

macarthur **FUTURE FOOD** forum



# Food Security: Supporting Creative Solutions

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# Macarthur Food Security Capacity Building Project

## **Aim:**

- To develop sustainable food security initiatives to best reach those that are socially or financially disadvantaged in our community

## **Objectives:**

- To support NGOs to develop and sustain food security initiatives that meet their clients complex needs
- To build capacity within the Sector
- Showcase innovative local food security initiatives
- Encourage community connections and building social support
- Offer new opportunities e.g. training

# Capacity building model

## Delivering local food security initiatives in partnership

- NGOs**
- work with those vulnerable to food insecurity
  - identify food security as an issue and want to act
  - know their community
- Training**
- increased understanding of complex issue and its causes
  - generating conversations between people and agencies
  - practical & solution focused
- Grants**
- financial resources available to enable action
  - responsive to NGO generated solutions
- Project Support**
- ongoing partnership support as needed
  - engaged with a wide range of people vulnerable to food insecurity
  - variety of projects to address aspects of food security
  - bringing people together and increasing social support



# Food Security Capacity Building Project

Macarthur Diversity Services Initiative (MDSI) received two year Community Builders funding

Sue Gordon employed three days a week for two years. Continued for 12 months 1 day a week.

Funded Project timeframe: Dec 2011 to Oct 2013. Unfunded Oct 13 – Oct 14



## Project Stages

- Promotion & launch
- Food Security training days
- First small grants round - up to \$2000
- Project support - further training, resources, linkages
- Second round small grants & ongoing support
- Finale and Showcase - World Food Day 2013
- Evaluation
- Sustainability phase (eg, linking excess produce to pantry, social enterprise course, bulk buying seedlings, conference)

Project Launch

Food Security Training

# Local Food Security Projects

Aimed to support food security projects across 3 LGAs of Macarthur (Campbelltown, Camden and Wollondilly)

The projects three areas of focus were:

Community Gardens

Community Kitchens

Community Pantry

Projects with an emphasis on bringing people together, building social support, overcoming social isolation and offering new opportunities; as well as seeking to improve access to food.



# Who got involved?

A diverse range of organisations and services:

- Multicultural community organisations
- Neighbourhood & Community Centres
- Men's Sheds
- Local Aboriginal Land Council
- Family support service
- Faith based organisations
- Youth Service
- Disability Service
- Rural services

Successful in supporting projects across 3 LGAs



# Community Gardens

Supporting physical & mental health - men, low income families, isolated, people with mental illness, people with a disability, elderly.

Improving access to fresh food for individuals & families - including cultural foods

Education as a link & building a healthier community



- ❖ Airds Bradbury Men's Shed Garden
- ❖ Pacific Tropical Food Garden
- ❖ Northcott Kitchen Garden
- ❖ Coptic F & V Garden
- ❖ Tahmoor Uniting Garden
- ❖ PCYC Countable Gardens
- ❖ HJ Daley Garden & Food Pool
- ❖ Ingleburn Uniting Community Garden
- ❖ East Campbelltown



# Community Kitchens



Vulnerable families, people with a disability, physically isolated, multicultural community, young families, elderly, people who feel isolated

Preparing and sharing familiar and new foods

Information on nutrition & health

New skills in food preparation

Socialising & building community connections.



- Cottage Care Community Kitchen & Garden
- Camden Community Connections 'Food 4 Thought'
- Tharawal Aboriginal Elders Kitchen
- Warragamba NC 'Healthy Families'
- SWM&CC 'STIR Together'



# Community Pantry



In a suburb with complex needs – physical and mental health issues, drug and alcohol, homelessness, high levels of unemployment, food insecurity

“Break the Cycle” with café, financial and support programs, community garden, men’s shed and TAFE programs



# Results

Areas of the project were evaluated through self reporting and included:  
Training days, capacity building, Finale

## Food Security Training

Number of structures training days: 5 + a number of presentations to organisations & interagencies

Number participants at training days: 52

Overall 75% of participants found the training to be:

- informative or very informative
- useful or very useful in their work.
- particularly the group networking.

# Capacity Building and Benefits

The extent to which these projects built the capacity of organisations to address food security.

The domains we asked about were:

- Sustainability of project (intention to continue & reallocation of resources)
- Partnerships developed or strengthened
- Success in community engagement
- Resources available to organisation following the end of the project



## Food security initiative benefits reported:

Food access

Connecting community

Skills and knowledge

Health benefits

Partnerships

Social interaction



## Capacity Building: Sustainability/Partnerships/Engagement/Resources

All but one project planning to continue

Most organisations had or were planning to reallocate resources

All but one project successfully engaged those they wanted to reach.

More than 400 community members involved in projects.

All reported partnerships built or strengthened

Increased access to resources: increased awareness; linkages

Number of organisations have expanded program into other areas.....

Kitchen added garden

Pantry added Community Kitchen

Success in securing further grants eg, Tahmoor Garden

Worker went to new area and started new food project

'Food pooling' between projects



# Finale! World Food Day 2013

200 people attended the Finale celebration at the Campbelltown Civic Centre



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SECURITY PROJECT



This year's FAO WFD logo was painted by artist Friedensreich Hundertwasser. Grass for those who cry is inspired by his vision for the reconciliation of humans with nature

proudly present:

## FAO World Food Day 2013

October 16th 9.30am to 1.00pm Campbelltown Civic Centre

"Celebrating Sustainable Food Systems for Food Security and Nutrition"



Join us on FAO World Food Day in Macarthur, the birthplace of Australian agriculture and the heart of Sydney's food bowl.

Hear from Rosemary Stanton, Costa Georgiadis and Ronni Kahn on the importance of local sustainable production of food for food security and nutrition.



Celebrate the achievements of the Macarthur Food Security Project in improving the resilience of our local communities and discuss opportunities to link healthy food, healthy minds and healthy bodies in our region and beyond.

And launching the Australian Food Sovereignty Alliance's People's Food Plan!

RSVP to Sue Gordon on 02 4627 1188 or email [sue@mdsi.org.au](mailto:sue@mdsi.org.au)



Also don't miss our Macarthur Sustainable Farm and Garden tour on October 20, showcasing great examples of small and large scale food secure production in our area. Places are limited, book now via [macarthurfoodtour.eventbrite.com.au](http://macarthurfoodtour.eventbrite.com.au) and reserve your place!

Developed in partnership with:



Health  
South Western Sydney  
Local Health District



Family & Community Services



# Strengthening Our Partnership

The MDSI & Health Promotion Service partnership on the Food Security Capacity Building Project has enabled other work together

## Finding Familiar Foods

- A directory for people new to Macarthur

### Goal

**Student Project:** To improve access to culturally appropriate foods for newly arrived migrants and refugees living in the Macarthur area.

## MDSI Healthy Food Policy

In final stages of development



# Lessons Learnt

- Food Security projects build social inclusion
- Small NGOs know their community's needs best. They understand the complexity of their client group
- Food is an effective way of engaging a range of people
- Nurturing and mentoring potential leader/leaders
- Relying and drawing on expertise from other partners





# Objectives Revisited

Going back to the projects objectives.....

- To support NGOs to develop and sustain food security initiatives that meet their clients complex needs
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# CONTACTS

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