

## ABOUT US

We are a voluntary alliance of individuals, agencies and government organisations committed to working together to improve food security in the Outer East. Nourish Food Fairness Outer East formed in 2008, bringing together a network of key partners in the Outer East to take action on the issue of food security. As a network we aim to:

- Share our ideas, resources and expert knowledge
- Collectively advocate for a focus on food security
- Keep developing our skills, knowledge and expertise
- Participate in and conduct local research
- Connect across sectors and to the broader community

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## WHAT IS FOOD SECURITY?

Food security exists when all people at all times have physical, social and economic access to food; which is safe, sustainable and consumed in sufficient quantity and quality to meet their dietary needs and food preferences, allowing for a healthy and active life.

The key concepts to consider are:

- Sustainable - is the supply of and access to food ongoing, regular and enduring?
- Accessible – are food outlets in an accessible location with appropriate transport?
- Affordable - can people afford to buy food on a regular basis?
- Culturally appropriate – does the food support traditional eating and cooking traditions?
- Nutritionally adequate – does the available food support health and wellbeing?
- Safe - are facilities and practices adequate to ensure food does not threaten health?

## KEY ACHIEVEMENTS

We have led and commissioned a large amount of **research** which continually highlights food insecurity as an issue for our community. The Outer East now has local research on emergency food relief, community kitchens, food policy, food distribution and the local food system, as well as repeated Healthy Food Basket scans across the region. We were also the first non-Healthy Together Victoria site to implement the 'Food-Sensitive Planning and Urban Design' (FSPUD) framework. The **evidence base** created through our research has been used to guide our work and advocate for a continued focus on this issue.

Nourish has developed a set of regional Food Security **Principles** to raise awareness around food security, support policy development, plan program development and maintain a focus on the underlying causes and solutions to food insecurity. These principles are backed by a thorough literature review and local case studies.

We also regularly advocate for the inclusion of food security and a food systems approach in local and broader **plans and policies** through submissions from the network, and for the inclusion of food security regular surveys such as the Victorian Population Health Survey. The provision of workforce development and **training** opportunities for our members and the broader sector has also helped us increase awareness around food security.

These key achievements along with repeated formal **evaluation** of our actions and partnership has allowed us to gain **commitment** from all Local Government and Community Health organisations in the Outer East to participate in the Nourish Network.

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## JOIN US!

Membership is open to all organisations, individuals, community groups and enterprises who are interested in food security and support the general aims of NOURISH Food Fairness Outer East. Our current membership includes:

- Department of Health and Human Services
- Eastern Health
- EACH Social and Community Health
- Inspiro
- Knox City Council
- Maroondah City Council
- Outer East Health & Community Support Alliance (OEHCSA)
- OEHCSA Consumer Reference Group
- Yarra Ranges Council

Outer East Health & Community Support Alliance is proud to provide facilitation and auspice support to the Nourish Network. For more information, please visit our website:

[www.oehcsa.org.au/portals/food-security/](http://www.oehcsa.org.au/portals/food-security/)