering has been completed and assembled in the Project reports.

Despite the large numbers of people who are vulnerable and at risk of individual food insecurity who reside in the municipality, there are many community food security problems for them to face on a daily basis. There is plenty of food but a paucity of low cost food outlets accessible by walkable distance or by public or community transport. Regular low cost food outlets are not dispersed equitably across the neighbourhoods.

The Project reports provide the municipality with cohesive information on a widespread problem. It will inform advocacy and strategic planning to improve food security. Many low cost initiatives can be taken in the short term, and the development of Local Government and Primary Health Care policies and processes will support the instigation of inter-sectoral strategic planning to improve food security in a sustainable way in the medium and long term.

The Report Part I: '*Stakeholder interviews*' addresses the Project objective to '*seek information relevant to food security within the CoPP.*' The 20 Stakeholders were chosen to represent the range of settings and levels and people involved in the Project (refer Appendix 2). The issues of food security are complex and inter-sectoral and the small number of Stakeholders were not a homogeneous group. This summary reflects a collective and thematic overview of their responses, together with their suggested interventions for improved food security in the municipality.

The Report Part II: '*Household and individual food security. The social, cultural, and health dimensions and opportunities*' This report aimed '*to identify local existing information and resources, from which creative strategies can be developed to enable more people to achieve local, secure regular, adequate, nutritious and culturally acceptable food.*' This part of the Report reviews the secondary data sources available on the residents and particular neighbourhoods of the CoPP. Relevant information and data on social and health issues has been extracted from particular reports when it has been considered to be related to food security, social, cultural and health status.



The Report Part III: *'Community food security. The environmental, built and economic dimensions and opportunities'*

Report 3 focuses on the information available on the natural, built and economic dimensions of food security. Most of it has also been extracted from secondary sources when it has been considered to be related to food security, social, cultural and health

status. In this report, the objective has been addressed to *'seek information relevant to food security within the CoPP on:*

- *The commercial and non-commercial food supplies and sources; and*
- *The local transport systems that enable the most vulnerable groups to access a secure source of nutritious food'*

Stakeholders who had participated in an initial round of Project interviews assisted in the identification of information sources. Much data is readily available through CoPP publications and the website, also other Victorian publications and websites. The gathering of some other materials required persistence.

The Report Part IV: *'Municipal food security. Summary of dimensions, opportunities and new ideas'*

This followed the outline of a checklist (see table on page 4) which was derived from a generic plan to support whole of population and sustainable food security through the local food chain system and Municipal Public Health Plan.

Food insecurity is the result of one or more community, household and individual barriers to food. Improvement in food security and social inclusion can be expected to improve quality of life, resilience, decrease the burden of disease and increase longevity. At the level of local government areas, there is little information on the barriers to community, household and individual food security which are faced by the residents, particularly vulnerable residents, on a continuous daily basis. Community barriers for people who are vulnerable are greater in gentrified areas such as the CoPP.

Area gentrification, transport barriers and inequitable local food access were considered to be three of the main community reasons affecting food security across the municipality in the stakeholder interviews.

If food security can be improved, some of the social, health and nutritional consequences can be expected to be:

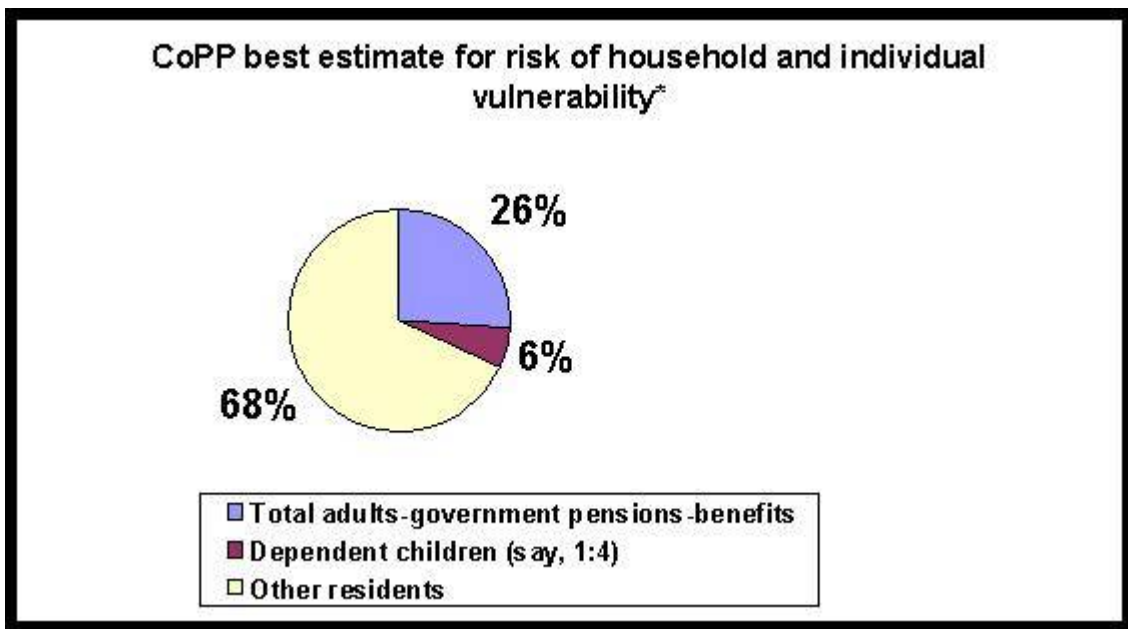
- Lower area burden for disease (decreased disease from a number of causes, higher life expectancy)
- Lower morbidity and mortality rates
- Increased longevity in the most disadvantaged areas
- Reduced rates of overweight-obesity and the diseases of affluence, or underweight
- Reduced psychological and behavioural effects of food insecurity, social inequality and exclusion
- Improved mental health, behaviour, and less crime

The groups most vulnerable and at risk of food security problems in the CoPP have been identified as follows:

- People living in poverty
- Families with children
- Young people
- Older people
- Indigenous Australians
- Ethnic groups
- People with a disability
- People experiencing homelessness
- People with alcohol and drug issues
- Street sex workers

It is recognised that many of these individuals belong to at least two of these vulnerable groups, which makes it difficult to obtain data on the total number of vulnerable individuals in the municipality. An attempt has been made to collate the available data from secondary data sources (Report Part II, Section 4.12).

In December 2004, there were 21,628 adults in the City of Port Phillip who received Government income, such as pensions or unemployment benefits. This accounts for 26% of the population – a figure that would be higher if their dependent spouses and children, and people with no income (e.g., homeless) were included.



Despite widespread views of dramatic neighbourhood change (gentrification), neighbourhood infrastructure and amenities are not being developed at the same pace - such as the regular local food supply, integrated local transport and open space infrastructure which support safe walkable distances. It is noticeable that there are few children, families and elderly people using the streets of the City.

As a large collective population group in their own right, the needs of vulnerable people for user friendly neighbourhood infrastructure and mainstream services are somewhat invisible and worthy of serious consideration.

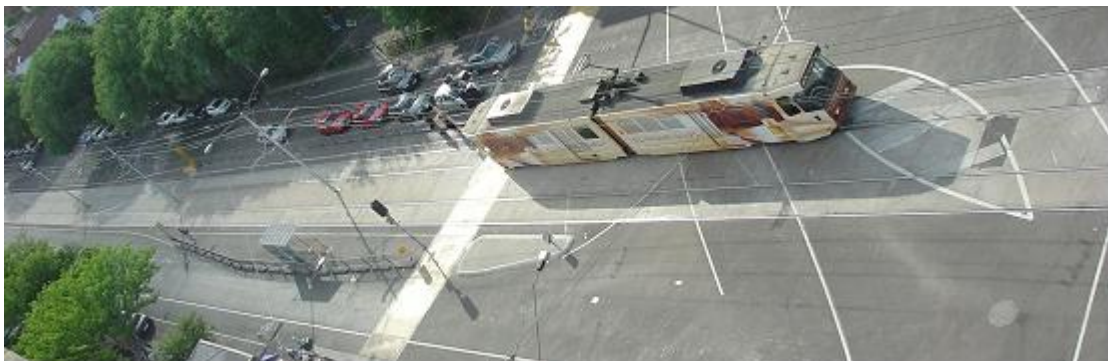
Currently, enormous effort, good-will and funding is being expended by a large number of workers and volunteers in Council, Primary Health Care, Welfare Organisations, community groups and volunteers in the provision of short term community and emergency services for the large numbers of vulnerable people in the City of Port Phillip.

