



Hobsons Bay
CITY COUNCIL

Hobsons Bay City Council

Community Consultation Report May 2009

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Background

Food security is the practice of ensuring constant access to safe and nutritious food for a given population. Food security is determined by the food supply in a community and whether people have adequate resources and skills to acquire and use that food (Rychetnik, et al, 2002).

According to 2006 Community Indicators Victoria (CIV) data, 7.7% of the adult population living in Hobsons Bay had experienced food insecurity, compared to 6.3% in the Northern & Western Metro Region and the Victorian State average of 6.0%. Food insecurity in this instance was defined as running out of food at some point and not being able to afford to buy more, within the last 12 months

The Hobsons Bay City Council has identified food and nutrition as an important issue within its current Health and Wellbeing Plan. In particular, the Health and Wellbeing Plan identifies 'safe and nutritious food' as one of the six priorities areas of focus over the next 4 years.

In order to progress this work, in the first half of 2008, a series of forums were held which aimed to develop a common understanding and language within the Council about food security issues, as well as to identify current work being undertaken and possible future directions.

The need for the Council to develop a Hobsons Bay Food Security Policy Statement to inform future food security actions was also identified through these forums and the Council consequently secured funding from the Department of Human Services to develop a food security policy statement to:

- Assist the Council in identifying its food security priorities
- Underpin any future work the Council undertakes in relation to food security
- Identify the Council's role and responsibilities in addressing food security issues within the municipality.

The development of the Food Security Policy Statement was guided by an internal working group which consisted of Council officers from various business units.

The Food Security Policy Statement is also informed by a discussion paper which provides a brief review of food security approaches and this report which presents the results of the community consultation undertaken in relation to the food security issue in Hobsons Bay.

Consultation Methodology

The Council has been in consultation with Hobsons Bay residents and Council staff as to what the Council's role and responsibilities in addressing food security issues within the municipality are.

The development of the Food Security Policy Statement was guided by an internal working group which consisted of Council officers from various business units. The working group identified three steps which were needed for the community consultation in order to gain a comprehensive idea of public perception of food security issues in Hobsons Bay as detailed here.

1. 2008 Council Internal Consultation

During the first half of 2008, a series of internal Council forums were held (on the 25th of February and 3rd of March) which aimed to develop a common understanding and language within the Council about food security issues, as well as to identify current work being undertaken and possible future directions. Attendance for both sessions was approximately 25-30 people representing Laverton community renewal, planning and environment, and community services.

The main objective of these forums was to map out the determinants of food security, determine what work the Council was already undertaking in relation to the food security issue and what role the Council could play in future to further address the issue.

Appendix 1 provides the agenda for these sessions, which shows the content of the forum and issues discussed.

2. Access to Food Surveys

A survey was developed to seek feedback on the issue from residents and organisations providing assistance to people facing food security issues

The survey consisted of three key questions as follows:

- When it comes to accessing food what factors are important to you?
- What do you think is needed to improve people's access to food in your area?
- What can the Council do to improve access to food in the municipality?

Each of these questions was framed in order to provide the Council with guidance in setting the priorities for the Food Security Policy Statement and for identifying where improvements in service delivery could be made.

In addition, the survey developed was used to conduct street interviews. Three key sites were chosen around Hobsons Bay. The selected sites included Pier Street in Altona, Aviation Road in Laverton, and the commercial precinct of Williamstown. This approach was used to try and capture information from those residents who would not normally attend a formal consultation sessions.

Appendix 3 provides samples of these surveys.

3. Access to Food Consultation Sessions

On the Wednesday 4th February, a consultation session was held with the Kids – 'Go For Your Life'

Reference Committee whose purpose it is to oversee the implementation of the project. This session provided professionals working with children a chance to inform the Council about initiatives undertaken within their sector.

On Thursday 12th March 2009, the Access to Food consultation session was held. This session was designed to not only give residents a chance to voice their opinion on the food security issue but also to hear from a guest speaker about what residents themselves could do to help create personal food security through gardening.

Both session included round table discussion surrounding the questions raised within the surveys. A Council staff member facilitated the discussion at each of the sessions and recorded the responses, concerns and opinions raised by residents.

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Consultation Results

The results of the different methods of the community consultation process are summarised here. The complete raw data for each method of consultation undertaken is presented in the Appendix to this report.

1. 2008 Council Internal Consultation

These internal Council forums identified the work already undertaken by the Council to address food security issues across the municipality. The forums also were instrumental to identifying the Council's role in influencing and addressing food security issues across the municipality which included:

- **Improving Governance and Leadership** by creating value adding work through community consultation to examine how food security issues can be included within new Council policies.
- **Building Capacity Within Council** by encouraging discussion around food security as well as information sharing to increase awareness and understanding of food related issues
- **Conducting Research and Community Profiling** to gauge what policies currently govern food security and to map out what current service/assets are available to local residents
- **Identifying Services and Infrastructure Available within the Community** to fill the gaps in the current service provision. This might take the form of facilitating access to resources and creating community groups such as cooking groups which would give the community additional assets for addressing food insecurity
- **Ethically Framed Advocacy** by creating a set of benchmarks for food security research to measure the level of success of community programs. Additionally working within the community and the Council to ensure that food security is given voice in discussions
- **Facilitation and Influence** through community assets to support food security initiatives such as community kitchens and gardens. Establishing connections with local industry to provide improved fresh food access when resources are stretched thin.

These outcomes of these forums provided the impetus for the development of the current Hobsons Bay Food Security Policy Statement.

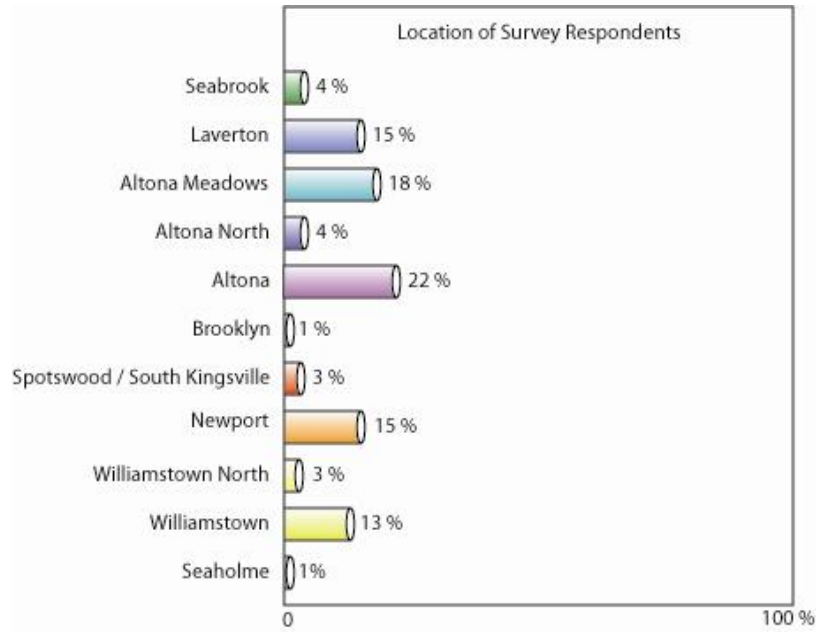
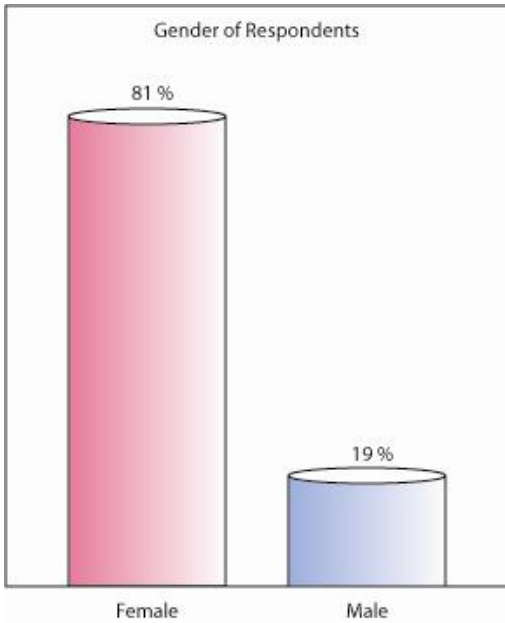
Appendix 2 provides the raw data from this session which details Council's identified future work in relation to improving food security.

