



Good Food for All

The City of Ballarat are consulting with the community to inform the development of a **Food Strategy**.

Please take the time to read the information and leave your feedback about how Council can better support a vibrant, healthy and sustainable food system.

Why do we need a Food Strategy?

The current food system is creating many challenges including obesity, chronic disease and excess food and packaging waste. Many residents are food insecure, which means they cannot access, afford or prepare nutritious food on a regular basis.

There is also opportunity for more support of local producers, to embrace and celebrate the foods of our multicultural and indigenous communities and to educate community on the benefits of a more local and resilient food system.

Access to and promotion of safe and nutritious food



Why is this a priority?

- In 2016 around 12,000 residents in Ballarat accessed emergency food relief agencies at least once. People experiencing food insecurity do not have regular access to affordable, nutritious and safe food.
- The majority (70%) of adult Ballarat residents are overweight or obese, which is causing higher rates of chronic disease, such as cancer, cardiovascular disease, dementia and diabetes. About 1 in every 4 children are now either overweight or obese.
- Council are required by legislation to ensure any food sold locally is prepared and stored using safe and hygienic conditions and practises.

Please note the examples of projects Council and community already do in this priority area and leave feedback or examples of other work not mentioned here.

What does Council currently do in this area?

- Provide **2000 nutritious meals** per week to residents in their homes
- Support residents to shop for fresh foods and maintain an active role in **food preparation**
- Support local food relief agencies with **250 frozen meals weekly**, which are excess to the home delivered service
- Support parents through the Maternal & Child Health nursing service with information on **breastfeeding and nutrition** for babies and young children
- Support primary schools to access resources from the **Stephanie Alexander kitchen garden program**
- Ensure access to fresh drinking water through provision of drinking taps in public places – **7 new taps** installed in reserves last year
- Support collection of data on **local healthy food prices**, mapping of fast and fresh food outlets and the needs of emergency food relief agencies
- **Inspect food businesses** and outlets for compliance with regulation under the Food Act
- Educate and inform businesses on **safe food handling procedures**, particularly with a changing food environment, such as increased levels of food allergies





What about community groups and organisations?

- **Emergency food relief**, as meals or food supplies, are provided through numerous local organisations
- **Food Access Network** – group of local emergency food relief agencies, convened by BCH, supports local organisations to advocate for food security and discuss shared resource issues
- **SecondBite** – excess food collected from supermarkets, and either cooked or redistributed from kitchen at Ballarat Community Health
- **Food is Free Laneway** – space where excess fresh food is dropped off and picked up for free, space maintained by volunteers
- 16 local **primary schools offer a free breakfast program**, with support from the state government and many volunteers
- Ballarat Community Health support local primary schools and early learning centres to develop healthy eating policies through the state government **Achievement Program**
- Ballarat Foundation are currently running a fundraising campaign called **Feed Ballarat** to support development of a **FoodBank warehouse** to support emergency food relief agencies in Ballarat



Have you heard of the Achievement program?

The Achievement Program is a state government program which encourages schools, early learning centres and workplaces to meet benchmarks on healthy behaviours including healthy eating. Ballarat Community Health have been working with ELC, schools and workplaces to help them with accreditation.



.... or Healthy Choices?

Healthy Choices is a food and drink classification guide which helps organisations and businesses offer healthier choices when supplying food. Support is available for workplaces, sports centres, schools and health services as well as retailers, vending, and catering.

Contact the Healthy Eating Advisory Service and try out the Food Checker to make healthy food choices.

heas.health.vic.gov.au

Supporting a sustainable local food system



Why is this a priority?

- Buying fresh, local produce reduces packaging, storage, refrigeration, transport and wholesaling costs, supports local producers and encourages greater consumption of healthy, less processed foods
- Educating on a circular food system including growing, harvesting, storing, cooking, preserving and composting will support food waste, healthy eating and food security priorities
- Victorians currently throw out, on average, \$2136 of food per household each year, which is about \$42 per household every week
- Reducing our food and packaging waste will reduce both the costs of waste disposal and future environmental impacts. Compostable waste currently comprises 36% of all waste delivered to landfill

Please note the examples of projects Council and community already do in this priority area and leave feedback or examples of community projects not mentioned here.

What does Council currently do in this area?

- Council are a signatory to the **Urban and Regional Food Declaration**, which share a vision of a sustainable, healthy and fair food system. Signatories commit to:
 - ❖ A thriving diversity of food production
 - ❖ A valuing of food producers
 - ❖ An expansion of farmers markets, local and seasonal produce
 - ❖ A food system that supports the health and wellbeing of all, recognising that access to good food is a basic and universal human right

Declaration available at: www.circlesoffood.org

- Council have recently included nature strip planter boxes as part of the nature strip guidelines, allowing more access to edible foods
- Support community groups and organisations to deliver gardening and composting initiatives and activities through the Community Impact Grants program
- Planting edible fruit trees in public reserves



What about community groups and organisations?