This enormous effort provides only partial compensation for what is missing in neighbourhood infrastructure and mainstream services. In the face of daily emergencies and the plethora of immediate needs, the longer term need can be rarely addressed for supporting quality of life, resilience and independence, and restraining the burden of disease on the individual, household and community.

As clean air, water and food are the most basic body needs and are a human right, these basic needs must be addressed before attention can be effectively given to higher social needs. Basic body needs must, at the very least, be given adequate attention in local government and primary health care policies, planning and processes.

The dimension opportunities presented here (natural and environmental, built, economic, social and cultural, and health) for improving food security in the City of Port Phillip have been derived from the Report Parts I-IV. These dimension opportunities have been shown in the boxes which follow on the next five pages and are likely to be similar to many other urban environments in Australia.

Many of these opportunities for pro-active intervention can be implemented through integrating them with existing Council policies, planning, activities and programs. Good will and commitment will obviate high need for additional expenditure or resources. Other investment in prevention opportunities require further review, development of intervention strategies, and additional expenditure and resources in the long term. The final section of this Report outlines the way forward towards sustainable cost-effective food security outcomes for residents, through community participation and support for those who want to contribute.



NATURAL AND ENVIRONMENTAL DIMENSION OPPORTUNITIES FOR IMPROVING FOOD SECURITY

1) Protect potential agricultural land

- a) Develop community advisory service re potential for growing sustainable local foods
- b) Protect waterways, beaches and the sea from fouling and contamination

2) Increase local food production:

- a) Promote sustainable local recreational fishing
- b) Encourage sustainable production of local foods (for example-fruit trees, vegetables) grown in the setting of natural and public resources - homes, reserves, parks and gardens, and public housing estates
- c) Develop formal relationships, partnerships and exchanges with sister Cities who have agricultural resources and who produce food in excess of their local needs
- d) Investigate potential neighbourhood and household orchards with sharing of crops
- e) Encourage local food processing and packaging industries (for example-fruit, vegetables, cereals, meat and meat substitutes, milk and milk products, Halal foods)

3) Promote environmental initiatives

- a) Through urban planning, invest in opportunities for the funding of specific land care projects (urban food, urban forestry)
- b) Continue support for Council environmental initiatives which pro-actively include food security

4) Support edible planting in public areas, organisations, schools & private gardens

- a) Encourage local food production (private homes, community gardens, rooming houses, public and community housing, gardens in Supported Accommodation)
- b) Promote indigenous food trails and plantings to homeless people and agencies as a public food source

5) Develop food safety, food waste and packing waste strategies

- a) Provide training in food safety for community groups and residents to enable registration and accreditation of community food activities and facilitate food sharing at the local level
- b) Develop strategies with traders for the re-distribution and possible donation of unused food
- c) Develop strategies with traders for the distribution-disposal of food and packing waste (fruit, vegetables, bones-garden fertilisers, food scraps-animal consumption)



BUILT DIMENSION OPPORTUNITIES FOR IMPROVING FOOD SECURITY

1) Promote local food access within walkable distance for all residents

- a) Consult with the City of Port Phillip Planning Department and the Economic Development Unit re opportunities for improving local food access, particularly in areas where there is no choice in food access, such as Port Melbourne-Garden City, St Kilda Road-Southbank, St Kilda-West
- b) Develop local shopping centres where all residents are included and local food distribution is supported through local food suppliers
- c) Complete introduction of facilities for picnics & barbecues adjacent to recreational areas in parks
- d) Review community kitchens are legally ready for access by self-help community groups for food preparation and sale (low cost)
- e) Consult Traders about the following:
 - Home order-delivery of basic foodstuffs (milk, bread, fruits, vegetables) & groceries
 - Home order and delivery of prepared meals and take away foods
 - Mobile commercial activity including distribution and delivery of regular (at least weekly foods and beverages to residential and other areas, particularly in the non-Summer months)
 - Viability of selling fruit and vegetables on public housing estates, and other locations for vulnerable groups of residents

2) Support regular user-friendly public or community transport to food supply outlets for all residents

