



Creating Healthier Local Food Environments

A Guide for Local Government



Government
of South Australia

SA Health



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Contents

Part 1: Introduction	3
What is the purpose of this resource?	3
Who might use this resource?	3
The healthy food environment	3
Potential outcomes	3
What is the role of Local Government in supporting healthy food environments? ...	3
What is a 'healthy option'?	4
Benefits of improving the healthy food environment	4
For Council	4
For the community	4
Part 2: Audit Of The Healthy Food Environment	5
Part 3: Strategic Approaches To Improving The Healthy Food Environment	10
Objective 1: Encouraging local food production and sharing of local food.	10
Objective 2: Increasing healthy eating for community members.....	11
Objective 3: Local Government policy, planning and advocacy.....	13
Part 4: Next Steps	14
Part 5: Useful Links	15

Part 1: Introduction

What is the purpose of this resource?

The purpose of this resource is to provide assistance and guidance to Local Councils across South Australia in assessing their current policies, plans and practices in relation to supporting healthy eating in their community and provide ideas about actions that can be taken to improve the healthy food environment.

Who might use this resource?

Each Local Council structure is different, so this resource has been developed to be used by a range of staff who have a role in influencing the healthy food environment, whether that is through face to face contact with the community or through policies and planning that may have an impact on the food environment. This could include community development workers, community engagement officers, community service staff, social planners, strategic planners, policy staff, environmental health officers and community wellbeing workers, to name a few. This resource is designed for Councils with varying levels of current involvement within the healthy food environment. It is recognised that some Council areas are more advanced in the development of nutrition-related initiatives, but that this remains a useful tool for evaluating their current involvement.

The healthy food environment

For the purposes of this resource, the healthy food environment includes:

- > Built components (i.e. food outlets and transport infrastructure)
- > Natural components (i.e. community gardens and food growers)
- > Economic components (i.e. supporting local producers and food swaps)
- > Socio cultural components (i.e. cooking and education programs)

Potential outcomes

This resource can be used:

- > to assess your Councils current involvement
- > to plan and prioritise action to improve the healthy food environment, based on current needs and opportunities
- > as a catalyst to begin conversations in your Council, about its role in supporting healthy eating
- > to affirm current Council practices in relation to the healthy food environment
- > as an advocacy tool to work proactively with other internal and external stakeholders to implement effective and sustainable strategies
- > to establish a new vision or commitment in the context of the health and wellbeing of the community

What is the role of Local Government in supporting healthy food environments?

Healthy individuals live, work and play in thriving healthy communities and Councils play a key role in creating these environments. *The Local Government Act 1999* lists one of the principal roles of a Council is 'to encourage and develop initiatives within its community for improving the quality of life of the community' and one of the functions of a Council is 'to provide for the welfare, well-being and interests of individuals and groups within its community'. Supporting healthy eating is an important aspect of improving quality of life and providing for the wellbeing of the community.

The State Public Health Plan, *South Australia: A Better Place to Live*, identifies four priority areas and they each provide an opportunity for connection to the healthy food environment:

1. Stronger and healthier communities and neighbourhoods for all generations
 - > There are many components that contribute to making communities better places to live, and many have direct impacts on people's health. Healthy eating environments are a key part of this, and constitute one of the four CHES Principles for Healthy Environments, being:
 - Connected Environments
 - Safe Environments
 - Healthy Eating Environments
 - Sustainable Environments
2. Increasing opportunities for healthy living, healthy eating and being active
 - > This guide aims to assist Councils to assess the healthy food environment, and thus contributes to increasing opportunities for healthy eating and thus healthy living.
3. Preparing for climate change
 - > Sustainable food systems and appropriate waste management are discussed within this guide, and contribute to preparing for a sustainable future.
4. Sustaining and improving public and environmental health protection
 - > Councils have a role in working with local food businesses, ensuring proper food standards in food storage, handling and hygiene. This may provide an opportunity to work with these retailers on both healthy and safe food initiatives.

The functions of Councils described in the *South Australian Public Health Act 2011*, Section 37 provide broadly for Council functions 'to preserve, protect and promote public health within its area'. Planning for healthy food environments is one aspect of this.