2. Access to Food Survey

Over 1000 questionnaires were distributed to residents, through libraries, community centres and Neighbourhood houses. The survey was distributed during February and March 2009, the results of which are summarised here. Appendix 3 provides the raw data from the surveys received.

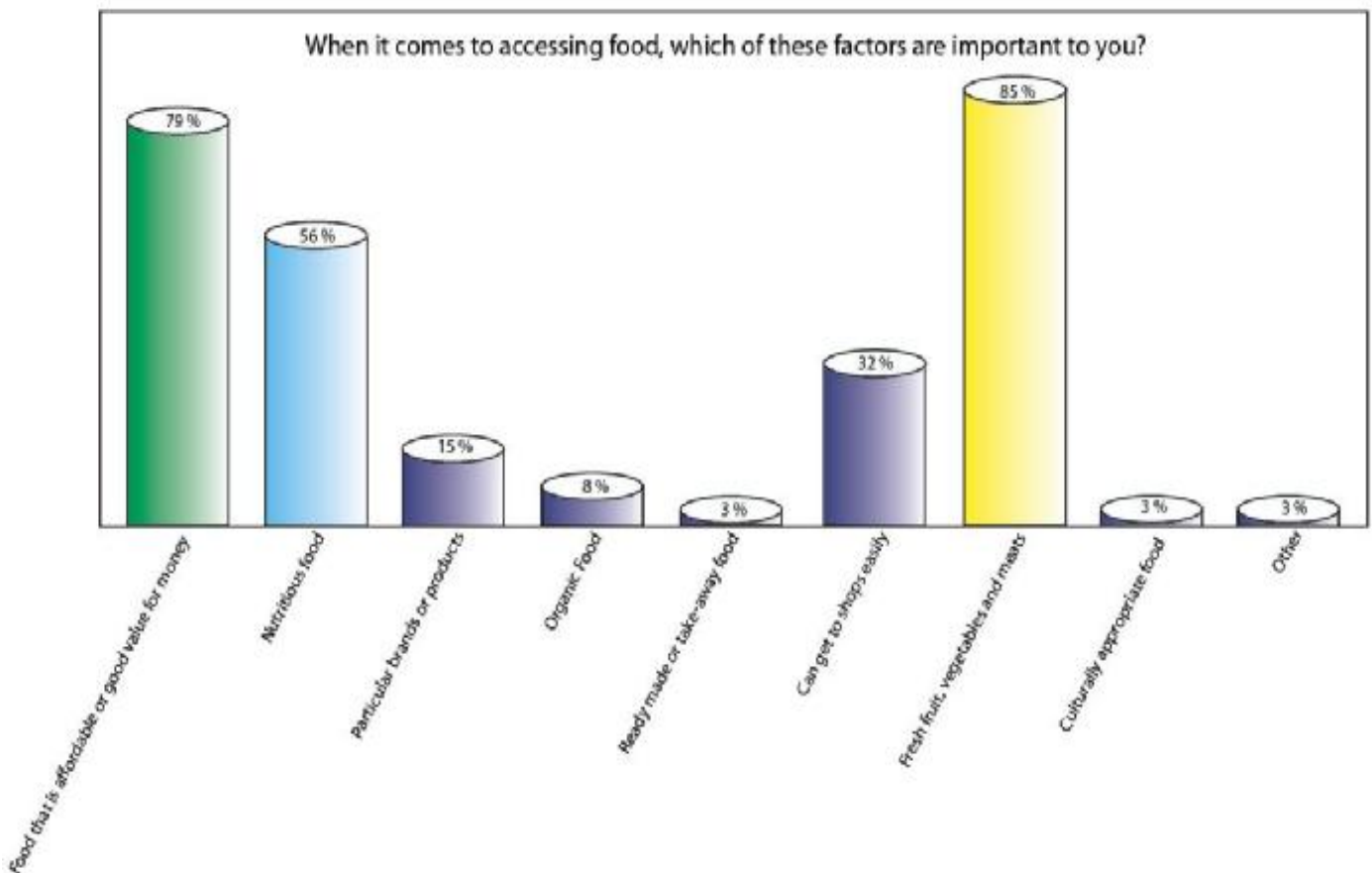
Demographics

During this time, 83 surveys were returned (5 were from community organisations, 5 via street interviews). Of the respondents, 81% were female and 19% were male, 58% were under the age of 50, and 23% were born overseas. Of total respondents, 22% reside in Altona, 18% in Altona Meadows, and 15% in Laverton and Newport. The average income of respondents was between 150-600 dollars per week (59%) though it should be noted 3% indicated that they had no income.