- a) Include families with children, youth and other residents who are vulnerable in the considerations for the Community Bus
- b) Development of planning and policy to extend the Safe Routes to Shops Program to all neighbourhoods, with inclusion of neighbourhood amenities which support walkable distances to transport, food access and other activities
- c) Review public and community transport within the CoPP, and provide for its integration within and across the City from Port Melbourne-Garden City to Elwood-Ripponlea (regular daily service-to connect all public housing and neighbourhoods with low car ownership to main shopping strips, markets and recreational areas across the municipality)

3) Review and promote ready access to free drinking water in open spaces

- a) Complete the location map for drinking fountains in neighbourhood shopping centres, libraries, and recreational areas, and conduct survey of function and cleanliness

4) Review and promote access to seating on walking routes and in public areas

5) Review and promote access to public toilets on walking routes and in public areas

6) Review and promote Baby Change Room facilities available

- a) Complete the location map for adequate Baby Change Room facilities in neighbourhood shopping centres, libraries, and recreational areas

7) Develop and promote minimum standards for food storage and preparation in all public housing and rooming houses

- a) Develop opportunities for shared meals in public housing estates and group housing eg. barbecues, market bus trips
- b) Investigate the development of policies and processes to support food security in Council owned public housing
- c) Investigate how adequate food storage and preparation facilities could be achieved in all accommodation premises without losing housing stock



ECONOMIC DIMENSION OPPORTUNITIES FOR IMPROVING FOOD SECURITY

- 1) Develop local policies in line with ecological sustainable development**
 - a) Develop CoPP Food Security Policy and annual Municipal Public Health Plan strategies
 - b) Consult CoPP Sustainable Communities Progress Indicators Project, so that food security indicators can be built into the Program

- 2) Promote a variety of low cost healthy food in all neighbourhoods**
 - a) Lobby CoPP Planning Department and Economic Development Unit about establishment of commercial food outlets and dining-meal outlets (competitively priced), particularly in the disadvantaged areas of Port Melbourne-Garden City, St Kilda Road-Southbank, & St Kilda-West
 - b) Consult Planning Department and Economic Development Unit re:
 - Development of a Community Service Award to support food security initiatives
 - a) Council subsidized rates for low cost food outlets (e.g. food co-operatives, markets, \$1-2 food shops, subsidized meals with a Health Care card)
 - Development of community cafes in neighbourhoods with large numbers of vulnerable people
 - c) Support rent subsidisation for low cost food outlets adjacent to areas of disadvantage eg. food co-operatives and community cafes

- 3) Promote food and social connectedness in local shopping centres**
 - a) Increase capacity for food insecure households and individuals to access local mainstream food supplies with social connections, for example-local food shops and cafes
 - b) Consult Traders re:
 - Encouraging all food outlets, Restaurants and Cafes to be inclusive of local residents
 - Provision of commercial services to meet needs of vulnerable residents (elderly, disabled, homeless (mobile access, serving sizes, packaging, seating, public toilets)
 - Lower food and meal prices at off-peak times for local residents
 - User friendly home ordering and delivery (telephone)

- 4) Support & develop equitable provision of adequate emergency food supplies**
 - a) Provide food safety training for community groups and residents
 - b) Improve co-ordination of EFR - collect statistics for advocacy purposes
 - c) Review geographical location of outlets for EFR in relation to need
 - d) Advocate and provide the opportunities for improvement in EFR (Ryley, 2003):
 - ★ Prevent the need for EFR (through improving local mainstream food supplies, and household management skills)
 - ★ Improve access to EFR Services (daily and timing frequency, access by public transport, toilets with disability provision, resources)
 - ★ Increase range and location of EFR Services (local food van, increased access for women-children, more food vouchers-parcels, better physical amenities and equipment)
 - ★ Increase fund raising (local businesses and philanthropic trusts, donated foods, school activities)
 - ★ Develop initiatives for subsidized food and meals eg. Cafe Meals Program

SOCIAL AND CULTURAL DIMENSION OPPORTUNITIES FOR IMPROVING FOOD SECURITY

1) Advocacy for culturally appropriate food

- a) Conduct community consultation re need for Halal food outlets
- b) Continue to advocate for culturally appropriate food at all community programs and events

