

Food IN THE Colac Otway Region

HEALTHY FOOD IS AN ESSENTIAL COMPONENT OF OVERALL GOOD HEALTH FOR EVERY INDIVIDUAL. FOOD IS A PREVENTATIVE FACTOR FOR MANY HEALTH CONDITIONS INCLUDING TYPE 2 DIABETES, HEART DISEASE AND SOME CANCERS.

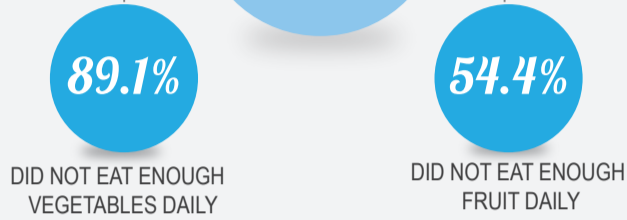
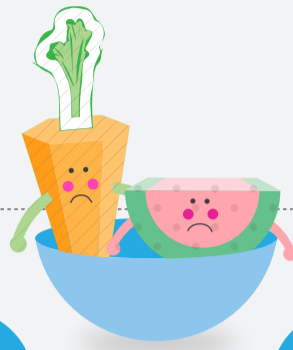
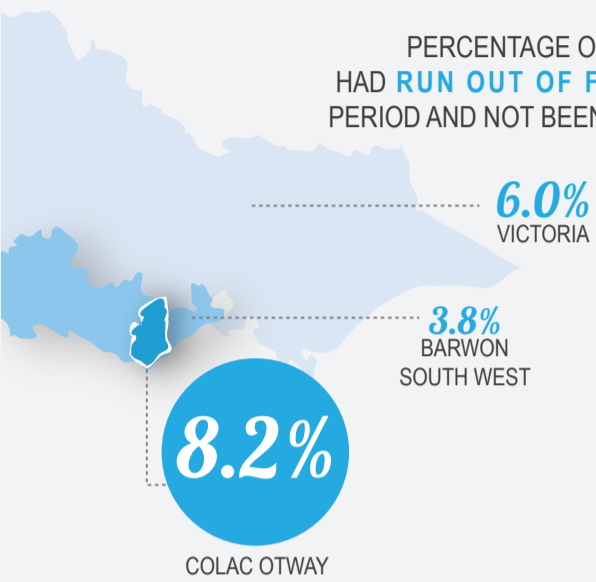
“COMMUNITY FOOD SECURITY EXISTS WHEN ALL PEOPLE, AT ALL TIMES HAVE PHYSICAL AND ECONOMIC ACCESS TO SUFFICIENT AND NUTRITIOUS FOODS TO SUPPORT AN ACTIVE AND HEALTHY LIFE”

THE INFORMATION BELOW SUMMARISES KEY FINDINGS FROM A COMMUNITY NEEDS ASSESSMENT COMPLETED FOR THE COLAC OTWAY REGION



WHAT WE KNOW

PERCENTAGE OF PEOPLE THAT HAD **RUN OUT OF FOOD** IN A 12 MONTH PERIOD AND NOT BEEN ABLE TO REPLACE IT

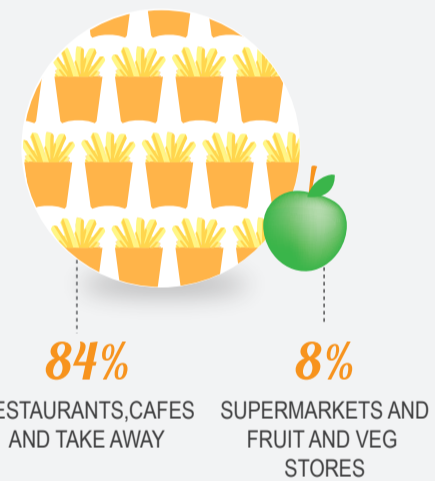


AGRICULTURALLY PRODUCTIVE LAND IS COMING UNDER **INCREASING PRESSURE** FROM COMPETING USERS, PARTICULARLY TO ACCOMMODATE GROWING POPULATIONS.



OUR CHALLENGES

BREAKDOWN OF FOOD OUTLET AVAILABILITY



WE ASKED OUR COMMUNITY “WHAT PROBLEMS DO YOU FACE GETTING THE HEALTHY FOOD YOU NEED?”



COST
LOW INCOME AND HIGH PRICE OF FOOD



TRANSPORT
ACCESS, COST AND TIME



SKILLS
BUDGETING, KNOWLEDGE AND PREPARING FOOD

WE ASKED COMMUNITY LEADERS AND HEALTH PROFESSIONALS “WHAT BARRIERS DO YOUR CLIENTS AND COMMUNITY FACE GETTING THE HEALTHY FOOD THEY NEED?”

FAMILIES AND SINGLE PARENTS ARE **SPENDING MORE THAN**

30% OF THEIR INCOME BENEFITS ON FOOD (THIS WAS IDENTIFIED IN THE COLAC OTWAY HEALTHY FOOD BASKET SURVEY)



OUR SHIRES TRANSPORT NETWORK DOES NOT CURRENTLY SUPPORT EASY ACCESS TO NUTRITIOUS FOOD OUTLETS

COMMUNITY STRENGTHS



LOCAL FOOD PRODUCTION

THERE IS OPPORTUNITY IN OUR SMALLER COMMUNITIES TO IMPROVE ACCESS TO FRESH FRUIT AND VEGETABLES THROUGH GENERAL STORES AND LOCAL INITIATIVES



FOOD SECURITY IMPACTS PRIORITIES AT A NATIONAL, STATE, REGIONAL AND LOCAL LEVEL

OUR ROLE MOVING FORWARD...

DEVELOP A FOOD POLICY FOR THE Colac Otway Region

- BUILDING AND STRENGTHENING PARTNERSHIPS
- INTEGRATE FOOD SECURITY ACROSS THE SHIRE USING THE FOUR ENVIRONMENTS FOR HEALTH FRAMEWORK
- ADVOCACY AND LEADERSHIP
- CONTINUE RESEARCH
- EDUCATION
- SUPPORT COMMUNITY DEVELOPMENT

Find out more by visiting our websites