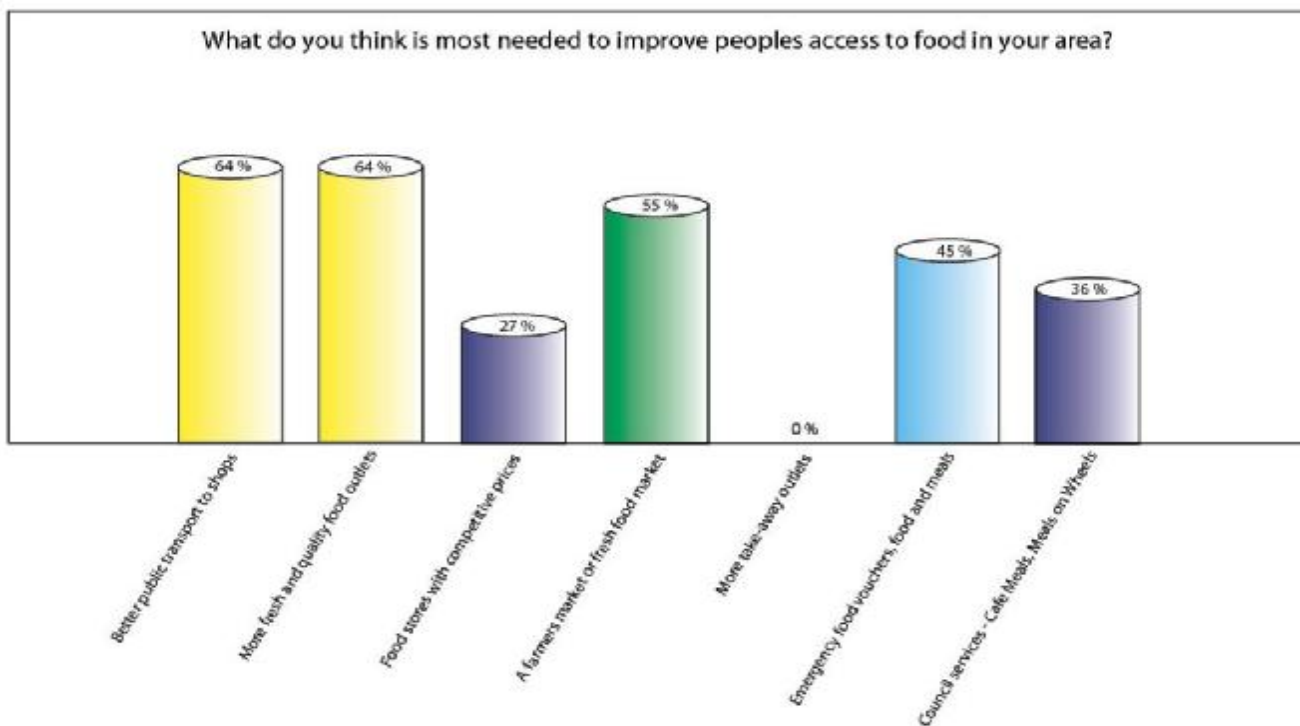


Resident Survey Results

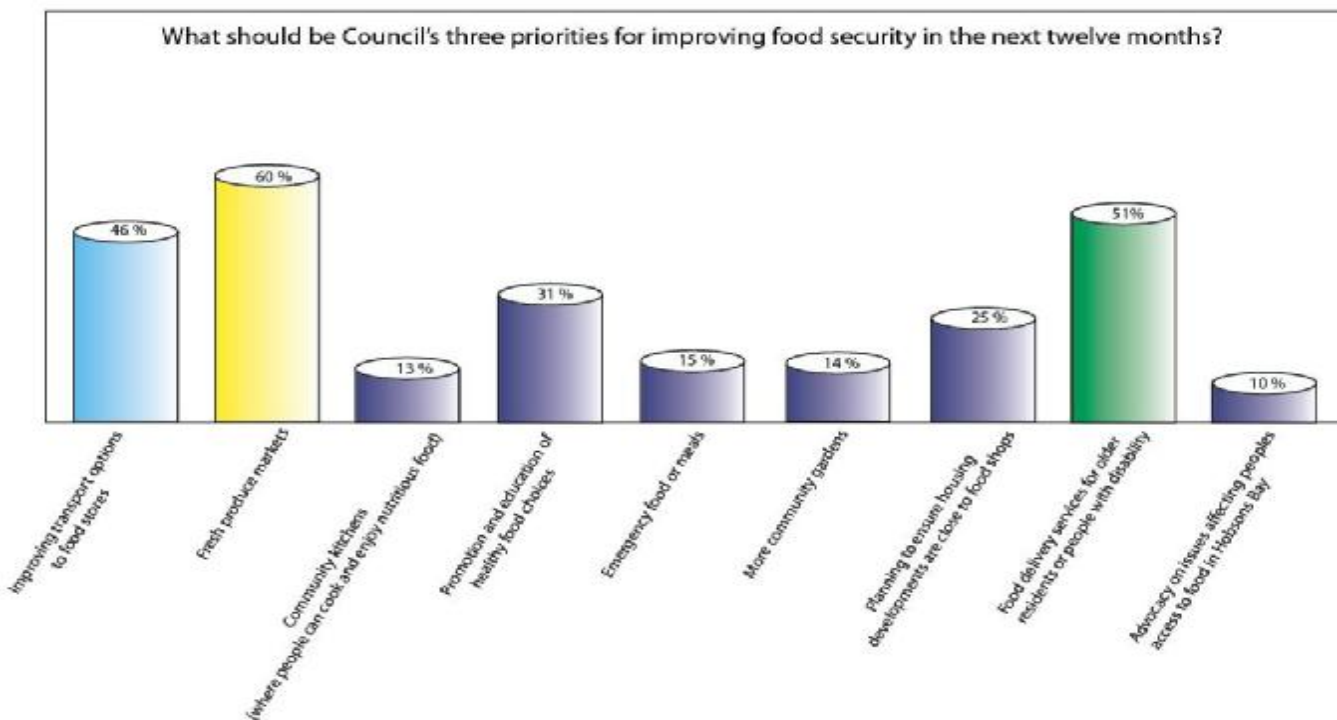
The majority of respondents (85%) indicated that access to **Fruits vegetables and meats** was important to them, followed by **affordability** of food (79%) and **nutritional value** of food (56%).



farmers market (58%) and **food stores with competitive prices (57%)** were needed to improve people's access to food in their area.



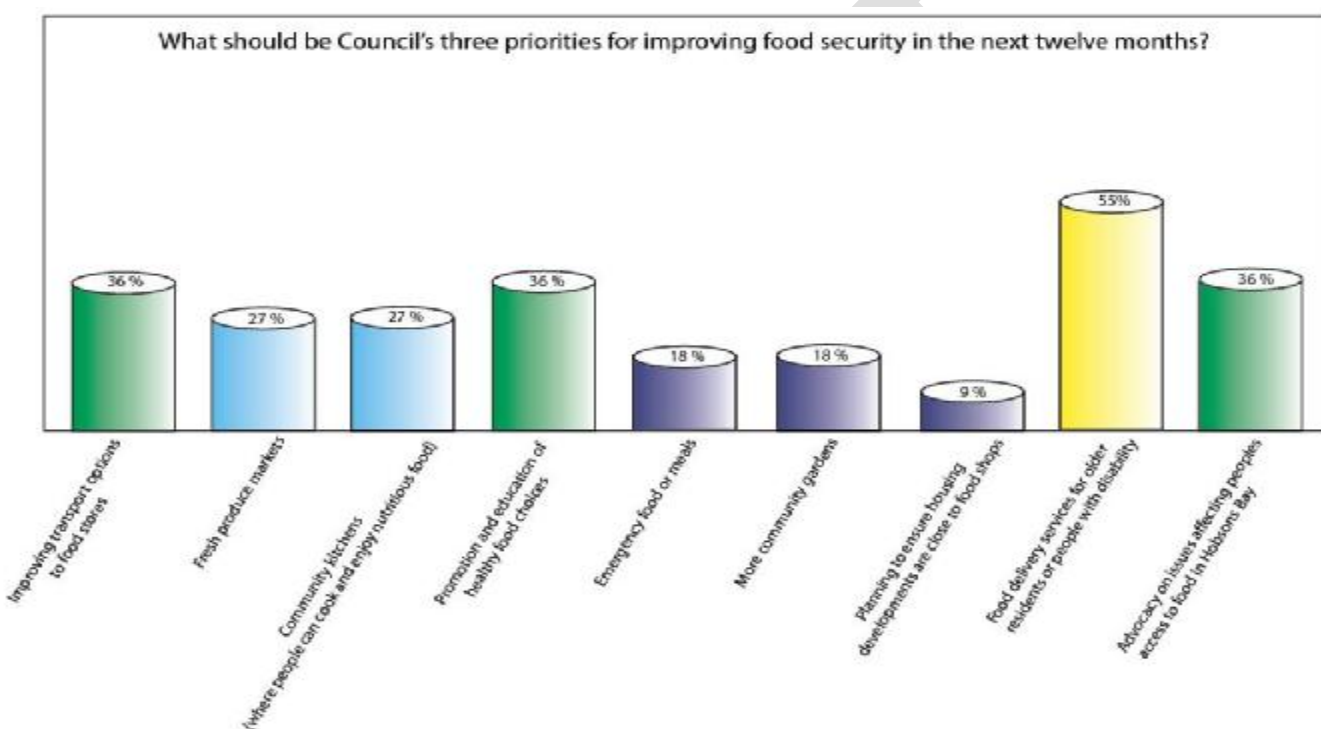
Respondents indicated that the Council's priorities for improving food security should be to increase **fresh produce markets (60%)**, continue **Food delivery services for the elderly and disabled (52%)** and to work on **improving transport options to food stores (46%)**.



