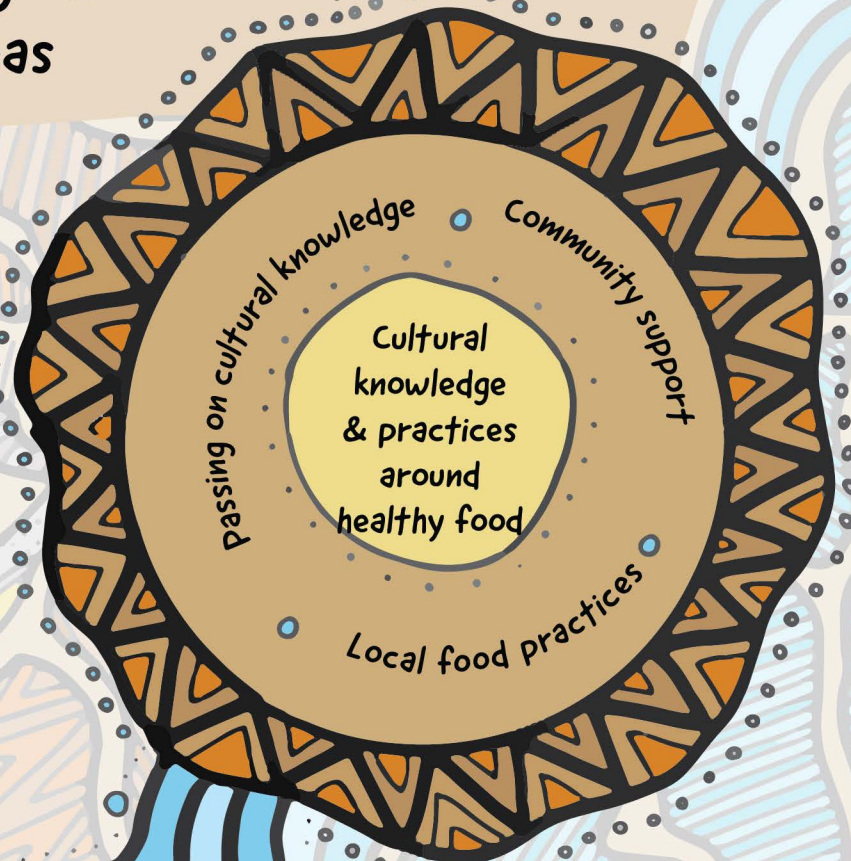
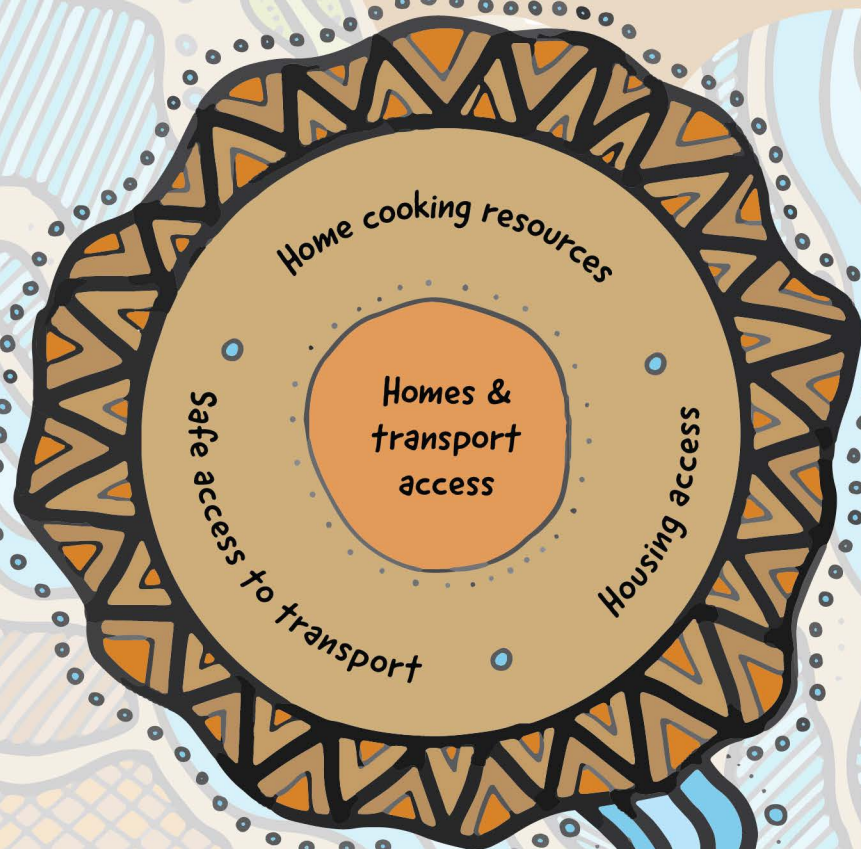


# Murradambirra Dhangaang (make food secure): a food security planning tool for Aboriginal communities in urban and regional areas



## How to use this tool

- Healthy communities and a healthy food system are the objectives that underpin the use of this framework or tool.
- This framework takes a systems approach to understand the drivers of food security in urban Aboriginal communities. It recognises the many connections within the local food system that contribute to healthy eating and healthy living and the importance of understanding these connections rather than identifying one quick solution.
- This framework can be used by Aboriginal community organisations, local health service staff or local councils to lead their discussions and identify important local contributions to initiate system change.