In the development of Regional Public Health Plans (RPHP), required under the *South Australian Public Health Act 2011*, Councils were required to address the priority areas of the State Public Health Plan. This resource may assist in the delivery of aspects of Councils RPHP under some or all of these priorities. The development of a healthier food environment can improve healthy eating, but also supports the facilitation of strong social connections and the development of a sustainable, safe food environment.

Of course, supporting healthy eating is not the responsibility of Local Government alone. It is essential that it is a shared responsibility amongst all level of Government and other local stakeholders in the community. Despite this, it is clear that Councils can be and are active in influencing the local healthy food environment to improve the accessibility, affordability, availability and sustainability of healthy food choices, as well as improving individual factors such as knowledge and skills. This can be through infrastructure (i.e. water fountains, community gardens), initiatives (i.e. cooking and food education programs), plans (i.e. food security plans) and policies (i.e. verge planting policies).

What is a 'healthy option?'

You will notice that a number of the questions refer to the availability of 'healthy options' in areas such as Council facilities, canteens and events. 'Healthy options' refers to options that are in line with the Australian Guide to Healthy Eating (available at <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>). This includes foods from the five food groups, for example vegetables; fruit; lean meats and poultry, fish, eggs, nuts and seeds, legumes and beans; mostly wholegrain and/or high fibre breads and cereals; and mostly reduced fat milk, yoghurt and cheese. Healthy options should replace unhealthy choices that are high in energy, saturated fat, sugar, salt, and low in nutrients such as fibre.

Benefits of improving the healthy food environment

Improving the healthy food environment can have a positive impact on the health and wellbeing of individuals, and there are wider social, emotional and economic benefits for Councils and the community.

<p>For Council</p>	<ul style="list-style-type: none"> > Supports Council wide agendas of health, economic development, sustainability, tourism and strengthening social connection in the community > Opportunity for greater collaboration with external stakeholders involved in the healthy food environment (i.e. local retailers, growers) > Supports Regional Public Health Planning and other strategic planning processes that focus on creating a healthier community > Contribution to building a stronger, safer and more vibrant community through facilitating opportunities for social connection, decreasing social isolation and skill development using food as a connector > Focus on the whole picture, from land use planning and the need to protect existing land used for food production, through to community based initiatives that support the growing and sharing of food
<p>For the community</p>	<ul style="list-style-type: none"> > Increased accessibility, availability and affordability of local healthy food choices for all, especially vulnerable groups > Increased opportunities for small business enterprises and employment, through local food production, processing and distribution > Opportunities for participation and volunteering in food based initiatives > Closer links between consumers (the community) and local producers and associated social, environmental and economic benefits > Opportunities to develop skills in growing, harvesting and preparing healthy food > Increase opportunity for cultural sharing and connections in relation to food

Part 2: Audit of the healthy food environment

2.1 Introduction

Before working through the questions, consider:

- > **What are the benefits to Council of using this tool?**
 - Raised awareness across Council teams and staff about the significant role they can play in influencing the healthy food environment
 - Opportunity for greater collaboration with external stakeholders involved in the healthy food environment (i.e. local retailers, growers)
 - Opportunity to gather background information to support funding applications to obtain resources to implement actions

- > **Where does planning to improve the healthy eating environment fit amongst other Council plans and policies?**

Local Councils are involved in planning and policy development to create a healthy community. Some of these policies and plans may already talk about food, healthy eating and the healthy food environment. Consider plans such as your Councils RPHP, Strategic Plan, Annual Business Plan or Community Plan.

- > **Accessing or collecting relevant data**

Gathering additional socio-demographic information can help to build an understanding of the contextual factors influencing local communities. Other relevant data that could be collected prior to conducting the audit could be demographic information such as number of residents, cultural diversity, car ownership, education and income levels and health indicators relating to food like weight status, fruit and vegetable intake and food security (available via the South Australian Monitoring and Surveillance System (SAMSS) on the SA Health website).