female, the males that completed the survey came almost entirely from one location (Laverton Community Centre). This is an interesting anomaly in the data that may have further implications for the provision of community services.

Community Organisation Survey Results

While the response from organisations to the survey was not significant, the outcomes appear to correlate with the resident responses in relation to the first 2 questions. However, there was a varied response from organisations in relation to the last question (What can the Council do to improve access to food in the municipality?), as shown below.



As per the results of the resident surveys, respondents representing organisations or service providers also indicated that **Food delivery services for the elderly and disabled** (55%) should be a priority for Council's work.

Street Interviews

The responses of those interviewed were consistent with the findings of the surveys received. The majority of respondents indicated that when it came to accessing food, **having access to affordable food** was important. Those interviewed indicated that the Council could try to increase **more fresh produce markets** as well as improvement to transportation options.

2. Access to Food Consultation

The consultation session with the Kids – ‘Go For Your Life’ Reference Committee, was attended by 5 professionals representing Council Children’s services, schools, kindergartens and parents.

Through the session the organisations represented informed of the initiatives they undertook to assist children experiencing food insecurity including:

- *Provision of daily boxed healthy school lunches (fruit, sandwich, long life milk) for children usually 3 families a week*
- *Provision of healthy lunch and healthy eating modeling*
- *Provision of healthy snacks as backup*

The organisations represented also informed about initiatives which they felt were working well to assist people to access food. These included:

- *Acknowledgement that education through children is a powerful tool to put pressure on parents. Children take relevant information back to parents. Helpful programs/activities include:*
 - *Newsletters and tipsheets,*
 - *Fruit and Veg teacher professional development to provide appropriate activities for children’s learnings,*
 - *Vic markets attending school with various activities*
- *Growing and preparation of food at children’s settings including school gardens*
- *Stephanie Alexander program*

When it comes to accessing food the group identified that the following factors were important:

- *Buying food that I can afford or represents good value for money*
- *Buying food that is nutritious \ low fat \ low salt*
- *Availability of the brands/products/produce I prefer*
- *Buying food that is ready made or take-away*
- *Access to fresh fruit, vegetables and meats*
- *Access to culturally appropriate food*

Appendix 5 provides the raw data from this consultation.

The access to food consultation was well received with approximately 40 residents in attendance. The results of the session were similar to the results from the access to food surveys with most of the community responses being centred on transportation and food quality issues.

Participants were enthusiastic in addressing the three food access questions, particularly in the variety of responses that were given. One of the things which most participants (four of the five tables) wanted to see more of was community based support i.e. community kitchens/cooking classes/gardens. Access was another key issue. The quality of foodstuffs on offer throughout the municipality which are important components for a healthy diet (namely fresh fruit and veg) are not always available in some areas of the municipality; when on offer they are either too expensive or of poor quality. Comments such as: Ability to walk to shops / choice of shops, were numerous as this was a concern held in common among all participants.

The view held by the public of the Council's capacity was also seen during the consultation. The main priority for the Council in the next twelve months according to the results from the consultation was the provision of information on healthy eating and gardening. No other priority of those listed was held in common amongst more than two of the five tables at the session.

Appendix 6 provides the raw data from this consultation.

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Conclusion

Building from the momentum of internal consultation sessions held in 2008, the development of the Council's Food Security Policy Statement has consisted of a number of phases.

The community consultation phase described in this report was undertaken over a two month period between February and March 2009. This phase allowed the Council to gather the community's feedback on the role that the Council should be playing to address food security issues for the municipality.

The major themes emerging from the community consultation phase included:

Access – The ability to get to and from food shops with relative ease. To improve access the Council should look into current transit systems and how they can be improved to facilitate this as well as ways to shape the future built environment to allow for walking to shops.

Quality / Availability – The quality of foodstuffs on offer throughout the municipality which are important components for a healthy diet (namely fresh fruit and veg) are not always available in some areas of the municipality; when on offer they are either too expensive or of poor quality. Respondents highlighted the need for fresh food outlets, eg. markets, exploration of food cooperatives and support for people to be engaged in edible landscapes and food sharing initiatives was also suggested.

Food Delivery Services – While the Council does provide services such as Café Meals, and Meals on Wheels, ways to improve these services should be examined as both individual and organisation survey respondents felt that this was one area where Council efforts could be focused.

Advocacy – The Council internally acknowledged that it is well placed to build partnerships and undertake the advocacy required to attract resources and promote initiatives and solutions at the local level.

Education for Healthy Eating – Respondents recognised that in order for populations to be food secure they need to be able to make the right nutritional choices and be able to prepare the foods that will lead to a balanced diet. Promotion and education about healthy food choices, and preparation of food was also identified as a potential initiative to improve food security.

These identified themes will be used to tailor and inform the Council's Food Security Policy Statement and the priorities for Council's future work in the area.

Appendices

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Appendix 1 – Agenda 2008 Council Internal Consultations

Food for thought:

Access to safe and nutritious food in Hobsons Bay

Part 1 – Food Security Awareness Raising Forum Monday 25 February, 9.30 – 1pm

9.15am – 9.30am – Registration

9.30am – 9.35am – Welcome and introduction – Kath Cape

9.35am – 10.50am

1. Background to Food Security (1 hour 15 mins)

- Setting the context for Hobsons Bay including Kids Go For Your Life – Kerrie Taylor (10 mins)
- Overall Concepts underpinning food security – Bev Wood – (20 mins)
- Local Food Insecurity Research Findings including Laverton Work – Anne Brown I S I S Primary Care (15mins)
- Local Government Case Study – The Maribyrnong experience – Lynley Dumble (15mins)
- Questions of speakers (15 mins)

10.50am – 11.10am – Break (20 mins)

11.10am – 12.20pm

Group Discussion and Reflections (35mins)

1. What have I learnt? What is your understanding of Food Security?
2. I identify three main points to report back from small group discussions
3. How does this relate to my work? – three main points to report back

Reportbacks from small group discussion - 35mins

12.20pm – 12.30pm

Wrap-up and Food for thought (preparation for next meeting)

- What's happening in your work area which may be relevant to food security issues?
- What action is feasible in your work area – short, medium and long term
- What action could Council undertake to address food security issues?

