



## MINUTES/SUMMARY

### Community Food Action Meeting 2

#### MEETING DETAILS

Date: Friday 9<sup>th</sup> August 2013

Time: 9am - 11.30am

Location: Colac Area Health (Connor Street, Colac), Blue Room.

#### CHAIR

Anita Thomas

#### MINUTES

Lauren Fitzgerald and Jess Dorney

#### ATTENDEES

Anita Thomas – Colac Area Health  
Erin McClusky – Salvation Army  
Jess Dorney – Otway Health  
Julie Farquhar – Gellibrand  
Lauren Fitzgerald – Colac Area Health  
Major Marilyn Jenner – Salvation Army  
Max Bradley – Otway Health  
Sue Buley – Salvation Army  
Sue Ludwig – The Ridge Café Beech Forrest  
Sue Ryan – Colac Secondary College  
Theresa Robertson – Time 4 Youth

#### APOLOGIES

Greg Fletcher - Colac Otway Shire  
Mike Barrow - Colac Otway Shire  
Andrew Lucas - Backyard Harvest  
Ben Hill - Secondbite  
Fern Rainbow - Otway Permaculture Group  
Gillian Brew - Forrest Neighbourhood House  
Jen Whitwell - Colac Specialist School  
Libby Riches - Southern Otway Landcare  
Philip Johnson - Lions Club Colac  
Ruth Payne - Colac Area Health  
Claire Dagley - Colac Area Health

#### SUMMARY

1. Action since the Colac Otway Food Forum
  - Identification and discussion around Colac Herald article on Friday, July 19, 2013.
2. Recap of the Visions set at the Colac Otway Food Forum
  - Encourage alternative food supply.
  - Promote and celebrate COS food.
  - Improve transportation options to fresh food.
  - Universal understanding of food available in COS.
3. Unpacking these Visions
  - Discussed and broke down visions identified at the Food Forum. See below

#### NEXT MEETING

Date: Friday 27<sup>th</sup> September 2013

Time: 10am - 12pm.

Location: The Ridge, Organic Food Store & Cafe Pty Ltd - 20 Gardner St Beech Forest, VIC, 3237

