



Food in the Colac Otway Region

COMMUNITY FOOD ACTION PLAN

2013-2017



BACKGROUND TO COMMUNITY FOOD ACTION PLAN – COLAC OTWAY

Food security is defined as the *'the state in which all persons obtain nutritionally adequate, culturally acceptable, safe foods regularly through non-emergency sources'*ⁱ.

Population data for the Colac Otway Shire (COS) shows that eight in every one hundred people in the region ran out of food over a twelve month period and were unable to replace itⁱⁱ. This figure is higher than both the Barwon South West Region and Victorian averages of food insecurity ratesⁱⁱⁱ. This data is supported by findings that over half the COS population is not meeting the daily recommended fruit intake levels, and an even greater amount are not meeting the daily recommendations for vegetable consumption^{iv}. In addition, over half of the COS population is classified as overweight or obese^v. Population data also shows that rates of food-related chronic disease, such as heart disease, stroke and diabetes are following an increasing trend in Victoria^{vi}. These statistics supported the start of a comprehensive needs assessment process as a partnership between Colac Area Health (CAH), Colac Otway Shire (COS) and Otway Health (OHCS). Food security is also listed as a priority area in the current integrated health promotion plans for CAH and OHCS, as well as the COS's Municipal Public Health and Wellbeing Plan.

COMMUNITY FOOD SECURITY NEEDS ASSESSMENT

The Colac Otway Shire Food Security Needs Assessment (2012) determined key issues to direct strategic action. The information collected in this needs assessment included: mapping of retail outlets; food production and transport; community consultation; stakeholder consultation; and completion of the Victorian Healthy Food Basket Survey. Once all this information was pulled together it started to build a picture of the causes of food insecurity issues for people in the Colac Otway Shire.

The three priority areas of:

- *Cost of food;*
- *Transport/access to food; and*
- *Limited food skill and knowledge.*

Once we had a direction of focus, an assessment of the International, National and Regional literature (primary, secondary and grey) was also undertaken to identify what the evidence was saying were the most effective ways of addressing these priority areas and food insecurity.

COLAC OTWAY FOOD FORUM

In order to address food insecurity in our region, it was well understood that we needed the support and collaboration of all levels of community to start action.

It is recognized that in order to address the complex issues associated with access, cost and skill development, community wide collaboration and partnership was needed. 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 1:15pm, 40 guests attended and represented local government, community leaders, producers, and health professionals. Key findings from the Needs Assessment were presented to the group and led discussion around our direction for food in the Colac Otway Shire. The Colac Otway Food Forum created a space for like-minded people in the Colac Otway area to come together to network and brainstorm our vision for food security in the Colac Otway. The following directions for food action in the Colac Otway were agreed upon at the Colac Otway Food Forum:

Vision: *Everyone in the COS regardless of Socio Economic Status can obtain nutritionally adequate, culturally acceptable, safe foods, regularly through non-emergency sources.*

Themes to achieve this vision:

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.

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

The following organisations and community representation attended the Colac Otway Food Forum:

Organisation	Representative
	Kim Vince
Backyard harvest	Andrew Lucas
Bellarine Community Health Centre - Health Promotion	Kat Cust
Colac Area Health - Dietician	Claire Dagley
Colac Area Health - Dietician	Tarryn Thom
Colac Area Health - Director of Community Services	Marg White
Colac Area Health - Health Promotion	Anita Thomas
Colac Area Health - Health Promotion	Lauren Fitzgerald
Colac Area Health and Colac Lions Club	Phillip Johnson
Colac Area Health CEO	Geoff Isles
Colac Otway Community Rep	Claire Clark
Colac Otway Community Rep	Don Clark
Colac Otway Shire	Lisa Jarvis
Colac Otway Shire	Mike Barrow
Colac Otway Shire - General Manager Corporate & Community Services	Colin Hayman
Colac Otway Shire - Manager of Health and Community Services	Greg Fletcher
Colac Secondary College - School Nurse	Sue Ryan
Colac Specialist School Family Engagement Coordinator	Jen Whitwell
Forrest Neighborhood House	Gillian Brew
G21 Food Security Network and City of Greater Geelong Health and Wellbeing officer	Amanda Stirrat
Glenloch Apple Farm Gellibrand	Juli Farquhar
Lavers Hill Neighbourhood House	Julia Malcom
Otway Health - Health Promotion	Jess Dorney
Otway Health - Manager of Community Services	Max Broadley
Otway's Permaculture group	Fern Rainbow
Ridge Café Beech Forrest	Sue Ladewige
Salvation Army Colac	Major Marilyn Jenner
Salvation Army Colac - Emergency Relief Worker	Sue Buley
Scott's Presbyterian Church	Cheryl Harlock
SecondBite	Ben Hill
Sorella Foods	Amanda Garner
Southern Otway Food Cooperative	Kate Holmes
Southern Otway Land care Network	Libby Riches
Spread Preservatives and Jams - Port Campbell	Lydia McDonald
Time for Youth	Teresa Robertson

COMMUNITY FOOD ACTION GROUP

From here, people were invited to become members of the Colac Otway Community Food Action Group, using a similar concept to the G21 Food Security Network Group at a more localised level. Together, it is anticipated that this group will be able to strategically bring together a network of food stakeholders in the Colac Otway to achieve the Community Food Action Plan – a Specific, Measurable, Achievable, Resourced and Timely (SMART) plan that will outline the group's action. These actions will address the priority areas identified in the needs assessment, while upholding the visions set out at Colac Otway Food Forum. This action plan will reflect our Community Food Action Group's strategic and collaborative commitment to work in this area, using evidence based best practice and building on the local capacities.

