

# **Food Security in the City of Moreland Background Report 2016**

Cindy Tuyet Thao Tran  
University of Melbourne

## **Acknowledgements**

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## **Student Profile**

My name is Cindy Tran and I am a Master of Public Health student at the University of Melbourne.

The course provides the opportunity to complete a "Professional Practice Unit" with an appropriate agency. The project should aim to address an issue or question of public health importance. The Moreland City Council provided a suitable 10-week placement with a focus on the Moreland Food Systems Framework.

Having previously completed my Bachelor of Biomedicine with a major in Pathology, I became interested in how non-communicable diseases could be prevented; particularly diabetes and obesity. During my Masters course, this interest panned out into how food affects these diseases. Hence, I undertook two subjects focused on the food system: Nutrition Politics and Policy and The Politics of Food. Other relevant subjects to this placement, that I have undertaken, include: Health Policy, Health Promotion and Health Economics. The development of a Background Report combined the research skills developed in my undergraduate degree with a public health lens.

## **Executive Summary**

*Food security 'exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life' (Food and Agriculture Organization 2002).*

The issue of food security is one consequence of an inequitable and unsustainable food system and is known to be an important issue for the municipal. Moreland was ranked number five, and identified as the only metropolitan municipality, in the top ten municipalities in Victoria experiencing food insecurity (Department of Health 2008).

The purpose of this background report was to produce a key report which collates the local evidence about the issue of food security in the City of Moreland. This report aims to support the Moreland Food Systems Framework which has yet to be endorsed by Council.

Background research was conducted to define the issue of food security and its public health implications. The report provides a summary of the food security policy context across all three government levels and an overview of the international context.

A scoping review method was used to gather the existing research conducted within the municipal and identified five research reports and three survey reports. These were analysed and collated into three themes: demographic characteristics, local food supply and emergency food relief. Current strategies and organisations working to address food security were mapped to the three stages of the Community Food Security Continuum; 1) short-term relief 2) capacity building, and 3) redesign. An updated list of Emergency Food Relief Organisations was produced and highlights the service gaps within the municipal.

This report illustrates that there is limited data and evidence about the issue of food security in Moreland. The five research reports and three survey reports are not sufficient to understand who and how food security affects Moreland residents. Moreover, with the recent increase in migrant arrivals and homeless people, this issue will become a larger problem if Council does not address the issue.

The recommendations for this paper are categorized into immediate actions and longer-term actions. The immediate actions are: to publicise the list of emergency food relief organisations; update and maintain the Council website; and internal capacity building. Moreover, addressing the issue requires an inter-sectoral approach by all sectors within Council. It is recommended that Council endorses the Moreland Food Systems Framework to create a sustainable and equitable food system for Moreland. Creating a sustainable and equitable food system aligns with the Council Plan and the Municipal Public Health and Wellbeing Plan. The neighbouring councils of the City of Darebin and the City of Maribyrnong are leading the way in food security and lessons can be taken from their experience. In the long-term, better monitoring and evaluation is urgently required and Council should consider a position for a Food Systems Officer.

Every day, people have to eat, and what they put into their mouth is impacted by the local food system. In following through with these recommendations, Council can positively influence the health and wellbeing of its residents.

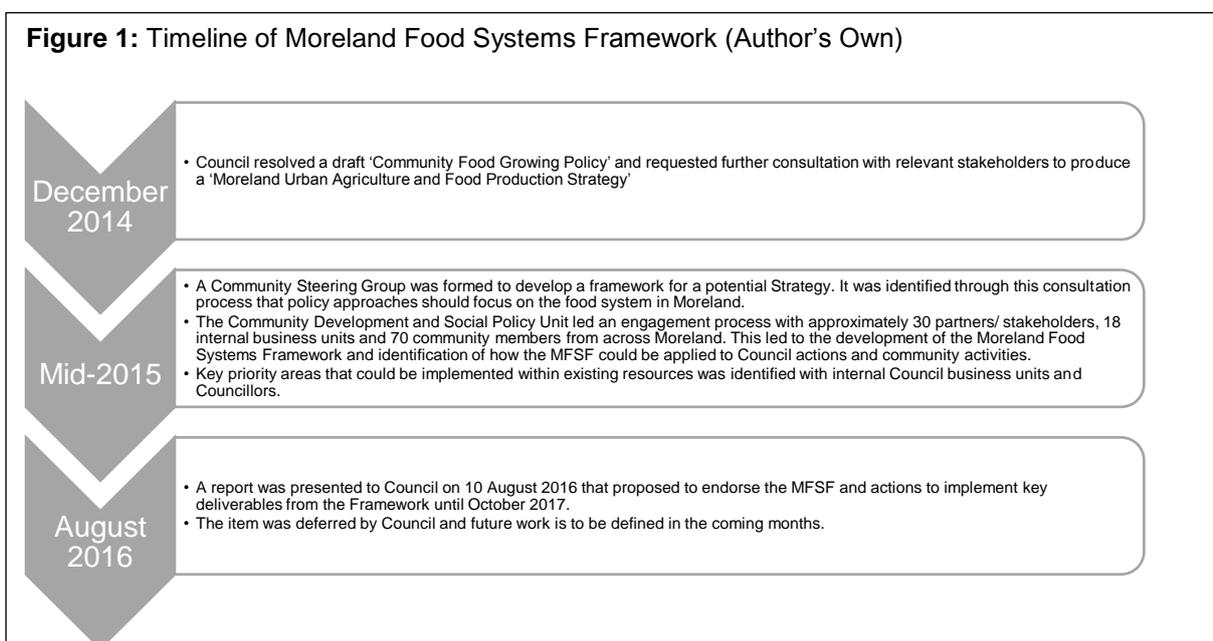
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## **Introduction**

The City of Moreland comprises of twelve suburbs located within the inner and mid-northern suburbs of Melbourne. The Moreland City Council's 'vision for the city is that, by 2017, a sustainable Moreland will have a more resilient community, more attractive, accessible and safe places, a stronger local economy and services that meet the needs of our growing community' (Moreland City Council 2013a, p.2). Within the Moreland City Council, the Community Development and Social Policy (CDSP) unit led a process to produce a framework to address issues affecting the food system in Moreland. The Moreland Food System Framework (MFSF) has been drafted but has not been endorsed by Council (Figure 1).

The MFSF has been established to assist its people to 'grow, buy, sell, make, access, share and celebrate good, healthy, culturally appropriate foods in a way that is sustainable' (Moreland City Council 2016a, p. 2).



## **Scope of Report**

The focus of this background report spurs from existing research conducted in the municipal. In the 2008 Victorian Population Health Survey, Moreland was ranked number five, in the top ten municipalities in Victoria, experiencing food insecurity; it is the only metropolitan municipality in the top ten (Department of Health 2008). Furthermore, the 2015 Moreland Household Survey found that 4.1 percent of respondents ran out of food and could not afford to buy more during the previous twelve months (Moreland City Council 2015). This figure has increased from 3.3 percent in 2013 (Moreland City Council 2015). Furthermore, this 2015 survey depicted that eight out of the twelve suburbs reported an increase in the percentage of households running out of food within the last year. This data highlights that food security is an important issue affecting people in Moreland and was one of many influencing components in the development of the MFSF.

The CDSP unit were asked to focus on three key deliverables until October 2017; this project is listed under research-based policy and project development, with a focus on food security. Upon commencement of the project, it was identified that the background knowledge supporting the MFSF does not exist in documented form. Hence, given that the framework had not been endorsed, the aim of this report was to collate the existing knowledge about the issue of food security in Moreland and to provide recommendations for what Moreland City Council can do moving forward.

## **Research Methodology**

A scoping review was conducted to produce this background report. The structure of this background report was informed by the work produced by VicHealth (2010a) about building a local evidence base to address food security.

A scoping review is ‘a form of knowledge synthesis that addresses an exploratory research question aimed at mapping key concepts, types of evidence, and gaps in research related to a defined area or field by systematically searching, selecting and synthesising existing knowledge’ (Colquhoun et al 2014 p. 1292).

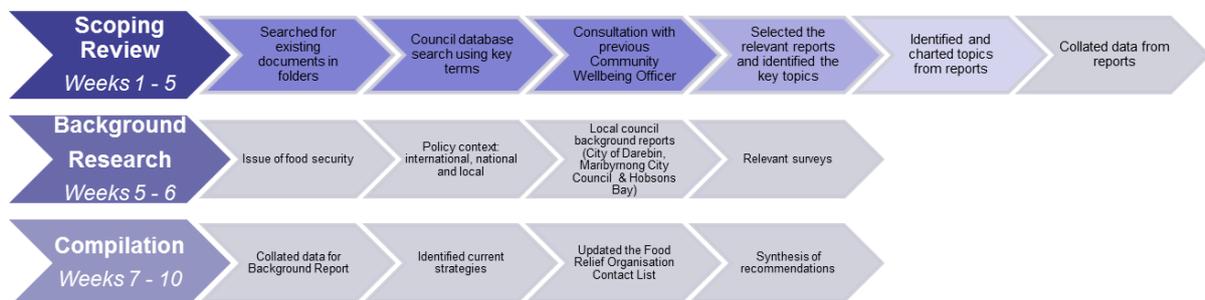
There are six steps that are involved in conducting a scoping review: identifying the research question(s); finding the relevant studies; selecting the studies that are relevant; charting the data; collating, summarising and reporting the results; and, consulting stakeholders (Arksey & O’Malley 2005). In conjunction with the scoping review, strategies and recommendations for addressing food security will be identified.

