

TASMANIAN HEALTHY FAMILIES FOOD COALITION

ENCOURAGING ALL TASMANIAN FAMILIES TO ENJOY TASTY, SEASONAL, LOCALLY GROWN AND PRODUCED FOOD, AND IMPROVING FOOD LITERACY

HOW DO WE WORK TOGETHER



WE ARE PARTNERS AND COLLABORATORS



WE SUPPORT AND AMPLIFY



WE ARE POSITIVE AND 'NUDGE' CHANGE



WE TAKE A HOLISTIC APPROACH TO HEALTH AND WELLBEING



WE CONSIDER THE WHOLE FOOD SYSTEM AND HOW IT INFLUENCES FOOD CHOICES



WE USE EVIDENCE TO INFORM OUR DECISIONS

CHILD HEALTH ASSOC.

Targets – families, parents and carers

Mission:

Empowering Tasmanian Families to build healthy lives through advocacy, education, community connections and support programs.

What we do:

- Family Food Patch peer education program
- Community hub connectors
- Community outreach and capacity building – Well Fed Tasmania food truck
- Evidence based information and outreach support programs and parenting facilities for parents and carers
- Dynamic and innovative social media content, engagement and connection with a reach of over 16,000 across platforms
- Develop practical and visual food literacy resources : Kitchen ABC123 toolkit, recipe videos and postcards, food skills activity sheets – used across multiple settings from Child and Family Centres to Aged Care facilities.

Settings:

- Home
- Place-based community development settings (e.g. Neighbourhood Houses, Child and Family Centres etc)
- Community events and outreach

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TASMANIAN SCHOOL CANTEEN ASSOC.

Targets – All government and non-government schools in Tasmania

Mission:

To encourage a whole school approach to nutritious eating and assist schools to provide a safe and affordable food service for all children.

What we do:

- 87% of schools have a foodservice in Tasmania. We work with the school community to provide nutritious food and develop the enjoyment of food.
- Provide a robust Canteen Accreditation Program that supports schools in policy, menu, food safety, and a whole school approach to healthy eating. 74% of schools with a food service participate in our program.
- Provide and develop evidence based resources, workshops, and on the ground support for schools.
- Link the canteen with the school curriculum.
- 'Well Fed Tasmania' food truck - school and community engagement.
- Advocate for nutritious, local and seasonally produced food for school children as most children eat up to 50% of their daily dietary requirements whilst at school.
- Liaise with the food industry to produce and provide nutritious food to school canteens.
- Collaborate and partner with other organisations – MWEW, SAKGP, 24 Carrot.

Settings:

- Schools and community settings

TASCANTEENASSN.ORG.AU



EAT WELL TASMANIA INC.

Targets – Tasmanian adults 18+ with a focus on families and carers of children

Mission:

To be an influential and financially sustainable organisation that promotes opportunities to eat well and adds value to the Tasmanian food sector.

What we do:

- Social marketing campaigns – via Facebook, Instagram and Twitter (we have over 13,000 followers across these platforms);
- We manage the *We Eat Local* App within Tasmania (over 380 retailers and producers are currently on the app with eateries to be included post COVID19)
- Resources for partners and Campaigns – Vegitup, Get Fruity, What's in Season, We Eat Local
- Industry partnerships and collaborative projects;
- Founding member of the Tasmanian Food Cluster
- Policy making to create environments that support a culture of eating well in Tasmania and support increasing local food procurement by institutions

Settings:

- Mainstream community and the entire Tasmanian food system

EATWELLTAS.ORG.AU



OUR INITIATIVES



#WEEATLOCAL



#VEGITUP



#GETFRUITY



HOW ARE WE DOING IN TASMANIA?

TASMANIAN ADULTS (18+):

<10%
eat the recommended amount of veg



<40%
eat enough fruit



TASMANIAN CHILDREN / YOUTH (2-17):

<10%
eat the recommended amount of veg



73%
eat enough fruit



1 in 4
are not eating breakfast before attending school





What is the Tasmanian Healthy Families Food Coalition?

- A group of like-minded organisations working together to build a healthier Tasmania through improved food literacy, supported by strong government policy and program investments.
- We use a whole of food systems approach (from the paddock to plate), linking retailers and producers to consumers, supporting childhood settings including schools and early years, families and the broader community.

Our Guiding principles

- Strategic partnerships that create a whole of community approach to increasing Tasmanian families eating well.
- Innovative and evidenced based approaches¹, that address the wide-ranging barriers of the consumption of fruit and vegetables in Tasmania.
- Strengthening access to local supply of fresh seasonal produce in Tasmanian retail, schools and institutions and for all families.

What are the factors that influence what Tasmanians eat?

- **Individual** - (attitudes, preferences, knowledge, lifestyle, demographics)
- **Social** - (role modelling, norms and support from family friends and peers),
- **Physical environment** - (settings -home, schools, childcare, restaurants, supermarkets, neighbourhood and community)
- **Macro level** - (societal norms, retail, food marketing, food and agricultural policies, distribution systems, food assistance programs, government and political structures, healthcare and land use and transport).²

Approaches that seek to encourage Tasmanians to eat well need to consider all of these influences in addition to big challenges such as food waste, sustainability and climate change.



