

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



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?