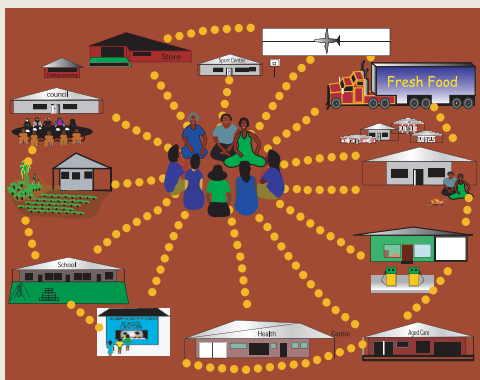


DEVELOPING A GOOD FOOD SYSTEM IN YOUR COMMUNITY

Information Sheet 1

GOOD FOOD SYSTEMS OVERVIEW

The Good Food Systems approach aims to improve food, nutrition and food security in the community through people from all areas of the food system working together regularly. This will provide enough healthy food for everyone to have a long healthy and active life.



This image shows different areas of the food system working together to form one whole unit.

WHAT IS FOOD SECURITY?

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life. (Food and Agriculture Organization, November 1996. Rome Declaration on Food Security and World Summit Plan of Action. Retrieved 26 October 2013).

Members of Aboriginal communities at a Good Food Systems project meeting in 2010 explained it as: “Food security for us is **when the food of our ancestors is protected and always there for us and our children. It is when we can easily access and afford the right non-traditional food for a collective health and active life. When we are food secure we can provide, share and fulfil our responsibilities, we can choose good food knowing how to make choices and how to prepare and use it.**”

WHAT IS A FOOD SYSTEM?

A ‘system’ is made up of different areas working together to form one functioning unit.

A ‘food system’ is made up of different areas that relate to food production through to food distribution, education, consumption and waste and recycling. The areas of a remote community food system may include i) strong leadership and partnerships, ii) traditional foods and local food production, iii) food businesses, iv) buildings, public places and transport, v) community and services. These **work together to provide enough healthy food for everyone.**



WHY A FOOD SYSTEMS APPROACH?

A food systems approach is important because:

- The food we eat is influenced by **many different factors that are interrelated.**
- The food system is **dynamic and always changing.**
- **Many different organisations and individuals are responsible** for ensuring different parts of the system work well.
- **Community members have ideas on how to improve** the food system and how to do this in a culturally appropriate way.
- Organisations and individuals **need opportunities to interact**, learn about each other’s role and share ideas for improvement.
- A structured formal **Good Food Group (committee, coalition, multi-sectoral group) that meets regularly** to discuss the food system can support organisations and individuals to plan for change and monitor and evaluate progress.
- A **continuous quality improvement (CQI) process**, based on the Plan-Do-Collect-Learn cycle, **can assist** a Good Food Group work towards a Good Food System.
- Any information collected as part of the process can be used by the community to **increase control and influence over decisions and inform policy and practice** to improve people’s access to a healthy diet, wellbeing and healthy life.



ELEMENTS OF A GOOD FOOD SYSTEMS APPROACH:

Working Together: GOOD FOOD GROUP

The Good Food Systems approach involves working together. To achieve this a Good Food Group should be formed. This is **a group of community members and people from different organisations, inside and outside the community, who meet regularly.** (See information sheet 2 and 3 for more detail)

Way of Working: PLAN-DO-COLLECT-LEARN cycle

The Good Food Systems approach is based on a process called the Plan-Do-Collect-Learn cycle. This cycle is **a continuous quality improvement (CQI) process** that can assist a Good Food Group. The group can meet and use the developed Good Food Systems tools to help plan, take action, collect data and learn. The cycle then begins again with the PLAN step. (See information sheet 4 for more detail)

Tools

Tools have been developed **to support the Plan-Do-Collect Learn Cycle way of working** to help the group learn about the community's food system and to plan and take action for improvement. (See information sheet 5 for more detail)



This image shows the PLAN-DO-COLLECT-LEARN cycle for the Good Food Systems approach and the individuals and organisations involved. (See information sheet 2,3 and 4 for more detail)

“Regarding improving nutrition and food security through the Good Food Systems Approach: There is more to it than food charts and food groups... It’s changing the way, for a deeper understanding... I get the picture of the broader perspective through the food system.”

Community program manager (mid-term review, Good Food Systems Project)

More Information

This information sheet is the 1st in a series titled ‘Developing a Good Food System in your community’. It is based on the work of the Good Food Systems Project led by researchers from Menzies School of Health Research. Information sheets developed at this stage in this series include:

1. **Good Food Systems Overview.**
2. Good Food Group - Formation.
3. Good Food Group - Working together successfully.
4. PLAN-DO-COLLECT-LEARN cycle.
5. Tools.
6. The Project.

For more information about the project and the associated tools please click [here](http://www.menzies.edu.au/page/Research/Projects/Nutrition/Good_Food_Systems_Project/) or visit: http://www.menzies.edu.au/page/Research/Projects/Nutrition/Good_Food_Systems_Project/

