

FOR ALL LATROBE VALLEY

Food For All Latrobe Valley Action Plan January 2023 – June 2024

An initiative of the Latrobe Health Innovation Zone

Food For All Latrobe Valley is a collaborative initiative. The Food For All Latrobe Valley logo is a representation of the collaborative actions of many passionate community members and the following organisations:



Summary of Acronyms

VKEW – Vic Kids Eat Well

ERNLaC – Emergency Relief Network of Latrobe City

AMEP – Adult Migrant English Program

LCC – Latrobe City Council

LCHS – Latrobe Community Health Service

LCHS HP – Latrobe Community Health Service Health Promotion

LWYN – Living Well Yallourn North

GRPHU – Gippsland Region Public Health Unit

HEOH – Healthy Eating and Oral Health

LHA – Latrobe Health Assembly

EYS – Early Years Services

CNC – Churchill Neighbourhood Centre

NH – Neighbourhood House

CALD – Culturally and Linguistically Diverse

LVBA – Latrobe Valley Bee Association

Background and History

Background

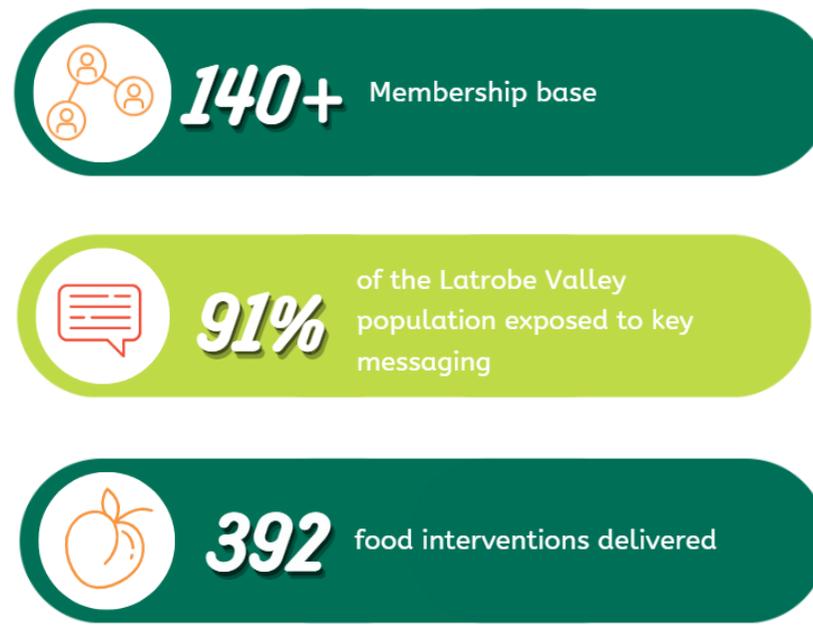
Food security can be defined as ‘when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

Data released through the Victorian Population Health Survey found that 6.6% of the population within Latrobe valley experience food insecurity with hunger. This is significantly higher than the Victorian average of just 3.6%.

In response to this growing issue, Food For All Latrobe Valley (FFALV) was established to increase access to fresh nutritious food across Latrobe Valley. FFALV aims to strengthen local partnerships and work collaboratively to support local organisations, community groups and community members to deliver effective, place-based solutions to address this complex issue.

History

Food For All Latrobe Valley was established in 2018 and to date has achieved the following collective impacts:



Vision and Objectives

Vision

Working together to provide sustainable access and availability to fresh, nutritious food for all members of our community.

Preamble

Food For All Latrobe Valley (FFALV) acknowledges the essential role that access to fresh, healthy food contributes to both individual and community wellbeing. Consistent access to safe, healthy food is a basic human right and forms the foundation of not only our physical and mental health, but also our social connections, culture, traditions and economy. We strive to improve food access and availability across our region, and support local food initiatives to raise the value of fresh, healthy, locally produced food for a sustainable and resilient community into the future. Our efforts in working towards this are underpinned by the following values:

- Develop and implement **inclusive initiatives** that support everyone in our community
- Focus on **food access and sharing food**
- Support and promote **existing food related activities** throughout Latrobe Valley
- Work towards **reducing food waste** and increasing the **value we place on local, seasonal food** within the community

Objectives

1. Improve the access to, and the efficiency of food relief services across Latrobe Valley
2. Increase healthy food preferences, food literacy skills and availability of fresh, nutritious food within Latrobe Valley
3. Support local food production and a sustainable food economy
4. Improve community engagement and support capacity building initiatives

Tracking our Progress

A collective impact report will be released after June 2024, detailing our collective progress and achievements towards the actions listed in this plan.