The scoping review and identification of recommendations occurred in three consecutive phases (Figure 2) to answer the following research questions:

- What evidence exists about the issue of food security in Moreland?
- What is happening to address it?

A combination of search terms were used using the local database system: ‘food security’, ‘Moreland’, ‘City of Moreland’. A wider search was conducted using the university database and did not locate any documents.

**Figure 2: Research Process (Author’s Own)**



## **What is Food Security?**

*Food security* 'exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life' (Food and Agriculture Organization [FAO] 2002).

*Community Food Security* has been identified as the main focus of local government (Slade 2009). It is defined as 'when all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximises community self-reliance and social justice' (Bellows & Hamm 2002, p. 35).

## **The Four Dimensions of Food Security**

The four dimensions of food security are a useful tool for food security analysis (FAO 2006) and can be extracted from the FAO definition. When these conditions are not met, this results in food insecurity (Pederson & Robertson 2001).

- **Access:** 'a household's ability to acquire adequate amount of food regularly through a combination of purchases, barter, borrowings, food assistance or gifts' (World Food Programme [WFP] 2009, p. 170).

There are three elements in food access (Simon 2012, p. 6):

- Physical access: available at the location where people need it
  - Financial access: financially able to acquire adequate amounts of food regularly
  - Socio-cultural access: all groups able to access food, regardless of gender, cultural background, age etc.
- **Availability:** 'the amount of food that is present in a country or area through all forms of domestic production, imports, food stocks and food aid' (WFP 2009, p. 170).
  - **Utilisation:** 'the selection of food commodities, their conservation and preparation as well as the absorption of nutrients' (Simon 2012, p. 7)
  - **Stability:** food is available, accessible and utilised at all times (Simon 2012, p. 8)

The food security concept assumes that 'the food system is sustainable, equitably and ethically based' to provide food in a dignified manner (Slade 2009, p. 6). It is a multifaceted problem 'with specific dimensions that can vary considerably in different contexts' (Riely et al. 1999, p. 2). Food security can affect health outcomes, community capacity building, social inclusion, the environment and the economy (Slade 2009, p. 6). Moreover, there are large impacts on public health (World Health Organization [WHO] 2016a).

## **Who is affected by Food Security?**

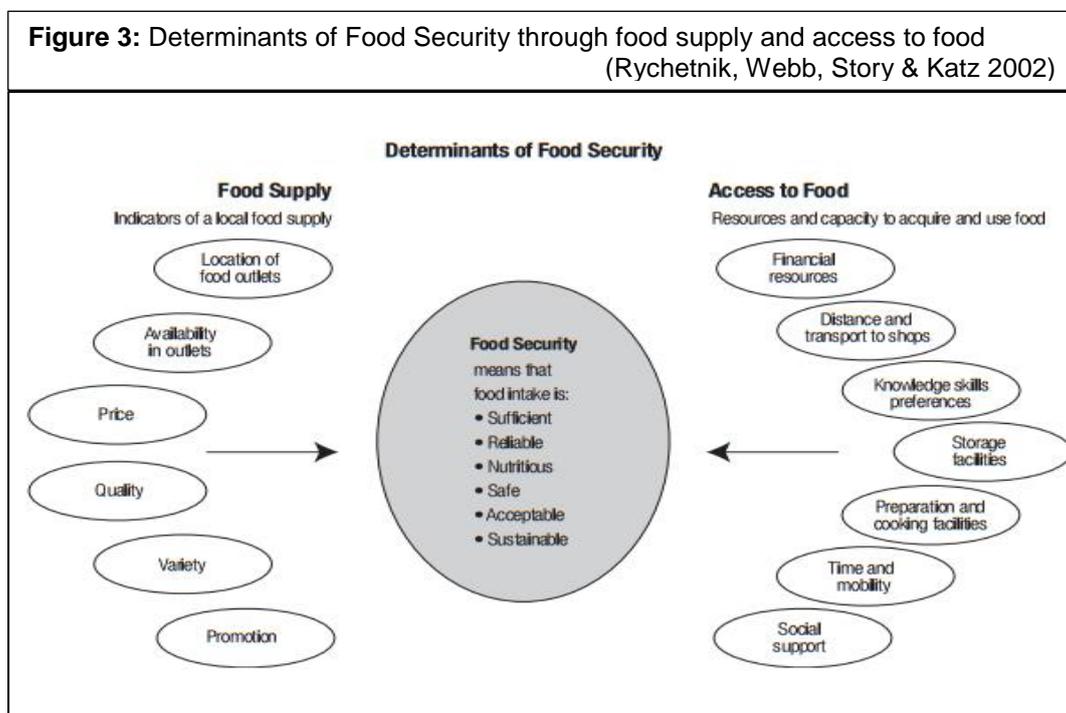
The pressures on the current food system mean that not only are vulnerable groups affected by food insecurity (Burns 2004), but all people are potentially in danger (Slade 2009, p. 6). According to VicHealth (2005, p. 5), vulnerable groups include:

- Low income families (and single parents with young dependent children)
- People who are unemployed or have limited formal education
- People with a disability, including mental illnesses
- People from non-English speaking backgrounds (refugee and asylum seekers)
- Frail elderly people or people affected by mental illness or disability (particularly those who are socially isolated and have low incomes)
- People affected by alcohol and/or substance abuse
- Homeless people
- People from Aboriginal and Torres Strait Islander backgrounds

## Determinants of Food Security

Public health is defined as ‘the organised response by society to protect and promote health, and to prevent illness, injury and disability’ (National Public Health Partnership 1997). The Social Determinants of Health are widely accepted as environmental factors that affect a person’s health and wellbeing. These are ‘the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life’ (WHO 2016b). These forces and systems include: economic, sociocultural, political and physical environments (WHO 2016b). These determinants may positively or negatively affect the ability for people to be food secure.

The determinants of food security through a food supply and food access lens is presented in Figure 3. This demonstrates that food security is affected by the physical resources and capacities. It illustrates how there is a complex interrelated system that affects an individual’s ability to be food secure. The specific determinants affecting high-income countries are presented in Table 1. The findings of this paper will present the current evidence through the four dimensions of food security and will identify the relevant determinants listed below, where applicable.



## Public Health Implications

Food insecurity is a significant public health issue and is considered to be an important social determinant of health (Nolan et al. 2006; Rosier 2011). The effects of food insecurity are ‘enormous for public health’ (WHO 2016a) and include, but are not limited to:

- People who are food insecure tend to have nutrient-poor diets that are less varied and low in fruits and vegetables. This contributes to malnutrition and nutrient deficiencies across all age groups and also increases child and maternal mortality and morbidity (WHO 2016a).
- Long-term food insecurity can reduce a person’s potential, ‘due to impaired mental development, diminished learning ability and reduced productivity, as well as increased prevalence of chronic disease and impaired reproduction performance’ (WHO 2016a, p. 2).
- When food prices increase, the proportion of money spent on food is more significant. This means less money is available to spend on other important services such as health care (WHO 2016). Moreover, this can negatively change dietary patterns by forcing people to purchase

low-quality food products which subsequently increase the burden of non-communicable diseases (WHO 2016a).

- The largest ‘impact that individuals have on the environment is through the food we eat’ (Larsen, Ryan & Abraham 2008, p. 4)

<b>Table 1: Determinants of Food Insecurity in High-Income Countries</b> (Gordon, Bulleen & Ni Mhurchu 2009)	
<b>Economic Determinants:</b> Income Wealth Employment Living expenses Housing tenure	<b>Physical Determinants:</b> Impaired physical and mental health Lack of household facilities Lack of home gardens Lack of transport Location (urban or rural)
<b>Sociocultural Determinants:</b> Cooking and financial skills/ nutrition knowledge Education level Household composition Immigration Social Networks Media Embarrassment about asking for help	<b>Political Determinants:</b> Government Policies Welfare system

## The Food Security Policy Context

A look at the international, national and state context helps frame the issue for the discussion on food security in the Moreland City Council.

### *International*

Initially, the concept of food insecurity was used to describe the famine and chronic malnourishment experienced in developing countries (George 2010). However, the issue now affects middle and high-income countries across the world (George 2010). The global food production system means that food insecurity ‘is strongly influenced by trade and agricultural policies and international transport systems’ (Maribyrnong City Council 2011, p. 3). Thus, combined with the global market, food security is an important issue that affects the global population.

In 1948, the Universal Declaration of Human Rights declared that the right to adequate and nutritious food is a fundamental human right. This is inseparable from other social and economic rights such as the right to a means of living (Hussein 2002, p. 631). In alignment with Moreland’s Human Rights and Inclusion Policy, ensuring food security is an important issue, as all people within the city ‘should have dignified and equitable access to information, goods, services and life opportunities as a result of good governance and democracy’ (Moreland City Council 2016b, p. 4).

