

# Tasty training for the community sector

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# Today's presentation

- Context
- SecondBite
- Commitment to Nutritious Food Rescue
- Fresh NED

# SecondBite exists to provide access to fresh, nutritious food to people in need across Australia



We do this by rescuing and redistributing surplus fresh food, building community capacity in food skills and nutrition and advocating for an end to food insecurity

Up to **2 million** Australians do not have access to safe, nutritious food – something so many of us take for granted



Yet Australians throw out over **\$8 billion** of food  
... every year



# SecondBite uses one problem, to create a solution for the other!



Who donates food?

- Growers
- Coles Supermarkets
- Markets



Where does it go?

- Emergency Shelters
- Food Pantries
- Crisis Centres
- Community Houses



Who benefits?

- Children
- Low income families
- Homeless youth
- Indigenous communities
- People with disabilities
- New arrivals
- Seniors

# In 2013/14 SecondBite redistributed over 5 million kgs of surplus fresh food

**10 million** healthy, nutritious meals for families and people in need 200,000 meals a week!

**Prevented** the emission of over **30 million** kg of CO<sub>2</sub> gasses

To over **1,100** community food programs across Australia

# Committed to nutritious food



95% nutritious food

75% fruit and vegetables

# Impact of nutritious food

**FY2013/14**

## **5.6 million kilograms of fresh nutritious food**

- 3.9 million kilograms of fresh fruit and vegetables
- 13.3 million serves of fruit (150g)
- 25.5 million serves of vegetables (75g)

## **Annual agency survey (n=348)**

- 90% said that there were cost savings
- 86% said more nutritious food was now available
- 37% said all their fruit and veg. was provided by SecondBite



**SecondBite's Fresh Nutrition Education (Fresh NED™)** is a training program designed for staff and volunteers working in Community Food Programs providing food for people in need



# Why was Fresh NED developed?

- SecondBite research identified a training need in the Community Food Programs (CFPs)
- Partnered with Tasmania's Population Health Unit
- Completed a Needs Assessment
- Developed, piloted and evaluated Fresh NED extensively in partnership with Monash & Deakin Universities



# SecondBite's Fresh NED

Fresh NED aims to improve the food insecurity of vulnerable individuals, by offering fresh food training and support to staff and volunteers working within Community Food Programs



# To achieve this aim, Fresh NED has four key objectives:

1

- Increase access to healthy food

2

- Increase capacity of CFPs to address determinant of Food Insecurity

3

- Link CFPs with local expertise

4

- Support CFPs to establish effective M&E strategies

# Fresh NED workshops

- SecondBite trains local practitioners as Fresh NED Facilitators via our train-the-trainer program
- Fresh NED facilitators run interactive workshops within CFP

Fresh NED involves four hands-on training modules:



Understand the causes and consequences of food insecurity and discover long-term solutions



Become familiar with the Australian Guide to Healthy Eating and share practical tips to create a healthy and socially inclusive Community Food Program



Refresh food safety knowledge of high risk foods, Emergency Food Relief legislation, the temperature danger zone and safe food handling practices



Share practical data collection tools to support funding applications, record vital info and evaluate Community Food Programs



# SecondBite can confidently offer Fresh NED to the community knowing...

The program:

- inspires and supports practical changes
- improves food safety practices
- improves capacity to address the root causes of food insecurity
- increases networking within the sector



**As part of a multi-faceted approach, Fresh NED has the ability to identify, and ultimately make steps to addressing the root causes of individual-level food insecurity**

# Next Steps...

SecondBite believe all community members accessing Community Food Programs deserve nutritious tasty food to support their health and wellbeing.

To achieve this, SecondBite plans to maintain our quality food rescue service, continue to roll out our nutrition education programs through developing strategic partnerships and invest in research around long-term solutions to food insecurity.



You can help SecondBite with food, funds or time.



secondbite.org

1800 263 283

**SecondBite**  
food for people in need

If you want to become a Fresh NED Agency or Facilitator contact Kelly. [kelly@secondbite.org](mailto:kelly@secondbite.org) or 0410 755 213