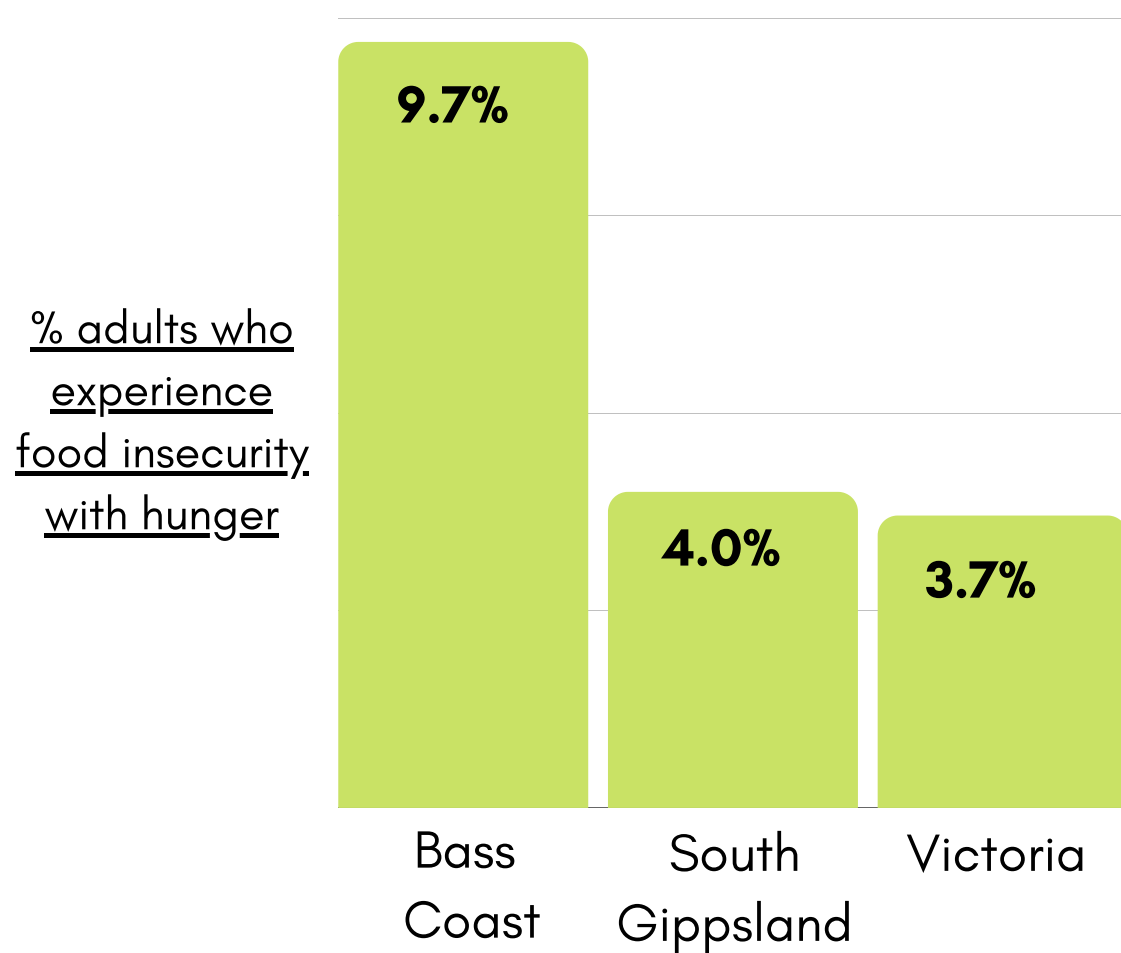
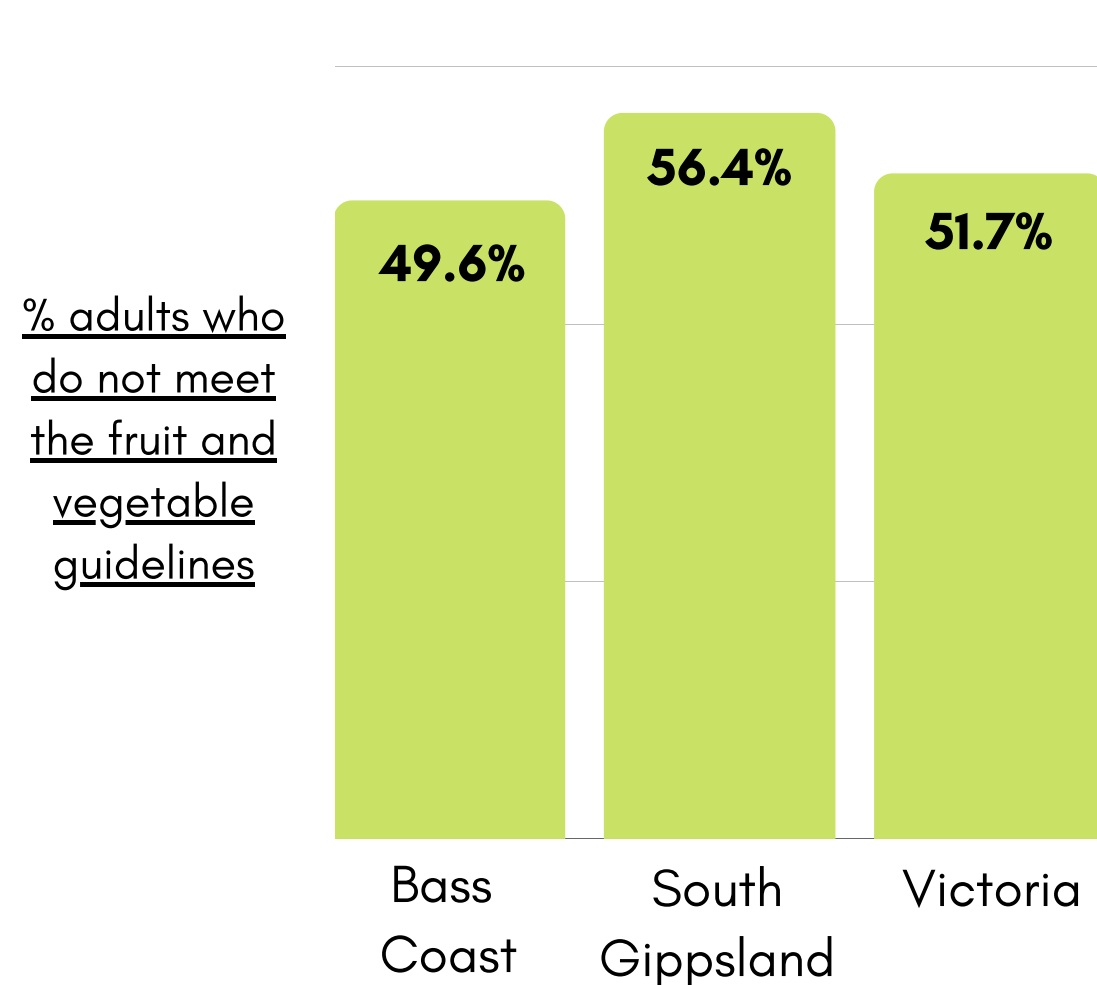