Alignment with other plans

Living Well Latrobe: Latrobe City Municipal Public Health and Wellbeing Plan 2022 - 2025

Objective 2. Healthy and active

- Enhance food security by supporting local sustainable food systems, improving access to healthy affordable food and supporting people to access food relief when required
- Increase opportunities for a diverse range of community members to participate in the co-design of Council services, events or programs
- Build understanding of the key factors that influence a person's mental wellbeing, and promote prevention initiatives that support positive mental health and wellbeing
- Support community health and disease prevention initiatives and consider policy changes at Council that focus on; reducing obesity, making healthier food choices easier, encouraging increased water consumption and advertising and promoting healthy foods
- Develop a policy around health promotion messages and campaigns supported by Council

Objective 3. Resilient and supported

- Support the Latrobe community to mitigate and adapt to the impacts of climate change
- Encourage community-led initiatives, programs and events through community grants program
- Prioritise the needs of young people by continuing the Victorian Local Government Partnership work

Objective 4. Natural and built environments

- Develop campaigns to improve community pride in our built and natural assets
- Encourage individuals and communities to plan for, create and maintain a healthy environment that fosters community connectedness
- Ensure that health and wellbeing outcomes for the community are considered, where appropriate, in land use planning

Victorian Population Health and Wellbeing Plan 2019-2023

Focus Area 2. Increasing Healthy Eating

Action for a Healthier Latrobe: Latrobe Community Health Service, Community Health – Health Promotion 4 year Strategic Statement 2021-2025

Outcome 1: Increase in Healthy Eating

Latrobe Health Assembly: Strategic Plan 2020 - 2025

Priority Area 3: Community Connectedness and Vulnerability

Food For All Latrobe Valley Shared Objectives and Impact Indicators January 2023 – June 2024



Food For All Latrobe Valley Action Plan: January 2023 – June 2024

	Action	Lead Member (see summary of acronyms)	Supporting Member	Measures Things we can count and report on in 18 months
Objective 1 – Improve access to, and efficiency of food relief services across Latrobe Valley				
1.	Continue to support the food relief site at the Churchill Neighbourhood Centre (as needed)	CNC		<ul style="list-style-type: none"> # residents accessing food relief # food parcels distributed
2.	Continue to promote the <i>Emergency Relief & Client Support Services Brochure</i> within the community	ERNLaC		<ul style="list-style-type: none"> # brochures downloaded # reach
3.	Liaise with Foodbank Victoria regarding the new Morwell site so that existing emergency food relief services and capabilities can be integrated into the design process; improving the efficiency of local food relief (focus on food storage and distribution)	ERNLaC		<ul style="list-style-type: none"> # meetings/discussions held Overview of outcomes achieved from meetings
4.	Continue to support food relief outreach through the partnership between Moe Neighbourhood House and Moe Baptist Church (as needed)	Moe NH Moe Baptist Church		<ul style="list-style-type: none"> # days per week services available # food parcels distributed
5.	Continue to support partnership between Anglicare and Salvation Army to increase food relief outreach to vulnerable families (as needed)	Anglicare Salvation Army		<ul style="list-style-type: none"> # food parcels distributed
6.	Complete Healthy Food Basket and/or Healthy Diets ASAP assessment	GRPHU Student Project (Response from Vicki)	Monash University	<ul style="list-style-type: none"> Results from assessment

Objective 2 –

Increase healthy food preferences, food literacy skills and availability for fresh, nutritious food within Latrobe Valley

7.	Support schools and early years services (EYS) to address the Health Eating and Oral Health (HEOH) health priority area through the Achievement Program	LCHS HP		<ul style="list-style-type: none"> • # schools working on HEOH health priority area • # schools implemented a school canteen or other healthy food services policy • # schools achieved HEOH health priority area • # EYS working on HEOH health priority area • # EYS achieved HEOH health priority area
8.	Support schools and EYS to address the Climate Health Pathway of the Achievement Program	LCHS HP	ResourceSmart Schools	<ul style="list-style-type: none"> • # schools working on Climate Health pathway • # schools achieved pathway • # EYS working on Climate Health pathway • # EYS achieved pathway
9.	Support schools and EYS to implement Let's Grow Food	LCHS HP	ResourceSmart Schools	<ul style="list-style-type: none"> • # schools actively implementing Let's Grow Food • # EYS actively implementing Let's Grow Food
10.	Support schools to implement Vic Kids Eat Well (VKEW)	LCHS HP		<ul style="list-style-type: none"> • # schools actively supported with VKEW • # small bites • # big bites
11.	Implement an Early Years Services Cooks Network within Latrobe	LCHS HP		<ul style="list-style-type: none"> • # network members • # meetings facilitated
12.	Support settings to implement Healthy Choices guidelines	LCHS HP		<ul style="list-style-type: none"> • # settings supported • # menu assessments • # incremental changes • # settings compliant • # settings with at least 50% GREEN • # settings with no more than 20% RED
13.	Implement phase 2 of "Reach for the Stars", a Healthy Supermarket project in Latrobe	LCHS HP		<ul style="list-style-type: none"> • # supermarkets participating • # promotional reach • Program evaluation – including findings from customer surveys, staff surveys, store scout assessments and sales data

