# Cardinia Shire Liveability Plan 2017-29

Cardinia Shire’s Liveability Health Plan 2017-2029 identifies seven liveability domains which evidence shows can impact health and social outcomes. ‘Food’ is one of these seven domains.

# Why is food a liveability domain?

Access to healthy food is a basic human right and essential for optimal health and wellbeing. This domain relates to the food system as a whole and includes, food access and affordability, food literacy, land use for food production, food waste, early years’ nutrition, food business and tourism, farmer’s markets, emergency food relief, urban agriculture and food regulation.

Unsustainable and unhealthy food systems are driving some of the key health, social, economic and environmental issues that we see today. People’s consumption of foods high in fibre and essential nutrients is decreasing, while consumption of highly processed, energy dense and nutrient poor foods is increasing.

Rising energy and fuel costs, along with a local food supply that is dominated by fast food, means that the economic affordability and consumption of healthy food is compromised, not only for low-income families but also increasingly for higher income families as well.

# What we know

* For every 1 fresh food outlet there are 6 fast food outlets.
* Measures for food insecurity in Cardinia Shire are 3.8% compared to the State at 4.6%[[1]](#footnote-1).
* Local research indicated the measure for food insecurity is much higher;
  + Approximately 13% of children aged 0-12 years are from households that run out of food in the past 12 months and have been unable to buy more.
  + In the Lang Lang and Koo Wee Rup areas 18% of people are from households that run out of food and have been unable to buy more.
* The majority of residents (99%) agree with the statement ‘Prepare healthy meals more often than eating out in your household’[[2]](#footnote-2)
* For a family receiving government support, the cost of a healthy food basket is more than 30% of their income[[3]](#footnote-3).
* About 50% of food waste ends up in landfill.

# What we will do

Over the life of the Liveability Health Plan we expect to see an increase in access to affordable, nutritious food. This will be achieved by focusing on the following strategies:

* Protecting and utilising fertile land as a source of fresh food for current and future generations.
* Growing a vibrant local food economy which supports growers and enables people to access locally produced food.
* Enhancing food knowledge, skills and culture within schools, workplaces, clubs and the wider community.
* Reducing and diverting food waste from landfill and reusing water to grow food.

# Contact us

For more information contact Social and Community Planning on 1300 787 624 or email [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au).

1. Department of Health and Human Services, Cardinia S Profile 2015. [↑](#footnote-ref-1)
2. Local Government Research Group, Cardinia Shire Council Social Health Check Research 2016 [↑](#footnote-ref-2)
3. Cardinia Shire Council, Healthy Food Connect Research Report 2013. [↑](#footnote-ref-3)