TERMS OF REFERENCE – Colac Otway Food Alliance

Purpose

The Community Food Action Group is a collective of community, health, local government, local business, and welfare representatives, who will work collaboratively to implement actions on the Community Food Action Plan 2013-2017.

Expected Outcomes

Vision:

Everyone in the COS regardless of Socio Economic Status can obtain nutritionally adequate, culturally acceptable, safe foods, regularly through non-emergency sources.

To achieve this, group members will work together to implement the Community Food Action Plan 2013-2014, delivering on actions to:

- Reduce barriers to reduce transport access issues to nutritious, and where possible, local food.
- Increase supply, availability and access to local food in the Colac Otway
- Increase knowledge of nutritious food, food outlets and alternative food supplies available in the Colac Otway and how to access it.
- Develop and annually maintain a central database of local food security determinant mapping (food mapping, Victorian Healthy Food Basket) and research in the Colac Otway.
- Take a settings and at-risk group approach to increasing food related skills in the Colac-Otway.

Outcome measures

- Evaluation measures as indicated in the Community Food Action Plan
- Reduction in the food Insecurity statics in the Colac Otway Shire, (Baseline 2011-8.2%, Community Indicators Victoria)
- Increase fruit and vegetable consumption in the Colac Otway Shire (Baseline 2008-52.1%, Population Health Survey)

Terms of Reference

1. All actions of the steering committee or subcommittees will be derived from the *Colac Otway Community Food Action Plan 2013-2017*.
2. The chair of the alliance will be shared between Otway Health and Colac Area Health.
3. The alliance will run the life of the Community Food Action Plan 2013-2017 and will be reviewed in 2017.
4. Members or a subcommittee representative will where possible attend the bi-monthly Colac Otway Food Alliance meetings.
5. Reporting and evaluation requirements are to be made against the Community Food Action Plan. This is to ensure:
 - Responsibility of all alliance members/subcommittee representatives to provide progress reports at the bi-monthly meeting, and this progress will be outlined in the minutes.
 - An annual report is prepared against the Community Food Action Plan. This will be completed by Otway Health and Colac Area Health representatives.
 - The process indicators outlined in the community food action plan will be evaluated/reported against annually.
 - At the end of the plan (2017) a formal evaluation process will be completed by Otway Health and Colac Area Health representatives.
6. Terms of reference will be reviewed as required by the alliance.

Committee Structure – Group guidelines

- Respect group members different roles and capacities
- All work/input into the plan is valued whether it be small or large pieces of work.
- Clear communication and information sharing will be maintained by all group members
- No hidden agendas
- The alliance will be action based - not talk fests!
- The alliance will work to reduce “silos” within food access, availability and skill development across Colac Otway
- *Decision making* will be made using consensus decision-making approach:
 - Decision making processes will be made based on the best available evidence of effective action.

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

- Decision making will actively encourage the input of all alliance members and will be voted upon.
 - Where a decision cannot be reached, Colac Area Health and Otway Health’s Health Promotion officers reserve executive decision making powers with the best interest of the community informing the decision.
 - Equal opportunity for contribution of all alliance members will be afforded and perspectives of all alliance members will be considered.
 - The alliance will strive to reach the best possible decision for the community, rather than competing for personal preferences.
 - As many stakeholders as possible should be involved in the consensus decision-making process.
 - Capacities and resources of the alliance will be considered in all decision-making processes.
- Membership of this alliance will be made up of those listed below (Colac Otway Food Alliance Structure and Membership) and these members will be responsible to represent their subcommittee and their sub committee’s work.
 - Quorum details - there must be a minimum of 5 representatives at each alliance meeting to endorse decisions.
 - Conflict Resolution – All members of the Steering Committee and subcommittees are required to treat all other members with a positive regard. In an instance where conflict arises, parties are instructed to, in the first instance; seek resolution in a formal meeting setting. Where this does not resolve the issue, members are instructed to seek mediation from the committee chair or other party with executive decision making powers.

Sub Committees Responsibility

- Subcommittees will work on selected objectives outlined in the *Community Food Action Plan*.
- Each subcommittee will be governed by their own terms of reference, and subcommittees will be formed on the basis of objectives outlined in the community food action plan.
- Each subcommittee must have a representative present at the Colac Otway Food Alliance meetings to report on work and progress of the subcommittee.
- The subcommittees are required to report bi-monthly and annually to the Colac Otway Food Alliance.

Colac Otway Food Alliance Structure and Membership

- 1 Colac Area Health
- 2 Colac Otway Shire
- 3 Otway Health
- 4 Salvation Army
- 5 COS Neighbourhood House Coordinators
- 6 Kinloch Apple Farm Representative
- 7 Southern Otway Land-care
- 8 Colac Secondary College
- 9 Community Members/Representatives (when appropriate)

Chairperson

Rotating Colac Area Health, Otway Health and Colac Otway Shire.

Minute Secretary

Rotating between group members.

Agenda and Minute management

Colac Area Health and Otway Health.

Schedule of meetings

2013 - Every month til the end of the year.

2014 - Bi-monthly meeting, review of this structure for 2015/2016.

Accountability

- Subcommittees are accountable to the alliance, this will be conducted through a informal report to the group at meetings and outlined in the subcommittees terms of reference.
- Individuals, and the work they are responsible will report on progress to the action group as a whole at each meeting.

- There will be an annual evaluation of the Community Food Action Plan to measure progress. This will be completed by Colac Area Health and Otway Health on behalf of the alliance.
- At the end of the plan (2017) a formal evaluation process will be completed by Otway Health and Colac Area Health representatives.