The information in this tool is drawn from research undertaken by the Study of Environment on Aboriginal Resilience and Child Health (SEARCH) team in collaboration with Riverina Medical and Dental Aboriginal Corporation and Tharawal Aboriginal Corporation.

We would like to thank all the community members and staff of RivMed and Tharawal for their support and participation in the research activities that led to the development of this framework.

This tool was adapted for use in urban and regional communities from the Good Food Planning Tool<sup>(1)</sup> originally produced by Menzies School of Health Research. Adapted with permission.

<sup>1</sup> Brimblecombe, J. et al (2015) Development of the good food planning tool: A food system approach to food security in Indigenous Australian remote communities; Health Place. 2015 Jul; 34:54-62.

Artwork by Shakara Montalto, Gunditjmarra

Artist statement:

Strong Aboriginal leadership and partnership is the centre of the artwork. The brown & orange colours represent Country, Aboriginal land and the strong connection our people have to the land. The blue swirls and circles represent the rivers and waterways throughout our beautiful country. It is country and these waters which helped our people survive over 60,000 years eating a variety of fresh bush tucker.





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Cultural  
knowledge  
& practices  
around  
healthy food

## Passing on cultural and healthy food knowledge

Is knowledge about traditional food being passed on? And is there support for doing this? Does sharing meals and food together help to pass on knowledge, about both traditional foods and other healthy foods? What other opportunities exist to pass on this knowledge? What programs are available to provide healthy food education and support to young people and families in developing healthy food knowledge?

## Community support

How well is good food and healthy meals knowledge shared amongst your community? Are there ways to produce and share meals more often, e.g. at community events? Are other community organisations supporting and promoting traditional food stories and local food production? Are there good role models in your community?

## Local community food practices

How much food is produced in the community? For example, community or backyard food gardens or kitchens. Or even bush food trips. Think about community meal preparation or in schools or cooking groups, not businesses. Are there opportunities to increase these?



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## Healthy food activities

Are there healthy food policies and guidelines in place for community groups and events? How well are they implemented?

## Healthy food education

Are there healthy food education programs available? What settings? Think about local schools, community or church groups, children's playgroups or youth hubs.

## Food relief

How well do food relief services support healthy eating? Think about donated food drop-offs via OzHarvest/Foodbank, school breakfasts and lunches, free meal services, subsidised food pantries etc. Do these food relief agencies understand Aboriginal community needs, such as larger family sizes? Does healthy food get distributed fairly, if it's available?

## Health services support

Do the local primary health services support healthy eating and good nutrition through their policies and activities? This could be either your local ACCHS or government primary health service.

Healthy food  
education  
and support



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## Strong Aboriginal leadership & partnerships

### Aboriginal leadership and partnerships

Are Aboriginal community members in leadership and decision making roles about food security? Are they supported by other local stakeholders in these leadership roles or are the Aboriginal organisations working alone?

### Good support from partners

How well do stakeholders (such as community members, charities, school and government) work together to support healthy eating? Are all parts of the food system represented in the partnership?

### Community plans and policies

How well do other community plans, policies and programs, especially at local Council, support the food needs of the community?

### Good information and feedback systems

How well is information collected and shared in the community to make good decisions that support health eating? Is local Aboriginal knowledge valued and used?

### Commitment to action

How committed are people to take action to support healthy eating in the whole community? Are local resources being leveraged?



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## Retail food environment

### Food availability

How good is the availability and range of fresh healthy food locally? Are there grocers or regular fresh food markets? Or is there a high number of fast food outlets? Easy accessibility due to convenient location and longer opening hours can make fast-food a tempting meal choice. Think about if your local supermarket has a take-away food section also.

### Affordability

How affordable is healthy food in the local area? Has this changed over time? How does the price of healthy food compare to the price of unhealthy food (in the local shops)?

### Fast food deals

How much is the community exposed to cheap unhealthy food advertising? This could be online, or at sporting events or TV and billboards.

### Community preferences

Does your community prefer one food shop over another? Why? Are there stores (grocers, butchers, supermarkets or take-aways) that have good community relationships? What makes them preferable to other shops? For example, butchers that sell meat packs with cheaper cuts.



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## Homes and transport access

### Access to transport

Is public transport safe, affordable and accessible to and from home for healthy supermarkets and shops? Do people have to commute far from their houses to get the bus and then carry their groceries home? Or are cheap food delivery services available?

### Home cooking, equipment and skills

How well do people's homes support healthy eating? Do families have kitchen storage space? Fridges or freezers? Do people have enough basic cooking skills? Are meal preparation skills (including shopping and budgeting) training available, especially for young people.

### Housing accessibility

Are there people without a home (couch surfing, sleeping in a car etc)? What services support healthy eating for these people?