

Healthy, Secure and Sustainable Food Action Plan 2023–2026



Acknowledgement of Country

Frankston City Council acknowledges the Bunurong people of the Kulin Nation as the Traditional Custodians of the lands and waters in and around Frankston City, and value and recognise local Aboriginal and Torres Strait Islander cultures, heritage and connection to land as a proud part of a shared identity for Frankston City.

Council pays respect to Elders past and present and recognises their importance in maintaining knowledge, traditions and culture in our community.

Council also respectfully acknowledges the Bunurong Land Council as the Registered Aboriginal Party responsible for managing the Aboriginal cultural heritage of the land and waters where Frankston City Council is situated.



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Introduction

Frankston City Council recognises the impact food has on our lives and our community. Food is an essential and enjoyable part of daily life that shapes our wellbeing and influences our physical and mental health. It can strengthen our local economy and the vibrancy of our culture and social connections.

In Frankston City, food is one aspect of the household budget that is increasingly more expensive, with meat, vegetables and fruits as the most expensive food groups. Most people in Frankston City are not eating enough fruit and vegetables required to keep them healthy, with nearly double the amount of people not able to afford to buy food after running out compared to Victorian Average. ²

Research shows there is an increase in people consuming too much discretionary food, which is high in energy and low in nutrients and contributes to the risk of chronic health conditions. ³

The Frankston City Council 'Healthy, Secure and

“Food Systems are one of the greatest levers to positively transform our health and wellbeing of people and communities in Victoria. How, why and what food is produced, accessed and consumed all have major ramifications for the health of individuals, communities and society. Many chronic diseases such as heart disease, diabetes, and certain types of cancer are closely related to the food we eat.” ¹

Sustainable Food Action Plan 2023-2026' (The Plan) will enable council to address the complex issues affecting our food system and guide our approach to improve equitable access to safe, affordable and nutritious food to all people in our community, particularly those most vulnerable.

The plan was developed in consultation with the community and in collaboration with our partners, and informed by health population data and social research.

Purpose of our plan

The Frankston City Council 'Healthy Secure and Sustainable Food Action Plan' 2023 -2026 (The Plan) sets out the key priorities and actions to improve healthy eating, food security and support good nutrition throughout the life course for the Frankston City community. It provides the framework for how Council will collaborate with community and partners to promote and support healthy and sustainable food environments.

The Frankston City Health and Wellbeing Plan 2021-2025 provides the strategic direction and overarching health and wellbeing priorities for the Frankston City community. The 'Healthy, Secure and Sustainable Food Action Plan contributes to the delivery of the Frankston Health and Wellbeing Plan objective 1.4: 'Improve healthy eating and food security to support good nutrition across the life course'.

This plan 2023-2026 aims to:

- Identify current and future food related needs in our community
- Build on existing initiatives and identify opportunities to support people in our community to access enough safe, affordable and nutritious food and improve food literacy
- Provide opportunities for community participation and advocate on behalf of people experiencing food insecurity and inequitable access, including women and single parent families, low income earners, older adults, people with a disability and people at risk of experiencing homelessness.



Policy Context

Alignment with other council plans

This plan sits within the context of other policies and strategies at a state and local level and has been guided by the ‘Victorian Health and Wellbeing plan’ and Frankston City Council’s Health and Wellbeing

Plan 2021–2025 which provides the overarching framework in priority 1 and strategic objective 1.4 as per below:



The plan also aligns with other key strategies and Council action plans developed for different population groups and issues, providing direction to deliver actions that improve Health and wellbeing outcomes and food access and literacy in our community. These include:

Strategies

- Climate Change Strategy
- Integrated Transport Strategy
- Environmental Sustainability policy

Plans

- Municipal Early Years Plan
- Youth Action Plan
- Positive aging Action Plan



Why is this a priority for Frankston City?

Local Government is one of many influencers on the food system. A healthy local food system promotes health and enhances the natural environment, improving equitable access to safe, affordable, nutritious and culturally appropriate food.

Access to Healthy Food ⁴



11.2%

of adults have run out of food and not been able to afford to buy more

Compared to 6.2% For Victoria



1:6

For every one food outlet with healthy options (supermarkets and grocers) there are six food outlets with unhealthy options (fast food and take away)



1.5km

Average distance to a healthy food outlet (supermarkets and grocers)

Compared to 1.1km for Greater Melbourne

Although many people in Frankston City report living in relative good health, research shows there are some key issues that are having a significant impact on health and there is a higher proportion of people living with long term health conditions. In alignment to the Health and wellbeing plan, statistics show:

Frankston City Health Snapshot

This snapshot highlights the current state of our food related issues, challenges and long term health conditions experienced in Frankston City and guides the direction of our plan.