### *Australia*

In Australia, ‘the neoliberal-based market solutions to food production and trade, are leading, in a period of climate change, to increasing pressures on the environment and to the destruction of some sections of farming’ undermining the nations’ food production and food security (Lawrence, Richards & Lyons 2013, p. 30). This has potential to affect Australia’s capacity to export food (Lawrence, Richards & Lyons 2013), thereby potentially exacerbating national and global food insecurity. This is a national concern as approximately five percent of Australia’s population is food insecure (Burns 2004).

The public health priorities for Australia are chronic disease, climate change and social inequality (Public Health Association of Australia [PHAA] 2008). It is evident that food policy ‘is an important part

of tackling these priorities' (Slade 2009, p. 8). The PHAA have been calling for a nationally integrated food policy across all three tiers of government (Slade 2009). From December 2010, a National Food Plan began to be developed. A White Paper was released in May 2013. Disappointingly, when the Labour Government lost the federal election and the new Liberal-National Coalition Government came to power, the National Food Plan was 'quickly and quietly shelved, and the new Government began to work on its own Agricultural Competitiveness Paper (Carey et al. 2014, p. 9). This paper focuses on identifying 'pathways and approaches for growing farming profitability and boosting agriculture's contribution to economic growth, trade, innovation and productivity' (Carey et al. 2014, p. 9). Unlike the National Food Plan, the public health nutrition issues are 'not within scope' (Carey et al. 2014, p. 9). However, a National Nutrition Policy is separately being developed although 'little information has been made public about its development' (Carey et al. 2014, p. 9). As such, currently there is no whole-of-government approach to tackling the issue of food security.

Nevertheless, there are 'a number of broader frameworks which can help shape planning at a local level' (City of Darebin 2008, p. 6). These include:

- Eat Well Australia: The National Public Health Nutrition Strategy 2001
- Healthy Weight 2008: Australia's Future, the National Action Agenda for Children and Young People and their Families

### *Victoria*

In Victoria, food insecurity affects twelve percent of Victorians (Larsen, Ryan & Abraham 2008).

Currently, Victoria 'to this time remains without a food security policy to guide direction in the state' (Maribyrnong City Council 2011, p. 9). However, some projects that have been conducted in the Metropolitan Melbourne area that could provide guidance and direction to food security works include:

- Community Demonstration Projects 2002
- Food for All 2005
- Food Alliance 2009
- Foodprint Melbourne 2016
- VLGA/ Sustain Food Governance Taskforce 2016

### *Moreland City Council*

The relevant Council policies and strategies related to Moreland's food system include:

- |  |   |
|--|---|
| • Council Plan 2013-2017                               | • Environmentally Sustainable Development Policy (Planning Scheme Amendment C71)              |
| • Municipal Public Health and Wellbeing Plan 2013-2017 | • Active Moreland A sport and physical activity framework for Moreland City Council 2010-2014 |
| • Moreland 2025 Community Plan                         | • Moreland Affordable Housing Strategy 2014-2018  |
| • Human Rights and Inclusion Policy 2016-2026          | • Urban Heat Island Strategy 2016/17-2025/26  |
| • Moreland Open Space Strategy 2012-2022               | • Economic Development Strategy 2016-2021   |
| • Moreland Street Landscape Guidelines 2012-2022       | • Genetically Modified Food Plan Policy 2012-2016   |
| • Zero Carbon Evolution- Moreland in 2020              |   |
| • Waste and Litter Strategy 2014-2017                  |   |

A number of these policies have been audited and reported by an internship completed at the Moreland City Council by Hough (2015):

- 'Audit of Strategies and Plans relevant to the Moreland Urban Agriculture and Food Production Framework (MUA&FPF)'
- 'Website Audit- Categories and Resources'
- 'Moreland Website Audit- Information related to Urban Agriculture and Food Production'

## **Findings**

### **Relevant Reports**

This scoping review identified five stakeholder reports and three survey reports that were relevant to the issue of food security in Moreland (Table 2).

<b>Table 2:</b> Compiled list of research documents pertaining to the issue of food security in Moreland. (Author's Own)		
<b>Title</b>	<b>Year</b>	<b>Author</b>
<b>Stakeholder Reports</b>		
Food Security in Moreland: A needs assessment	2009	Merri Community Health Services
Moreland Food Services	2014	Elson, C & Thompson, T
Moreland Food Security Report	2014	Bonfa, C
Fawkner Community House: Solutions to Decrease the Amount of Food Insecurity in Fawkner	2014	Abel, S, Correia, K, Fayyaz, R & Salerno, P
Food Security Needs Assessment	2015	Merri Community Health Services
<b>Survey Reports</b>		
Victorian Population Health Survey	2014	Department of Health
Health and Wellbeing Profile	2014	Moreland City Council
Household Survey	2015	Moreland City Council

### **Evidence Identified in the Scoping Review**

The following food security determinants were identified in the five stakeholder reports:

- Demographic characteristics (MCHS 2009 & 2015)
  - Poverty, immigration, discrimination and disadvantaged groups (Abel et al. 2014)
- Local food supply: Fawkner, Glenroy, Hadfield, Coburg North and Coburg West (MCHS 2015)
  - Victorian Healthy Food Basket Survey
  - Food Growing Spaces
  - Food Retail Outlets
  - Where do people shop
  - Public Transport access
- Emergency food relief (Bonfa 2014)
  - Nutritional adequacy of foods provided (Elson & Thompson 2014)

A detailed discussion of these determinants is not included in this paper as it would not provide the comprehensive analysis provided by these reports. However, reference to these documents will be referred to in “The Extent of Food Insecurity in the City of Moreland” section. Moreover, information regarding the aims/purposes, methodology, key findings and recommendations can be located in Appendix 1.

**Figure 4:** Three topics identified in the Scoping Review

(Author's Own)



## Current Food Security Strategies in Moreland

The main focus of local government should be on community food security (Slade 2009) as food security would be ‘more effectively addressed from a community rather than an individual perspective’ (Provincial Health Services Authority [PHSA] 2008, p. 7). Consideration of the issue along a continuum is useful (PHSA 2008) and has allowed for identification and collation of the existing strategies addressing food security within Moreland. All three stages can occur at the same time and is shaped by the engagement of the community (Table 3).

**Table 3:** The Community Food Security Continuum (Taken from Slade 2009, p. 15)

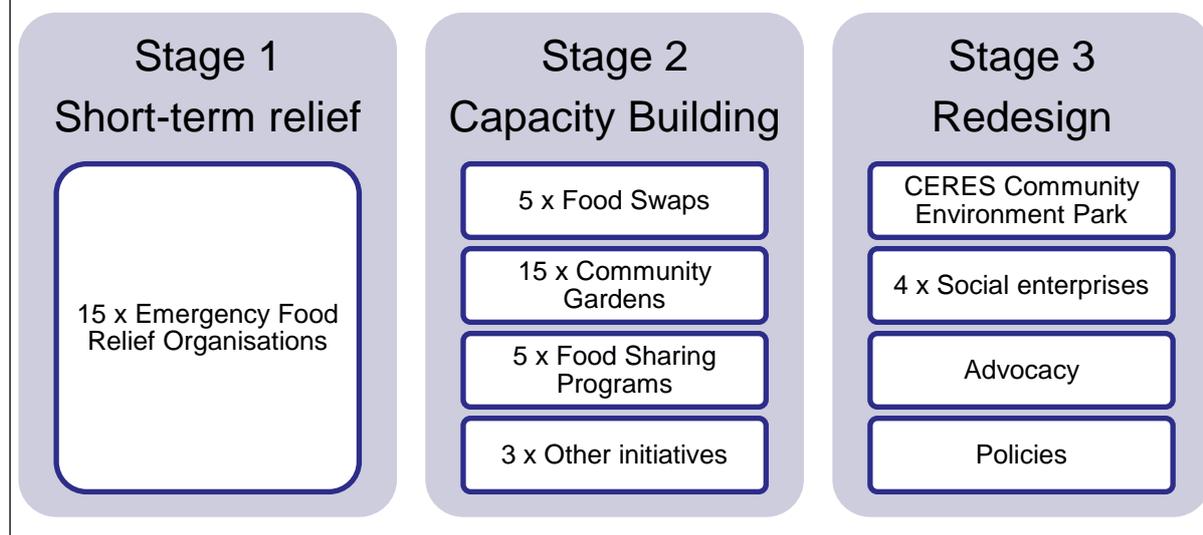
Stage	Description	Activities
<i>Stage 1</i>	Short-term Relief	Emergency food relief e.g. food banks. Addresses immediate hunger.
<i>Stage 2</i>	Capacity Building	Food programs e.g. community gardens and kitchens empower people through education and training. Raises awareness of food issues
<i>Stage 3</i>	Redesign	Redesigning food system through advocacy, policies, social enterprises aimed at improving economic, environmental and social sustainability.