Neighbourhood houses across Bass Coast & South Gippsland are providing healthy food and drink options for our community

Food insecurity is significantly higher in Bass Coast compared with Victoria overall.



Approximately half our population do not eat enough fruit and vegetables daily.



Neighbourhood houses bring people together to connect, learn and contribute to their community. They are inclusive organisations that welcome people from all ages, abilities and walks of life. They play an integral role in our community providing food banks, community meals and access to community gardens.

The South Coast Prevention Team worked with local neighbourhood houses to develop healthy solutions that met their communities needs. They focused on;

- Increasing the availability and access to healthy options being supplied in emergency food relief and to visitors accessing the houses for programs and services.
- Building the capacity of neighbourhood houses to promote healthy options, including displaying water in high traffic areas and resources that promote healthy options.



Nine (100%) South Coast neighbourhood houses are currently implementing additional resources and programs that provide our community with healthy options.



Expanding & enhancing community produce gardens



- Increasing access to fresh produce available in community meals, cooking programs & emergency food relief.
- Improving the meal planning process, including greater predictability of nutritious ingredients.



Building carts to store fresh fruit and vegetables



- Creating an inviting space for the community to access fresh produce at their own discretion.
- Supporting the development of community-led initiatives such as produce swaps. These initiatives help strengthen community connections.



Installing water facilities



- Increasing access to water through the installation of water coolers, fountains and filtered water taps.
- Ensuring water is freely available in high traffic areas.
- Promoting water as the drink of choice.



Purchased cooking equipment



- Utilising new equipment to support the implementation of group cooking programs that showcase fresh produce.
- Increasing the availability of healthy BBQ options provided at community events.



Hosting the OzHarvest NEST program



- Upskilling volunteer cooks to provide nutritious meals upon completion of the program.
- Improving participants knowledge about healthy eating habits and how to cook simple meals on a budget.



Supporting healthy eating learning and development



- Improving healthy eating knowledge for staff, volunteers and the wider community through online sessions with a dietitian.
- Providing resources to the community that support healthy eating on a budget.