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REMEMBER We need to address our key priority areas	Food Skills/Knowledge	Food Cost	Transport/Access To Food
<b>Vision #1 Encourage alternative food supply</b>			
<p><i>Food Forum Points That Shaped This Vision-</i> Growing edible gardens, planning for edible landscapes, reducing food miles, everyone learns how to cook and prepare food.</p>			
EXISTING WORK	WHAT DOES THE EVIDENCE SUGGESTS WE DO?	WHAT CAN WE DO WITH OUR RESOURCES?	ADDRESSING DISADVANTAGE
<ul style="list-style-type: none"> <li>Continue support of food share and secondbite in Colac, advocate for this these services to support more of the Colac Otway.</li> <li>Community Kitchen Apollo Bay.</li> <li>Breakfast programs in Apollo Bay and Colac.</li> <li>Street renewal project, fruit and nut tree planning in Colac West.</li> <li>Farmers Market (Apollo bay and Birregurra) + Simpson</li> <li>Community Garden, Apollo Bay, Lavers' Hill, Colac.</li> <li>Transport options via midfield meats</li> <li>Edible landscaping Colac main street</li> <li>Birregurra community health food supply programs</li> <li>Colac neighbourhood house cooking/supply program</li> <li>Winter indoor market – Colac Golf Club</li> <li>Lions market</li> <li>Colac food swap/share</li> <li>Farmers wife and Future cafe reducing prices on food and giving excess away</li> <li>Save a Coffee</li> <li>Schools producing food</li> <li>Kyle Trebble – Corangamite Shire – Framers market</li> <li>Farm Gate sale</li> </ul>	<ul style="list-style-type: none"> <li>Supporting small scale production locally through eliminating zoning planning and subdivision restrictions and barriers. (National Heart Foundation)</li> <li>Food Swaps (Food Skill)</li> <li>Develop or expand Local Produce Markets in areas of disadvantage. (Bellarine Community Health, National Heart Foundation)</li> <li>Advocate for edible space in urban planning. (National Heart Foundation)</li> <li>Breakfast programs in Apollo Bay and Colac, build skill development into these programs and through evaluation process.</li> <li>Community kitchens for Colac</li> <li>Incentives for diversifying farming practice</li> <li>Inner city high rise disadvantaged groups productive shared spaces</li> <li>Cloverdale NHH</li> </ul>	<p><b>Immediate Opportunities</b></p> <ul style="list-style-type: none"> <li>Increase community understanding</li> <li>Wholesale supply opportunity to network of general stores</li> <li>Influence and incorporate school canteen program</li> <li>Retail supply opportunity (delivery)</li> <li>Lions club market – expand products incorporating foods</li> <li>Partner with chambers of commerce</li> <li>Encourage school network to partner for regional approach to Stephanie alexander. Include Kui nursery</li> <li>Identify farmers' peak bodies and representatives.</li> <li>Letting people know about Second Bite options</li> <li>Cooking skill and skill development program through COS</li> <li>Exploration of barter system helping farmer selling produce</li> </ul> <p><b>Other Opportunities</b></p> <ul style="list-style-type: none"> <li>Food share</li> <li>Colac Farmers market</li> <li>Colac wholesale market</li> <li>Talk to Jamie Oliver</li> <li>Food co-op – swap/market community/growers/ schools</li> <li>Garden/ kitchen programs</li> <li>More communication between services/growers businesses and broader community</li> <li>Central location for local food access</li> <li>Signage and insurance for farmers came up as barrier for farm gate – public liability and produce getting stolen.</li> </ul>	<ul style="list-style-type: none"> <li>Education programs</li> <li>Increasing access</li> <li>Influence price via supply chain refinement</li> <li>Empowering people to have control over their food choices – not giving it away but keeping it affordable for more disadvantaged groups – helps to keep it viable for business and producers</li> <li>To give in some other way if not monetary - volunteering</li> </ul>



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<b>Vision #2 Promote and celebrate COS food</b>			
<p><i>Food Forum Points That Shaped This Vision</i>-More people enjoying food, celebrating food produced in the Colac Otway region, celebrating food and developing a relationship with food, celebrate cultural food, all local organisations/settings use local produce when catering or providing food in the workplace or at events.</p>			
<p><b>EXISTING WORK</b></p> <ul style="list-style-type: none"> <li>Farmers Market (Apollo bay and Birregurra)</li> <li>Community Garden, Apollo Bay, Lavers' Hill, Colac.</li> <li>Blues and Blueberry Festival in Gellibrand each year.</li> <li>Soup Festival – Forrest</li> <li>Otway Harvest Trail</li> <li>Community appetite for local food</li> <li>Tourism celebrating food</li> <li>School activity – fruit frenzy, school breakfast</li> <li>Cafes and restaurants celebrate local food</li> <li>Café meals program</li> </ul>	<p><b>WHAT DOES THE EVIDENCE SUGGESTS WE DO?</b></p> <ul style="list-style-type: none"> <li>Supporting small scale production locally through eliminating zoning planning and subdivision restrictions and barriers. (National Heart Foundation)</li> <li>Food Swaps (Food Skill)</li> <li>Develop or expand Local Produce Markets in areas of disadvantage. (Bellarine Community Health, National Heart Foundation).</li> </ul>	<p><b>WHAT CAN WE DO WITH OUR RESOURCES?</b></p> <p><i>Immediate Opportunities</i></p> <ul style="list-style-type: none"> <li>Food directory</li> <li>Farmers Market – Lions, Winter, Birregurra, Simpson</li> <li>Colac Herald - recipes</li> </ul> <p><i>Other Opportunities</i></p> <ul style="list-style-type: none"> <li>Enabling local farmers to sell – volunteers, central selling, explore models</li> <li>Culturally appropriate food – Sudanese, Tamil, Turkish</li> <li>Schools and workplaces – systems approach</li> <li>Achievement</li> <li>Explore existing models of local food production</li> <li>Explore supermarkets and moderate food supply</li> </ul>	<p><b>ADDRESSING DISADVANTAGE</b></p> <ul style="list-style-type: none"> <li>Place based approach</li> </ul>