- > **Mapping of food outlets**

Consider whether your Council already has well-developed GIS mapping systems or consider whether there is the capacity to map aspects of the healthy local food environment, such as food outlets and supermarkets overlaid with other factors, such as car ownership and ease of public transport access. This will provide an additional level of detail to support the information collected through the following audit.

- > **The relevance of this audit to other Council business areas**

By understanding where this audit intersects with the work of other areas of Council, you can work collaboratively and ensure a Council wide approach to creating a healthier food environment focus. This audit tool may be relevant to other Council departments such as:

- Recreation and planning
- Transport
- Sustainability and Biodiversity
- Community services
- Community safety
- Community wellbeing

- > **The potential involvement of external stakeholders**

Complex issues, like creating healthier food environments, require collaboration. By identifying and working with external stakeholders, you can access additional information and work towards the development of joint initiatives after conducting the audit. The following are examples of potential external stakeholders:

- Local non-government organisations
- Local community and sporting groups
- Schools and kindergartens
- Local producers
- Food outlets (including supermarkets)
- Emergency food relief providers
- Food co-operatives

Nutrition-related programs may be currently run by non-Council organisations, such as the above stakeholders, in your Council area. Even when Council does not run a program, you can still acknowledge the presence and importance of such programs in the audit, as Council may provide support through:

- Resources (financial and staff)
- Infrastructure (use of Council facilities)
- Promotion of the program
- Provision of Council data to assist the program and/or grant applications

Using the audit tool

The four sections of the audit tool can be completed using the 'yes, no, working towards' framework as well as providing details of current initiatives or progress towards these initiatives by Council. Details of policies, programs and plans can be provided in the 'details' box. This may include the work of external agencies in your community that Council supports.

2.2 Understanding the current food environment

Before undertaking the following audit (Sections 2.3-2.5), it may be helpful to collect background data to understand the current food environment. The following questions are examples of the type of data that can be collected. Please note that these questions are not exhaustive, and that this data may have already been collected when developing RPHPs or other strategic documents.

	Yes	No	N/A	Details
1. Are there any local food producers?				
1.1 If yes, is local produce accessible for purchase by residents?				
2. Are there any local supermarkets?				
2.1 If yes, do they supply a variety of high quality fresh, nutritious foods?				
3. Is there a range of fresh food outlets in your community?				
3.1 Greengrocer/fruit and vegetable store				
3.2 Butcher				
3.3 Bakery				
3.4 Convenience store				
3.5 Service station with convenience store				
4. Do residents have access to the following?				
4.1 Restaurants and cafes				
4.2 Take-away food shops				
4.3 Fast food outlets				
4.4 Canteens and kiosks				
4.5 Mobile food operators				
4.6 Service stations with meal options				
5. Are there any local markets within the area? (i.e. Farmers Markets)				
6. Are there any emerging cultural groups who require access to culturally appropriate food?				
7. As a result of the above, are basic food needs (bread, milk, fruit and vegetables) accessible for residents (able to be accessed by foot, bike or car)?				

2.3 Encouraging local food production and sharing of local food

	Yes	WT	No	N/A	Details
* WT = working towards					
1. Does the Council run or support any programs that encourage community members to share or sell produce they have grown?					
1.1 Equipment sharing					
1.2 Sharing/sale of home grown produce (i.e. food swaps)					
1.3 Swapping of seedlings and resources					
2. Are there any community gardens (i.e. open to the public and/or in schools)					
2.1 If yes, does the Council support these gardens?					
3. Are there any Council initiatives or education programs that support growing of produce?					
4. Does Council support any Council-based community food programs that focus on distributing local produce?					
5. Does the Council endorse edible planting in public areas? (i.e. verges)					
6. Does Council support local food production?					
6.1 Does Council support urban farms and orchards?					
6.2 If present, does Council support local Farmers Markets?					

