

## What are the roles of local government in supporting regional and community food security in Tasmania? (Blue zone)

### KEY WAYS FOR LOCAL GOVERNMENT TO ACT TO SUPPORT COMMUNITY LEVEL FOOD SECURITY

Healthy eating for residents – support and promote healthy eating programs for vulnerable children and families such as breakfast clubs and canteens. Connect local growers with schools canteens and support community food growing.

### DESCRIPTION AND GENERAL PRINCIPLES

Individual skills that ensure local residents can cook, shop and grow food can contribute to their level of food security. Community gardens, for example, can provide excellent venues for education about food growing.

Supporting training and skill building opportunities through grants programs, and providing low or no cost access to kitchens in public buildings as a place for education opportunities.

Council through its leadership can also provide information about good resources and the location of emergency relief for when people are in crisis. This may be compiled within a local community services guide.

### LOCAL EXAMPLES AND CASE STUDIES

The Cradle Coast Healthy Communities Project (which concluded in 2013) created an excellent resource for local government which demonstrated how these projects supported healthy eating initiatives. For instance, the project included the Eating Well program delivered by Latrobe Council which ran classes on healthy eating and cooking. Similarly the Waratah-Wynyard Council ran a community gardening program to build home food growing skills and bottling and preserving workshops. One of the very practical ways councils can support healthy eating education programs is provide spaces for the sessions to be delivered at a low or no cost and also provide support using council's in-house expertise.

The Brighton Council through environmental health provide online food safety handling, free of charge for local residents and businesses.

Small council grants programs can also provide an excellent source of seed funding for local education programs. The inclusion of health and wellbeing outcomes within council's Strategic Plan is sufficient to provide support for applications for small grants programs.

Community Houses and community centres are often a place where cooking classes are held to help build skills around cooking, preparing and growing food. The Waterbridge and Community Blitz projects which partner with local council have a variety of programs and achievements which have improved community infrastructure as well as skills. Take a look here <http://waterbridgefood.org/> and <http://www.communityblitz.org.au> Food growing, cooking and other classes that build food literacy also have a long track record of improving social inclusion and community participation.

Many school canteens across Tasmania are working to ensure that the food provided to their students is healthy. They are supported by the Tasmanian Canteen Association. You can find out how your local school canteen is going through our interactive maps. <http://healthyfoodaccesstasmania.org.au/interactive-map/> The maps also highlight schools that have food gardens, are part of the Stephanie Alexander or Mona 24 Carrot programs and are Move Well Eat Well Schools.