



## MINUTES/SUMMARY – Meeting 11 Colac Otway Food Alliance

**Date:** 30 June 2015

**Time:** 2-3:30pm

**Location:** Blue Room Colac Area Health

<b>CHAIR:</b> Erin McClusky	<b>MINUTE TAKER:</b> Erin McClusky
<b>PRESENT:</b> Jennifer Whitwell (Colac Specialist School) Beverley Rimmer (Colac NHH) Sue Buley (Salvation Army) Monica Provan (COS) Ruth Payne (CAH) Chris Swain (Diversitat)	<b>APOLOGIES:</b> Greg Fletcher (COS) Gillian Brew (Forrest NHH) Major Marilyn Jenner (Salvation Army) Sue Ryan (Colac Secondary College) Fern Rainbow (Otways & Coast Permaculture Group)

### MEETING START – 2:10PM

1. **Welcome**
2. **Around the table**

#### **Bev Rimmer –**

- Community Dinners are still running successfully with dinners now occurring on the last Friday of every month and attracting approximately 60 people.
- Next community lunch is on Friday 24<sup>th</sup> July in partnership with Pathways - Christmas in July themed and costs \$8pp.
- Community Garden expansion is underway with a new gazebo, sensory garden and indigenous wall to be built.
- NHH vegetable garden has an array of fruit, vegetables and herbs and is available for use by the community.

#### **Chris Swain –**

- Diversitat identified the lack of culturally appropriate food in the Colac and District Community.
- Partnered with IGA Colac to stock some culturally diverse food i.e. Afghani bread.
- Discussed whether any Diversitat clients would be interested in growing fresh fruit and vegetables in the NHH garden or if any would be interested in a produce growing/cooking courses, however most clients have now been granted the right to work therefore would not be interested. Women's group may be interested.
- Refugee week recently occurred where local Sudanese community had a food stall.
- Rachel Walker was previously working on the Murray St Market stall for CALD groups.

#### **Sue Buley –**

- Budget cuts means that they can no longer give out both food hampers and shopping vouchers. Vouchers are now only \$30 value or less.

#### **Jen Whitwell –**

- Food Hamper program is still running successfully out of the school.
- No longer just an emergency food relief program but also allows students to learn new skills and has progressed into a leadership program.

#### **Erin McClusky –**

- Local Catering Guide has been completed and is ready to be distributed. Guides will be mailed to businesses, organisations etc. and a pdf version emailed to networks and uploaded onto the Food in the Colac Otway Region website. Erin has also spoken with the Colac Herald regarding promotion of guide.
- Colac Otway Food Directory is on its way to being completed. Just awaiting final version from graphic designer.
- Market Basket Surveys will be conducted again in July/August.
- Colac and District Community Foodshare is nearly open with a launch set for early September. In the process of hiring a coordinator and finalising insurance. In the meantime Second Bite deliveries will continue every Tuesday morning to the South West Family Church.



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- Colac Secondary School Vegetable Garden is underway. Received 2 grants and a number of donations towards the garden. School is now in the stage of construction of garden beds – project will be complete by end of 2015 school year and implemented into curriculum in 2016. Erin is currently developing an evaluation tool.

**Other –**

- Neighbourhood Renewal Group planted fruit trees in Colac.

**3. Colac Otway Food Alliance Action Plan priority setting activity.**

**Each attendee was given sticky notes and was required to brainstorm food related programs that they think are needed in our community in keeping with the themes and actions set out in the Community Food Action Plan. The following ideas were put forward by the group:**