Objective 3 –

Support local food production and a sustainable food economy

14.	Investigate the feasibility and opportunities available to hold a Food Forum in Latrobe to share ideas, knowledge and networking opportunities	Deanna Ingravalle	LWYN Jenny Ross LVBA	<ul style="list-style-type: none"> • Feasibility report developed If feasible; • Funding opportunities identified • # networking opportunities
15.	Provide shopping tours for vulnerable community members	LCHS Dietetics Team		<ul style="list-style-type: none"> • # tours
16.	Advocate to council to introduce a composting bin for all Latrobe schools	LCHS HP Latrobe Schools	ResourceSmart Schools	<ul style="list-style-type: none"> • # meetings/discussions held with council • Outcomes achieved from meetings • Results from ResourceSmart School data
17.	Deliver a Climate Health Community of Practice	LCHS HP		<ul style="list-style-type: none"> • # Climate Health CoP members • # Training sessions delivered • # Members trained • Increase in knowledge • # Climate health tools developed

Objective 4 –

Improve community engagement and support capacity building initiatives

18.	Continue to grow social media presence and engagement in FFALV	LCHS HP FFALV Social Media Sub-Committee	LWYN Georgia Karavis LVBA	<ul style="list-style-type: none"> ● # posts ● # engagement ● # reach
19.	Investigate the possibility of utilising Aged Care/business courtesy buses as transport to/from community gardens	David John	LWYN LVBA	<ul style="list-style-type: none"> ● # discussions held with aged care facilities ● # discussions held with businesses, e.g. Local RSL ● # courtesy buses identified
20.	Promote volunteer opportunities to public servants and those who are entitled to “Volunteer Leave” throughout the year	LVBA		<ul style="list-style-type: none"> ● # promotions created/distributed ● # workplaces contacted ● # volunteers increased
21.	Create a task force of volunteers to support community and school gardens	Deanna Ingravalle	LWYN Jenny Ross LVBA	<ul style="list-style-type: none"> ● # volunteers ● # community/school gardens supported
22.	Support FFALV members and other community groups with grant writing	Sean-Paul Smith	LWYN	<ul style="list-style-type: none"> ● # grants applied for ● # successful grants
23.	Support FFALV members and other community groups with social marketing and promotion of their food-related events	FFALV Social Media Sub-Committee	LWYN Abbe Moriarty (Moe NH) LVBA	<ul style="list-style-type: none"> ● # promotions

Multiple Objectives					Objective			
					1	2	3	4
24.	Incorporate seed swap into existing farmers markets in Latrobe	Robyn Espange (LWYN)	Rebecca McGrath Jenny Ross	<ul style="list-style-type: none"> # farmers markets seed swap held 		✓	✓	✓
25.	Investigate potential to run seed swap and education sessions at Traralgon library in alignment with Traralgon Farmer's Market	Noel Blundell (LWYN) Latrobe City Libraries (with volunteer support)	Rebecca McGrath	<ul style="list-style-type: none"> # meetings and/or discussions held with Council # meetings and/or discussions held with Traralgon Farmer's Market Outcomes achieved from meeting 		✓	✓	✓
26.	Continue to implement and promote "Food Share Latrobe" and encourage local participation	LCHS HP LCC LYS	Abbe Moriarty (Moe NH) Rebecca McGrath	<ul style="list-style-type: none"> # Facebook group members # Food Share crates in community # promotions 			✓	✓
27.	Advocate for new signatories and the implementation of the Latrobe Food Declaration	LCHS HP	LWYN Damon Craig	<ul style="list-style-type: none"> # promotions # signatories 		✓	✓	✓
28.	Promote Community Garden guidelines that have been developed by Latrobe City Council	David John LVBA	LCC LWYN	<ul style="list-style-type: none"> # meetings/discussions held with council # promotions 			✓	✓
29.	Continue to grow, reinvigorate and promote the VRI Learning Garden	Julie Callahan	Jenny Ross Deanna Ingravalle	<ul style="list-style-type: none"> # promotions # learning sessions # attendees 			✓	✓
30.	Promote list of existing community gardens in Latrobe	LCC LVBA	LWYN David John	<ul style="list-style-type: none"> # promotions 		✓	✓	✓
31.	Investigate feasibility of establishing a sensory garden	LVBA	LWYN David John	<ul style="list-style-type: none"> # surveys completed # discussions with council 		✓	✓	✓

