



Promoting a healthy community where everyone has equitable access to nutritious food



Who are we?



NOURISH formed in 2008, bringing together a network of key partners in the Outer East



We're an alliance of individuals, agencies and government organisations; and we're committed to working together to **improve food insecurity**

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.

Food security in the Outer East

7.2% vs.
6.6%



The community experience food insecurity at a higher rate than the rest of Victoria

Fruit and vegetable consumption is continuing to decline



A standard family in the Outer East can spend around 40% of their income on food



Some areas have no fresh food outlets or supermarkets, but multiple fast food outlets



The majority of locally grown produce is exported outside the region



Large-scale farms are increasing while smaller farms are declining

Our aims

Share

Share our ideas, resources and expert knowledge

Advocate

Collectively advocate for a focus on food security

Develop

Keep developing our skills, knowledge and expertise

Research

Participate in and conduct local research

Partner

Connect across sectors and to the broader community

What have we achieved?

We have...

- Created a local evidence base on:
 - Emergency Food Relief
 - Community Kitchens
 - Food Policy
 - Food Distribution and the Local Food System
 - An Outer East Healthy Food Basket
 - Food-Sensitive Planning and Urban Design
- Developed Regional Food Security Principles
- Made submissions advocating for food security and food systems approaches in plans and policies
- Provided workforce development and training opportunities
- Conducted repeated formal evaluation of our actions and partnership
- Gained commitment from all Local Government and Community Health organisations in the Outer East to participate in the Network

Join us!

Membership is open to all who are interested in food security and support the general aims of NOURISH Food Fairness Outer East



For more information or to contact us, please visit our website:

www.oehcsa.org.au/ihp/nourish