

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

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

Grow food locally – increase availability of locally grown and produced food and promote food tourism.

### DESCRIPTION AND GENERAL PRINCIPLES

Councils as a leader and driver of important change in their communities are able to model 'good behaviour' and set an example for the community of how they choose to support local growers.

Councils are able to take advantage of many different opportunities to promote healthy food access and raise the profile of the issue so there is an improved understanding in the community.

Councils can aim to model healthy food access in council-run activities, facilities and programs.

### LOCAL EXAMPLES AND CASE STUDIES

Within the council workplace, it is possible to set an example to community and residents of good food access. Several councils (n=9) across Tasmania, including Sorrell, Meander Valley & Launceston, are participating in the Healthy Workplaces Program delivered by Worksafe Tasmania, which includes promoting healthy eating to their workforces. A simple guide including lots of practical suggestions plus hands-on support is available for councils. This is an excellent example of how councils can model good practice to the community and residents.

[http://worksafe.tas.gov.au/\\_data/assets/pdf\\_file/0003/252390/Your\\_Simple\\_Guide\\_to\\_Workplace\\_Health\\_and\\_Wellbeing.pdf?\\_sm\\_au\\_=iVVVJZM5ps44W7T5](http://worksafe.tas.gov.au/_data/assets/pdf_file/0003/252390/Your_Simple_Guide_to_Workplace_Health_and_Wellbeing.pdf?_sm_au_=iVVVJZM5ps44W7T5)

The Healthy Workplaces program and Guide highlights that with change there are people that lead, some that follow and others that oppose the change. The program proposes following a process for change which is so useful as it acknowledges this will build stronger buy in from staff over time.

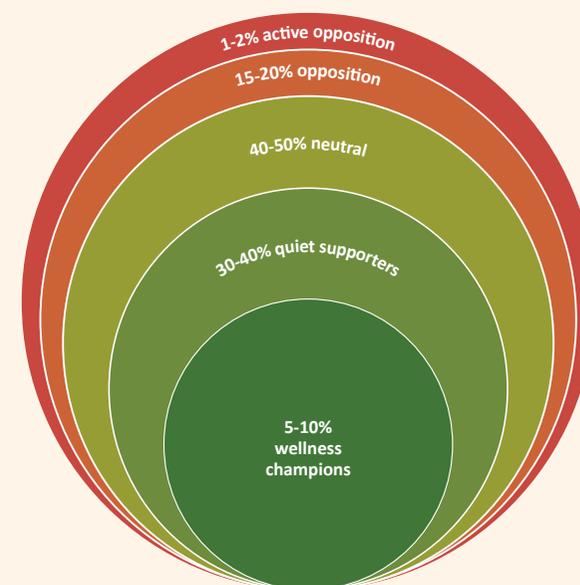
There are also other low cost or no cost ways for Councils to set a good example. They include:

- Ask caterers to source and highlight local produce at council functions
- Use council communications and events to promote healthy eating and local food producers
- Remove unhealthy vending machines and fundraising activities from council buildings. Healthy vending machines are available and have been successfully trialled across Tasmania
- In council run facilities add healthy food provision to relevant Council contracts, for example at the swimming pool shop
- Adopt a Healthy Events Catering or Procurement Policy to encourage healthy options and local food being included.

Across Tasmania several local governments along with the Regional Authorities are strongly promoting local food experiences to tourists and local residents. This includes the Cradle Coast Food Trail <http://www.cradlecoast.com/literature/82760%20Tasting%20Trail%20Map%20Feb%202014.pdf>

Similarly Northern Midlands promotes the local markets where produce is sold regularly on their website [http://www.northernmidlands.tas.gov.au/Page/Page.aspx?Page\\_Id=252](http://www.northernmidlands.tas.gov.au/Page/Page.aspx?Page_Id=252)

For a comprehensive list of where all of the local food markets are operating in Tasmania refer to our interactive maps for your local government area <http://healthyfoodaccesstasmania.org.au/interactive-map/>



Adapted from Allen, J 2008. Achieving a culture of health: The business case, Health Enhancement Systems, United States

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

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

Get residents and food together – support local growers through procurements, events and buy local campaigns that improve access and affordability.

### DESCRIPTION AND GENERAL PRINCIPLES

Encouraging and creating an environment that enables growing and production of healthy food on a scale sufficient to feed many people can support local community food security. Council activities that support increasing the amount of locally grown food being available for purchase builds local economic and food resilience.

Cultivating a culture that encourages home growing can build community strength through food swaps and sharing food. It can also increase the perceived value in locally grown food available through retail or direct sales outlets.

When you know what it's like to grow your own food often the result is to have greater respect for those who do it on a commercial scale.

### LOCAL EXAMPLES AND CASE STUDIES

Enabling urban agriculture (i.e. market gardens, community orchards), markets, food stalls, education workshops and delivering a buy local campaign are all examples of how Council can support local food growing whether it is on a commercial or household scale.

We believe it is a very good idea to start thinking about food production within communities on a larger scale, think market gardens rather than community gardens. Community Gardens are fantastic for building skills and knowledge but market gardens generally can produce a larger volume of food. Hobart City Farm is an excellent example of a market garden that is selling its produce and creating local employment. <http://hobartcityfarm.com/>

They are not on their own. The Hilltop Fresh Produce Project also has a market garden and local shops for healthy takeaway and fruit and veg in Shorewell Park in Burnie. This social enterprise has had terrific success working with the TAFE to create training and employment pathways as well as growing some delicious and nutritious produce. Take a look at them here <http://www.hilltopfresh.com.au/>

In 2013, the Meander Valley Council undertook a process to investigate the potential social and economic impacts of increasing oil prices and look into ways to reduce the community's reliance on fuel. With predicted increases and even limitations to fuel supplies into the future, the Meander Valley Oil Vulnerability Action Plan identified several areas of risk including food production and food access. The Meander Valley is well known for fertile agricultural land and the capacity for local food production. The action planning process identified that in the municipality there are opportunities to expand localised food production, through commercial and community food growing. While developing the action plan a community survey revealed that many community members are growing their own food and like to shop locally. The implementation of the Action Plan will be led by the Meander Valley Council Economic Development and Sustainability Department. In the short term they have committed to:

- Facilitating and supporting community and industry led initiatives to promote local food production, including food co-operatives and farmers markets
- Developing a position on food security

Several councils across Tasmania also have useful policies or guidelines that state their support for community gardening. Community gardens are terrific for building food growing skills and creating an inclusion opportunity for local residents.

Tasmanian examples include Hobart City Council [http://www.hobartcity.com.au/Community/Community\\_Gardens](http://www.hobartcity.com.au/Community/Community_Gardens) and Devonport City Council <http://www.devonport.tas.gov.au/Live/Your-Community/Community-Houses/Devonport-Community-Garden>