2.4 Increasing healthy eating for community members

* WT = working towards	Yes	WT	No	N/A	Details
1. Are there any Council initiatives that support nutrition education?					
1.1 Nutrition education in schools					
1.2 Information and resources on healthy eating/wellbeing in the library					
1.3 Community gardens in schools, public open space and kindergartens					
1.4 Healthy eating in sporting clubs and healthy canteens					
1.5 Nutrition education of Council staff as part of a Health and Wellbeing Program					
2. Does Council run or support any community food initiatives that increase food knowledge and facilitate social connection? (i.e. cooking programs in community centres)					
3. Does Council financially support healthy food initiatives through community grants programs?					
4. Does Council run or support any community kitchen programs?					
5. Does Council run or support initiatives that encourage local food outlets to provide healthy options?					
6. Are there any Council measures in place to ensure that culturally appropriate food is available?					
6.1 Does the Council run any community events related to specific cultures and cuisines?					
7. Does Council support any initiatives to increase food availability for vulnerable groups?					
7.1 Food access for elderly and/or disabled residents					
7.2 Emergency food access					
7.3 Budget meal packs and food co-ops					

2.5 Local Government policy, planning and advocacy

* WT = working towards	Yes	WT	No	N/A	Details
1. Does Council have a planned approach to the installation of drinking water fountains in both indoor and outdoor settings?					
2. Is there a Council policy relating to access to healthy food choices in Council owned buildings and facilities?					
3. Does Council ensure that healthy options are available at community events?					
4. Does Council work with sporting clubs and community groups to ensure that healthy options are available (i.e. canteens and BBQ choices)?					
5. Does Council actively promote breastfeeding through signage and other means?					
5.1 In Council facilities					
5.2 In other community facilities					
6. Are there vending machines in Council owned buildings and facilities?					
6.1 If yes, are there healthy options available?					
7. Does Council provide transport or other services to connect vulnerable people and groups to healthy food outlets?					
8. Are there any Council strategies in place to ensure that food outlets can be accessed by active transport?					
8.1 Is there sufficient cycling infrastructure and amenities (i.e. safe cycle ways and bike racks)					
8.2 Are walking routes well maintained and well-lit?					
9. Are there any Council policies to protect existing land used for food production?					
10. Does Council plant productive trees in public areas?					
11. Does Council support and promote the use of green waste bins and composting?					

Part 3: Strategic approaches to improving the healthy food environment

The following objectives align with sections 2.3-2.5 of the audit tool and provide ideas about opportunities for future action to improve the healthy food environment. Review the information collected in the audit and consider the areas where there is the greatest opportunity for your Council to make changes. Areas in which you have answered 'no' provide opportunities for new ideas and initiatives to be discussed.

Objective 1: Encouraging local food production and sharing of local food

Encouraging residents to grow their own produce contributes to wellbeing through increased food knowledge and behaviours as well as economic, environmental and social benefits. Encouraging residents to share produce facilitates social and cultural connections, reducing social isolation and assisting skill development.

Celebrating local produce has benefits for both individuals and the whole community. Increased awareness of where food comes from can encourage residents to eat a wider range of healthy, fresh produce. When residents are able to access and cook with healthy, locally grown food, the local food system becomes stronger.

Case Study: Fruit Crew in the Campbelltown City Council

Fruit Crew is a community harvesting project within the Campbelltown City Council. The project aims to re-distribute excess home grown fruit to vulnerable groups within the community, enabling improved access to fresh, nutritious food whilst facilitating social connections between fruit sharers and volunteer fruit pickers. The concept of Fruit Crew was based on the Darebin Fruit Squad model from Victoria. Through the Council, fruit donors notify co-ordinators of fruit crew about their surplus fruit. Trained volunteers harvest the excess produce, which is re-distributed to vulnerable groups such as local domestic violence service, schools and other community groups. This project has resulted in improved access to fresh nutritious produce, decreased wastage, increased social connection and decreased social isolation for many residents. For more information, contact Ann Sharley (asharley@campbelltown.sa.gov.au, 8366 9246).