Sources^{3 4}

¹ The Australian Guide To Healthy Eating <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

² Story M et al 2008 Creating Healthy Food and Eating Environments: Policy and Environmental Approaches, Annu. Rev. Public Health 2008. 29:253–72

³ Department of Education - Student Wellbeing Survey 2019

⁴ Tasmanian Population Health Survey 2016



What does this look like in the community?

- From our work with the community we know that many Tasmanian families struggle with access to food, food literacy and basic food skills to prepare healthy and nutritious meals for their family unit. This has been exacerbated due to restrictions and loss of income, and has widened the divide across the community.
- There is a disconnect between Tasmanian food produced for tourism/fine dining sector and food for everyday Tasmanians, some of whom are vulnerable families trying to access healthy, fresh produce to feed their families.

What should be the priorities for social and economic recovery in Tasmania?

Short Term (3-12 months)

- Move from emergency relief to community food security⁵ (access, availability, utilisation and stability).
- Adopt a Health in all Policies approach.
- Comprehensive mapping of current food related program investments including COVID-19 responses and ongoing programs and policies.
- The information and activity data collected during the COVID 19 period should feed into the outcomes achieved and the review of the Healthy Tasmania Five Year Strategic Plan⁶.
- Measure if we are making a difference as per The Tasmanian Working Together for the Health and Wellbeing of Tasmanians Statement⁷.

Medium Term (12 months)

- Establish a Tasmanian Food and Nutrition Coalition to increase cross sectoral collaboration for social, economic and health outcomes and inform policy development.
- Develop a 'Local Food Act' which provides a framework for an equitable, localised and resilient food system to support Tasmanians to eat well and secure the livelihoods of local producers.
- Increase investments to address gaps identified during mapping to support all Tasmanians to eat well, with a focus on what has worked during COVID-19.

Long Term (12-18 months)

- Develop a Food and Nutrition Policy (from paddock to plate).

⁵ Food security exists when all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

⁶ Healthy Tasmania Five Year Strategic Plan. Department of Health and Human Services. 2016.

⁷ http://www.dpac.tas.gov.au/__data/assets/pdf_file/0003/478128/Tasmania_Statement_updated.pdf



What has worked during COVID-19?

Eat Well Tasmania - [Research](#) conducted by Eat Well (n=1527) during COVID-19 has shown that Tasmanian families are eating more fruit and vegetables, have more time to enjoy cooking together and want to build their skills because they have more time. They are shopping more with Tasmanian owned businesses and producers. Importantly they want these changes to continue post COVID-19 which would result in stronger social norms around eating well.

Eat Well has also launched the [We Eat Local](#) Platform in Tasmania to connect home cooks with retailers and producers during social distancing. The App has over 7500 users and hosts listings for 370 Tasmanian owned businesses.

Additionally, we continue to work with stakeholders to [increase procurement of locally grown and produced food](#) by Tasmanian institutions.

Tasmanian School Canteen Association – [Feed the Children Project](#) has been initiated and coordinated by the TSCA and in partnership with Loaves and Fishes Tasmania and Family Food Patch. This project assists schools and their staff, especially Canteen Managers, to prepare, cook and provide [‘Ready to Eat’ meals](#) to children and families in their school community. Fresh ingredients were provided by Loaves and Fishes Tasmania and the recipes and activity cards were developed by Family Food Patch, (CHAT) and the TSCA.

In collaboration with the Department of Health and the Department of Education the TSCA put together a [COVID Recovery document](#) containing guidelines for canteens and schools on how to safely operate their canteen as schools reopen to students.

Surveyed 262 schools to determine which schools ran a Breakfast Program, how many days a week, who coordinated the program and what food was served. 131 of the 188 (69.7%) schools that responded ran a breakfast program. This data was collected during the COVID 19 period and was facilitated by our relationship with TasCOSS. This information will assist in developing a proposed School Food Plan, as we now have data on breakfast, recess and lunch delivery across most Tasmanian schools.

Child Health Association of Tasmania – Our [Family Food Patch](#) program has developed Food Skills activity sheets to build confidence, knowledge and food literacy around foundation cooking methods. These have been shared across a wide spectrum of settings to assist vulnerable and isolated individuals and families to feed themselves, including aged care facilities, neighbourhood houses and childcare centres.

[75 Neighbour Day activity pack](#) and 325 Stay Well activity postcard sets were mobilised across Tasmania for families to support eating well and being active. They included our Kitchen ABC123 toolkit, cooking utensils, recipe and activity postcards.

Our [Kitchen ABC123 ‘prep and cook’ recipe videos](#) were launched and promoted across social media platforms and through our networks. This project was a collaboration with Clarence City Council, Rosny College and our Well Fed Tasmania food truck partners Tasmanian School Canteen Association.



A series of innovative [‘Virtual Haven’](#) sessions were run via Zoom to ensure families were still able to connect with support services and one another during times of isolation. Topics covered included: introducing solid foods, breastfeeding, food transitions, virtual picnics and nature play for families with young children. We worked collaboratively with organisations such as Women’s Health Tasmania and St Giles to ensure families had access to evidence-based support and specialists.

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