The Victorian Healthy Food Basket (VHFB) survey conducted by 'The Community Plate' in 2022 monitored the cost and access to healthy food in Frankston City. It provides both healthy food choices and foods that represent typical purchases of Victorians.

Affordability of a healthy food basket is based on people receiving maximum social security payments.

Results show that a VHFB is unaffordable for families of four in all wards and that single parents and single males are at risk of 'food stress'.

Food is one aspect of household budgets that is increasingly more expensive. This highlights the need to enhance local food systems to improve availability, accessibility and affordability in order to better meet the needs of the population. ⁵

Chronic Conditions and diseases ⁶



57%

of adults are **overweight or obese**

Compared to 50.8% for Victoria



7%

report having **heart disease**

Compared to 6.7% for Victoria



7.1%

report having **type 2 diabetes**

Compared to 5.4% for Victoria

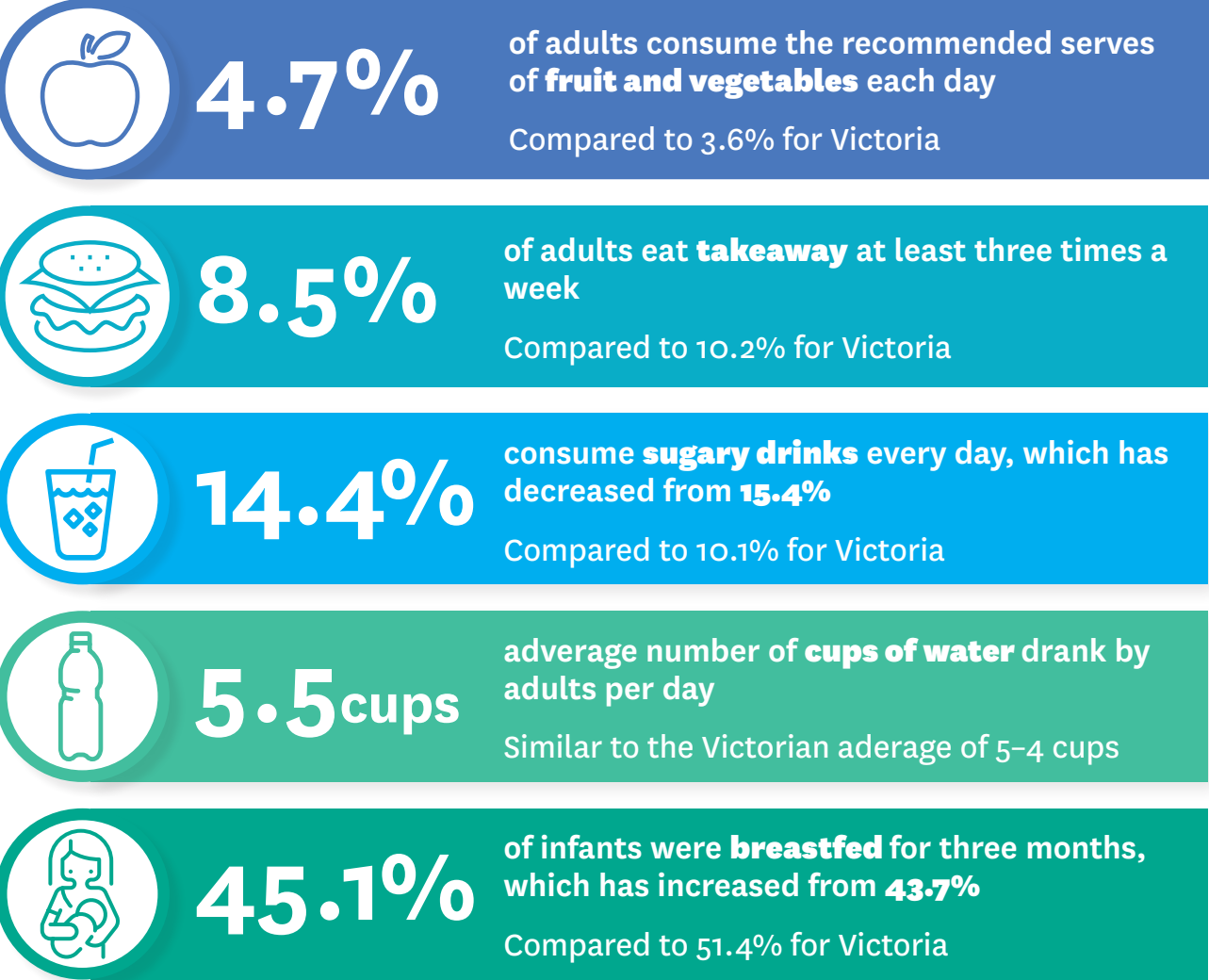


9%

report having had **cancer**

Compared to 8% for Victoria

Healthy eating ⁷



With the current economic climate and the impacts of COVID-19 pandemic, the health and wellbeing of our community has been effected and is likely to for many years to come, particularly for those groups most impacted.

Our Health and Wellbeing survey 2020 told us the following would help our residents to eat more fruit and vegetables:

- Lower prices
- Growing at home
- Better quality and availability
- Food insecurity relates to lack of healthy food options

Our Planning Approach

The development of The Plan is guided from informed health population data and social research undertaken by Frankston City Council. Collaboration with our partners The Community Plate provide more

detailed results and data gained from community consultation.

‘The Community Plate’ was initiated in 2018 by a group of dedicated local stakeholders who adopted a collective impact approach to create change to the complex problems of healthy eating

The Steering Group comprises of representatives from:		
Frankston Council	Mornington Peninsula Shire	Peninsula Health
Monash University	Community representative — Action Group Chair	Deakin University
Joy of the Earth Community Garden	Orwil Street Community House	Downs Community Farm

Some of the work achieved by The Community Plate includes, but is not limited to:

Commitment Statement outlining TCP beliefs values and principles	Detailed website and social media reach with over 800 followers in our community
Delivery of Community Workshops and Food Forum	Community Engagement Strategy reaching over 660 community members
The Community Plate Action Group who instigate partner driven action and have met online for over 1.5 years	The Community Plate Theory of Change outlines focus areas, outcomes, objectives, strategies and actions