Action areas	Opportunities
Sharing and selling produce	<ul style="list-style-type: none"> > Establish community fruit and vegetable swap groups that allow residents to share and swap home-grown produce. > Establish a program that allows for community collection and distribution of excess produce; primarily to vulnerable groups (see Fruit Crew case study).
Community gardens	<ul style="list-style-type: none"> > Establish, support and promote community gardens in schools and public spaces in the community. > Develop shared gardens in apartment buildings that allow residents to take part in the growing and harvesting of produce. > Advocate for the establishment of community gardens in new developments.
Education programs that support produce growing	<ul style="list-style-type: none"> > Develop a network of home gardeners who support each other and share knowledge with new growers. > Facilitate or support education programs, potentially within existing community gardens, that encourage growing produce at home. > Support community gardens to host open days or run education sessions about various aspects of growing produce.
Edible planting in public areas	<ul style="list-style-type: none"> > Develop policies or guidelines that support verge planting and the development of community gardens. > Develop a policy/planned approach to the planting of productive street trees in public spaces.
Support local food production and local producers	<ul style="list-style-type: none"> > Promote local food festivals. > Develop a directory of local producers, highlighting where you can buy local food. > Facilitate the development of, or support farmers markets, raising awareness and encouraging greater community attendance and support. > Provide support to local growers by showcasing local produce within the community via local media and community events. > Establish local food trails. > Provide information on Council webpages about topics such as local produce, gardening and local markets. > Ensure that locally sourced, healthy food is available within Council facilities and at Council-run events. > Establish a subsidy for rainwater tanks and enable access to discounted or budget compost/mulch and seedlings.

Objective 2: Increasing healthy eating for community members

Local Government, in partnership with other stakeholders, can improve the nutritional status of the community by increasing their knowledge and skills in accessing, cooking and consuming healthy foods. The development of knowledge and skills around healthy eating within the community will contribute to improved physical and mental health and wellbeing, as well as social connections and providing an avenue for sharing between various culturally diverse groups.



Action areas	Opportunities
Nutrition education	<ul style="list-style-type: none"> > Support nutrition based education programs in schools, kindergartens and sports clubs. > Support training and education of community workers in healthy eating with the aim of educating others. > Educate Council staff about healthy eating as a part of a staff health and wellbeing program. > Establish and support cooking programs in community centres, encouraging the development of food and nutrition based skills and knowledge. > Provide information packs to new arrivals to familiarise new residents with local, nutritious fresh food offerings. > Promote and distribute nutrition education materials to community and ensure availability in Council facilities and libraries.
Community kitchens	<ul style="list-style-type: none"> > Establish a community kitchen facility where cooking programs can be held, to enable the development of knowledge and skills regarding fresh produce and healthy food choices.
Availability of culturally appropriate and culturally diverse food	<ul style="list-style-type: none"> > Support cooking classes and nutrition education programs for CALD groups to assist with buying, preparing and storing locally available foods. > Establish culturally based food events that celebrate the cuisines of different cultures within the community.
Food availability for vulnerable groups and emergency food relief	<ul style="list-style-type: none"> > Establish or promote local food co-ops, Foodbanks, meal packs or budget meal options. > Establish a home delivery program that provides vulnerable groups with meals and basic food needs. > Establish a system by which excess fresh produce is distributed to vulnerable groups. > Support school-based programs such as breakfast clubs for children who are experiencing food insecurity.
Food outlets and distribution	<ul style="list-style-type: none"> > Encourage local businesses to increase the number of healthy food options on their menus. > Support the development of a mobile service that delivers produce in residential areas where fruit and vegetable access is poor. > Incentivise (via rates) supermarket and fruit and vegetable outlets to locate in areas of need.

Case study: Healthy Lifestyle Volunteers in the City of Holdfast Bay

The Healthy Lifestyle Volunteer Program was created to assist Council to facilitate healthy lifestyle initiatives across the community for residents, visitors, staff and volunteers. Through the program two volunteers were recruited to offer a wide variety of healthy lifestyle programs and initiatives to the community to increase opportunities and access to healthy eating and physical activity.

This has included; education sessions around healthy eating, presentations and workshops within schools and early learning centres, promotional campaigns to Council staff around healthy eating and the creation of a Healthy Holdfast Bay webpage that looks at healthy catering options, healthy barbecue choices for service and sporting clubs, breast feeding friendly venues, free family outdoor activity ideas, community workshops and resources for school edible gardens. For more information, please contact Melissa Priest (mpriest@holdfast.gov.au, 8229 9881).

