



YOUR FOOD SECURITY TOOLKIT EXPLAINED

What is 'Food Security'?

Food Security refers to the availability and access to healthy, safe, affordable and culturally acceptable food at all times from non-emergency sources. Certain groups that may be at risk of Food Insecurity include homeless people, different cultural groups, people living in poverty, Indigenous Australians, the elderly, unemployed people and substance abusers.

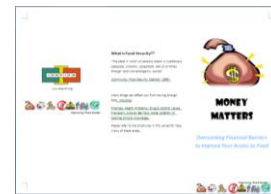
This toolkit has been designed to assist you/your staff to:

- Identify clients who are at risk of or experiencing food insecurity.
- Recognise the contributing factors to food insecurity.
- Direct an individual to the appropriate services which will address his/her contributing factors to food insecurity.
- Strengthen your relationship with Inner South East Partnership In Community Health (ISEPICH) in promoting equal and consistent care with individuals in the community.

We have provided you with a range of resources in this toolkit. Some have been produced by members of the ISEPICH Food Security Working Group while others are already existing resources to help give you extra support. We encourage you to select the resources which will most benefit your organisation in addressing food insecurity. We have also developed a training PowerPoint presentation which explains how the resources can be used. This training tool can be presented to you and your staff if you feel you would benefit from an interactive explanation of the Food Security Toolkit.

Toolkit contents

Newly developed resources



- 1) "What is food security?" Identification Tool
- 2) Food Security Risk Assessment Tool
- 3) "Barriers to food security" poster
- 4) "Improving Food Access" Referral pathway booklet
- 5) "Improving Food Access" Referral pathway poster
- 6) "Improving Food Access" Referral contact pamphlets

Supporting resources

- 1) ISEPICH 'Food Security & Health Eating in the Inner South East' leaflet
- 2) Inner East Cheap and Easy Recipes
- 3) Guide to Free and Cheap meals, food parcels and vouchers for the City of Port Phillip
- 4) Emergency relief and material aid for the City of Stonnington
- 5) Transport Guide for the City of Glen Eira
- 6) Easy meals for around 3 dollars
- 7) Eat cheap for a week
- 8) Caulfield Community Health Emergency Food Relief

Newly developed resources:

‘What is food security?’ Identification Tool

What is it?

This is a quick and easy tool defining food security and aims to assist you in identifying individuals who are food insecure.

How to use it?

An acronym will help in remembering and understanding the key aspects of food security. If you feel that a client does not meet the criteria, it is safe to assume that they are food insecure. It should be kept in an area where it can be easily available when in contact with individuals accessing your services.

Food Security Risk Assessment Tool

What is it?

This tool will allow you to gather more information on the severity of an individual’s food insecurity status. It consists of 3 sections, with each section containing a unique set of questions. The first section focuses on the extent of food insecurity of the individual, while the second section focuses on the factors contributing to the person’s food insecurity status. The final section includes a table where you can devise an action plan to target the factors preventing the individual from being food secure.

How to use it?

This tool is more comprehensive than the identification tool. It can be used one on one with an individual, time permitting. The tool can be used later on, to evaluate whether the action taken resulted in a positive outcome on the individual’s food insecurity status.

“Improving Food Access” Referral pathway booklet

What is it?

This booklet is solution focused. It highlights the contributing factors to an individual’s food insecurity and links these to services in your local government area which will address these. Contact information, and a brief description of these services will be provided to facilitate quick and easy referrals.

How to use it?

The booklet can be stored in an area where it will be easily accessible to staff. The comprehensive list of services may be made more available to food insecure individuals through the use of the ‘Referral Pathway Poster’ and the set of leaflets addressing each of the contributing factors to food insecurity. The booklet was designed to allow referrals to be made by staff for the food insecure individuals.

“Improving Food Access” Referral pathway poster

What is it?

This poster is an alternative way to display the barriers to food security with the local services available which will address these.

How to use it?

