

DEVELOPING A GOOD FOOD SYSTEM IN YOUR COMMUNITY

Information Sheet 4

PLAN-DO-COLLECT- LEARN CYCLE

The Good Food Systems approach is based on the PLAN-DO-COLLECT-LEARN cycle. **This cycle is a continuous quality improvement (CQI) process** that can assist a Good Food Group work towards a Good Food System. The group can meet together and use tools to help PLAN, take action (DO), COLLECT data and LEARN for step-by-step improvement of the food system. The cycle then begins again with the PLAN step.



This image shows the PLAN-DO-COLLECT-LEARN cycle used for the Good Food Systems approach.

1. PLAN

The Good Food Group comes together to talk over their local food system and plan actions.

The purpose of the planning meetings are to **discuss what actions are happening** that relate to the food system and **what more can be done**. The **Good Food Planning Tool** (see information sheet 5 for more detail) can be used to learn about the current state and what can be done to improve the food system. **Documenting the goals and individual tasks in an action plan** can ensure everyone is clear on what they are expected to contribute.



Things to consider during a PLAN meeting:

- **Document the vision** - This will remind the group about where they are heading and build a sense of progress.
- **Use the Good Food Planning Tool** and decide on the key area/s of focus.
- **Identify what activities already exist** and what is working well.
- **Celebrate achievements** and what is already happening.
- Discuss what is needed to **strengthen existing activities** and **support new strategies** and align these with current policy and practice.
- **Prioritise actions** by using participatory tools such as the 'ten seeds technique' or 'pocket chart'.
- **Define an achievable action plan** including a timeframe and people responsible for the implementation of actions.



2. DO

This refers to when the Good Food Group's **planned actions are carried out**.

Most of the actions will fall to the responsibility of different organisations in the community. The group's role is to **seek expertise, gather the necessary resources, help overcome barriers and build support** to encourage those responsible to implement the actions required.



It is important for the group to **meet regularly and talk with everyone** involved to see how actions are progressing and to identify if any further support is needed.

3. COLLECT

In this step **information is collected that relates to the status of the specific actions and the overall vision** identified at the planning stage.

This information will **help assess if there have been any changes in the food system**. It could involve taking **photos or videos** of the action or sharing **stories** about the changes. Information could also be collected on the food people are buying and also on what food is available through the store. The **Store Checklist** tool and **Keeping Track of Healthy Food tool (RIST)** can be used to provide this information.



There may be **other tools available** that can provide very useful information such as the Northern Territory Government Market Basket Survey and the Australian Government Department of Prime Minister and Cabinet Community Stores Licensing Program checklist

4. LEARN

The group learns through the information collected and can make decisions to improve the actions needed to improve the food system.

The group can **meet regularly to share stories of actions**, look at and discuss any photos, checklists, store sales posters, reports and any other information collected.



This is the **time to reflect and learn about what has happened**. Discussions about what has and has not yet been achieved can help everyone to learn about why some actions have been hard and **what extra support may be needed**.

If an organisation decides that a **recommended action is not feasible** to implement or that it is something that they will consider at a later date, then it is important for the group to **note this and the reason why**.

5. THE CYCLE CONTINUES

The **cycle begins again with the PLAN step**. Similar to the first time the group was setting actions, the Good Food Planning Tool is used again. This will help to see any changes to the food system, to celebrate the achievements and to continue to strengthen the different areas of need.

"[The Good Food Systems approach] helps keep the group on track having a way formally to encourage healthy eating... [it has the] potential to make huge difference to people's health. Good process to see this happening."

Nurse (mid-term review, Good Food Systems Project)

More Information

This information sheet is the 4th 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/