Key Legislation, Acts and Standards

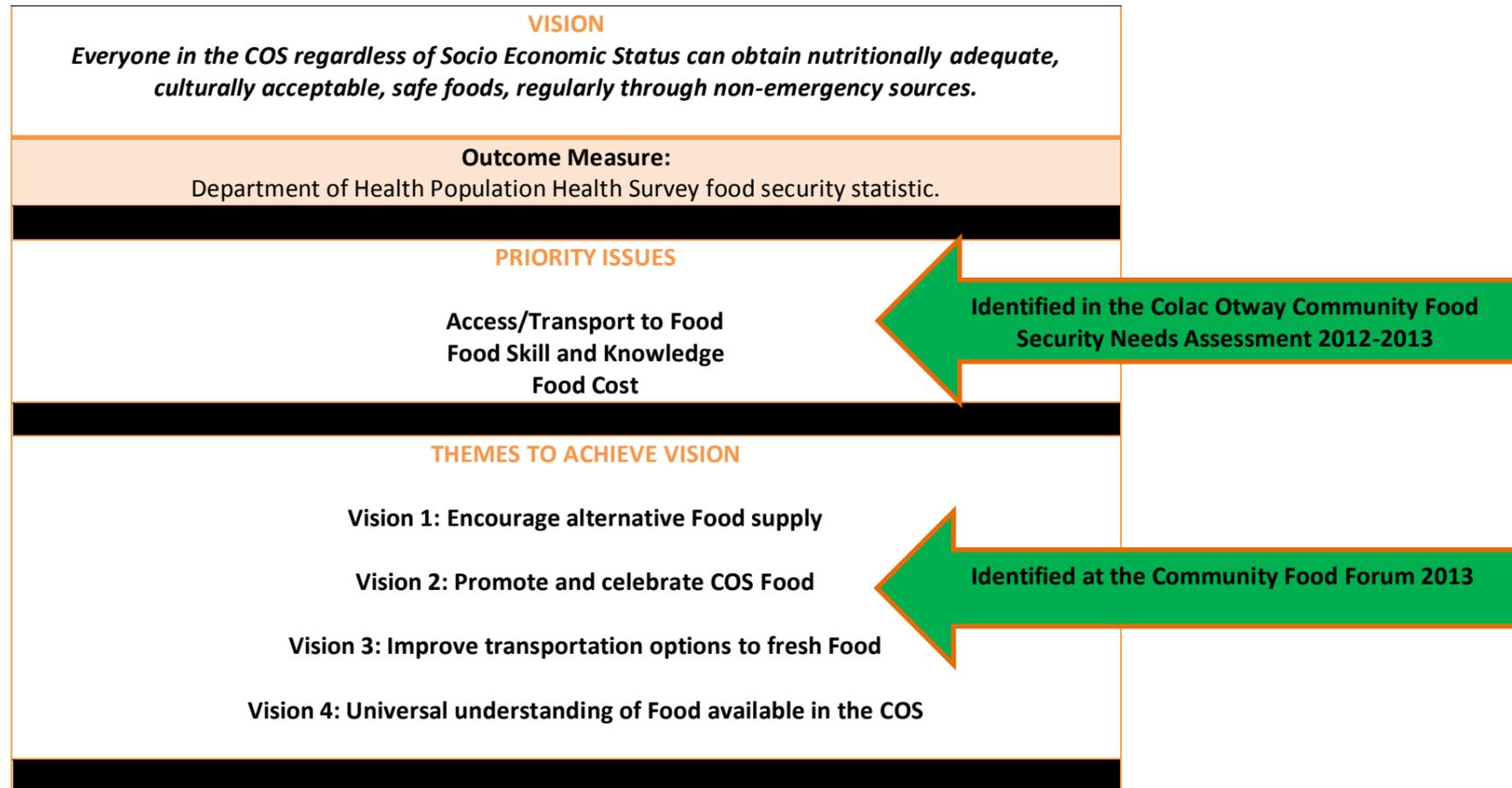
- Municipal Public Health and Wellbeing Plan for the Colac Otway Shire, 2013-2017.
- Ottawa Charter for Health Promotion, WHO, 1986.
- Integrated Health Promotion Resource Kit, Dept of Human Services.

Key Aligned Documents

- Community Food Action Plan for the Colac Otway 2013-2017.
- Municipal Public Health and Wellbeing Plan for the Colac Otway Shire, 2013-2017.
- Otway Health Integrated Health Promotion Plan, 2013-2017.
- Colac Area Health Integrated Health Promotion Plan, 2013-2017.
- Colac Otway Community Food Security Need Assessment Report 2012.
- Victorian Public Health and Wellbeing Plan, 2011-2015.
- VicHealth Priority Areas for Action, 2013-2020.
- VicHealth, 10 ways Local Government can act on Food Security.

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

ACTION PLAN OVERVIEW



ABBREVIATIONS/DEFINITIONS

CAH	Colac Area Health	
CFAG	Community Food Action Group	
CFAP	Community Food Action Plan	
COS	Colac Otway Shire	
DHSV	Dental Health Services Victoria	
EFR	Emergency Food Relief	
EOFY	End of Financial Year	
EOCY	End of Calendar Year	
	Food Desert	A Food Desert is an area 1.5 Km void of an outlet that sells fresh produce. (for rural and remote communities)
G21	Geelong Regional Alliance	
NH	Neighbourhood House(s)	
OH	Otway Health	

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

Goal 1:

Increase access to nutritious and where possible local food in the Colac Otway.