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<b>Vision #3 Improve transportation options to fresh food</b>			
<p><i>Food Forum Points That Shaped This Vision</i> - Reduce food miles, enhance our transportation system to ensure easier access to fresh food, ensure our transportation system is affordable and usable.</p>			
EXISTING WORK	WHAT DOES THE EVIDENCE SUGGESTS WE DO?	WHAT CAN WE DO WITH OUR RESOURCES?	ADDRESSING DISADVANTAGE
<ul style="list-style-type: none"> <li>Otway Health and Colac Otway Shire to continue to support active transport and the regional physical activity strategy.</li> <li>Farmers Market (Apollo bay and Birregurra)</li> <li>Community Garden, Apollo Bay, Lavers' Hill, Colac.</li> <li>Hesse Rural Health transportation</li> <li>HACE service transportation/in-home cooking</li> <li>Birregurra community health transport</li> <li>Disability service provision - buses</li> </ul>	<ul style="list-style-type: none"> <li>General store support program (Monash University, east Gippsland and Bass Coast Shires).</li> <li>Up skill across local government on the Food Sensitive Planning and Urban Design Tool (National Heart Foundation)</li> <li>Food Swaps (Food Skill)</li> <li>Develop or expand Local Produce Markets in areas of disadvantage: (Bellarine Community Health, National Heart Foundation)</li> <li>Advocate for edible space in urban planning. (National Heart Foundation)</li> </ul>	<p><b>Immediate Opportunities</b></p> <ul style="list-style-type: none"> <li>Store support program</li> <li>Create knowledge bank of available buses</li> <li>Think about volunteer driver program</li> <li>Promote HACE in-home food prep</li> <li>Influence broader public transport strategies</li> </ul>	
		<p><b>Other Opportunities</b></p> <ul style="list-style-type: none"> <li>Build transport network from growers</li> </ul>	

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<b>Vision #4 Universal understanding of food that is available in the COS</b>			
<p><i>Food Forum Points That Shaped This Vision</i>-Community aware of local food production, where to access different types of food, local distribution network, everyone knows how to cook, prepare and budget for food, everyone know where to buy fresh produce.</p>			
<p><b>EXISTING WORK</b></p> <ul style="list-style-type: none"> <li>Community Garden, Apollo Bay, Lavers' Hill and Colac.</li> <li>Smiles 4 Miles</li> <li>Healthy Together Achievements Program.</li> <li>Talk about the motivation needed for store owners to sell local produce – this hangs largely on business, relationships and time.</li> <li>Fruit and Nut Growers association in Brisbane</li> <li>South West Food and Wine Festival</li> </ul>	<p><b>WHAT DOES THE EVIDENCE SUGGESTS WE DO?</b></p> <ul style="list-style-type: none"> <li>General store support program (Monash University, east Gippsland and Bass Coast Shires).</li> <li>Food Swaps (Food Skill)</li> <li>Develop or expand Local Produce Markets in areas of disadvantage: (Bellarine Community Health, National Heart Foundation)</li> <li>Advocate for edible space in urban planning: (National Heart Foundation)</li> <li>Budget Bites Guide</li> <li>Deliver Food Cents, FreshNED program (Department of Health).</li> </ul>	<p><b>WHAT CAN WE DO WITH OUR RESOURCES?</b></p> <p><i>Immediate Opportunities</i></p> <ul style="list-style-type: none"> <li>Addressing the transport barrier to accessing local food – this is a big issue</li> <li>Having a food directory from all levels from production through to consumption and emergency relief – Sue Ludwig/ Kylie Trebble</li> </ul>	<p><b>ADDRESSING DISADVANTAGE</b></p>
<p><i>Other Opportunities</i></p> <ul style="list-style-type: none"> <li>Understanding what farmers can provide food to community</li> </ul>			