The poster may be displayed in an area used by both staff and individuals using your organisation’s services.

“Improving Food Access” Referral Contact Pamphlets

What is it?

A set of several leaflets, with each one representing a different contributing factor to food insecurity and the relevant services for each of the local government areas to address the issue. The services listed are the same as those in the Referral Pathway Booklet.

How to use it?

This may be displayed in a public area so that individuals accessing your organisation’s services are able to help themselves to the information. If a particular contributing factor to an individual’s food insecurity is known, the relevant leaflet may also be provided to the individual by staff.

“Barriers to food security” poster

What is it?

A poster with icons and accompanying slogans representing the contributing factors to food insecurity. This tool aims to increase the workforce’s awareness of the many reasons why an individual may be food insecure.

How to use it?

This compliments the referral pathway booklet. It has been designed to reinforce possible reasons a person may be food insecure. Unlike the referral pathway booklet, this resource is specifically for staff to increase their awareness of an individual’s barriers to food security.

Supporting resources:

ISEPICH 'Food Security & Health Eating in the Inner South East' leaflet

What is it?

This brochure has been produced by ISEPICH for local organisations. It explains food security in more detail include groups in the Inner South East at risk and expands on contributing factors which effect food security.

How to use it?

It invites you/your staff to become involved in current activities that promote food security and health eating in the Inner South East.

Inner East Cheap and Easy Recipes

What is it?

This is a series of brochures containing recipes contributed by members of the community living in high rise housing. The brochures include recipes when cooking for one, cooking for two, microwave meals as well as oven meals. The recipes are simple to follow with step-by-step instructions. All meals are cheap and include the total cost.

How to use it?

This can be distributed to clients who have access to food but may lack the skills and confidence to prepare their own meals. It can also be used by those who have limited finances and are unaware of inexpensive meal options.

Guide to Free and Cheap meals, food parcels and vouchers for the City of Port Phillip

What is it?

This is an extensive guide produced by the City of Port Phillip to find good quality, affordable food in your local area. It provides up-to-date information of available meals, food parcels, and food vouchers for each suburb in the local government area. The organisation is listed as well as the service offered, hours of availability and cost, if any. A map with the organisations locations and public transport options are also included.

How to use it?

This is designed to be distributed to clients who would benefit from the above mentioned services. The map allows clients to select a service that is easiest for them to access.

Emergency relief and material aid for the City of Stonnington

What is it?

This booklet produced by the City of Stonnington contains information about agencies providing support including the relief offered, service location, hours of operation and conditions of accessing the service.

How to use it?

This can be distributed to clients who would benefit from the above mentioned services.

Transport Guide for the City of Glen Eira

What is it?

This booklet has been produced by the TransAccess Glen Eira and contains a list of transport options including community, public and medical transport and taxi services. These will assist in accessing community services for community members who don't have their own means of transportation.

How to use it?

This can be distributed to clients who have difficulty with accessing food related services due to a lack of transport.

Easy meals for around 3 dollars

What is it?

This brochure had been produced by Brimbank City Council, Inner South Community Health Service, and North Yarra Community Health. It includes budget tips, ideas of cheap and easy meals and snacks with accompanying images of utensils required for preparation.

How to use it?

This can be distributed to clients who would benefit from budgeting tips and cheap and healthy meal ideas.

Eat cheap for a week

What is it?

This brochure has been produced by Brimbank City Council, Inner South Community Health Service, and North Yarra Community Health and supports the 'Easy meals for around 3 dollars' brochure. It includes some great budgeting tips, a sample shopping list from a budget of \$40-50, as well as meal and snack ideas which can be taken from the shopping list.

How to use it?

This can be distributed to clients who would benefit from budgeting tips and would like a practical example of what a shopping list on a budget may look like.

Caulfield Community Emergency Food Relief

What is it?

An information leaflet that includes Emergency Food Relief Services in the Caulfield Area

How to use it?

Can be provided to clients living in the City of Glen Eira that may find these services useful.