Indicator: Local produce availability and transport access is no longer a barrier to healthy food consumption in Colac Otway areas.	Timeline for Evaluation: EOCY 2017
Evaluation Method/Tools: Pre and post community consultation; General Stores Healthy Food Basket Survey; Food Retail Mapping and; Transport Mapping of routes to fresh fruit and vegetable stores.	
Addressing Health Inequities: Targeted geographical approach to assist areas at higher risk of food insecurity, including those identified in food deserts and transportation support for low income families and areas of geographical disadvantage.	

Objective 1.1 By 2017, there will at least one efficient transport option that supports access to fresh food outlets in Apollo Bay, Forrest; Lavers Hill, Colac West; Beeac and Cressy.				Impact The 5 existing public transport routes are efficiently accessing fresh produce. There will be 1 new transport option from Forrest, Lavers Hill; Beeac and Cressy into Colac fresh produce stores.		
Timeline EOFY 2015 Tools implemented and evaluation data collected. Baseline transport mapping and community consultation by Dec 2014.		Evaluation Responsibility CAH and OH		Tools/Measures Pre and post community consultation; Transport mapping to food retail outlets.		
Strategies	Actions	Partners	Resource Required	Timeline	Process Evaluation measures	Status EOCY 2014
Advocate to improve public transport options in the Colac Otway Shire to support and increase easy access to nutritious food outlets.	<ul style="list-style-type: none"> - Identify key personnel at COS to engage with; These personnel are to attend FSPUD Training from Heart Foundation to be held at COS. - OH, CAH and COS (manager of Health and Community Services) to put together proposal for transport changes across the COS. - Advocate for completion of the RACV regional transport survey and contact RACV to send through results for our area for future advocacy use. 	<ul style="list-style-type: none"> - OH - COS - Heart Foundation - Community Hub Inc (Transport contact: Ann Bell) - Department of Transport and Planning. 	OH and HF Hours to complete briefing paper and recommendations.	EOFY 2015	Transport Mapping reflects changes and improved transportation between fresh produce and food deserts	
Investigate alternative transport options available within COS organisations and the community to assist people in accessing affordable and nutritious food outlets.	<ul style="list-style-type: none"> - Otway Health, Southern Colac Otway Shire Neighbourhood Houses to identify transportations options for their community to access Colac Central and for delivery to occur into the outlying towns (Gellibrand Community Bus, Lavers Hill to Colac) - Map existing transportation options. - Complete community consultation to identify gaps in the COS public transport network. - Identify opportunities for alternative transport. - Investigate insurance requirements of independent buses and cars. - Advocate to other community groups for involvement in private transportation. 	<ul style="list-style-type: none"> OH Neighbourhood Houses Access Connect Belong Project Community Hub Inc 	<ul style="list-style-type: none"> - OH and NH Hours to complete mapping and key documentation - MOU document development between organisations where transport support will occur. 	EOFY 2015		

***Smaller Communities with limited access to fresh produce:**

Lavers Hill, Colac West, Elliminyt, Barwon Downs, Forrest, Beeac, Cressy, Beech Forrest

***Smaller communities who already provide adequate amount of fresh produce, but may need support linking into local produce:**

Ferguson, Wye River, Birregurra, Cororooke, Gellibrand.

***Alternative transport options:** Non-public forms of transport.

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

Objective 1.2 By 2017, smaller communities*across the COS, where access to fresh produce is limited, will have a 30% increase in the availability of fruit and vegetables within their local township.				Impact All smaller communities where access to fresh produce is limited will increase their affordable fresh fruit and vegetable supply by 30%.		
Timeline EOY 2017 Annual VHFB for General Stores - results collated and trends identified.		Evaluation Responsibility CAH and OH		Tools/Measures Victorian Healthy Food Basket Survey for General Stores (annually), food mapping, audit of food swaps.		
Strategies	Actions	Partners	Resources Required	Timeline	Process Evaluation Measures	Status EOY 2014
Implement support program for small/general stores in smaller communities to provide fresh fruit and vegetables.	<ul style="list-style-type: none"> - Source program structure, plan and evaluation from Bass Coast and South Gippsland Shires. - Complete program logic and program plan. - Identify and source resources needed to implement the program and appropriately plan for program implementation and evaluation. - Set up information and support packages for general stores upon engagement. - Advocate for funding. 	CAH OH COS Small Stores Across the COS Monash University Neighbourhood Houses Community Supported Agriculture	See Small Store Support Program Plan for more details. Available from CAH or OH.	See Small Store Support Program Plan for more details. Available from CAH or OH.	See Small Store Support Program Plan for more details. Available from CAH or OH	
Investigate feasibility of food swaps, bulk buyers groups, farmer direct deliveries and community gardens in smaller communities across the Colac Otway.	<ul style="list-style-type: none"> - Identify and map existing food swaps and buyers groups; include this information in Food Directory. - Identify community leader and drivers to take such projects on. - Complete program logic; develop plan. - Evaluate effectiveness of these programs on fruit and vegetable intake; report findings. - Support establishment ensuring community ownership and sustainability. 	CAH OH Forrest NH Colac NH Apollo Bay NH Lavers Hill NH	Set up costs - \$150 maximum per community.		Information about local food swaps evident in the COS Food Directory.	