2) Review and plan for food security for infants, children and youth

- a) Integration of food security concepts to all CoPP policies and processes which affect infants, children and youth
- b) Urgent consultation between the CoPP and the commercial, community, education and welfare sector re food security issues, seeking sustainable interventions to support food security for all children, particularly in the Graham Street area of Port Melbourne, South Melbourne and in St Kilda Road-Southbank
- c) Integration of food security and social and food connectedness in the CoPP Municipal Early Years Plan (0-8 years)
- d) Development of joint policy and processes (gardens, tuck shops and lunches, information, cooking and household management, breakfast programs, after-school programs, guidelines for healthy eating), to ensure that all children are food secure in the short and long term

3) Develop neighbourhood opportunities for social and food connectedness, food access, and prepared meals for all (including vulnerable people) in all shopping areas

- a) Consult relevant Council Departments re integration of activities supporting food security into Social planning projects eg. Streetlife (street parties), and Neighbourhood Connections (sense of place and belonging)
- b) Create opportunities for social and food connectedness for residents, particularly vulnerable groups, eg. Market Bus Program, Social Meals Program, Cafe Meals Program

4) Introduce food security information to neighbourhood settings

- a) Improve the knowledge and capacity of residents and community workers in various settings about food security issues
Develop guidelines to assist workers to support residents (particularly vulnerable residents)
- c) Utilise the CoPP web site and libraries, local papers and radio programs and resident and other meetings to disseminate information

MONITORING TO SUPPORT IMPROVEMENT IN FOOD SECURITY

- 1) Develop means for continuous monitoring of community food security across the neighbourhoods (natural, built, economic, social and cultural)**

HEALTH DIMENSION OPPORTUNITIES FOR IMPROVING FOOD SECURITY

- 1) Urgent review food security for families at risk with women of child bearing age, children and youth**
 - a) Port Melbourne-Garden City and St Kilda-Southbank (particularly families, children and youth)
 - b) Regularly review the proportion of CoPP babies weighing less than 2 500 grams at birth
 - c) Families and youth experiencing homelessness
- 2) Review food security for adults at risk**
 - a) South Melbourne (particularly homeless people living on public housing estates)
 - b) St Kilda (people experiencing homelessness, people with alcohol and drug issues, street sex workers)
 - c) East St Kilda (older people)
- 3) Consider the introduction of food security programs which are linked to improvement in social connectedness, for example:**
 - a) Transport to the food supply, local food deliveries
 - b) Social meals program, community and shared meals and barbecues
 - c) Community ownership of food programs eg. food co-operatives, community gardens
 - d) Subsidised local cafe meals, community cafes
- 4) Develop capacity building for workers with at risk population groups, for example:**
 - a) Simple collection of monitoring and statistical data to support advocacy by workers for the most vulnerable groups
 - b) Nutritional risk screening & intervention training for better targeting of food & nutrition support
 - c) Worker training programs in food security
- 5) Provide opportunities for vulnerable group capacity building in household management, information and skills**
 - a) Develop a household management training package for regular use by community workers in a variety of settings including Community Health Centres, Community Hubs, and Community Learning Centres (gardening, food budgeting, food safety, cooking skills, food storage, food preparation, household management, healthy eating guidelines)
- 6) Regularly review the equity for provision of Community Food Services and Emergency Food Relief in all neighbourhoods for local vulnerable groups at most risk, including evenings and weekends**
- 7) Explore the contribution of food security problems to repeated client presentations to Emergency Food Relief, Primary Health Care Providers, and hospitals**
- 8) Continue to develop food security policy to support planning and strategic interventions in public health and primary health care**
- 9) Advocate for inclusion of household and individual food security in the Victorian Population Health Monitor**

Implementation of opportunities and ideas



Food security is inter-sectoral in nature and many of its dimensions apply in a number of settings. The municipal dimension opportunities shown here have been obtained from the community, household, and individual dimension opportunities for improving food security which have been presented in the Reports Parts I-IV.

Many of these opportunities for pro-active intervention can be implemented through good will and commitment to integrate them with existing Council policies, activities and programs without great need for additional expenditure or resources. Other opportunities require further review and development of intervention strategies. These opportunities are more complex and will require additional expenditure and resources over the long term.