Source: Provincial Health Services Authority (2008)

Identification of current food security strategies/ approaches provides an understanding of the coverage across the municipal and provides opportunity for recommendations (VicHealth 2010a). As recommended by VicHealth (2010a), mapping of potential stakeholders is important to identify what partnerships could be developed and who could do what to address food security. The following strategies and stakeholders have been categorised into the stages discussed in Table 3.

**Figure 4:** Strategies identified in the City of Moreland. For more details see Appendix 2.

(Author's Own)



## An Overview of Food Relief Organisations

As part of a 14-week fieldwork placement at the Bob Hawke Community Centre, Bonfa (2014) identified programs and organisations that provided emergency food relief within the municipal. The users of the service included a high percentage of middle-aged men and elderly people. Moreover, regardless of socioeconomic status, the report found that social isolation was a key issue for nearly all of the service users. Statistics on emergency food relief demand is suggested to be included in a background report to develop the local evidence base (VicHealth 2010a). This scoping review found that these statistics do not exist. Bonfa's (2014, p. 20) *observational* research found that 'most of the people attending emergency food relief services are regulars [attend every week] and have been going for weeks, months and sometime years'; approximately 60-80 percent of attendees were classified as regulars. It was observed that 'typically if it is pension week, or it looks like it is going to rain, most organisations will expect around a 50% drop off in numbers' (Bonfa 2014, p. 20). Furthermore, several organisations stated that 'the first week of pension week is often quieter because that population group has enough money to purchase their own food' (Bonfa 2014, p. 20).

A key recommendation from this report was to have a list of emergency food relief providers accessible via the main Council offices and/or on the Moreland website. An updated version of these providers (as of October 2016) can be found in Appendix 3. When people have to rely on food relief organisations regularly, this suggests that they are facing food insecurity. Having reliable data about the types of users and demands for these services can help shape the discourse around the support and funding required for these organisations; for example, by Council. However, the provision of these services should not be the main focus of local governments as this is considered a short-term relief response (Slade 2009). It only focuses on immediate hunger and does not address the economic, social, physical or political determinants of food security; it is a downstream response and does not consider the upstream determinants contributing to food security. As such, developing resilience to address community food security should consider capacity building and redesigning food systems (Table 3).

## The Extent of Food Insecurity in the City of Moreland

In the 2008 Victorian Population Health Survey, Moreland was ranked number five, in the top ten municipalities in Victoria, experiencing food insecurity; it is the only metropolitan municipality in the top ten (Department of Health 2008). The following discussion revolves around the four dimensions of food security as they are a useful tool for food security analysis. Subsequently, a discussion on the barriers to food security are addressed with a look at the physical, sociocultural, economic and political determinants.

### Food Access

*'A household's ability to acquire adequate amount of food regularly through a combination of purchases, barter, borrowings, food assistance or gifts' (WFP 2009, p. 170)*

Access to food is the ability to acquire an adequate amount of food on a regular basis (WFP 2009). This has been found to be a strong predictor of people's likelihood to adopt healthy eating practices and is impacted on by the affordability of food (Moreland City Council 2014; AIHW 2012).

The 2015 Moreland Household Survey found that 4.1 percent of respondents ran out of food and could not afford to buy more during the previous twelve months (Moreland City Council 2015). This figure has increased from 3.3 percent in 2013 (Moreland City Council 2015).

Furthermore, this survey depicted that eight out of the twelve Moreland suburbs reported an increase in the percentage of households running out of food within the last year. Fawkner, Hadfield, Pascoe Vale and Brunswick West had a higher proportion of households reporting that they had run out of food and were unable to buy more on a monthly basis.

In 2013, respondents were asked about their ability to access fresh food within walking distance of their home, with 78.7 percent of all households stating yes to this question. In 2015, this figure decreased to 78 percent. Moreover, food access differs significantly across Moreland (Figure 5). As such, this data indicates that barriers to food access remains an issue for Moreland.

**Figure 5: Food Security by Suburb** (Moreland Household Survey 2015, p. 47)

Q.79 Have there been any times in the last 12 months when you ran out of food and could not afford to buy more?  
 Q.81 Does your household have a home fruit or vegetable garden?  
 Q.82 Are you able to access fresh food within easy walking distance from your home?

Base: All answering	Q.79 Have there been any times in last 12 months when you ran out of food & could not afford to buy more?			Q.81 Does your household have a home fruit or vegetable garden?			Q.82 Are you able to access fresh food within easy walking distance from your home?		
	2011 (n=1131)	2013 (n=1075)	2015 (n=1110)	2011 (n=1137)	2013 (n=1081)	2015 (n=1129)	2011 (n=1142)	2013 (n=1079)	2015 (n=1123)
	% yes			% yes			% yes		
Glenroy	5.6	4.5	4.7	35.6	33.3	48.9	81.5	80.3	77.0
Fawkner	5.6	11.4	4.9	42.7	50.6	61.4	78.0	78.9	81.5
Oak Park	2.9	2.0	1.0	40.0	41.6	42.5	52.8	58.0	51.9
Hadfield	8.0	1.9	4.9	46.5	42.9	39.2	87.7	87.5	82.5
Gowanbrae/Tullamarine	3.0	5.5	3.0	32.8	41.8	33.8	46.3	52.7	64.7
Pascoe Vale	0.0	1.2	5.8	36.6	45.2	37.4	76.1	75.0	71.1
Pascoe Value South	4.8	1.0	5.2	30.5	44.0	35.4	61.0	54.5	84.0
Coburg	7.2	2.1	2.2	52.4	56.1	52.7	75.3	81.6	86.0
Coburg North	8.2	3.6	7.3	51.5	67.1	56.3	48.0	50.6	64.9
Brunswick	4.1	1.2	3.4	44.3	52.9	49.4	96.9	94.1	95.4
Brunswick East/ Fitzroy North	4.1	1.7	4.9	40.2	44.5	53.4	88.7	89.9	84.2
Brunswick West	4.0	6.4	4.1	49.5	42.6	53.6	67.7	76.1	67.7
<b>Total</b>	<b>4.8</b>	<b>3.3</b>	<b>4.1</b>	<b>43.1</b>	<b>47.4</b>	<b>48.8</b>	<b>77.1</b>	<b>78.7</b>	<b>78.0</b>

### *Where do people shop?*

Data from the 2015 Moreland Household Survey indicated that shopping for groceries and daily needs is conducted locally for the most part; particularly at Sydney Road in Coburg, Barkly Square, Glenroy, Preston Market and Westfield Airport West. These locations were more likely to have been used by local residents. A detailed overview of the shopping areas most frequently used for Fawkner, Glenroy, Hadfield, Coburg North and Brunswick West, is reported in Merri Community Health Services (2015).

### *Public Transport access*

The location of public transport is an important factor which can influence people's access to food (NSW Health 2003). Inadequate public transport to reach better quality and cheaper food stores can influence a healthy diet (NSW Health 2003). The 2015 Moreland Household Survey reported that 81 percent of Moreland residents used public transport at least occasionally for travel not related to work or study. Most of these residents live within five minutes' walk of public transport. Residents of Brunswick and Brunswick East used public transport more than others. A detailed overview of public transport access routes for the suburbs of Fawkner, Glenroy, Hadfield, Coburg North and Brunswick West, is reported in Merri Community Health Services (2015). The provision of adequate and timely public transport across the municipal can facilitate access to food retail outlets, particularly for elderly residents and residents without car access.

### **Food Availability**

*'The amount of food that is present in a country or area through all forms of domestic production, imports, food stocks and food aid' (WFP 2009, p. 170)*

#### *Domestic food production*

Domestic food production contributes to the food available to households. Growing fruits and vegetables at home can lessen the chances of food insecurity (Moreland City Council 2014; VicHealth 2010b). In the 2013 Household Survey, 47.4 percent of households reported having a home fruit or vegetable garden. In 2015, this had increased to 48.8 percent. The results by suburb show that household gardens vary significantly across the municipality. The reasons could be attributed to the economic determinants of food insecurity such as land availability and time commitment involved in gardening, or sociocultural determinants such as knowledge and skills etc. (Gordon, Bulleen & Ni Mhurchu 2009). As such, community gardens could support households that do not have the land available to grow food. Furthermore, community gardens can increase social cohesion and community participation (VicHealth 2010b). These have been identified and listed under "Existing Food Security Strategies in Moreland".

#### *Take-away outlets*

Interestingly, the 2014 Victorian Population Health Survey report found that Moreland was amongst one of the four local government areas who had a significantly higher proportion of adults who reported not consuming take-away meals or snacks during the preceding week compared to all Victorian adults (Department of Health and Human Services 2016). Despite this promising statistic, the location and types of food retail outlets (takeaway, fresh, supermarket etc.) remains important to track and monitor. Data is reported for Fawkner, Glenroy, Hadfield, Coburg North and Brunswick West in Merri Community Health Services (2009; 2015).

### **Food Utilisation**

*'The selection of food commodities, their conservation and preparation as well as the absorption of nutrients' (Simon 2012, p. 7)*

The types of food selected for consumption is an important component of food security as not all foods are nutritionally adequate for health and wellbeing. Data only exists for fruits and vegetables and sugar-sweetened soft drinks in Moreland.

