

Food

Food keeps us alive, but our diets also contribute greatly to climate change, land degradation, and the obesity epidemic. Fostering a closer connection to our food can build local economies, social capital, and resilience, whilst giving us more of an appreciation for the true cost of production.

Question: How do we build a strong and regenerative local food production system?

Ideas

- End the supermarket duopoly
- Home garden education – how to do it without chemical to save the bees (school curriculum)
- More use of seconds produce
- People to lead
- Incentives for farmers to move to region
- Green walls and vertical gardening everywhere
- More access to bulk foods (local and organic)
- Zero waste nutrient cycle, food to city, farm, poop and compost (link the cycle) (school curriculum)
- Productive urban street trees and verge gardens (school curriculum)
- Accurate reporting of what chemicals are used on food and exactly where from
- CSIRO designed app for what chemical plus how much is used where
- Community street fridges, + inside IGAs (government to lead)
- Organic waste bins
- Compost toilets
- Accurate reporting of what chemicals are used in public spaces – link to research, and educate maintenance staff
- Government business contracts to specify organic
- Community garden in every suburb, use schools - Revitalise school canteens
- Ozharvest to collect to local farmers, red cross and church groups
- Waste prevention
 - Food rescue
 - Food pantry
 - Farmers markets
 - Farmers direct
 - Compost and animals
- Re-education
 - Preserving
 - Buy what you need

- Use what you have
- Quality over quantity
- Nutrition
- How to cook
- Access
 - Hello fresh/ ready to cook meals
 - More local unpackaged food in IGAs
 - More green grocers
 - Layout of supermarkets
 - True farmers markets
- Connection
 - Community dinners, gardens, and cooking
- Political Will
 - Take away subsidies for broad-scale agriculture
 - Availability of fresh produce
 - Basics able to use in local food system
 - Advertising laws
 - Tax on unreal food
- Small-scale agriculture
 - More farmers landshare coops
 - Farmer incubators (and mentorships)
 - Land access
 - Price/ value
 - Access to market
- Hospital food (treating disease with diet)
- Grow your own
 - Backyard growing
 - Vacant blocks, verge gardens with support
 - COGS
 - Errindale community, more like this, community funding and space
- School kitchen gardens
 - All schools
 - Funding support space and community
 - Special food days + at home
- Less work, more cooking
- Replace consumption with community

Assets

- Educated population
- Good road infrastructure
- Greens/ balance of power
- Proximity to rural areas
- Food markets – well frequented
- Government interest/ political will / listening

- First peoples
- Community gardens ie Lyneham commons
- Local media
- Universities/ higher education/ research capacity
- Waster recovery possibilities
 - Organic matter
 - Sewage – worm farms and compost toilets
 - Animal waste
- Education programs
- Verge gardens
- Monetary wealth
- Hospital/ school canteens etc.
- School veggie gardens
- ? Export markets available
- Festivals and events
- COGS, CCF, CEC, Southern Harvest
- *Interested population – it tastes good, it is good for us
- Multicultural – diverse food knowledge
- Urban gardeners
- Foraging options
- Preserving knowledge

Implementation

- How to deal with the complexity of conventional vs. organic
 - Bee friendly cities
- Changing subsidies of agribusiness
 - Move away from chemical subsidies and monoculture fuel
 - Incentivise regenerative methods and permaculture design
 - Change research dependencies
 - Not tied to agribusiness and public funded/ philanthropic funding
- Change the working week, more time
- Foragers network
- Community composting facilities
- Need community to make it work
- Farmers stories
- Bring more people into the loop, how do we do this → feed them and it tastes good, community dinners and potlucks, community street fridges – share the excess
- Zero waste nutrient cycling
 - Start with food scraps (home and business)
 - Feed people, animals, worms, soil
 - Future plans of poop
 - No single-use packaging
- Bulk food stores – coops and buyers groups
- Legislative changes and education – mushrooms and wild animals

- More community gardens, school gardens, verge gardens, and productive trees
 - COGS
 - SEE-Change
 - See Andrew Barr
 - Transition Streets
 - Government housing and aged care need access to them (wheelchair accessible)