



SUMMARY

Colac Otway Food Forum

Background

In order to plan appropriate public health and health promotion directions for action to address food security and healthy eating within the Colac Otway Shire (COS), a greater understanding of the determinants of food security and how they affected our population was required. This led to the development and implementation of a comprehensive needs assessment for the COS.

The Colac Otway Food Forum was held on Friday 12th of July 2013 at the Colac Bowls Club by the lake. The forum ran from 10am til 1:15am, around 40 guests attended and represented local government, community leaders, producers, and health professionals. We presented key findings from the Needs Assessment to the group and led discussion around what our vision is for food in the Colac Otway Shire. A full list of attendees has also been circulated.

What happened?

- Key findings from a COS Community Food Security Needs Assessment were presented to the group followed by some examples of best evidence based practice. Food Cost, Food Skill and Transport/Access to Food are the biggest barriers for the COS community to access the food they need to live a healthy lifestyle.
- Amanda Stirrat from the City of Greater Geelong shared her experience as leader of the G21 Food Security Network and their food achievements to date in the G21 region.
- Case Study's were presented
 - Guest Speaker – Andrew Lucas Backyard Harvest Project
 - Port Produce Market - Portarlington
 - Stephanie Alexander Kitchens – Apollo Bay.

Outcomes

- We identified shared **visions** for food in the Colac Otway Shire:
 1. Encourage alternative food supply.
 2. Promote and celebrate COS food.
 3. Improve transportation options to fresh food.
 4. Universal understanding of food available in the COS.
 5. Everyone in the COS regardless of socio economic status has access to fresh food.
- We had a **commitment** from those in the room to improve supply of and access to a variety of affordable, culturally appropriate, safe and nutritious food to everyone in our community, regardless of socio-economic status.





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- We briefly outlined what the **capacity** and support in the room was to achieve these visions:

Group/Organisation/Community Representation	Capacity
Colac Area Health, Otway Health and Colac Otway Shire	2 staff members to support plan development, strategic action and lead work in this space, and identify food security as priority in appropriate plans, advocacy role, funding potential and seeking partnership, link to the G21 Regional Alliance, research capacity.
Southern Otway Land care Network	Volunteer support, transport opportunities, food security is a priority in 3 year strategic plan, funding potential, seeking partnership.
Community Leaders	Support mapping of existing intervention and can draw on history to support future work.
Colac Secondary College	Identifies food security and healthy eating as a priority in their health promotion plan, avenue to support youth.
Apollo Bay Community	Existing community garden plots/boxes
National Food Plan	Resources are attached to this plan that COS could utilise.
Lions Service Club	Fruit and Veg from Secondbite can be delivered with Volunteer Support, Sunday market in Colac opportunity to include more local produce.
Community Gardens	Opportunity across the whole COS.
Forrest Neighbourhood House	Dry goods available and skill development opportunities and existing lunches.
Otway Permaculture Group	Food production support.
St Laurence and Colac Specialist School	Interest in working in this space with the community.

What's next

- A second workshop with those interested will be held on Friday 9th of August 2012. Please see invite below, and RSVP your attendance (See next page)
- This meeting will allow us to work as a group to theme the visions identified at the Colac Otway Food Forum and put together strategic actions to address Food Cost, Food Skill and Transport/Access to Food.

Any questions please contact:

Lauren Fitzgerald

Health Promotion Coordinator

Colac Area Health

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*Want to support a
Food Action Plan
for the Colac Otway?*



Join us to discuss feedback from the July Colac Otway Food Forum and move forward with an action plan

 <p>Time: 9am—11am <i>(Morning tea provided)</i></p>	<p>Date: Friday 9th August 2013</p> 
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Location:
Colac Area Health Blue Room
(Entrance off Connor Street, blue tin shed to the right of hospital entrance)

RSVP to Lauren Fitzgerald
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