

## DEVELOPING A GOOD FOOD SYSTEM IN YOUR COMMUNITY

### Information Sheet 5

## TOOLS

The following tools have been developed to support the PLAN-DO-COLLECT-LEARN cycle way of working and to plan actions to improve food, nutrition and food security:

### GOOD FOOD PLANNING TOOL

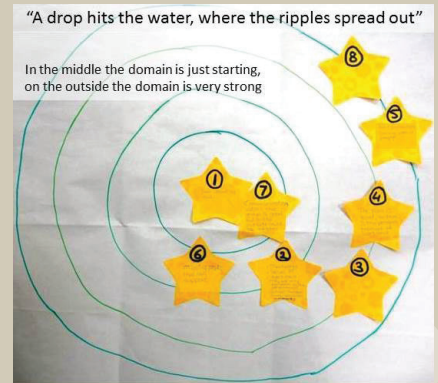


Systematic use of this tool assists users to **learn about the current state of the food system in the community, identify which parts are working well, which parts may need extra work, and what can be done to make it better.** Use the tool at least once a year to see how the food system is progressing.

This tool is designed to be used by a Good Food Group, but can be used by any community group. Key areas integral to community food, nutrition and food security are:

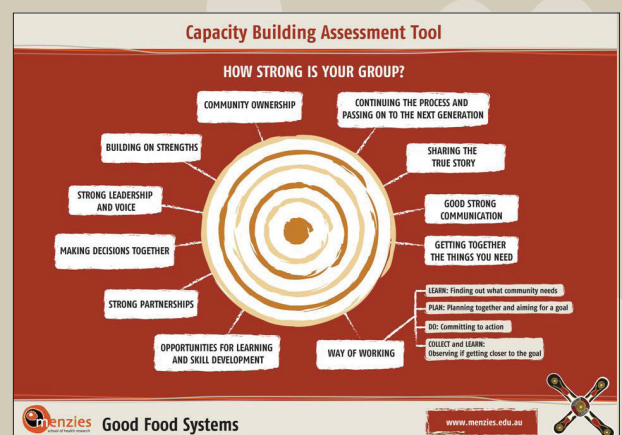
- Strong leadership and partnerships
- Traditional foods and local food production
- Food businesses
- Buildings, public areas and transport
- Community and services

Decide on the key area/s of focus. Trying to consider the whole food system especially at the start can be overwhelming and not practical. It is important to take small steps and use the expertise available.



This image shows an appraisal of capacity in the community using the project ripple tool.

### CAPACITY BUILDING ASSESSMENT TOOL



This tool is used to **reflect on how the Good Food Group works together** to achieve the aim. The group can use the tool at least once a year to consider how they can build their capacity and how it is changing over time. Areas for consideration include:

- Community ownership
- Building on strengths
- Strong leadership and voice
- Making decisions together
- Strong partnerships
- Opportunities for learning and skill development
- Way of working
- Getting together the things you need
- Good strong communication
- Sharing the true story
- Continuing the process and passing on to the next generation



## STORE CHECKLIST TOOL

This checklist can be used to **collect information about healthy food and other products that should be available in the community store.** This will be important if the Good Food Group is supporting the store to ensure healthy food is available. Using this list over time can help to make sure that the range of healthy foods and other essential items are always there.



Menzies are currently re-developing this tool and expect it to be available in 2017.

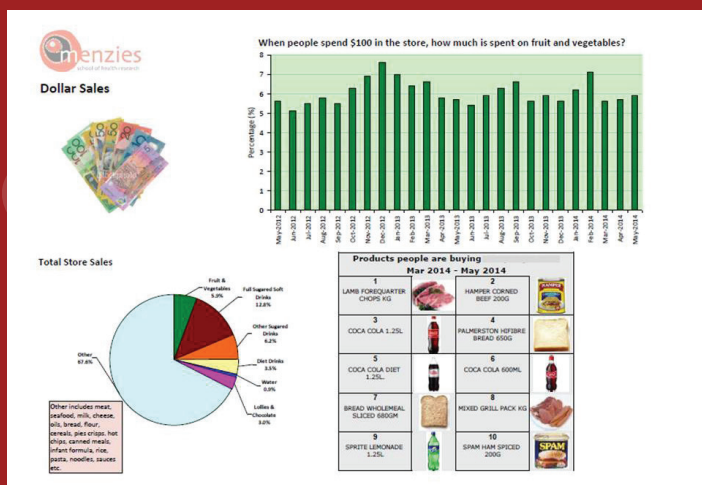
## KEEPING TRACK OF HEALTHY FOOD TOOL (RIST)

This RIST tool is a Microsoft Access database and **is used to collect information about food bought from the community store. Data on all foods that are scanned at the register or checkout are collected.**

A trained person can import these into the database and analyse the store sales data. Store sales reports can be generated that include volumes and dollar sales of key indicator foods such as fruit, vegetables and soft drinks over time. The store sales report and poster helps to communicate the information that shows:

1. How much healthy food (fruit and vegetables) is sold.
2. How much unhealthy food is sold (soft drinks or confectionery).
3. How much money a community is spending on these foods and top 10 sellers.

Menzies are currently building this as a web based tool and plan to make this available mid 2017.



*“We are collecting data in [the] store using the checklist to see if healthy foods are there. Afterwards we discuss this with the store manager to make essential items available in the store.”*

*Community Coordinators (Good Food Systems Project)*

## More Information

This information sheet is the 5th 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/](http://www.menzies.edu.au/page/Research/Projects/Nutrition/Good_Food_Systems_Project/)