## Fruit and Vegetables

For adults aged 18 years or over, two servings of fruit and five servings of vegetables is recommended (NHMRC 2013). The 2014 Victorian Population Health survey found that 46 percent of Moreland residents did not meet fruit and vegetable consumption guidelines; which is only slightly lower than the State average of 48.6 percent. The Victorian Healthy Food Basket Survey is an assessment of the affordability of a standard basket of foods required to meet the typical purchases and nutritional requirements of four family types for one fortnight (Palermo & Wilson 2007). These food baskets are reported in Merri Community Health Services (2015).

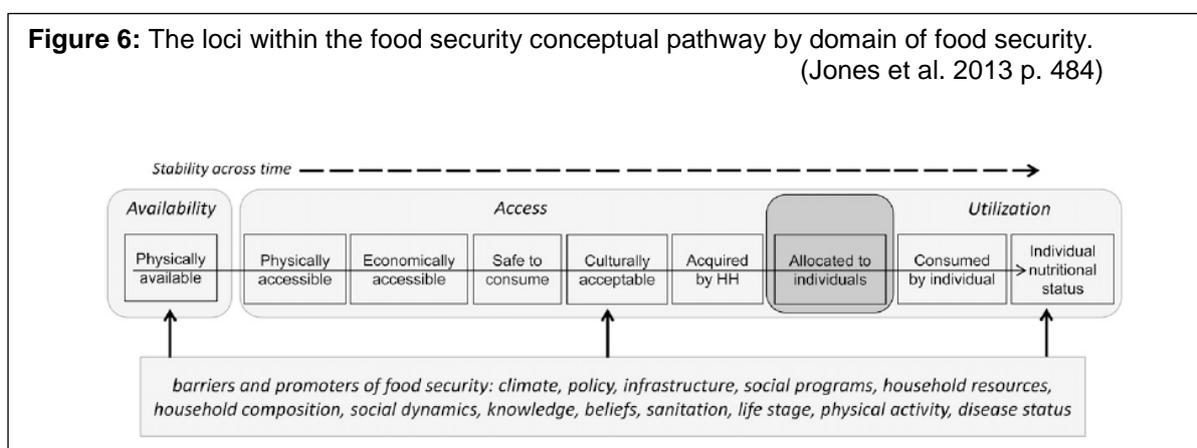
## Sugar-sweetened soft drinks

The increasing consumption of beverages with added sugar has been identified to contribute to the obesity epidemic (Malik, Schulze & Hu 2006). As these beverages tend to be cheap and readily-accessible, food insecure people are more susceptible to choosing these products (Thurber, Bagheri & Banwell 2014). The 2014 Victorian Population Health survey reported that 10.9 percent of Moreland residents consumed sugar-sweetened soft drinks daily.

## Food Stability

*'Food is available, accessible and utilised at all times' (Simon 2012, p. 8)*

Of the four dimensions of food security, food stability has been identified as the dimension that has received the least attention across the food security discourse (Hendriks 2015). This is due to the complex nature of the dimension spanning all three dimensions (Figure 6). Recently, there has been more 'attention on the concept of resilience which may offer measurement and intervention options' (Hendriks 2015, p. 611). This paper found that no evidence currently exists about food stability within Moreland.



## Barriers to food security in Moreland

### Physical and sociocultural determinants

The 2016 Moreland Health and Wellbeing Profile reports that Moreland is predicted to add more than sixty thousand people to the community by 2036. This rapid and significant population growth is predicted to occur in the southern suburbs and adequate infrastructure will need to be considered. Access to fresh food will need to be addressed for current and future residents.

Moreover, in July 2016 Council passed a motion to 'receive a report on the extent of homelessness in Moreland'. The report (D16/302769) highlighted that homelessness is an issue and recommended Council to consider future initiatives to provide practical support. The list of emergency food relief organisations (Appendix 3) identifies a number of locations where hot meals and/or a food bank is available. It highlights service gaps in the municipal and provides opportunities for partnerships with local community gardens and food sharing programs.

### *Economic determinants*

According to the 2016 Moreland Health and Wellbeing Profile, Moreland is ranked as the eighth most disadvantaged municipality in metro-Melbourne. The vulnerable population groups identified in Moreland align with those identified as vulnerable to experiencing food security, discussed earlier in “Who is affected by Food Security?”. Fawkner, Glenroy and Hadfield households were identified as suburbs with clear pockets of greater socioeconomic disadvantage. Moreover, the research conducted by Abel et al. (2014) observed that many Fawkner residents struggle with poverty due to the lack of employment opportunities and high living costs in the area. This paper highlighted how income affects the ability of people to afford adequate amounts of food. As such, poverty is an important determinant of food security within Moreland.

### *Political determinants*

As indicated in the earlier discussions around policies, Moreland City Council have policies that are relevant to Moreland’s food system. However, there is no overarching framework which addresses the whole food system and mechanisms to counter the issues (which is not limited to food security itself). The Moreland Municipal Public Health and Wellbeing Plan is one of the key Council documents which has the potential to link with the Moreland Food Systems Framework.

## **Discussion and Recommendations**

There is limited evidence about the issue of food security in the City of Moreland. Three main topics were identified from the five reports and limited evidence exists about the extent of food insecurity in the three survey reports. As food security has four interrelated dimensions, how these dimensions are measured and tracked over time is difficult (Hendriks 2015). The following recommendations are based on the barriers to addressing food security and focus on monitoring and evaluation, and the community food security continuum (Figure 7).

## **Barriers**

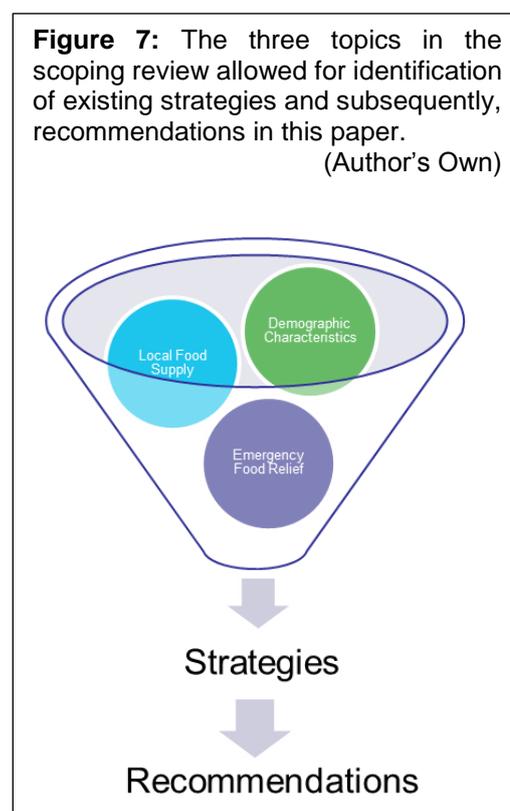
### *Sources of data*

A household’s food access does not necessarily equate to food consumption. For example, in a large family, food is not necessarily distributed fairly between family members. The household-level surveys that are conducted are important in assessing household food acquisition. However, these survey reports are not a good indicator of the utilisation dimension of food security (Hendriks 2015) as it is possible that these are over- or underestimations of food intakes (Jones et al. 2013) due to small sample sizes and limited questions asked. Therefore, other sources of data should be considered to understand the issue food security.

### *Limited resources*

Addressing the issue of food security only addresses one component of the food system. In conducting this research, it became evident that there are limited resources dedicated to the food system by Council. This is currently incorporated under the role of the Community Wellbeing Officer, who also looks after the Municipal Public Health and Wellbeing Plan. As discussed in this paper, the social determinants of health affect a person’s health and wellbeing. All sectors across Council have a role to play in creating a more sustainable and equitable food system.

**Figure 7:** The three topics in the scoping review allowed for identification of existing strategies and subsequently, recommendations in this paper.  
(Author’s Own)



## Monitoring and evaluation

Hendriks (2015, p. 609) emphasises that 'our understanding of food insecurity is incremental: it develops as new research in a variety of food-deprived and nutrition-deprived contexts reveals causes, experiences and consequences and how they are interlinked'. Thus, monitoring and evaluation is crucial to ensuring that the issue of food security is properly addressed for Moreland residents.

### Food Systems Officer

Understanding how food security affects Moreland residents' is important although difficult. As such, this paper recommends that better questions are posed to gain a more complete understanding of the issue within Moreland (Appendix 4). This will require a Council Officer who understands the issue and has experience in research. Given the demands placed on current officers, this paper suggests that a new position is created for a Food Systems Officer who would oversee the implementation of the MFSF and monitor and evaluate issues affecting food security and the overall food system. It is noted that the creation of a new role may not be currently feasible. However, it is important to highlight and reiterate that food is an essential component of life and affects all sectors across the Council. Addressing food system issues means that all four dimensions of food security need to be addressed.