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

Objective 1.3 By 2017, there will be a 30% increase in the availability and a 10% increase in the purchase of local food production from the Colac Otway Shire.			Impact 3 in every 10 main or alternate food outlets in Colac Otway Shire selling local produce. Local food production is economically supported by Colac Otway Community. Local food production will be a sustainable, economically viable and supported option in the Colac Otway Shire. More food sold and produced in the area.			
Timeline EOCY 2017		Responsibility CAH and OH		Tools/Measures Surveys with local producers, community organisations, businesses, community groups re: local food purchased or sold.		
Strategies	Actions	Partners	Resources Required	Timeline	Process Evaluation Measures	Status EOCY 2014
Advocate at local government level to support local farmers to diversify their farming practice, and support small scale production.	<ul style="list-style-type: none"> - Identify and map local producers in the Colac Otway. - Identify current legislation restricting farmers to diversify their farming practice and produce at a smaller scale. - Recognise and report the barriers in this legislation. - Engage producers and conduct consultation to discuss barriers and identify supports needed to enhance small scale production or diversify farms. - Plan to advocate for change. 	OH Southern Otway Landcare Julie Farquhar Jen Whitwell COS Economic Development Dept.				
Investigate and support advocacy to reduce current barriers for farm gates to sell produce.	<ul style="list-style-type: none"> - Identify and map current farm gates in the Colac Otway; include this information in Food Directory. - Conduct a literature review to identify/address barriers for farm gates to sell produce; consideration to be given to declared income issues for farmers. - Advocate for change; recommendations and actions identified in briefing paper to relevant parties. 	Juli Farquhar Joe Sgroe			<ul style="list-style-type: none"> - Barriers for farm gates identified. - Recommendations and actions documented in briefing paper 	
Investigate feasibility of developing a fresh produce wholesale market for local fruit and vegetable growers, or building more produce into existing community markets across the Colac Otway.	<ul style="list-style-type: none"> - Identify and map all current markets in the COS. - Liaise with market organisers to identify processes/requirements. - Gauge interest from local producers. - Develop program plan/logic. - Community enterprise. - Encourage local food to be incorporated in existing markets or festivals that traditionally don't have food. 	G21 Food Security Network Sue Ludwig Juli Farquhar CAH COS – Health and Economics Depts. OH Lions Rotary Kylie Treble Joe Sgroe				
Support the implementation of a food hub for the Colac Otway.	-					
Support the establishment of community supported agriculture for the COS.	-					

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

Goal 2:

Raise awareness of nutritious food available in the Colac Otway.

Indicator: Across the COS there is universal awareness of what food and food supporting programs are available in the Colac Otway and how to access them.

Evaluation Method/Tools:

- Pre and post community survey to assess knowledge of the availability of nutritious food and food supporting programs in the Colac Otway.

Timeline for Evaluation: EOY 2017

Addressing Health Inequity: Ensure that more vulnerable groups are able to access and use all information and materials created.

Objective 2.1 By 2017, 50% of all organisations and community members in the Colac Otway will have access to information that describes where affordable, nutritious and local food is available in the Colac Otway.				Impact 5 in every 10 organisations and 50 in every 100 community members will be aware of and able to identify where nutritious and healthy food is located in the Colac Otway.		
Timeline EOFY 2016		Evaluation Responsibility CAH and OH		Tools/Measures Pre and post surveying across COS community and organisations. Baseline data collection required.		
Strategies	Actions	Partners	Resources Required	Timeline	Process Evaluation Measures	Status EOY 2014
Develop a food directory and website to house information about food in the COS. Consideration of the following to be included: Farm gates, food markets, food swaps, community kitchens, breakfast programs, food festivals and community meals.	<ul style="list-style-type: none"> - Source information for directory and website - Advertising in Colac Herald, email networks within COS, CAH and OHCS, G21 Food Security Network, Otway Rail Trail, Victorian Farmers Market Association, Corangamite Shire to collect the data. - Gathering and sorting of the data collected. - Source graphic designer to put together the food directory and website. - Circulate proof for feedback before sign off - Finalise design and info. - Distribute across the Colac Otway Shire. 	CAH COS – Health and Economic Team Sue Ludwig Corangamite Shire Colac Herald Sustainability Vic	<ul style="list-style-type: none"> - \$5,000 Printing - \$5000 Graphic Designer - Food directory - Website - EFR Brochure - Business/Community catering directory. 	EOCY 2014 EOCY 2016	Development and Circulation of: <ul style="list-style-type: none"> - Food Directory - EFR Brochure - Catering Brochure - Food in the Colac Otway Website developed. 	
Develop a social marketing strategy to increase awareness of food sources and food security in the Colac Otway.	<ul style="list-style-type: none"> - Engage with the Colac Herald - Complete a MOU between Colac Herald and Community Food Action Group, about food feature terms. - Regular Monthly Food Feature in the Colac Herald (Promoting food directory and website details, local producer features, seasonal produce, food festivals and food security issues/research etc.). - CAH and CFAG to work monthly with Colac Herald to source information and feature. 	CAH Colac Herald CFAG	<ul style="list-style-type: none"> - CAH staff to source monthly feature with support from the CFAG 	Ongoing (Start in June 2014)	<ul style="list-style-type: none"> - MOU completed - Monthly feature in the Colac Herald about food in the Colac Otway 	
Develop a tool to encourage organisations in the COS to use local producers when catering or preparing food.	<ul style="list-style-type: none"> - Identify all organisations in the Colac Otway. - Map all catering companies in the region and document all produce that is used and company details. - Advertise expressions of interest to local caterers and producers in the Colac Herald. - Develop a brochure/booklet with details for business about catering companies who use local food. - Circulate communication to every organisation in the Colac Otway Shire, to inform them of the importance of supporting local food and how it can be incorporated in workplaces. 	CAH Sue Ludwig Amanda Garner	<ul style="list-style-type: none"> - Staff resource - Graphic Designer (See Goal 2, Objective 2.1) - Printing \$2000 	EOCY 2014	<ul style="list-style-type: none"> - Brochure/Directory development - Boucher/Directory distributed to all organisations and community centres across the COS. 	
Advocate to local food businesses and local	<ul style="list-style-type: none"> - Identify all organisations/businesses in COS who use food. - Identify reasons/barriers for these organisations/ 	CAH Spade and barrow				

