



## MINUTES/SUMMARY – Meeting 10 Colac Otway Food Alliance

**Date:** 17 December 2014

**Time:** 12:00-2:00pm

**Location:** Colac Neighbourhood House

<b>CHAIR:</b> Erin McClusky	<b>MINUTE TAKER:</b> Erin McClusky
<b>PRESENT:</b> Rhiannon Cox (OHCS) Major Marilyn Jenner (Salvation Army) Beverley Rimmer (Colac NHH) Sue Ryan (Colac Secondary College) Sue Buley (Salvation Army) Monica Provan (COS)	<b>APOLOGIES:</b> Jennifer Whitwell (Colac Specialist School) Julia Malcolm (Lavers Hill/ Gellibrand NHH) Greg Fletcher (COS) Rachel Walker (Diversitat) Gillian Brew (Forrest NHH)

### MEETING START – 12:10PM

**1. Welcome**

**2. Colac Otway Food Alliance Action Plan Progress Report 2014 – E.McClusky**

- Laver Hill Community Bus – 3 month trial successful in making it easier for rural and remote communities to access nutritious, affordable food, and reducing their weekly grocery bill. Cost of running bus was unsustainable long term.
- Local Produce Swaps – Held monthly in Apollo Bay, Lavers Hill and Gellibrand – please see [foodinthecosregion.weebly.com](http://foodinthecosregion.weebly.com) for further details.
- Colac Otway Food Directory – Data gathered and graphic designer sourced – will be launched in January 2015.
- Food in the Colac Otway Region Website – [foodinthecosregion.weebly.com](http://foodinthecosregion.weebly.com) developed and up to date – please contact Erin if you would like any food related stories/ services added to the site.
- Local Caterers Guide - Data gathered and graphic designer sourced – will be launched in January 2015.
- VHFBS – Victorian Healthy Food Basket Surveys completed for supermarkets and General Stores in COS. Average cost of a Healthy Food Basket in COS across all family types is \$266.09 which means that all family types in COS are at high risk of food insecurity. Compared to the G21 region, COS is the most disadvantaged area and has the second most expensive basket behind Borough of Queenscliff who are also the most advantaged area. Therefore COS is the most disadvantaged area in the G21 region for Food Security.
- FSPUD – Food Sensitive Planning and Urban Design workshop held in September for council staff. Identified that COS has low levels of activity in relation to consumer access and waste and re-use, and high levels of activity for producing and processing food. Council needs to focus on these low level areas in future planning by increasing access to nutritious food (improving public transport), improve access to locally produced food (local produce wholesale market), create opportunities for more food production (community gardens, street harvest programs) and develop systems for waste and re-use (roadside food waste collection, compost bins at BBQ areas).
- Achievement program for workplaces – CAH currently trialling this program which focuses on addressing Healthy Eating, Smoking, Alcohol, Physical Activity and Mental Health and Wellbeing. Will engage with one to new workplaces to participate from 2015.
- Smiles 4 Miles/Kinder Kapers Program – Develops healthy habits in preschool aged children through drink well, eat well and clean well messages to improve oral health. All Kindergartens in COS will participating in these programs in 2015.
- 2015 and beyond – Implement Kitchen Garden Programs across COS, Implement Small Store Support Program across General Stores to increase availability of fruit and vegetables in smaller communities across COS, embed FSPUD principles into council plans, policies and processes, and develop food policy for the Colac Otway.



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### 3. *Around the table*

#### **Erin McClusky –**

- Currently working with Colac Secondary College to pilot a Kitchen Garden Program.
- Next step is to construct the garden and collect baseline data from students and their families (February 2015).

#### **Rhiannon Cox –**

- Local producers list incomplete due to no one database – may need remaining producers to self-identify.
- Encouraging local farmers to sell their produce (i.e. whole un-cut fruit and vegetables, shell eggs, honey, jam, cakes and biscuits) locally through a farm gate or market through registering goods as a class 3 or 4 should be encouraged – class 2 goods are far more complicated due to their hazardous natures.
- Contact Fruit and Nut Growers Association and Rural Fire Authority to assist in identification of local producers, farm gates etc.
- Potential Colac Otway Food Alliance members for consideration from Apollo Bay region: Loren Jenkins (Apollo Bay School Nurse), Libby Riches, Jack Pascoe, Kirsten Lees (Landcare) - Erin to contact.
- As of today Otway Health will no longer be involved in the Colac Otway Food Alliance project – Health Promotion role no longer being funded at Otway Health.

#### **Sue Buley –**

- Food Hamper appointments at Salvation Army have risen greatly during December.
- Clients who have not previously wanted fruit and vegetables in their hampers are now starting to request healthier foods.
- Sue would like to support clients to grow their own fruit and vegetables in their backyards – will liaise with Erin to create a 'how to create your own vegetable garden guide'.
- New Enterprise Incentive Scheme (NEIS) would allow long term unemployed clients to start their own business growing fruit, vegetables and nuts through accredited small business training, mentoring and income support.

#### **Sue Ryan -**

- Has previously liaised with the Department of Education re: use of school bus in Lavers Hill District without luck.
- There are too many legality issues with transporting the public on these services to enable healthy food access.
- Colac Otway Food Alliance should focus their work on getting fresh produce into rural townships rather than getting people to fresh produce – will be far more cost effective.

### 4. *Next meeting*

February 2015 - TBC

**MEETING CLOSE - 1:20pm**