Food for thought:
Access to safe and nutritious Food in Hobsons Bay

**Part 2 – Council's Current Activities & Role in Food Security –
Mapping Session
Monday 3 March, 1.00 – 4.00pm**

12.45 – 1.00pm Registration

1.00pm – 1.20pm what is Food Security? – Loretta Asquini
Ø What is our common understanding of food security?

1.20pm – 2.30pm What are we doing now? – Catherine Viney
Ø Discussion and reflection about what you / your team is currently doing in response to food security (small group discussion)
Ø What are Council's areas of influence / responsibility regarding food security? What is Council's role in Food Security?
Ø Consider this work in relation to the Council Plan and the Environments for Health Framework. Are there any gaps?

2.30pm – 2.40pm Break

2.40pm – 3.20pm What should we be doing?
Loretta Asquini / Kerrie Taylor

- Ø In the context of the above discussion, consider (small group discussion):
 - o What gaps have been identified in the Environments for Health Framework and/or the Council Plan?
 - o What actions can Council undertake? (within current resources)
 - o What future actions should Council undertake? (maybe need additional resources)
 - o Who will be undertaking the action?
- Ø Report back to larger group (20 mins)

3.20pm – 3.30pm Where to from here? – Catherine Viney
Ø Where does this information go?
Ø What will we do with the information?
Ø Expressions of Interest for a Council Working Group

3.30pm Close

Appendix 2 – Raw Data from 2008 Council Internal Consultation - Council’s Identified Future Work in Relation to Food Security

Council role and area of influence	Governance	Built	Social	Economic	Natural
1. Governance and Leadership	Add value to existing work – incorporate food security into existing work	Protect agricultural (or potential) / food harvesting sites through planning scheme / advocate to state government	Make a connection to Human Rights (including Victorian Human Rights Legislation) and Environment (eg Global warming. Peak oil)		Linking environmental issues – eg such as food harvesting and water harvesting (also a governance issue)
	Develop food security policy/ statements/ plans/ actions	Identify how the local planning scheme can plan in food security and include this in the upcoming LPS re-write	Apply for funding to support food security initiatives such as those that support healthy environments for children		Encourage the development of community gardens / community orchards / food growing in appropriate open space or surplus land
	Link food security to the Council Plans/Values for example as community wellbeing	Encourage the development of community gardens / community orchards / food growing in Council children’s facilities (also a governance issue)	Connect and advocate with other LGAs and agencies – such as Westbay – establish food security coalitions (also link to 5 Advocacy and ethics)		
	Develop healthy eating policies in community settings	New developments to include fresh food outlets	Use community facilities to support food security initiatives - example community centre kitchens (also link to 6 facilitation/ mediation)		
	Food Security Officer – food educator / nutritionist				

Council role and area of influence	Governance	Built	Social	Economic	Natural
2. Education, information and capacity building	Add value to existing work – incorporate food security into existing work	Edible landscapes in private gardens – at least one fruit tree (existing homes)	More Education within Council about food security – multipronged approach – ensure that jargon is broken down and language simplified Staff newsletter	Community training programs to include food security (also linked to social dimension)	
	Encourage the development of community gardens / community orchards / food growing for Council children's facilities (also built issue)		More education within the service/community sectors such as presenting information at the interagency network		
			Use Laverton Old School garden to share the 'old ways' of home gardening.		
			Grants – community being able to build their own gardens through the provision of grants Such as Eco living grants and also include as a category in the Council Community Grants		
			Support and promote organisations such as One Umbrella (One umbrella collects food can be reused and redistributed to people in need)		

Council role and area of influence	Governance	Built	Social	Economic	Natural
3. Research and community profiling	Add value to existing work – incorporate food security into existing work	Mapping food outlets – all sorts (also linked to social dimension)	Encourage the development of community gardens / community orchards / food growing in Schools	Increasing farmers markets and work with local traders to identify where there is a need for fresh food outlets and identify where the need is	
	Look at what current policies link to food security – for example sustainability, carbon neutral	Improving transportation to food sources – build this into new development proposals.	Increase mapping exercise – something for business to use – further research to cover all of Hobsons Bay		
			Mapping food outlets – all sorts (also linked to built dimension)		
			Undertake food security research – develop baseline indicators information to measure now and in the future (could be about influencing state government research – link to 5 Advocacy within an ethical framework)		

Council role and area of influence	Governance	Built	Social	Economic	Natural
4. Services and infrastructure to the community and individuals	Add value to existing work – incorporate food security into existing work	Provision of cooking and storage facilities – for example incorporated into shared housing such as rooming houses and aged care facilities.	Add food security to services that are already being provided for example community transport	Fruit and vegetable box schemes delivered where required	
			Assisting Older people to get the fruit off their trees (gleaning)		
			Run kitchen skills programs – including home economics classes, cook food for vulnerable people		
			Mothers groups to have a focus on preparing food, encourage keeping and sharing cultural food experiences Maternal and Child Health to play a key role in this		
			Extend meals on wheels and café meals programs – eg fresh food deliveries to homes (can cook just can't access their food – finances, transportation, disability)		

Council role and area of influence	Governance	Built	Social	Economic	Natural
5. Advocacy in an ethically based framework	Add value to existing work – incorporate food security into existing work	Improve transportation to food sources (existing developments/ neighbourhoods)	Connect and advocate with other LGAs and agencies – such as Westbay – establish food security coalitions (also relevant to governance issues)		
	Advocate within Council to identify food security as a priority issue		Undertake food security research – develop baseline indicators information to measure now and in the future (could be about influencing state government research – link to 5 Advocacy within an ethical framework)		

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Council role and area of influence	Governance	Built	Social	Economic	Natural
6. Facilitation and influence	Add value to existing work – incorporate food security into existing work		Use community facilities to support food security initiatives - example community centre kitchens (also link to 1. governance)	Facilitating the links between community and markets to raise awareness of community food security needs	
	Define Council's role and influence to address food security			Work with prepared food outlets to encourage provide nutritious and affordable food on their menu	
	Council to use Community enterprise catering service that build student skills / local capacity			Increasing farmers markets and work with local traders to identify where there is a need for fresh food outlets and identify where the need is	
				Tapping into business capacity to produce food in "down times"	
				Foster and facilitate different approaches to accessing food – take the food to the community rather than just relying on retail outlets to provide food	

Appendix 3 - Sample Surveys (Individuals and Organisations)



Accessing Food In Hobsons Bay Food Security Survey

There are sections of the population in Hobsons Bay that experience hunger and/or have an inadequate diet due to poor food options. Hobsons Bay City Council is in the process of developing a food security policy statement in relation to these issues. Your ideas will assist the Council to identify its role in relation to improving access to safe and nutritious food for people in the municipality.

Please fill out this survey and return by Friday, 6th March 2009. The information you provide is confidential. If you have any questions please contact David Trainham – Food Security Officer on 9932 1204. Thank you for your time.