Community Aspiration that “We are all connected to food that is local, nutritious and abundant”	Current development of a Comprehensive Food Access Map across Frankston and Mornington Peninsula

The Community Plate Action Group brainstormed over 40 action ideas in alignment to the strategies in the Theory of Change and prioritised three to commence work on, using 90-day action plan cycles.

A community engagement survey conducted by The Community Plate in 2020 was completed by 221 people, (45 per cent female and 8 per cent male) and analysis of the data identified three common themes:

- Affordability
- Accessibility
- Food literacy

Our community told us:

- Wages are not going up, everything else is
- “I have a chronic disease and can’t physically shop”
- “There is confusion of what is healthy”
- “To even find a supermarket requires leaving the main road, that means a longer trip”
- “How do i prepare a quick and healthy meal?”
- “I need information of where to buy healthy food”

What we have been doing at Frankston:

Some of the ways Council has been addressing and improving these issues and inequities include:

	Supporting and promoting Community Gardens for people in our community to grow food, learn and make positive connections		Commitment to The Community Plate collective impact initiative to drive change in our food System
	Implemented 'Healthy Choices Policy' in Council owned facilities		Administering permits for food and health businesses
	Delivering meals on wheels service for eligible residents providing freshly cooked and nutritious meals		Delivering community and in home care services, including shopping and meals preparation
	Seasonal tenancy manuals for sport and recreational clubs include Healthy food and beverage guidelines		Maternal and Child Health service providing advice and guidance on nutrition, breastfeeding, oral health assessment, education and support for families with under 3-5 years
	Promotion of 'Vic Kids Eat Well' VKEW program to sporting clubs		Promoting Water in sports initiative in local sporting clubs and recreational facilities
	Supporting Community Support Frankston to provide emergency food relief and grocery vouchers to those in need		Development of a 'Where to find emergency food in Frankston during COVID-19' brochure
	Advocating to state government for footpath and shared pathway improvements		Traffic and land use planning to support provision of public transport

Our plan

Vision

“Accessible and affordable, nutritious and delicious ... food for our community”

Frankston City has a healthy food system where nutritious, safe and culturally appropriate food is accessible, and people in our community have awareness, knowledge and skills of nutritious and sustainable food practices.