Case study: Mannum Football and Netball Club Healthy Eating Policy initiative in the Mid Murray Council

The Mid Murray Council implemented a series of strategies in partnership with the Mannum Football and Netball Club in order to increase access to healthier food choices, as a part of the Mannum Football and Netball Club Healthy Eating Policy. Changes included altering the canteen structure, volunteer training, increased access to drinking water, policies for food provision and positive marketing campaigns. Risk factors linked to preventable disease in Australia, such as physical inactivity, poor nutrition and overweight obesity, were all addressed. The implementation of this policy meant that healthy food and drink choices were more accessible, and subsequently increased canteen profits by 30 per cent. In addition to this, other positive outcomes included increased evening meal numbers, increased membership, further funding from state and local funding bodies, improved player performance and improved partnership between the football and netball clubs. For more information, please contact Amy Loechel (aloechel@mid-murray.sa.gov.au, 8569 0179).



Objective 3: Local Government policy, planning and advocacy

Local Government can lead by example in undertaking their functions under the *Local Government Act 1999* and *South Australian Public Health Act 2011*, by positively influencing the healthy food environment. Productive partnerships between Council and other areas of the community, such as food outlets, local producers and community groups, allows Council to advocate for healthy choices in a variety of settings. Increasing exposure to healthy food through healthy catering, advocating for healthy food outlets and improving access, increases the likelihood that healthy food will be chosen by community members.

Action areas	Opportunities
Healthy food choices in Council owned buildings and facilities (for public and staff) and at community events	<ul style="list-style-type: none"> > Establish a healthy catering policy for workplace meetings, Council meetings, Council-hosted functions and Council-run community events. > Ensure that healthy food options are available at Council owned facilities, including in cafes and vending machines. > Add healthy food options to relevant local government contracts, for example, leisure centres, swimming pools, senior citizens centres. > Work with local sports and community groups to ensure that healthy options are available at canteens and barbecues.
Drinking water	<ul style="list-style-type: none"> > Establish a planned approach to the installation of drinking water fountains in public spaces. > Ensure that free drinking water is available at community events and in Council-owned buildings and facilities.
Breastfeeding	<ul style="list-style-type: none"> > Ensure that breastfeeding in public spaces is promoted to the community via signage or marketing. For example, 'Breastfeeding Welcome Here' stickers. > Ensure that Council facilities have sufficient amenities to support breastfeeding (e.g. mothers rooms, clean areas, drinking water, room for prams). > Register Council facilities on the Australian Breastfeeding Association website as a part of the 'Breastfeeding Welcome Here Program.'

Action areas	Opportunities
Transport	<ul style="list-style-type: none"> > Where Council provides a community transport service, ensure that vulnerable groups are assisted with access to local shops and markets that sell fresh, healthy food. > Ensure that walking and cycling paths are safe and provide connectivity to food retail precincts. > Ensure that local food precincts have sufficient end of trip facilities such as bike racks.
Composting	<ul style="list-style-type: none"> > Promote the composting of food scraps through the use of Councils green waste collection service.
Protection of land used for food production	<ul style="list-style-type: none"> > Advocate for the protection of existing land used for food production.
Community grants programs	<ul style="list-style-type: none"> > Consider a healthy eating community grants program, or modify pre-existing criteria to include consideration of healthy eating.
Healthy local food planning and coordination	<ul style="list-style-type: none"> > Establish a Healthy Local Food Plan, or incorporate food into other Council plans and policies. > Develop a Healthy Food environments working group, including both internal and external stakeholders. > Develop a position statement to express Councils commitment to evolving and improving the healthy food environment.

Case study: City of Onkaparinga

The City of Onkaparinga values their community's health and wellbeing and is proactive through programs, policies and advocacy that support the community in making healthy choices. From providing healthy food at community events to establishing community gardens and implementing a new grant using participatory budgeting with a focus on food security and nutrition across the region, the City of Onkaparinga has lead by example in many ways.