- **Community gardens** – Ballarat Community Garden (B.East), Ballarat North Neighbourhood Centre, Ballarat South Community Hub, Wendouree Neighbourhood Centre, Delacombe Neighbourhood Centre
- **Gardening clubs** – Permaculture Guild, Delacombe YMCA, Ballarat North Neighbourhood House, Wendouree Neighbourhood Centre, Ballarat Horticultural Society
- **Alternative markets** – Lakeside Farmers Market, Bridge Mall Farmers Market, Brown Hill Farmers Market, Ballarat Wholefoods Collective, Ballarat Local Produce Swap
- **School gardens** – 16 local schools and 1 early learning centre have registered with the Stephanie Alexander Kitchen Garden Program to introduce food growing and cooking to students
- **Shared composting sites** – Online platforms such as [ShareWaste.com](https://www.sharewaste.com) link people who want to compost food waste with local people or sites who are happy to take it, such as the Food is Free Green Space at Western Oval
- **Education and information** – Grampians Central West Waste Resource and Recovery Group – [recyclingrevolution.com.au](https://www.recyclingrevolution.com.au)





Have you heard of this local community initiative?

Hidden Orchard – volunteers harvest fruit (which may otherwise have been wasted) from backyards or public areas and share it amongst the site owners, pickers and local charities. If needed, trees are also given a winter pruning – a project of the Ballarat Permaculture Guild – hiddenorchard.org

If you have a lot of space for compost and are happy to take others food waste, or if you do not have the space but want to get rid of your waste more sustainably check out ShareWaste.com



I have
SCRAPS

SHOW NEARBY COMPOSTS

I have a
COMPOST

START RECEIVING SCRAPS

JOIN 11,425 PEOPLE WHO ARE ALREADY COMPOSTING THEIR SCRAPS.

JOIN US OR BROWSE MAP

(It's free!)

Celebrating a vibrant, inclusive food culture



Why is this a priority?

- Supporting local food systems reconnect people with the food they eat, how it is produced and the people that produce it. Food is a powerful way of establishing a sense of community
- Encouraging a food culture based on fresh, local produce supports other priorities of good nutrition and reducing food waste
- Local food and food producers can be a strong economic driver of a region, supporting tourism, retail and food businesses
- People have strong connections to their culture through food. By celebrating and sharing the food of many cultures we support an inclusive community

What does Council currently do in this area?

- Council support and deliver Harmony Fest each year, a celebration of the many cultures of Ballarat, including many food related activities
- Council support the work of Visit Ballarat to improve tourism outcomes for the region



- Council support local food businesses through activation of the CBD, attracting and promoting events, upgrading the streetscape and lobbying for greater employment in the area



What about community groups and organisations?

- Visit Ballarat have promoted food related festivals to encourage visitation including the month-long Plate Up Ballarat, gourmet pie competition, potato festival, a salumi and charcuterie festival and are currently including local producers as part of their Made of Ballarat series.
- Ballarat Regional Multicultural Council – Twilight Market Series, showcases food from many cultures represented locally
- Local businesses have been actively promoting local producers and products and developing knowledge of and pride in locally produced food
- Cultivate Agribusiness – advocates for agribusiness across the Central Highlands region by promoting and delivering activities that support farmers, food manufacturers, retailers and associated supply chain businesses



Can you add some more food celebrations, festivals and activities not listed here?

What other activities could council do to support this priority?

Plate Up Ballarat was a month long celebration of local food, with 38 culinary events supporting 91 local producers through cafes and restaurants. Plate Up Ballarat will be returning again in 2019.



Some feedback from the community and stakeholders to date:

Support and encourage local sporting clubs using council facilities to offer healthy choices at canteens, put it in their leasing agreements

Partner with Visit Ballarat to develop local, healthy food tourism and festivals

Introduce a Healthy Choices policy for the Council influencing facilities, catering and the work environment

Advocate for and support development of the Food Hub and associated food system initiatives

Provide online information on local community groups and initiatives which support the local food system

Support community programs which celebrate local produce through events and activities such as harvest festivals and community lunches

Support multicultural communities to celebrate and socialise using diverse foods and edible gardens

Support indigenous communities to celebrate, grow and educate on indigenous food, plants and customs

Support Neighbourhood Houses with capacity building, skills development and household budgeting programs