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

organisations that facilitate food programs to use local produce.	<ul style="list-style-type: none"> businesses to using local produce. Survey Garden of Eden and Barlings. 					
Develop a local producer's directory to encourage local food consumption.	<ul style="list-style-type: none"> Develop relationship with Corangamite Shire who has completed existing work in this space. Work with G21 Food Security Network to identify and map all regional producers. Source graphic designer to put together directory. Distribute brochure – businesses that support local food, visitor information centre. 	CAH OH COS – Tourism G21 Food Security Network Corangamite Shire	<ul style="list-style-type: none"> CAH, OH and COS Staffing. Graphic Designer. Printing \$2000. 	EOFY 2015	<ul style="list-style-type: none"> Data base of food producers in the Colac Otway and across the G21 region is put together. Information promoted through Food in the Colac Otway Region website. 	

Objective 2.2 By 2017 all organisations across COS will be aware of emergency food relief options across the Colac Otway.				Impact Organisations will be aware of emergency food relief.		
Timeline EOFY 2016		Evaluation Responsibility CAH and OH		Tools/Measures Pre and post surveying across COS community and organisations.		
Strategies	Actions	Partners	Resources Required	Timeline	Process Evaluation Measures	Status EOCY 2014
Develop an Emergency Food Relief (EFR) brochure.	<ul style="list-style-type: none"> Source information for brochure/leaflet Advertising in Colac Herald, email networks within COS, CAH and OHCS, G21 Food Security Network, Otway Rail Trail, Victorian Farmers Market Association, Corangamite Shire to collect the data. Gathering and sorting of the data collected. Source graphic designer to put together the emergency food relief into. Circulate proof before sign off. Finalise design and info. Distribute across the Colac Otway Shire. 	Salvation Army Time for Youth CAH St Laurence Jen Whitwell COS	<ul style="list-style-type: none"> Graphic Designer (See Goal 2, Objective 2.1) \$1,000 for printing 	EOCY 2014	<ul style="list-style-type: none"> Brochure developed and circulated 	
Continue to support and expand emergency food relief systems with a focus on all of Colac Otway.	<ul style="list-style-type: none"> Continue to support the community Food Share to be embedded into our community Continue to support Second bite drop offs in the Colac Otway, scope potential for expanding. Continue to implement the Café Meals Program in Colac. 	Time for Youth CAH COS St Laurence DPCD Food Bank St Laurence Salvation Army				

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

Goal 3:

Continue to build the local picture of food, to support advocacy for food security in the COS.

Indicator: There is a central database of local food security work and research in the Colac Otway; database is regularly updated.

Evaluation Measure/Tool:

- Database for food security information and research is maintained and updated annually.
- Victorian Healthy Food Basket results collated annually.
- VLGA scanning tool implemented.
- G21 Food Security Action Plan participation.
- COS Community Food Action Plan implementation.

Timeline for Evaluation: Ongoing

Addressing Health Inequity: Mapping and research reflects strong focus on disadvantaged areas and population groups more vulnerable to food insecurity

Objective 3.1 Develop and maintain an updated local research base for food security issues in the Colac Otway by 2017.				Impact Comprehensive information database that describes the key elements of food security at a local level. Key elements include, VHFB Surveys, mapping transport and food retail outlets, VLGA scanning tool.		
Timeline EOCY 2017		Evaluation Responsibility CAH and OH		Tools/Measures Shared evidence database created and updated annually that directs food security work.		
Strategies	Actions	Partners	Resources Required	Timeline	Process Evaluation Measures	Status EOY 2014
Complete the Victorian Healthy Food Basket in the Colac Otway Shire annually.	<ul style="list-style-type: none"> - Liaise with Monash University in July each year, to ensure food listing is up to date. - Complete the survey in supermarkets across the COS in August; cost and availability survey. - Use the amended survey in general stores across the COS in Aug/Sep, availability survey. - Enter data into excel Performa provided by Monash and send through to Monash. - CAH and OCHS to complete summaries of the data collected from supermarkets and general stores. 	CAH OH	<ul style="list-style-type: none"> - CAH and OH - Human Resource 	Annually August/Sep	<ul style="list-style-type: none"> - Victorian Healthy Food Basket completed annually in August. - Results collated and included in relevant documentation. - Feedback and inclusion of data in the G21 Food Security Network. 	
Continue to expand on the existing Needs Assessment Report.	<ul style="list-style-type: none"> - Review the Community Food Security Needs Assessment annually, and identify any areas of additional or further research. For example - specific population groups needing more focus. 	CAH OH COS	<ul style="list-style-type: none"> - CAH, OH and COS Staffing. 	Ongoing when required	<ul style="list-style-type: none"> - Review completed annually. - Further research appropriate planned and documented. 	
Complete VLGA Municipal Food Scanning Tool.	<ul style="list-style-type: none"> - Contact VLGA and purchase the Food Scanning Tool. - Implement the VLGA Scanning Tool. - CAH to acquire HP staff member for one additional day per week to complete. 	CAH OH G21 Food Security Network.	<ul style="list-style-type: none"> - Scanning Tool \$2,000 - CAH, OH and COS Staffing. 	EOFY 2017	<ul style="list-style-type: none"> - VLGA scanning tool implemented. - Complete report and recommendations on findings. 	