#### *Potential Responsibilities:*

- Responsible for the development of policies and strategies in alignment with the MFSF
- To research, develop and implement programs, working groups, forums and festivals that will promote a sustainable and equitable food system
- To assist local community organisations
- To build internal capacity and commitment within Council Units
- To advocate for an inter-sectoral approach which addresses the social determinants of health which affects the food system.
  - For example, advocating for minimum wage increase and more affordable housing

### Areas of further research required

Moreover, the areas covered in this background report were chosen to align with the recommendations for developing a local evidence base by VicHealth (2010a). There are key areas where data does not exist and requires further investigation. The following research areas have not been covered at all, or only partially\*, for the municipal:

- An audit of council-owned land for potential use for food security purposes such as food growing
- Mapping data on:
  - Transport routes\* (MCHS 2015)
  - Fresh and fast food outlets\* (MCHS 2015)
  - Local food prices\* (MCHS 2015 via Healthy Food Basket)
  - Socio-demographic and car-ownership data
  - Liquor and gambling establishments
  - Price inequities and food quality in low-income suburbs
- A need for a focus on understanding how food security impacts on the diverse range of cultural backgrounds and new immigrants (Nepalese population) in Moreland.
  - Analysis of the non-Anglo/Christian services that are provided in the City of Moreland will highlight the gap in services; for example, Tamil services, Islamic Centres and the Vietnamese Buddhist Centre.
- Identification of existing programs for:
  - Nursing homes
  - Childcare centres
  - Kindergartens
  - Primary and Secondary Schools

## Community Food Security Continuum

A review of the existing reports and the mapping of current services identified the assets and gaps in addressing the issue of community food security within Moreland. Note that this report has not consulted with service providers, community leaders nor community members.

Recommendations have been identified around the three stages of the food security continuum with a focus on the role of Moreland City Council (Table 4). Action is required across all three stages of the continuum. These have been synthesised based on the evidence gathered and have been categorised into immediate actions which can be implemented using current resources, and longer term actions which will require extra resources, time and commitment across the relevant organisations and Council.

	<b>Stage 1: Addressing short-term relief</b>	<b>Stage 2: Addressing capacity building</b>	<b>Stage 3: Redesigning the food system</b>
<b>Immediate actions</b>	Publicise list of Emergency Food Relief Organisations (Appendix 3) <ul style="list-style-type: none"> <li>- On Council website</li> <li>- Physical copies at Council office</li> <li>- Distribute to Neighbourhood houses</li> <li>- To Councillors and Council Staff</li> </ul>	Updating and maintaining Council website information about food systems <ul style="list-style-type: none"> <li>- Food swaps</li> <li>- Community gardens</li> <li>- Food sharing programs</li> <li>- Local, seasonal and organic foods</li> </ul> Internal Capacity Building of Council staff about food systems	To align the goals of the MFSF with the Municipal Public Health and Wellbeing Plan 2017-2021 and the Council Plan, as well as other relevant existing strategies
<b>Longer-term actions</b>	Connecting local urban agriculture projects with emergency food relief organisations: through distribution of this report and advocacy	To facilitate multi-sectoral partnerships and networks within Moreland, either using existing resources or through Food Systems Officer	To provide adequate resources for a Food Systems Officer to be responsible for implementing the MFSF and food systems advocacy

## Conclusion

This paper aimed to build the local evidence base about the issue of food security in the City of Moreland. It was identified that there has been limited research which explore the issue: five reports and three survey reports. The four dimensions of food security mean that the issue is complex and requires solutions to address the social determinants of health which influence food supply and access. As such, the paper demonstrates that food security can affect all people within the municipal. The particularly vulnerable groups were identified in this paper as new migrants and homeless people. Using the Community Food Security Continuum, the current strategies and organisations working in this area were identified. Given the importance and complex nature of this issue, it is recommended that the MFSF is endorsed by Council, with consideration for a Food Systems Officer to facilitate monitoring and evaluation. Food is a basic human right and food security is only one consequence of an inequitable food system. This paper highlights that urgent action is required by Council to create a sustainable and equitable food system for its current and future residents.

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## Appendix 1: Collation of reports identified in Scoping Review

The Issue in Moreland

**Research question:** What evidence exists about the issue of food security in the City of Moreland?

**Purpose of charting data:** To extract contextual or process-oriented information from each study

Author(s)	Year of publication	Title	Topic/Themes	Aims/Purpose	Stakeholder(s)	Methodology/ Data Sources	Key findings that relate to scoping review question	Relevant recommendations from the paper
Merri Community Health Services (MCHS)	2009	Food Security in Moreland: A needs assessment	Demographic characteristics Local food supply Strategies to improve food security	<b>Objective 1:</b> To develop an understanding of the local food supply and other internal and external factors that influence food security within the City of Moreland <b>Objective 2:</b> To identify particular population groups and geographic areas within Moreland in which there is the greatest need <b>Objective 3:</b> To identify potential activities and partnerships to relieve poor food access for Moreland	MCHS Moreland Food Access Project	A range of methods were employed to gather relevant information for the needs analysis: - Analysis of demographic characteristics of Moreland suburbs - Audit of food retail outlets - Review of public transport routes to shopping centres - Identification of local food resources - Survey of prices for a standard Healthy Food Basket - Review of food production in Victoria - Review of Moreland City Council policies in the context of food security - Household survey of food security	Describes the extent and severity of food insecurity in Moreland but also identify potential interventions, opportunities for partnership for future action and the need for further research	Activities to promote food security should be based in primarily in Fawkner, Glenroy and Coburg North, with recognition that there may be pockets of high need in other suburbs and in specific population groups (e.g. people who are homeless)  Multi-strategy approach is required to address the complex factors that contribute to food insecurity.  Further research; exploration into the dietary implications of food insecurity, particularly in children; refinement and validation of the Moreland Food Access Project tools and methods
Elson, C & Thompson, T	2014	Moreland Food Services	Food relief organisations Nutritional adequacy of foods provided	To assess the nutritional adequacy of locally available food relief and develop recommendations for Moreland Food Services to help address food insecurity within the City of Moreland over the span of the 4 week project.	Bob Hawke Community Centre Deakin University Moreland City Council	Descriptive cross-sectional study	Food relief organisations did not meet nutrition needs in most areas and were lacking in meat, milk and eggs	BHCC should strengthen relationships with FROs developed during this project.  Generated resources should be disseminated to appropriate stakeholders.  Excess food from BHCC could be donated, particularly to FROs providing hot meals; a standard meal donation would increase an individual's nutritional adequacy  Storage at BHCC could be expanded to include community cold-storage space. Food safety and preparation programs using the expertise and facilities at BHCC would be well-received

Author(s)	Year of publication	Title	Topic/Themes	Aims/Purpose	Stakeholder(s)	Methodology/ Data Sources	Key findings that relate to scoping review question	Relevant recommendations from the paper
Bonfa, C	2014	Moreland Food Security Report	Homelessness Emergency food supply	<p><b>Objective 1:</b> To locate organizations and source information regarding the services they provide for people who are in need of food security</p> <p><b>Objective 2:</b> To investigate the demographics of service users</p> <p><b>Objective 3:</b> To investigate and document any changes in legislation which may impact on the demand of these services in the near future</p> <p><b>Objective 4:</b> To ascertain level of demand for emergency meals in Moreland, establish if demands are being met, and identify the potential for Moreland City Council via Social Support Services to assist currently or in the future</p> <p><b>Objective 5:</b> To determine the contribution of Emergency Food Relief programs make towards the Recommended Daily Intake of service users</p>	Bob Hawke Community Centre LaTrobe University	<p>Conducted background research, met with key Council personnel before developing questions to ask agencies during visit.</p> <p>Assisted at the initial stage of project by two Deakin University final year Dietetic students (nutritional levels of meal provided)</p>	Findings related to demographics of users of these services: high percentage of users were middle-aged men and elderly people. Regardless of socioeconomic status, it was identified that social isolation was a key issue for these users.	Recommendations/ possibilities to explore: <ul style="list-style-type: none"> <li>- Utilise staff expertise</li> <li>- Distribute leftovers</li> <li>- Advertising</li> <li>- Let's Do Lunch</li> <li>- Utilise Volunteers</li> <li>- Develop a Central Hub</li> </ul>
Abel, S, Correia, K, Fayyaz, R & Salerno, P	2014	Fawkner Community House: Solutions to Decrease the Amount of Food Insecurity in Fawkner	Poverty Immigration & Discrimination Disadvantaged groups	<p><b>Objective 1:</b> Analyse the food security challenges that Fawkner residents face</p> <p><b>Objective 2:</b> Identify opportunities for food security relief in the area</p> <p><b>Objective 3:</b> Assist in plans for the growth and sustainability of the upcoming food security hub</p>	Fawkner Community House FoodBank Victoria	Interviews and focus groups to get an idea of primary issues	Although poverty is the root cause of food insecurity, the study highlighted several underlying indicators that contribute to food insecurity for certain vulnerable groups, such as immigrants and large families	Recommend 7 new programs which included a community bus to access less expensive grocers and expanding the Fawkner Community House garden program
Merri Community Health Services	2015	Food Security Needs Assessment	Demographic characteristics Food Security Question Emergency Food Relief Food retail outlet audit Where do people shop Victorian Healthy Food Basket Survey Public Transport Access	<p>Data from this report will help to inform future work to improve food security in the suburbs of Fawkner, Glenroy, Hadfield, Coburg North and Brunswick West</p> <p>An updated version of the data presented in MCHS (2009) report.</p>	MCHS Moreland City Council (MCC) Fawkner Community House	<p>A needs assessment was conducted to determine the level of food security in the suburbs:</p> <ul style="list-style-type: none"> <li>- Analysis of demographic characteristics</li> <li>- Analysis of MCC's Household Survey</li> <li>- Audit of food retail outlets</li> <li>- Survey of prices for a standard Healthy Food Basket using the Victorian Healthy Food Basket Survey</li> <li>- Review of public transport routes to shopping centres</li> <li>- Mapping of emergency food relief agencies</li> <li>- Focus groups and interviews with service providers and members of the Fawkner community</li> <li>- Mapping of community food growing spaces</li> </ul>	This paper compiled the data, however no discussion of the findings was provided	Projects that focus on improving access to food, and address broader issues of poverty and transport will be important in addressing food security