				<ul style="list-style-type: none"> • # potential sites • # gardens established 				
32.	Investigate feasibility of establishing and/or including in existing gardens a native food garden in consultation with local Koori Elders and community	David John	Deanna Ingravalle	<ul style="list-style-type: none"> • # consultation meetings with local Koori Elders and community • # surveys completed • # discussions with council • # potential sites • # gardens established 		✓	✓	✓
33.	Re-invigorate existing community gardens in Latrobe and increase participation/volunteer numbers	David John	LWYN Abbe Moriarty (Moe NH)	<ul style="list-style-type: none"> • # promotions • # new volunteers 		✓	✓	✓
34.	Support community groups intent to establish new community gardens and/or connect them with established community gardens in the area	Community Garden Sub-Committee	LWYN	<ul style="list-style-type: none"> • # new community garden proposals • # people connected 		✓	✓	✓
35.	Develop an inclusion and disability lens to be applied across all new and existing community garden spaces	David John	Deanna Ingravalle LVBA	<ul style="list-style-type: none"> • # discussions held • Lens developed 			✓	✓
36.	Investigate feasibility of establishing edible landscapes, sunflower gardens, edible flowers and/or herb gardens in front of/on un-used industrial sites and in and around town on private and council land	David John	LWYN Damon Craig	<ul style="list-style-type: none"> • # surveys completed • # discussions with landowners • # discussions with council • # landowners interested • # potential sites • # sites with gardens established 		✓	✓	✓
37.	Establish a list of existing farmers markets in Latrobe and promote their times and locations	Community Market Sub-Committee	Noel Blundell (LWYN) Abbe Moriarty (Moe NH)	<ul style="list-style-type: none"> • Farmers market list developed • # promotions 		✓	✓	✓
38.	Investigate opportunity to hold “Food demonstrations” at local markets; such as growing and cooking with edible weeds, preserving, cooking, growing your own produce and keeping produce purchased from farmers market fresher for longer	“Edible Weeds” - Robyn Espagne (LWYN) - Liz Harbridge (LWYN)	Libby Mitchell (LWYN) Mercy Heily (LWYN) Jenny Ross	<ul style="list-style-type: none"> • # farmers markets contacted • # meetings/discussions with farmers market co-ordinators 		✓	✓	✓

		Latrobe City Libraries	Mattia Mercurio Deanna Ingravalle	<ul style="list-style-type: none"> • Outcomes achieved from meetings • # food demonstrations held 				
39.	Investigate interest from CALD community members to develop culturally appropriate cooking classes, e.g. seek interest from Adult Migrant English Program (AMEP) students	Latrobe City Libraries – Lunch @ Library Program	Mercy Heily (LWYN) Mattia Mercurio Abbe Moriarty (Moe NH) Deanna Ingravalle	<ul style="list-style-type: none"> • # surveys completed • # meetings/discussions with Neighbourhood Houses • # meetings/discussions with AMEP classes • # NH interested • # AMEP students interested • # potential classes 		✓	✓	✓
40.	Support Moe Neighbourhood House's weekly community lunch	Moe NH	Abbe Moriarty	<ul style="list-style-type: none"> • # attendees 		✓		✓

Summary of our Collective Action

Our Objectives	Number of actions contributing to this objective in our action plan <i>Total actions in plan = 40</i>	Collective Outcome
<p>Objective 1</p> <p>Improve the access to, and the efficiency of food relief services across Latrobe Valley</p>	<p>6</p>	<p><i>Improved access to food relief services and increased quality and efficiency of food storage and distribution throughout Latrobe Valley.</i></p>
<p>Objective 2</p> <p>Increase healthy food preferences, food literacy skills and availability for fresh, nutritious food within Latrobe Valley</p>	<p>20</p>	<p><i>Residents will feel empowered to make healthy choices and take control of their health, wellbeing and understanding of healthy food.</i></p>
<p>Objective 3</p> <p>Support local food production and a sustainable food economy</p>	<p>20</p>	<p><i>Residents within Latrobe Valley will have the skills and ability to grow their own food and sell, swap or share excess with other community members.</i></p>
<p>Objective 4</p> <p>Improve community engagement and support capacity building initiatives</p>	<p>23</p>	<p><i>Latrobe community, organisations and industry will be actively involved in food initiatives, and advocate for a more sustainable and inclusive food system.</i></p>