Council believes that the responsible handling of personal information and health information is a key aspect of democratic governance, and is strongly committed to protecting an individual's right to privacy. Accordingly, Council is committed to full compliance with its obligations under the *Information Privacy Act 2000* (Vic) and *Health Records Act 2001* (the Acts). In particular, Council will comply with the Information Privacy Principles and the Health Privacy Principles contained in these Acts.

About You

Please tick (✓) the appropriate box

1. Are you?

- Male
- Female

2. How old are you?

- | | | |
|-----------------------------------|--------------------------------|----------------------------------|
| <input type="checkbox"/> Under 18 | <input type="checkbox"/> 50-59 | |
| <input type="checkbox"/> 19-39 | <input type="checkbox"/> 60-69 | |
| <input type="checkbox"/> 40-49 | <input type="checkbox"/> 70-79 | <input type="checkbox"/> Over 80 |

3. How many people live in your household? _____

4. Where were you born?

- Australia
- Other, Please specify country of birth: _____

5. What suburb do you live in?

- Altona
- Altona Meadows
- Altona North
- Brooklyn
- Laverton
- Newport
- Seabrook
- Spotswood/South Kingsville
- Williamstown
- Williamstown North

6. What is your approximate (after tax) income per week?

- \$0
- \$1 - \$149
- \$150 - \$249
- \$250 - \$399
- \$400 - \$599
- \$600 - \$799
- \$800 - \$999
- more than \$1000

How Can Council Help

7. When it comes to accessing food, which of these factors are **most** important to you? Please tick **three** boxes only.

- Food that is affordable or good value for money
 - Nutritious food
 - Particular brands or products
 - Organic food
 - Ready made or take-away food
 - Can get to food shops easily
 - Fresh fruit, vegetables and meats
 - Culturally appropriate food
 - Other please specify
-

8. What do you think is **most** needed to improve people's access to food in your area? Please tick **three** boxes only.

- Better public transport to get to shops
 - More fresh and quality food outlets
 - Food stores with competitive prices
 - A farmers market or fresh food market
 - More take away outlets
 - Emergency food vouchers, food and meals
 - Council Services – Café Meals, Meals on Wheels
 - Other please specify
-

9. The Council has recognised that the following factors are important to improve access to food in Hobsons Bay.

Please tick **three** which you feel are most important and the Council should see as a priority for the next twelve months?

- Improving transport options to food stores
- Fresh produce markets
- Community kitchens (where people can cook and enjoy nutritious food)
- Promotion and education of healthy food choices
- Emergency food or meals
- More community gardens
- Planning to ensure housing developments are close to food shops
- Food delivery services for older frail residents or people living with a disability
- Advocating on issues affecting people's access to food in Hobsons Bay

Please add any further comments you may have below. Feel free to attach additional pages if needed. Thank you for taking the time to complete this survey.

Thank you for your time.



Accessing Food In Hobsons Bay

Food Security Survey

There are sections of the population in Hobsons Bay that experience hunger and/or have an inadequate diet due to poor food options. Hobsons Bay City Council is in the process of developing a food security policy statement in relation to these issues. Your ideas will assist the Council to identify its role in relation to improving access to safe and nutritious food for people in the municipality.

Please fill out this survey and return by Friday February 20th. The information you provide is confidential. If you have any questions please contact David Trainham – Food Security Officer on 9932 1204. Thank you for your time.

Council believes that the responsible handling of personal information and health information is a key aspect of democratic governance, and is strongly committed to protecting an individual's right to privacy. Accordingly, Council is committed to full compliance with its obligations under the *Information Privacy Act 2000* (Vic) and *Health Records Act 2001* (the Acts). In particular, Council will comply with the Information Privacy Principles and the Health Privacy Principles contained in these Acts.

About Your Organisation

1. What is the name of your organisation?

2. What range of services does your organisation provide?

3. What target groups does your organisation assist? Please tick (✓) the appropriate box

- New Arrivals (to the municipality)
- People with a disability
- Families
- Older People
- People from culturally and linguistically diverse backgrounds
- Young people
- Other, please specify _____

4. How does your organisation assist people who are having trouble accessing food?

5. What programs / activities / strategies in Hobsons Bay or elsewhere are working well to assist people to access food?

How Can Council Help

For the next three questions mark the three boxes you think are most critical to improving food security

6. When it comes to accessing food what factors are important?

- Buying food that I can afford or represents good value for money
 - Buying food that is nutritious \ low fat \ low salt
 - Availability of the brands/products/produce I prefer
 - Access to organic produce
 - Buying food that is ready made or take-away
 - Been able to get to the shops of my choice easily
 - Access to fresh fruit, vegetables and meats
 - Access to culturally appropriate food
 - Other please specify
-

7. What do you think is needed to improve people's access to food in your service area?

- Better public transport to get to shops
 - More fresh and quality food outlets
 - Food stores with competitive prices
 - A farmers market / or fresh food market
 - More fast food / take away outlets
 - Emergency Relief/food vouchers and/or meal services
 - Council Services – Café Meals / Meals on Wheels
 - Other please specify
-

8. The Council has recognised the following as important factors for improving access to food in the municipality?

Please tick three which you feel are most important and the Council should recognise as a priority for the next twelve months?

- Improving transport options to food stores
- Supporting the establishment of fresh produce markets
- Establishing community kitchens where people can cook and enjoy nutritious food
- Increasing promotion and education of healthy food choices
- Increasing and coordinating emergency food provision and meal services
- Supporting the establishment of more community gardens
- Better planning to ensure housing developments are close to food shop
- Supporting food delivery services for older frail residents or people living with a disability
- Advocating for issues affecting people's access to food in the municipality

Please add any further comments you may have below. Feel free to attach additional pages if needed. Thank you for taking the time to complete this survey

Thank you for your time

Appendix 4 - Raw Data from Access to Food Surveys

Survey Results – Individuals

Possible Answers	Response Count	Percentage	Aggregate	Response Rate	Total Responses
Are You?					
Male	14	19.44%			
Female	58	80.56%			
		7200.00%		100.00%	72
How old are you?					
Under 18		0.00%			
19-39	28	38.89%			
40-49	14	19.44%			
50-59	14	19.44%			
60-69	8	11.11%			
70-79	5	6.94%			
Over 80	3	4.17%			
		7200.00%		100.00%	72
How many people are in your household?					
1	12	17.14%			
2	20	28.57%			
3	12	17.14%			
4	21	30.00%			
5	4	5.71%			
6		0.00%			
7	1	1.43%			
8		0.00%			
9		0.00%			
10		0.00%			
		7000.00%		97.22%	70
Where were you born?					
Australia	55	77.46%			
Other, please specify country of birth Fill in	16	22.54%			
		7100.00%		98.61%	71
What suburb do you live in?					
Altona	16	22.22%			
Altona Meadows	13	18.06%			
Altona North	3	4.17%			
Brooklyn	1	1.39%			
Laverton	11	15.28%			
Newport	11	15.28%			
Seabrook	3	4.17%			
Spotswood / South	2	2.78%			