## **Appendix 2: Strategies and Stakeholders identified in the City of Moreland**

### **Stage 1: Short-term Relief**

- Food relief services:
  - Emergency Food Relief Organisations across the municipal (Appendix 3)
  - Fawkner Food Bank (Fawkner Community House): fresh food provided for low-income residents every Wednesday at no cost

### **Stage 2: Capacity Building**

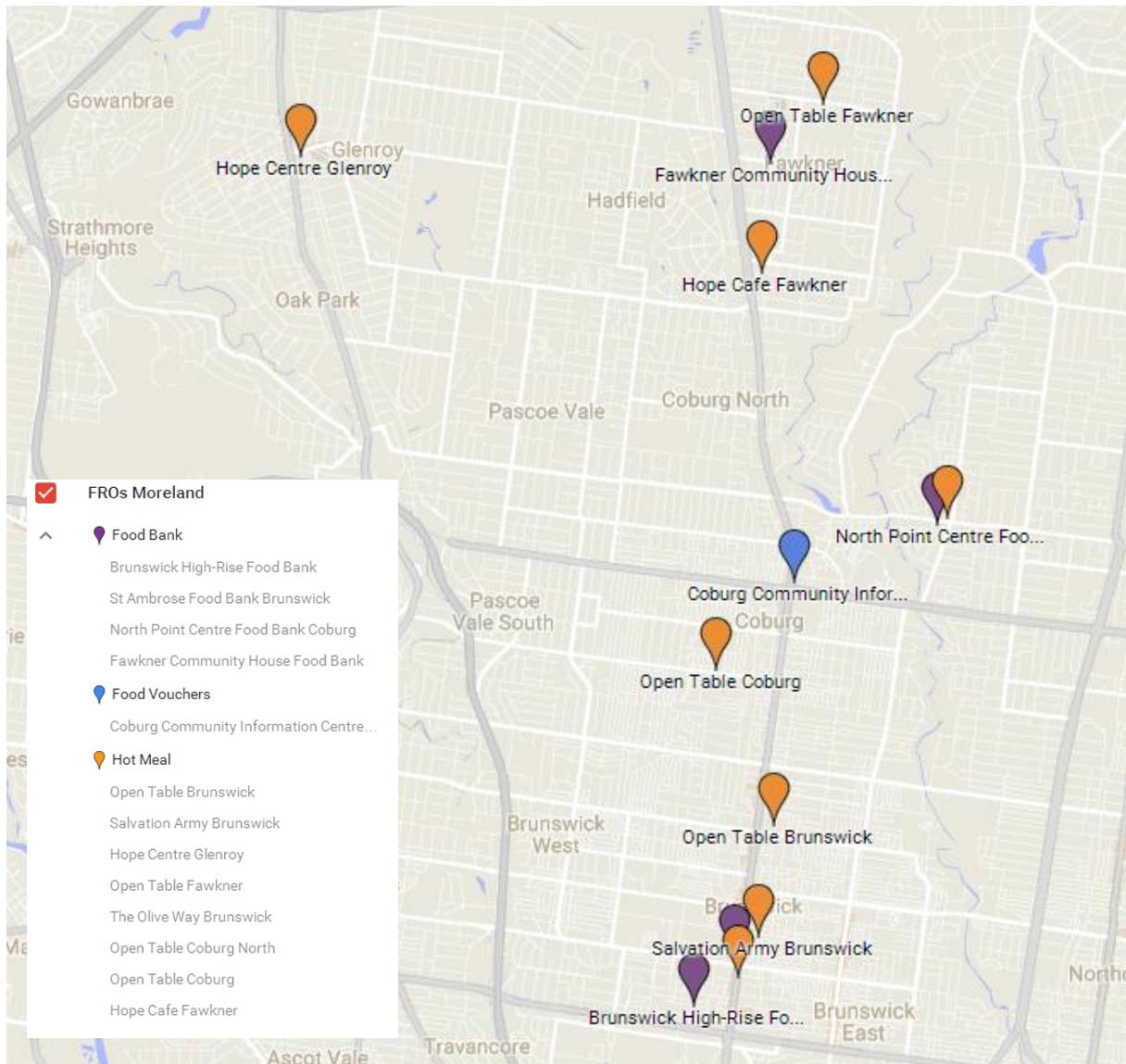
- Food Swap: regular meetings for the community to swap home-grown produce such as fruits, vegetables, seedlings, seeds etc. The following list is regularly updated on the Moreland Food Gardens Network (2016) website.
  - Every Saturday: CERES Urban Orchard, East Brunswick
  - First Saturday: PepperTree Place, Coburg
  - Second Saturday: Sustainable Fawkner Food Swap, Fawkner
  - Third Saturday: Inner North Urban Harvest, Coburg North
  - Fourth Sunday: Moreland Community Gardening- Garden & Gather, West Brunswick
- Community Gardens
  - Brunswick Neighbourhood House Community Garden, Brunswick
  - Brunswick Lodge Community Garden, Brunswick
  - CERES Community Garden, East Brunswick
  - Disabled Motorists Australia Ilma Lever Gardens, Coburg
  - Glenroy Neighbourhood Learning Centre Garden, Glenroy
  - Gronn Place Housing Estate Community Garden, West Brunswick
  - Jewell Community Garden (3000acres), Brunswick
  - Luscombe St Community Garden, Brunswick
  - Merri Corner Community Garden, East Brunswick
  - Mulberry Gardens, Glenroy
  - Newlands Neighbourhood House Garden, Coburg
  - PepperTree Place, Coburg
  - Saxon St Community Garden (3000 acres), Brunswick
  - Stewart Lodge Wellbeing Garden, Brunswick
  - West Brunswick Community Garden and Food Forest (Moreland Community Gardening)
- Food sharing programs
  - Fawkner Community House: previously held Monday Community Lunches (February 8 – June 20 2016)
  - OpenTable: a not-for-profit organisation who uses surplus produce to host free community lunches or dinners
    - Third Friday: Coburg Lunch, Robinson Reserve Neighbourhood House
    - First Saturday: Fawkner Lunch, Fawkner Senior Citizens Centre
    - First Saturday: Coburg North Lunch, Newlands Community House
    - First Sunday: Brunswick Dinner, Brunswick Neighbourhood House
- Other initiatives:
  - *Coburg Farmers' Market*, Coburg North Primary School
  - *Friends of Edward Street*: a local group which started with a few residents interested in caring for the Edward Street landscape, and has now become an incorporated association dedicated to gardening, community building and strengthening the native habitat.

- *Permablitz Melbourne Network*: creating edible gardens through implementation of suburban permaculture systems; Newlands Preschool, Coburg

### Stage 3: Redesign

- *CERES Community Environment Park*: an urban farm and sustainability centre located on 4.5 hectares of land in Brunswick East along the Merri Creek
  - CERES Nursery: permaculture and bushfood nursery
  - CERES Grocery: local organic produce
  - CERES Fair Food: home delivered organics
  - CERES Education: one of the largest sustainability education providers in Victoria
  - The Merri Table: CERES sustainable café
- Social enterprises:
  - *PepperTree Place*: A social enterprise with a community garden, nursery and place for education through the Home Harvest program about growing and preparing fresh food (available to families accessing Kildonan's Family Support Services)
  - *Community Grocer Fawkner* (Merri Health): improving access to fresh and affordable food for people living in public and social housing through weekly markets
  - *Brunswick Uniting Food Co-Operative*: Distribution days held on the third Saturday with a variety of products available with an aim to encourage responsible use of resources through reduced packaging and use of organic products where possible
  - *Tamil Feasts* (CERES Community Kitchen): thrice-weekly feasts serving up traditional Sri Lankan food to support recently settled asylum seekers
- Advocacy: a number of the organisations listed below are heavily involved in advocacy in the food system space; for example, Merri Health and Moreland Food Gardens Network.
- Policies: as identified in the "local policy context" section, the food system impacts on a number of policies across Moreland. The dimensions and determinants of food security illustrate that addressing this issue requires a multi-sectoral approach and an overarching policy to guide, monitor and track a sustainable and equitable food system.