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

Objective 3.2 Develop and maintain new and existing relationships with relevant local, regional, state and national food networks and bodies to promote food security in the COS by 2017.				Impact Support from local, regional, state and national level, to enhance local planning and intervention.		
Timeline Ongoing, review EOY 2017		Evaluation Responsibility CAH, OH, COS and G21 Food Security Network		Tools/Measures Partnerships evident in relevant action plans.		
Strategies	Actions	Partners	Resources Required	Timeline	Process Evaluation Measures	Status EOY 2014
Continue to participate in the G21 Food Security Network.	<ul style="list-style-type: none"> - A delegate from CAH, COS or OH to attend network meetings. - CFAP for Colac Otway is reflected in this networks action plan. 	CAH COS OH G21 Food Security Network	<ul style="list-style-type: none"> - Staffing hours to attend G21 meeting. - Investment in the CFAP. 	Ongoing	<ul style="list-style-type: none"> - Meetings are attended by a CAH, OH or COS delegate. - Work in the COS is reflected in the networks action plan. 	
Continue to participate in the Colac Food Share advisory group.	<ul style="list-style-type: none"> - CAH representative to attend organising committee meetings. - Support advisory group and have input where necessary. 	CAH COS St Laurence	<ul style="list-style-type: none"> - Staffing hours to attend Food Share meeting. 	Ongoing		
Continue the Colac Otway Community Food Action Group.	<ul style="list-style-type: none"> - Continue regular network meetings. - Implement action plan (CFAP). - Review action plan annually. 	Organisers: OH and CAH CO Food Alliance	<ul style="list-style-type: none"> - Staffing hours to attend and prepare for meeting. 	Ongoing	<ul style="list-style-type: none"> - Meetings are scheduled on a regular basis. - The Community Food Action Plan is being implemented and reviewed annually. 	
Attain membership with the Victorian Food Alliance.	<ul style="list-style-type: none"> - Investigate VFA; what they do and how they can assist us. - Contact VFA for membership costs/details. - Attain membership. 	CAH OH	<ul style="list-style-type: none"> - 	Ongoing	<ul style="list-style-type: none"> - 	
Advocate to local and regional sectors for the inclusion of a food lens in all relevant plans and policies.	<ul style="list-style-type: none"> - Use FSPUD document to identify relevant plans. - Map plans that include food strategies and their review date. - Complete written submissions on behalf of the Alliance. 	CAH OH COS G21 Food Security Network	<ul style="list-style-type: none"> - Staffing hours to plan prepare and write submissions. 	EOY 2014 Ongoing	<ul style="list-style-type: none"> - See Regional Active Transport Strategy. 	Submission made to Physical Activity Strategy
Complete Food Sensitive Planning and Urban Design (FSPUD) workshop for COS staff.	<ul style="list-style-type: none"> - Organise date and time for council to participate in training. - Advertise internally to all COS Staff. - Facilitate training. - Other organisations to consider: Progress Associate - Beech Forest, Lavers Hill and Gellibrand; Green Employment, Landcare and Otway Forestry. - 	COS CAH OH Heart Foundation	\$2500 for HF to complete training at COS.	EOFY 2014	<ul style="list-style-type: none"> - Training completed in council and attendance by all relevant staff. 	

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

Goal 4:

Food insecure groups within our community will have the necessary skills required to utilise nutritious food in the Colac Otway.

Indicator: 'At risk' food insecure groups* within the Colac Otway community will have the skills to cook and prepare affordable, nutritious and culturally appropriate food.

Evaluation Measure/Tool:

- Pre and post food literacy surveying - potential to utilise existing tests within educational settings, sticky dot survey with identification that skill is no longer a barrier to people eating the healthy food they need.
- Mapping of food programs across the COS; 2014 compared to 2017.
- Department of Health - Percentage of population who meets daily fruit and vegetable consumption.
- Focus group discussion with stakeholders.

Timeline for evaluation: EOCY 2017

Addressing Health Inequity: Targeted population approaches ensuring 'at risk' populations are developing personal skills around food utilisation. Targeted at improving food literacy for low SES and CALD groups.