Kingsville					
Williamstown	9	12.50%			
Williamstown North	2	2.78%			
Seaholme	1	1.39%			
		7200.00%		100.00%	72
What is your approximate (after tax) income per week?					
0	2	2.90%			
1-149	7	10.14%			
150-249	14	20.29%			
250-399	13	18.84%			
400-599	14	20.29%			
600-799	11	15.94%			
800-999	4	5.80%			
more than 1000	4	5.80%			
		6900.00%		95.83%	69
When it comes to accessing food, which of these factors are most important to you?					
Food that is affordable or good value for money	57	27.94%	79.17%		
Nutritious food	40	19.61%	55.56%		
Particular brands or products	11	5.39%	15.28%		
Organic food	6	2.94%	8.33%		
Ready made or take-away food	2	0.98%	2.78%		
Can get to food shops easily	23	11.27%	31.94%		
Fresh fruit, vegetables and meats	61	29.90%	84.72%		
Culturally appropriate food	2	0.98%	2.78%		
Other, please specify Fill in	2	0.98%	2.78%		
		20400.00%		94.44%	204
What do you think is most needed to improve people's access to food in your area?					
Better public transport to get to shops	33	18.33%	45.83%		
More fresh and quality food outlets	46	25.56%	63.89%		
Food stores with competitive prices	41	22.78%	56.94%		
A farmers market or fresh food market	42	23.33%	58.33%		

More take away outlets	2	1.11%	2.78%		
Emergency food vouchers, food and meals	10	5.56%	13.89%		
Council Services- Café Meals, Meals on Wheels	6	3.33%	8.33%		
Other, please specify Fill in		0.00%	0.00%		
		18000.00%		83.33%	180
What should be Council's three priorities for improving food security in the next twelve months?					
Improving transport options to food stores	33	17.37%	45.83%		
Fresh produce markets	43	22.63%	59.72%		
Community Kitchens (where people can cook and enjoy nutritious food)	9	4.74%	12.50%		
Promotion and education of healthy food choices	22	11.58%	30.56%		
Emergency food or meals	11	5.79%	15.28%		
More community gardens	10	5.26%	13.89%		
Planning to ensure housing developments are close to food shops	18	9.47%	25.00%		
Food delivery services for older residents or people with disability	37	19.47%	51.39%		
Advocacy on issues affecting peoples access to food in Hobsons Bay	7	3.68%	9.72%		
		19000.00%		87.96%	190
Total Respondents	72	100.00%		84.77%	

Most Frequent Response
Second Most Frequent Response
Third Most Frequent Response

Response Count - Number of respondents who selected this answer

Aggregate - Percentage of respondents who selected this answer to multiple choice question

Response Rate - Of those surveyed the percentage who answered each question completely

Total Responses - Number of responses for each question

Additional comments from surveys:

In many cases pensioners cannot afford to buy Fresh fruit and veggies; Will be a good idea if the municipality has a fruit/veg growers warehouse

Adequate car parking for any new food places to open in Newport

Car parking near food outlets

Food (vegetables) on nature strip and gutter early in the morning; Bread trays from lady selling bread on the ground should not be allowed

Meals on wheels need great improvement in regards to Quality, Quantity, and Delivery Options

In order to access affordable and fresh fruit and vegetables we have to travel to Melbourne City to go to the Queen Vic Market. If we shop locally for fruit, veg, and meats we generally buy less due to higher costs and variability in the quality on offer; As we only have one vehicle accessing public transport with two small children and a pram is difficult if busses are not wheelchair accessible

Laverton are trying to change with health and well being but a lot more needs to be done

A large supermarket and fresh food shop in the Heart of Laverton in the vicinity of Whittaker Ave. A mini central square.

Good Job Guys Thank You

I think you do a very good job although more food vouchers would be welcome

I do receive meals on wheels and have spoken to others in the community who say they are not good quality. The point being that older people need to have tasty and nutritious food too. Please don't take this as criticism but elderly people often do not have a voice due to not as much access to the people who make the decisions

We do have a farmers market on Tuesday but it is not good to us as the prices are not competitive. Sometimes they are even more expensive than Coles.

Healthy take away options that don't include chips as primary food

Health inspections of food venues

Parking

Parking at shopping areas - Newport is very difficult to find parking in main shopping strip - I will often drive through looking for a park to use butcher/grocer and cant find a park and keep driving. Don't even mention parking in Williamstown especially Saturday morning is impossible!

Survey Results – Organisations

Which Target Groups does your organisation assist?

	Count	
New Arrivals (To the municipality)	6	54.55%
People with a disability	5	45.45%
Families	6	54.55%
Older people	7	63.64%
People from culturally and linguistically diverse backgrounds	7	63.64%
Young people	3	27.27%
Other - Fill In	2	18.18%
When it comes to accessing food, which of these factors are most important to you?		
Food that is affordable or good value for money	6	54.55%
Nutritious food	4	36.36%
Particular brands or products	1	9.09%
Organic food	2	18.18%
Ready made or take-away food	0	
Can get to food shops easily	8	72.73%
Fresh fruit, vegetables and meats	9	81.82%
Culturally appropriate food	2	18.18%
Other, please specify Fill in	1	9.09%
What do you think is most needed to improve people's access to food in your area?		
Better public transport to get to shops	7	63.64%
More fresh and quality food outlets	7	63.64%
Food stores with competitive prices	3	27.27%
A farmers market or fresh food market	6	54.55%
More take away outlets	0	
Emergency food vouchers, food and meals	5	45.45%
Council Services- Café Meals, Meals on Wheels	4	36.36%
Other, please specify Fill in	0	
What should be Council's three priorities for improving food security in the next twelve months?		
Improving transport options to food stores	4	36.36%
Fresh produce markets	3	27.27%
Community Kitchens (where people can cook and enjoy nutritious food)	3	27.27%
Promotion and education of healthy food choices	4	36.36%
Emergency food or meals	2	18.18%
More community gardens	2	18.18%
Planning to ensure housing developments are close to food shops	1	9.09%

Food delivery services for older residents or people with disability	6	54.55%
Advocacy on issues affecting peoples access to food in Hobsons Bay	4	36.36%
Total count	11	100.00%

Additional comments from surveys:

I really support farmers markets but research shows that they are only an option for "cashed up" people as prices are higher

Many of our clients use the Café Meals card. This program works well to bridge the access gap to food for people with mental illness. This program enables people who have skill deficits, motivational problems, and economic barriers to accessing food. I would like to see this program extended to provide a more nutritional range of food options across the whole municipality

As our membership is open for everyone and not to any specific origin, Members always refer to us those who are in need.

Unfortunately it is not always possible to meet the demand apart from food there is clothes, accommodation and at times need money for transport for doctors or hospitals.

It is not council responsibility to grow gardens of food or create new projects: We need Transport to good food supplies and More money to emergency relief - to help people in need - non means tested thank you for this opportunity

Appendix 5 – Raw Data Kids – ‘Go For Your Life’ Reference Committee Consultation Session

The consultation involved the Co-ordinator Childcare Services, Deputy Principal, St Mary's Primary School, Altona, Manager, Family, Youth and Children's Services and representative of the Kindergarten Consultative Committee.

Responses (*in italics*) were:

How does your organisation/service/school assist people who are having trouble accessing food?

- *Provision of daily boxed healthy school lunches (fruit, sandwich, long life milk) for children usually 3 families a week (Altona school)*
- *Provision of healthy lunch and healthy eating modeling (council child care centres, playgroups, occasional care)*
- *Provision of healthy snacks as backup (Kindergartens)*

In your experience what programs / activities / strategies in Hobsons Bay or elsewhere are working well to assist people to access food?