Several principles underly the listing of these opportunities:

- 1) Filling food access gaps in the most disadvantaged neighbourhoods
- 2) Neighbourhood area approach and involvement of residents and volunteers for maximum local impact and effectiveness of food security strategies
- 3) Equity of environmentally sustainable food access across neighbourhoods and population groups (food choice, enhancement of well-being, enjoyment)
- 4) Promotion of the distribution, sharing and eating of food together to promote social connectedness cultural identity, food inclusion and social inclusion are often intertwined.
- 5) Ensuring that community food security supports the opportunities for households and individuals to maximize health at all stages of the life cycle, particularly childhood and early adulthood.
- 6) Direct support for particular groups of vulnerable people in most obvious need.

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

The dimensions of food security in the Municipal Public Health Planning Framework (refer page 5) evolved through this CoPP application, and are as follows:

- ★ Natural dimensions (environment, local food production, liveable neighbourhoods)
- ★ Built dimensions (local food access, public-community transport, other relevant amenities)
- ★ Economic dimensions (ecologically sustainable development, food variety and cost range, Community Support Services, Emergency Food Relief)
- ★ Social and cultural dimensions (cultural food, social-food connectedness, capacity-awareness-information-skills of residents- workers-organisations)
- ★ Health dimensions (risk factors, area burden of disease, demographic factors, vulnerable groups)

The next step is to develop a realistic strategic plan for interventions which will make the most cost-effective and sustainable improvement in food security for the most people in the municipality.

Towards sustainable cost-effective food security outcomes for residents

Information on food security will be developed and disseminated as a component of the Community and Health Development Annual Plan and Activities Plan through a central contact network (e-mail, forums), media releases and radio interviews and the Council web site (www.portphillip.vic.gov.au/health_wellbeing.html).

Many opportunities exist within and without the City to achieve support for food security activities, and there is a great need for a Council policy on food security and implementation strategies through relevant Council Departments and the Municipal Public Health Plan. The most cost effective community action areas should be undertaken first towards making the most improvement in food security and achieving the long term as well as short term goals to improve food security across the City..

Food security links to other Council and community activities would be advantageous:

- Urban and community planning
- Liveable neighbourhoods
- Health planning
- Healthy Cities
- Housing strategies
- Environments for health

Community participation

Whole of community participation will be the best way of achieving sustainable improvement in food security. Food is an attractive and unthreatening activity focus, and some of the potential options for initial involvement of residents include:

- Neighbourhood forums regularly provide one of the opportunities for residents to hear about key projects in local areas and could be used to involve residents in local food security issues
- Awareness raising, information and capacity building in self-help groups, and through Neighbourhood Hubs, Neighbourhood Houses and Community Centres
- Port Phillip U3A-This new initiative offers courses for lifelong learning and encourages participation by Seniors in community affairs
- Volunteer network opportunities

Community effort by residents, workers and commerce could be recognised by the Council in one of its numerous ways, including:

- 1) Civic Projects and Citizen of the Year Annual Awards.
- 2) Human Rights Day (annual).
- 3) Port Phillip Business Excellence Awards (annual).

There is also a long history of volunteering. Volunteer work ranges from directly supporting people in need, to community activities in art and culture, natural and environmental action, emergency services, and human rights and social justice. (<http://www.portphillip.vic.gov.au/volunteers.html>)

Support for those who want to contribute

The Project Steering Committee has the potential to advise the Council in the development of innovative responses and partnerships to address the issue of food security, and to assist the achievement of the resources necessary to undertake some of the interventions.

A framework for development of community capacity has been shown below:

Sector	Target group	Ambit	Time frame
Council	Whole of population dimensions •Natural •Built •Economic •Social	<ul style="list-style-type: none"> •Ten Year Community Plan •Inter-sectoral food security policies and strategies in line with ecologically sustainable development •Municipal Public Health Planning Framework and strategies •Implementation strategies •Monitoring of food security indicators (Sustainable Community Progress Indicators) 	Long term
	Vulnerable groups, households and individuals	<ul style="list-style-type: none"> •Assist CoPP Services who provide support 	Moderate term
Community Groups	Self-help groups, cultural groups, residents	<ul style="list-style-type: none"> •Awareness •Capacity building •Support through volunteering and sponsorship 	Moderate term
Commerce and Trade	Managers, staff and customers	<ul style="list-style-type: none"> •Awareness and attitude building •Capacity building •Rewards for initiatives •Support through sponsorship and philanthropy 	Moderate term
Primary Health Care & Community Agencies	Vulnerable groups, households and individuals	<ul style="list-style-type: none"> •Inter-sectoral policies and strategies •Identification of need through nutritional risk screening (SCTT) and simple-expert interventions •Implement the Health Promotion Plan and its food security initiatives •Capacity building programs for workers •Simple monitoring to support advocacy for the most vulnerable groups •Advocacy for increase in Community •Dietitians to support provision of resources and workforce capacity training to address food security issues 	Moderate term
Emergency Food Relief	Vulnerable groups, households and individuals	<ul style="list-style-type: none"> •Food security policy and strategies for care, support, social connectedness •Emergency Relief, food vouchers/ parcels, cooked meals, income support, material aid 	Moderate term

'Everyone has the right to a decent life, including enough food, clothing, housing, medical care and social services. Society should help those that are unable to work because they are unemployed, sick, disabled, or too old to work. Mothers and children are entitled to special care and assistance.'

(The Universal Declaration of Human Rights, United Nations 1948)

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Appendix 1: Glossary of terms

Food and social exclusion

'Food is itself a powerful marker of social exclusion, both for individuals and communities' (McGlone et al, 1999). It means the inability to readily and continuously access mainstream food supplies.

Food security

Food security is defined in its most basic form as *'access by all people at all times to the food needed for a healthy life. Achieving food security means ensuring that sufficient food is available, that supplies are relatively stable and those in need of food can obtain it'*. (FAO/WHO, 1992). It includes community food security and local food access, and household and individual food security.

Community food security and food access

'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 is defined as 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 or by readily available, frequent and affordable public transport.'

A checklist follows:

- Local areas provide clean (free) drinking water
- Basic foods can be obtained through a safe walking distance-400 metres from peoples homes
- All people (including vulnerable people) access the local food supply readily by local transport
- Local food outlets provide real choice in food
- The food supply is user-friendly in access to all
- There is choice in food type, unit size, packaging, food quality, and food cost
- The food items on sale are easily accessible, with good signage, and visibility
- A choice of healthy cheap prepared meals/snacks is provided by local food outlets
- Local food supply is adjacent to amenity areas including toilets, seats/, and weather protection

Household and individual food security

'Access by all people at all times to enough food for an active, healthy life and includes at a minimum:

1) The readily availability of nutritionally adequate and safe foods; and

2) *'An assured ability to acquire foods in socially acceptable ways (for example, without resorting to*

emergency food supplies, scavenging, stealing, or other coping strategies' (Anderson, 1990).

A checklist follows:

- Ability to purchase or carry food and fluids
- Ability to walk and carry food regularly
- Independent ability to organise, prepare, feed self
- Good health status, normal food behaviours, no addictive behaviours
- Good mobility
- Careful budgeting not required for essential household bills, good skill level for budgets
- Good skill level in household management

Appendix 2: List of Stakeholder Interviews*

Setting	Theme	Stakeholder
Community representative	Councillor	Carolyn Hutcheons
CoPP Council	Community and Health	Peter Streker
	Ageing and Community Care (HACC)	Anna Moo
	Social Meals Program	Ann Callaghan
	Environmental Health	Kylie Couzens
	Social Policy	Mary Bartlett
	Sustainable Transport	Bronwen Machin
	Family and Youth Services	Caitland McLoughlin
	South Melbourne Market	Ray Walton
	Economic Development	Mike McIntosh
Primary Health Care	Primary Care Partnership	Barry Hahn
	Community Dietitian	Jessica Malcolm
	Dietitian (HACC)	Malcolm Burnett
	HACC Outreach Worker.	Robert Reid
Non-Government Organisations and Agencies	Southport Daylinks Inc.	Carolyn Fuller
	Port Phillip Housing Association Inc	Sarah Fair
	Sacred Heart Mission	Cathy Humphrey
	Salvation Army Crisis Centre	Jenny Plant
	Good Beginnings Australia-Early Years Project	Maureen Imeson
	ECO Centre	Neil Blake

* August-September 2003