Priorities

Drawing on community consultation, research and co-design undertaken by our collective impact partnerships with 'The Community Plate', we have

identified the following key themes/priorities and a set of objectives to work towards:

Priority 1: An ACCESSIBLE and food secure community

We will have greater diversity in local places and ways that our community can access safe, nutritious and culturally appropriate food. Outlets supplying healthy food are in locations where people can access them.

Priority 2: Priority 2: An AFFORDABLE and strong alternative food network

We will have increased ways that local producers (and community networks) can supply affordable and nutritious local food for residents, particularly those who are the most vulnerable.

Priority 3: A food AWARE community

We will raise awareness of the principles of a healthy, sustainable food system and enable people to make food choices that enhance their health and wellbeing. Our community will gain knowledge and skills to plan, select (or grow), prepare, eat, share and dispose of food.

These key priorities each have a range of objectives and actions to be achieved through our service delivery. For each action, a lead team who is responsible for delivery

of the action has been identified, however most actions will require coordinated collaboration between a range of stakeholders and service providers.

Objectives and actions

Priority 1: Accessible and food secure community

By collaborating with Council stakeholders and community partners, we create opportunities to support and facilitate improved access to local, sustainable nutritious food

	Action	Team	Partners
Objective 1.1: Facilitate improved access to local, sustainable and affordable food			
1.1.1	Promote and support food initiatives that support those experiencing food insecurity (food swaps, community meals, school breakfasts, food banks, community gardens, markets) and other community led projects that respond to inequities in access to nutritious food.	Community Strengthening	Internal: Community relations External: The Community Plate, CSF, Schools, Foodbank
1.1.2	Better understand the different barriers priority groups experience and work in partnership with providers to design strategies that improve their access to food initiatives.	Community Strengthening	Community Plate
1.1.3	Implement strategies to improve sustainable transport options that make walking, cycling and active travel easy safe and accessible	Engineering Services	Internal: City Futures, Community Strengthening
Objective 1.2: Build partnerships and networks to promote food security and food growing			
1.2.1	Build partnerships and explore opportunities to transform local community spaces into inclusive places for the whole community to come together, grow healthy food, learn new skills, connect and be sustainable.	Community Strengthening	External: The Community Plate
1.2.2	Support Healthy Eating Policy integration in club settings at the time of updating tenancy agreements to promote healthy eating practices.	Community Strengthening	External: Peninsula Health, VicHealth
1.2.3	Participate in ‘The Community Plate’ to take a collective impact approach to improve access to food that is local, nutritious and abundant.	Community Strengthening	External: Peninsula Health, Mornington Peninsula Shire Council, Monash University,
1.2.4	Provision of safe, high quality, nutritionally balanced meals at Mahogany Rise Early Learning Centre that meet the nutritional needs of the children and families, and promote healthy eating behaviours.	Family Health Support Services	External: The Community Plate

Priority 2: An AFFORDABLE and strong alternative food network

By developing relationships and providing support to local community groups, gardens, producers and businesses, we can support development of alternative food network options.

	Action	Team	Partners
Objective 2.1: Increase the development and uptake of affordable alternative food network options			
2.1.1	Introduce a Seed Library at Frankston Libraries as a free borrowing service to encourage people to grow their own fresh food and plants and be more sustainable.	Arts and culture	Internal: All Council Departments
2.1.2	Better understand the different barriers priority groups experience and design strategies that enable eligible residents to access affordable, healthy food choices as part of the state and federal funded programs (Commonwealth Home Support Program and Home and Community Care Program for Younger People).	Family Health Support Services	External: The Community Plate
2.1.3	Better understand the barriers and needs of priority groups and explore locations for a mobile fresh food service in Frankston which provides local nutritious food at affordable price.	Community Strengthening	External: The Community Plate
2.1.4	Deliver initiatives that encourage healthy eating throughout the middle years and youth, through Councils Youth Services and Libraries.	Community Strengthening, Arts and Culture	External: Peninsula Health
2.1.5	Explore opportunities for use of public open spaces within our community for food growing.	Urban design	External: The Community Plate
Objective 1.2: Increase ways local producers can supply affordable healthy local food			
2.2.1	Explore, map and support Not For Profit community organisations, services and local social enterprise businesses who provide low cost or free distribution of food to community members in need. Ensure provision of food is responsive to cultural needs of our community and priority groups.	Community Strengthening	External: The Community Plate
2.2.2	Investigate options of accessible water refill points in public spaces to improve access to safe water and promote drinking water	Sustainable assets	External: The Community Plate

Priority 3: A FOOD AWARE community

By continuing to provide our community with opportunities that enhance knowledge, we increase the understanding of healthy and sustainable food related practices and celebrate a healthy and inclusive food culture.