Initiative	COFAP Objective/s
Expand Community Vegetable Garden at Neighbourhood House.	Increase access to nutritious and where possible local food in the Colac Otway.
Implement a Farm Gate Market e.g. Eat Local Thursday in Wagga Wagga. <ul style="list-style-type: none"> <li>- What is happening with the empty buildings in Colac i.e. Coles.</li> </ul>	Increase access to nutritious and where possible local food in the Colac Otway.
Organise a local produce dinner to showcase Colac Otway Produce e.g. slow food festival.	Raise awareness of nutritious food available in the Colac Otway.
Implement a budget cooking program/ community kitchen. <ul style="list-style-type: none"> <li>- Approach Otway Pasta whom is interested in teaching people how to make pasta sauce (this might be better suited to Eat Local month).</li> <li>- Potential partnerships with Skills Connection/Confidential Catering, AGB, Pathways, Neighbourhood renewal group, Diversitat wholefoods and other registered training organisations.</li> </ul>	Food insecure groups within our community will have the necessary skills required to utilise nutritious food in the Colac Otway.
Replicate the Jamie Oliver cooking program in Colac. <ul style="list-style-type: none"> <li>- Service providers are sending clients to Geelong.</li> <li>- Remove stigma of the need for food and promote to everyone.</li> <li>- Participants based on payment and on a needs basis.</li> <li>- Limit the number of participants whom are not 'in need'.</li> <li>- Geelong charges \$60 for 6 sessions.</li> </ul>	Food insecure groups within our community will have the necessary skills required to utilise nutritious food in the Colac Otway.
Food Skill Programs related to Safe Food Preparation and Safe Food handling.	Food insecure groups within our community will have the necessary skills required to utilise nutritious food in the Colac Otway.
Local Food Cooking Competition for local caterers. <ul style="list-style-type: none"> <li>- Must use local produce.</li> <li>- Produce provided by local producer.</li> <li>- Sponsorship by local producers/ restaurants that use local producers i.e. Brae.</li> <li>- People pay what they think its worth.</li> <li>- Potential partnership with Surf Cast Shire and their annual Eat Local month.</li> </ul>	Raise awareness of nutritious food available in the Colac Otway.
Implement community kitchen program. <ul style="list-style-type: none"> <li>- Possible partnership with Salvation Army to use clients accessing</li> </ul>	Food insecure groups within our community will have the necessary



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<p>emergency food relief or CAH clients ‘at risk’ of food insecurity.</p> <ul style="list-style-type: none"> <li>- Would include education on safe food handling, budgeting, shopping, nutrition etc.</li> <li>- CALD women’s group may be interested as a way to socialise and interact with each other.</li> <li>- Community Kitchens are run by group members and don’t have to be about need but about social connections.</li> </ul>	<p>skills required to utilise nutritious food in the Colac Otway.</p>
<p>Grow your own food workshop.</p> <ul style="list-style-type: none"> <li>- Teach individuals how to grow their own food, maintenance and affordability of growing own produce.</li> <li>- Could be conducted in conjunction with vegetable garden expansion or food skill program.</li> </ul>	<p>Increase access to nutritious and where possible local food in the Colac Otway/ Food insecure groups within our community will have the necessary skills required to utilise nutritious food in the Colac Otway.</p>
<p>Implement FoodMate Program or similar to ‘at risk’ clients.</p> <ul style="list-style-type: none"> <li>- Source clients through CAH and other welfare organisations.</li> <li>- Train dietitian/ community workers/ members to deliver program.</li> <li>- Potential for FoodMate program to continue post completion in from of community kitchen.</li> </ul>	<p>Food insecure groups within our community will have the necessary skills required to utilise nutritious food in the Colac Otway.</p>

#### 4. Summary of Actions

Investigate Food Skill Programs and potential partnerships	Erin McClusky
Contact Surf Coast Shire regarding participating in next Eat Local Month.	Erin McClusky
Map local producers and investigate opportunities for local produce market.	Erin McClusky

#### 5. Next meeting

Last Tuesday of Every Second Month (June, August, October, December, February etc.)

**Date:** Tuesday 25<sup>th</sup> August 2015

**Time:** 2-3.30pm

**Venue:** TBC

**MEETING CLOSE – 3:40pm**