Objective 4.1						
By 2017, 70% of all early year's settings and 30% of all school settings in the Colac Otway will have at least one capacity building food literacy program that focuses on both upstream and downstream intervention and addresses food security determinants (not just feeding the hungry).						
Impact				Tools/Measures		
<ul style="list-style-type: none"> - 9 kindergartens in the Colac Otway will have 1 food initiative in place that focuses on both upstream and downstream action areas - 5 schools in the Colac Otway will have 1 food program in place that focuses on both upstream and downstream action areas 				<ul style="list-style-type: none"> - Mapping of no. of Smiles 4 Miles, Achievements Program and Garden to Kitchen programs implemented and awards achieved by early years and school settings. 		
Timeline				Evaluation Responsibility		
Ongoing, review EOCY 2017				CAH, OH, COS and Kitchen Garden School Program Committee.		
Strategies	Actions	Partners	Resources Required	Timeline	Process Evaluation Measures	Status EOCY 2014
Continue to implement the Healthy Together Achievements Program across settings. (Early years Settings, Schools and Workplaces).	<ul style="list-style-type: none"> - Offer schools, early years and workforce settings to engage in the Healthy Together Achievements Program, which includes a Healthy Eating Benchmark. - Support settings to work through the benchmark requirements. 	CAH OH CEIPS Schools Early Years Workplaces	<ul style="list-style-type: none"> - CAH Workplaces. - COS early years and schools. - OH Apollo Bay Settings. 	Ongoing	<ul style="list-style-type: none"> - Number of settings registered in the COS. - Evaluation for each individual setting against benchmarks provided by the Department of Health. - CEIPS Evaluation 	
Continue implementation of the Smiles 4 Miles program in early year's settings.	<ul style="list-style-type: none"> - All early years settings in the COS register at the start of calendar year for the Smiles 4 Miles program. - Settings are supported by the CAH dietician to implement eat well, drink well and clean well messages in the program. - Early years settings are support by CAH to apply for their award at the end of each year. 	CAH OH DHSV Early Years	<ul style="list-style-type: none"> - CAH and OH Staffing to support settings. - Human Resource 	Ongoing	<ul style="list-style-type: none"> - Number of settings registered for the program - Number of settings who reach award status. - Requirements for kindergartens to reach the award are completed annually. 	
Investigate feasibility of implementing kitchen garden programs in schools across COS.	<ul style="list-style-type: none"> - Expressions of interest to all schools in the COS. - Schools to identify a representative of staff to join the Stephanie Alexander Regional Network. - Team Leader to be assigned. - Conduct a literature review of existing kitchen garden programs for schools. - Identify and map existing community gardens in COS and current status. - Identify existing commercial kitchens that can be used by schools across COS. - Strategy to be put together about network structure and how the program will be rolled out. - Complete program plan and program logic. 	CAH Sue Ludwig Colac Secondary College All Schools Sue Ryan Jen Whitwell Holly Munday	<ul style="list-style-type: none"> - School Kitchen Network developed - Action plan put together by network. - Small Grants for schools to support set up. 	Ongoing	<ul style="list-style-type: none"> - Network developed and an action plan for the network created. 	

Food in the Colac Otway Region COMMUNITY FOOD ACTION PLAN

	<ul style="list-style-type: none"> - Applications for funding. - Implementation of the program with participating schools. 				
--	--	--	--	--	--

Objective 4.2 By 2017, 50% of community organisations/services will plan for a variety of food utilisation skills in their programs (cooking, budgeting, food safety, nutritious foods, growing produce).						
Impact				Tools/Measures		
<ul style="list-style-type: none"> - FoodMATE programs advertised across primary healthcare services. - NH across the Colac Otway Shire will provide expressions of interest in food utilisation skill initiatives for their community to engage in. - Other community organisations considering food utilisation in their community programming. 				<ul style="list-style-type: none"> - List of programs advertised and attended in relation to food skill 2012 and 2017 from all settings - Focus group discussion to gauge enablers/barriers to this 		
Timeline				Evaluation Responsibility		
EOCY 2017				CAH and OH		
Strategies	Actions	Partners	Resources Required	Timeline	Process Evaluation Measures	Status 2014
Implement the Food Mate program across the Colac Otway.	<ul style="list-style-type: none"> - Liaise with Secondbite to engage in Food Mate training. - Up-skill a dietician at CAH to assist in implementation. - Dietician at Colac Area Health to engage with CAH welfare workers to up-skill staff to support 'at risk' clients to complete the Food Mate Program (8 Week course). 	CAH Secondbite Sue Harrison – OH Community Welfare Worker	<ul style="list-style-type: none"> - Health Promotion Dietician Hours 	EOFY 2016	<ul style="list-style-type: none"> - Dietician trained in Food Mate Program. - Dietician up-skills relevant/interested welfare staff. - Map roll out and reach of program once volunteers implement. 	
Investigate other existing food skill programs available.	<ul style="list-style-type: none"> - Conduct literature review of food programs being implemented in other food insecure communities for potential implementation across the COS. 	CAH OH	<ul style="list-style-type: none"> - Staff resource 	EOCY 2014		
Encourage and support a variety of food skill programs to be built into policies, course, activities etc.	<ul style="list-style-type: none"> - Partner with local community garden and kitchen networks to source local knowledge. - NH to gauge community interest for course and programs for cooking and growing food - with preference given to healthcare card holders. - Investigate partnership with Diversitat. - Partner with primary healthcare settings for advertisement among those more vulnerable to food insecurity. - Use the monthly food feature in the Colac Herald to promote these gardens and kitchens. 	CAH NH's Lions Rotary Colac Herald Andrew Lucas Diversitat BCHC	<ul style="list-style-type: none"> - Staffing/ Volunteers to map and complete strategy - Volunteers to reboot community gardens with potential support from Andrew Lucas and NH groups. 	EOFY 2016	<ul style="list-style-type: none"> - Information recorded and collected. - Gardens are supported and promoted to and by the community. - Map usage rate of gardens. 	

* At risk food insecure groups: Older people, single parents, families, young people, and Indigenous and CALD groups.

REFERENCES

- ⁱ Victorian Health Promotion Website –VicHealth, Fact Sheet Food Security 2006
- ⁱⁱ Community Indicators Vic Website (2008), retrieved 2012, http://www.communityindicators.net.au/wellbeing_reports/colac_otway
- ⁱⁱⁱ Community Indicators Vic Website (2008), retrieved 2012, http://www.communityindicators.net.au/wellbeing_reports/colac_otway
- ^{iv} Victorian Government Department of Health, (2012) Colac Otway Shires: Health Status Profile 2011 – Victorian Population Survey 2008.
- ^v Victorian Government Department of Health, (2012) Colac Otway Shires: Health Status Profile 2011 – Victorian Population Survey 2008.
- ^{vi} VicHealth 2007, Disease trends, retrieved 2012, http://www.vichealth.vic.gov.au/~media/ResourceCentre/PublicationsandResources/Knowledge/research_DiseaseTrends.aspx