## **Appendix 3: Emergency Food Relief Organisations (October 2016)**



### **Multiple Locations**

The Salvation Army 03 9353 1089	Call to make an appointment Monday, Tuesday, Friday 9:15am – 12pm
St Vincent de Paul Society 1800 305 330	Call to make an appointment
North Point Centre 3 Trade Park Drive, Tullamarine. 03 9338 1898	Delivery service for special needs. Call to make an appointment Monday – Friday 9:30am-4:30pm

### **To view map online visit:**

<https://www.google.com/maps/d/u/0/viewer?mid=1IPFXeRCtxq64SKJmYNbcNhbewfo>

Suburb	Contact Details	Description	Days Available
Brunswick (3056)	Open Table - Brunswick Neighbourhood House 43A De Carle Street, Brunswick	Free home-cooked, buffet-style meal. Friendly, welcoming community. Leftovers & excess fresh produce offered for takeaway when available.	First Sunday of each month, 6pm-8pm
	Brunswick High-Rise Food Bank 351 Barkly Street, Brunswick 03 9380 6036	Weekly food parcel at a cost of \$5. Register at desk, take a number, and wait your turn. Good availability of fresh produce, bread, dairy products (mainly yoghurt), some tinned and frozen foods.	Friday 8am-12pm
	St Ambrose Church - Food Bank 287 Sydney Road, Brunswick	Free food bank at St Ambrose Church hall. Bring your own bag and choose from a selection of foods. Good availability of fresh produce, bread, and tinned foods.	Thursdays 10am-11:30am
	Salvation Army Brunswick Brunswick Corps and Community Centre 256 Albert St Brunswick 03 9388 5500	Free breakfast Monday-Friday, hot breakfast Tuesdays and Thursdays. Free coffee & tea, computers/internet access, showers & laundry avail. 9am-3pm M-F \$3 Cooked Lunch Mon/Wed/Fri (or 6 meal voucher for \$15). Soup is free. Free lunch Sunday at 12:30pm during school term Food vouchers, parcels and other assistance by appointment M-F 9:30am-2:30pm.	Breakfast M-F 9am-10am Coffee and Tea M-F 9am-3pm  Lunch MWF 12:30pm-1pm  Lunch Sunday 12:30pm sharp
The Olive Way Brunswick Uniting Church 212-214 Sydney Road, Brunswick 03 9387 5049	A community kitchen providing lunch with coffee, tea, sandwiched and light snacks on offer.	Coffee, tea & sandwiches Tuesday, Wednesday & Thursday 10am-1:30pm  Wednesday lunch at 12:30pm.	
Coburg (3058)	Coburg Community Information Centre Inc. 512 Sydney Road, Coburg. 03 9350 3737	Emergency Relief by Appointment for Coles Food vouchers. Must live in City of Moreland and produce current Centrelink I.D.	Monday, Tuesday and Thursday 10am-1:30pm
	North Point Centre Food Bank Newland Elderly Citizens Clubrooms 49-53 Murray Road, Coburg. 03 9338 1898	Free food parcels available on Tuesdays. Delivery service also available in certain circumstances (call to book). Deliveries are made Tuesdays and Thursdays.	Tuesday 12:30pm-2pm
	Open Table Coburg North Newlands Community House 20 Murray Road, Coburg North	Free home-cooked, buffet-style meal. Friendly, welcoming community. Leftovers & excess fresh produce offered for takeaway when available.	First Saturday Lunch 1pm-3pm
	Open Table Coburg Robinson Reserve Neighbourhood House. 104A Reynard St, Coburg	Free home-cooked, buffet-style meal, Friendly, welcoming community. Leftovers & excess fresh produce offered for takeaway when available.	Third Friday of each month 1pm- 2:30pm
Fawkner (3060)	Open Table Fawkner Fawkner Senior Citizens Centre - CB Smith Res. 77 Jukes Rd, Fawkner	Free home-cooked, buffet-style, Halal meal, first Sunday each month. Friendly, welcoming community setting. Separate room for women and children available if needed. Leftovers and excess fresh produce offered for takeaway when available.	Second Saturday of each month 1pm-2:30pm
	Fawkner Community House - Food Bank 95-97 Major Road, Fawkner 03 9357 4631	Free food parcels (mainly fresh produce) available. Call ahead or visit the centre to put your name on the list to receive a food parcel. No drop-ins accepted.	Wednesday 10am-12pm
	Hope Cafe - St Marks Church 9 Lee St, Fawkner 03 9359 3111	Free three-course dinner with table service. Fruits, vegetables and canned items to take away when available.	Thursday 6pm-8pm
Glenroy (3046)	Hope Centre 93-95 Station Road, Glenroy 03 9304 2292	Free hot, home-cooked lunch served in a comfortable, welcoming, family-friendly community space. Tea and coffee also available.	Thursday 11:30am-1pm
Multiple locations	The Salvation Army 03 9353 1089	Call to make an assessment appointment in your area. Aid available includes up to 4 food vouchers per year and food parcels as per assessed needs.	Call to make an appointment Monday, Tuesday, Friday 9:15am – 12pm
	St Vincent de Paul Society 1800 305 330	Food vouchers available. Call central number to make an assessment appointment in your local area.	Call to make an appointment
	North Point Centre 3 Trade Park Drive, Tullamarine. 03 9338 1898	Servicing 7 locations in Melbourne with food parcels. Some delivery is also available on Tuesdays and Thursdays. Please call in advance.	Monday – Friday 9:30am-4:30pm

## Emergency Food Relief Organisations – Moreland City Council (Current as of October 2016)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Coffee & Tea	<b>Salvation Army Brunswick</b> 256 Albert St Brunswick Breakfast 9am-10am Coffee & Tea 9am-3pm						
Lunch	<b>Salvation Army Brunswick</b> 256 Albert St Brunswick 12:30pm-1pm	<b>The Olive Way</b> Brunswick Uniting Church 212-214 Sydney Road Brunswick Sandwiches, Coffee & Tea 10am - 1:30pm	<b>Salvation Army Brunswick</b> 256 Albert St Brunswick 12:30pm-1pm  <b>The Olive Way</b> Brunswick Uniting Church 212-214 Sydney Road Brunswick 12:30pm	<b>The Olive Way</b> Brunswick Uniting Church 212-214 Sydney Road Brunswick 10am - 1:30pm  <b>Hope Centre</b> 93-95 Station Road Glenroy 11:30am-1pm	<b>Salvation Army Brunswick</b> 256 Albert St Brunswick 12:30pm-1pm  <b>Open Table Coburg</b> Robinson Reserve Neighbourhood House <i>Third Friday</i> 1pm-2:30pm	<b>Open Table Coburg North</b> Newlands Community House <i>First Saturday</i> 1pm-3pm  <b>Open Table Fawkner</b> Fawkner Senior Citizens Centre <i>Second Saturday</i> 1pm-2:30pm	<b>Salvation Army Brunswick</b> 256 Albert St Brunswick 12:30pm sharp
Dinner				<b>Hope Café</b> St Marks Church 9 Lee St Fawkner 6pm-8pm			<b>Open Table Brunswick</b> Brunswick Neighbourhood House <i>First Sunday</i> 6pm-8pm
Food Bank/ Vouchers	<b>Coburg Information Centre Inc.</b> Food Vouchers 512 Sydney Road Coburg 03 9350 3737 (By Appointment Only) M, T & T 10am-1:30pm	<b>North Point Food Parcels</b> Newland Elderly Citizens Clubrooms 49-53 Murray Road Coburg 12:30pm-2pm  <b>Coburg Information Centre Inc.</b>	<b>Food Bank</b> Fawkner Community House 95-97 Major Road Fawkner (Call ahead or visit to place name on list) 03 9357 4631 10am-12pm	<b>St Ambrose Church Food Bank</b> 287 Sydney Road Brunswick 10am-11:30am  <b>Coburg Information Centre Inc.</b>	<b>Brunswick High-Rise Food Bank</b> 351 Barkly Street Brunswick 8am-12pm		
Multiple Locations (By Appointment Only)	<b>The Salvation Army Food Vouchers</b> Multiple Locations 03 9353 1089 M, T & F 9:15am-12pm		<b>St Vincent De Paul Society Food Vouchers</b> 1800 305 330		<b>North Point Centre Tullamarine</b> Food Parcels Delivery available for special needs 03 9338 1898		

## **Appendix 4: Designing Questions for Monitoring and Evaluation**

This paper found that there is limited data around the issue of food security. To monitor and evaluate food systems proficiently, consideration of the following questions is required. The appropriate approach needs to consider what is required to be measured and the intended use (Jones et al. 2013). These questions can guide the selection of appropriate food security metrics.

- 1) What component(s) of food security do you intend to measure (e.g. food availability, food access, utilisation of food, or stability)?
- 2) Who will use your data, and what type of data are most useful to them?
- 3) What is the purpose of the data? Is it for early famine warning, targeting food aid, screening at-risk households for intervention, monitoring changes in food security status over time, monitoring program utilisation, evaluating programs and policies, or advocacy?
- 4) What is the periodicity to be evaluated? Is it chronic or acute food insecurity? Will there be repeated measures?
- 5) At what point in the causal pathway does your measurement fall?
- 6) At what scale are you measuring food security (national, regional, household or individual)?
- 7) What resources are available for planning, data collection, analysis and the intended application of the findings?