	Action	Team	Partners
Objective 3.1: Embed healthy food and drink options in Council owned facilities and events			
3.1.1	Continue to implement the 'Healthy choices policy' to embed healthy food and drink options in Council owned facilities and through Council-led events to encourage healthy choices.	Community Strengthening	External: Peninsula Health
3.1.2	Investigate implementing the 'Achievement Program' in early childhood settings to improve food literacy and support healthy eating, nutrition, positive food habits.	Family Health Support Services	External: Peninsula Health
Objective 3.2: Promote healthy eating initiatives and campaigns that support nutrition throughout life			
3.2.1	Implement the INFANT program to be delivered through the Maternal and Child Health Service to support parents and families to eat healthily from the start of their baby's life.	Family Health Support Services	External: Peninsula Health
3.2.2	Train Maternal and Child Health Nurses in the INFANT program to better support parents and families to embed healthy eating habits from the start of their baby's life.	Family Health Support Services	External: Peninsula Health
3.2.3	Deliver a Breastfeeding Support Service through Maternal and Child Health Services to support mothers through breastfeeding of infants.	Family Health Support Services	External: Peninsula Health
3.2.4	Provide breastfeeding chairs at Maternal Child and Health Centres to physically support positioning for mothers to breastfeed in a comfortable environment. Investigate breast feeding friendly spaces in Council buildings and facilities .	Family Health Support Services	External: Peninsula Health
3.2.5	Support and increase food related educational initiatives and workshops to build community capacity (community initiatives that increase food literacy of food purchasing, preparation, cooking and nutritious food choices).	Community Strengthening, arts and Culture/ libraryWaste Circularity	External: The Community Plate



Delivery, monitoring and evalutaion

This plan is a roadmap for a whole of Council approach to guide our ongoing actions and decision-making to improve our food system.

While the implementation of the Plan will be overseen by the Community Strengthening team, each department will have a role to play in ensuring their areas are working to increase access, affordability and literacy/awareness of food.

The Plan will be monitored and reviewed annually to ensure it remains relevant and responsive to changes in community need. Reporting will be conducted annually by Frankston City Council to ensure delivery of the Food Action Plan is on track.

Glossary

References

Food System

Includes everything it takes to get food on our plate, from farming, storing, processing, transporting, marketing, selling, cooking, eating and then disposing of our food waste (Cardinia shire Council 2018)

Food Security

when all people have physical and economic access to enough nutritionally adequate, culturally appropriate, safe food preferences for an active and healthy life

Food Insecurity

Exists whenever the availability of nutritionally adequate and safe foods or the ability to acquire acceptable food in socially acceptable ways is limited or uncertain. Food Insecurity with hunger is where a person experiences a period where they go without food. In contrast, food insecurity without hunger is where a person is at risk of food insecurity with hunger and may employ tactics such as relying on low cost unhealthy foods to avoid going without food. (Victorian agency for Health and Information 2017)

Food Access

Is the capacity to acquire and consume a nutritious diet, including; location of food outlets, buying and transporting food; home storage, preparation and cooking facilities; time and mobility to shop for and prepare food

Food Affordability

Includes everything it takes to get food on our plate, from farming, storing, processing, transporting, marketing, selling, cooking, eating and then disposing of our food waste (Cardinia shire Council 2018)

Food Literacy

A collection of inter-related knowledge, skills and behaviours required to plan, manage, select, prepare and eat foods to meet needs and determine food intake, as well as the scaffolding that empowers individuals, households, communities or nations to protect diet quality through change and support dietary resilience over time (Vidgen and Gallegos, 2014)

References for Statistics and research quoted in this Healthy, Secure and Sustainable Food Action Plan are from:

1. Vic Health Strategy 2023-2033
2. Frankston City Health and Wellbeing Plan 2021 -2025
3. Frankston City Health and Wellbeing Plan 2021 -2025
4. Victorian Population Health Survey 2017
5. The Community Plate Healthy Food Basket survey 2022
6. Victorian Population Health Survey 2017 and ABS Census data 2021
7. The Community Plate Healthy Food Basket survey 2022



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