The City of Onkaparinga has a long history in taking action to address the issue of food security and poor nutrition. These issues have been identified through their Community Wellbeing Monitor and through community voices. The Neighbourhood Development Program uses a community development approach to work alongside residents and other key stakeholders around food health and well-being matters.

Examples which support community driven efforts include connection with community garden members, supporting community foodies program, and supporting food and utensil redistribution initiatives. They have also recently worked with residents to produce a Multicultural Gathering cookbook, a compilation of recipes gathered by the Cultural Diversity Working Group volunteers.

For the past few years they have also supported residents to trial and access the Magic Harvest project which provides residents the resourcing to grow vegetables in one square metre of garden in their back yards and to connect with others in their region to share their growing experiences and pass on their knowledge. The City of Onkaparinga also supports the placement of Flinders University Nutrition and Dietetics students who work alongside groups and Council to support community networking to address food security.

Part 4: Next steps

Using the outcomes from the audit and the opportunities discussed in Part 3, you can now develop and prioritise relevant actions for your Council. Some opportunities shown in Part 3, will be more difficult to implement than others, and require more resources, so it is important to consider the most important and achievable strategies for action, in consultation with relevant internal and external stakeholders. One way of doing this could be to share the findings of the audit with relevant staff in Council (or external agencies) and seek their feedback about future actions.

Once follow up actions have been prioritised, they can be summarised in a Council report to Senior Managers or Elected Members. A healthy local food working group could be developed within Council in order to action the identified priorities. Further to this, a Healthy Local Food Plan or Council position statement on healthy food environments could be developed to further embed these actions as a priority for Council.

It is also important to consider ways to elevate these strategic actions into Council wide plans that may assist with gaining a stronger mandate from Council and senior management. As opportunities arise with the review of strategic and other plans, these actions can be included and resources allocated for delivery.



Part 5: Useful links

Healthy Local Food Environments planning

[Food sensitive planning and urban design](#)

[City of Playford Healthy Local Food Plan](#)

[City of Playford Healthy Local Food position Statement](#)

Healthy catering policy – templates and resources

[Healthy Eating Local Policies and Programs – Healthy Catering in Local Government](#)

[Better BBQ Resource – City of Charles Sturt](#)

[Healthy Fundraising Ideas – City of Charles Sturt](#)

[Healthy Catering Handbook – City of Holdfast Bay](#)

Home and Community Gardens

[Australian City Farms and Community Gardens Network](#)

[Growing Community SA – Starting and Nurturing Community Gardens](#)

[Magic Harvest Program](#)

[City of Charles Sturt – Community Gardens](#)

[City of Marion – Community Gardens](#)

[City of Unley – Community Gardens](#)

Community Kitchens

[Start a Community Kitchen](#)

Verge plantings and Productive Street Trees

[City of Unley – Tree Strategy](#)

[City of Unley – Greening Verges](#)

[Farmers of the Urban Footpath - Ideas for urban food gardeners and local government](#)

Farmers Markets

[Australian Farmers Market Association](#)

Fruit and veg swaps

[City of Charles Sturt – Fruit and veg swaps](#)

[Ripe near me](#)

[Darebin Fruit Squad](#)

Food trails

[City of Campbelltown – Food trail](#)

Nutrition education programs and resources

[SA Community Foodies](#)

[Eat a Rainbow](#)

[City of Playford - Community Health Education Vehicle](#)

Creating healthier menus

[Coorong Healthy Highways](#)

[Premier's Healthy Kids Menu Taskforce](#)

Supporting Breastfeeding

[Breastfeeding Welcome Here Program](#)

[Breastfeeding Friendly Workplace](#)

[Picture Perfect Booklet: Guide for businesses and public spaces on how to create supportive environments for breastfeeding](#)

[City of Campbelltown – Breastfeeding](#)

Food Co-ops

[City of Playford - Food Coop](#)

General

[Creating Heart Healthy Communities](#)

[Australian Guide to Healthy Eating](#)





For more information

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