- *Education through children is a powerful tool to put pressure on parents. Children take relevant information back to parents. Programs/activities such as:*
 - *Newsletters and tipsheets,*
 - *Fruit and Veg teacher professional development to provide appropriate activities for children's learnings,*
 - *Vic markets attending school with various activities are all helpful*
- *Growing and preparation of food at children's settings including school gardens*
- *Stephanie Alexandra program*

From your experience when it comes to accessing food what factors are important?

Buying food that I can afford or represents good value for money

ü

Buying food that is nutritious \ low fat \ low salt

ü

Availability of the brands/products/produce I prefer

ü

Pressure of advertising is difficult

Patterns within the family dictate what is purchased

q

Access to organic produce

q

Buying food that is ready made or take-away

ü

Eg. A large family now shops on line with the food being delivered home

Being able to get to the shops of my choice easily

Access to fresh fruit, vegetables and meats

ü

Access to culturally appropriate food

ü

What do you think is needed to improve people's access to food in your service area?

- Better public transport to get to shops q
- More fresh and quality food outlets q
- Food stores with competitive prices q
- A farmers market / or fresh food market q
- More fast food / take away outlets q
- Emergency Relief/food vouchers and/or meal services q
- Council Services – Café Meals / Meals on Wheels q
- Other please specify q
- All of above particularly in the most vulnerable areas of Laverton, Brooklyn, Altona Meadow and Altona North*

The Council has recognized the following for improving access to food. Which three issues do you feel are most important and that the Council should recognize as a priority for the next twelve months?

- Improving transport options to food stores q
- Supporting the establishment of fresh produce markets
In pockets of the Municipality q
- Establishing community kitchens where people can cook and enjoy nutritious food q
- Increasing promotion and education of healthy food choices q
- Increasing and coordinating emergency food provision and meal services q
- Supporting the establishment of more community gardens
With water supply and shade that can be flexibly moved q
- Better planning to ensure housing developments are close to food shop q
- Supporting food delivery services for older frail residents or people living with a disability q
- Advocating for issues affecting people's access to food in the municipality q
- Advocacy to facilitate at senior levels including at Council as well as external bodies such as state government*

All of above

Education for those who are food insecure: provision of information about supports available through services such as Maternal and Child Health

Appendix 6 – Raw Data Access to Food Consultation Session

At the conclusion of the consultation session the written comments on the discussions held at each table were combined on two white boards at the front of the room for comparative purposes. The results were divided up under three subheadings representing the questions which the consultation session was framed around. Issues such as **access** and **quality of food available** were of concern to all five discussion tables.

I: Data From White Boards

A: When it comes to accessing food, which of these factors are important to you?

Issues

- * Lack of knowledge of how to cook and grow food
- * Having the time to shop
- **** Value for money / High quality fresh food
- **** Easy access to shops
- * Culturally appropriate foods
- * Impact of drought / Lack of water resources
- * Community Services / Gardeners / Someone with local knowledge

B: What do you think is most needed to improve people's access to food in your area?

Most Needed

- * Local food
- ** Food co-ops
- ** Delivery services (milk man / veg delivery)
- * Cheaper food / Greater Variety available
- * Community gardens
- * Creating linkages in the community for local knowledge / Asset sharing
- * Local knowledge and support

C: What should be Council's three priorities for improving food security in the next twelve months?

How Can Council Help?

- ** Cooking classes / education
- ** Community kitchens
- **** Information on healthy food / gardens etc
- * Variety in shopping strips
- ** Improving transport options to food
- * Community bus / car
- * Fresh produce markets
- ** More community gardens / Utilisation of nature strips
- ** Support food co-ops
- * Edible landscapes / Public space
- * Support water recycling
- * Trading within the community
- * Diversion of waste food
- ** Support linkages to share food

* = Number of tables (out of five) at session who deemed significant

II: Raw Butcher Paper Comments

- Council support local interest groups where they can share
- Edible public trees
- Council public open spaces – Plant fruit trees
- Edible landscape as part of council policy – eg federation trail intersperse fruit trees and natives in public planning
- Council to look at edible gardens as part of public open spaces
- Information and education
- Linking people together to share surplus produce

- Buying food that is affordable – More competition required
- Not enough fresh food
- Why don't we have Aldi?
- Physical accessibility – Close by car parks accessible (particularly with kids)
- More corner shops as older people have difficulty
- 10% off Thursdays for seniors – Green grocery Altona fresh fruit
- Don't go to supermarkets need to go to local green grocers, butchers, too expensive
- Use Aussie farmers every Tuesday afternoon – Food last 2 weeks
- Take away expensive, unhealthy

- Community car needs to be affordable
- Meals on wheels having difficulty getting volunteers more difficult due to increased distance now
- Look forward to people coming – support and interaction
- Encouraging more subdivisions is a problem – small amount of land available and limited ability to grow food
- Establish more community gardens – Includes social interaction
- Other water options
- At new developments make sure there is recyclable water
- Selling fruit and veg to the people
- Outgrowth of Altona market

- Improve food quality / Affordability
- Access
- Community support
- Home delivery
- Community kitchens
- Neighbourhood exchange

- Supermarkets – Access
- Online services – Grocers come to you
- More localised shopping – Local trading farmers markets
- Like to choose own food (see how fresh it is)
- Being able to carry it home
- Being able to buy food being able to buy fresh nutritious food that is affordable
- Quality of food, high fat food, change of quality needed
- Accessing good quality food to get nutrition out of it
- Fresh food is seen to be more expensive than fast food
- Organics is more expensive
- Cultural issues / Historical connection to food growing / Access to leaning

- Teaching young people – Going back to basics
- Drought impacting on growing fruit and veg

- Education and information / Provide access to info (composting, growing organic, worm farms, greywater)
- Promote the organic mulch
- Information need to be accessible – Small local practical forums in their own communities
- Opportunity to link with community centres
- Seabrook – Community gardens as part of community facilities
- People have gardens and unable to do the work to create gardens – Needs support
- Link people together – Connect people who have a common interest
- Wastage of fruit on trees – How can we encourage and support people to trade produce
- Localised markets – Farmers markets
- Space for members of community to share fruit and vegetables “barter market”

- More education / Information sessions / Talks
- More information / Talks to residents of retirement villages of retirement villages (e.g. grow food instead of flowers)
- Encourage children – Go to schools and give talks
- Build raised garden beds
- Teach children to cook at school
- Encourage variety in shops
- Fresh produce markets
- Vegetable exchange
- Community kitchens
- Reduce council rates to free up income
- Help with water tanks
- Help with the garden (like home help)

Barriers

- Availability of food at the retirement village (cooked for me)
- Knowledge of what foods to choose – what they are taught
- People don't know how to cook and grow veggies
- People don't have gardens to grow food
- Ability to walk to shops / choice of shops

How can these things be improved?

- Grow own food
- Know how to choose good products from market
- Reduce price of fruit
- Live closer to shops – More shops close to homes
- Improve variety of shops (e.g. Central Square)
- Buses – More routes
- Food deliveries to home