

8. Schools

Challenges: Lack of communication between parents and teachers.

Solution: Support from schools.

Action: Healthy canteen, healthy eating tips in the school newsletter, learning in the classroom and providing a student lunch making area.

9. Income and Finances

Challenges: Low income.

Solution: Financial relief and employment.

Action: Extra income (work).

10. Health and Wellbeing

Challenges: Health conditions impacting on the ability to eat well.

Solutions: Eating well for the benefit of health and wellbeing (i.e. nutrients from healthy food gives energy, improves mood, can lower risk of illness)

Action: Managing health conditions. Addressing other nine themes should benefit health and well being.



“If you don’t know about these sorts of things, you can’t make changes...”

Research participant

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**Local People,
Local Food Solutions
Research Project**

Findings 2015



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Local solutions to encourage or enable healthy eating

Local People, Local Food Solutions

This research project set out to improve healthy eating for low income families with children who live in the Rural City of Wangaratta. To do this we found out what challenges our community faced in getting themselves and their family to eat well. Community Research Volunteers conducted Kitchen Table Chats with people in the community. Below are the 10 common themes that emerged from these 17 chats attended by 48 participants.

1. Motivation / Values

Challenges: Fussy eaters and lack of motivation to cook healthy meals.

Solutions: Motivation to cook, eat well and know about healthy handy hints.

Action: Include children in family meal planning and cooking. Provide easy cookbooks using low cost ingredients. Build connections with others interested in healthy eating.

2. Intergenerational Trends

Challenges: Unhealthy behaviours passed down through family culture and/or society.

Solution: Healthy behaviours being passed down through family culture.

Action: Involve children in cooking and gardening activities at home and in the community.

3. Knowledge and Skills

Challenges: Not knowing how to plan, shop, cook, budget, or grow food.

Solution: Being resourceful with shopping and cooking.

Action: Attend / provide affordable classes to gain knowledge and skills about planning, shopping, cooking, budgeting, school lunches and gardening.

4. Social Connectedness

Challenges: Being isolated, being judged on where you live. Limits to what you can afford (i.e. eating out).

Solutions: Having people to talk to and the confidence to connect by attending community events.

Action: Getting together with others to share handy hints, food, seedlings and skills. Attend food swaps or other food related activities. Volunteer and / or provide access to information about volunteering opportunities and how to get involved.

5. Time

Challenges: Busy lifestyle.

Solutions: Better planning skills

Action: Attend / provide education on planning.

6. Cost

Challenges: High cost of healthy food.

Solution: Higher cost to buy unhealthy food. Sourcing healthy food and reducing waste.

Action: Build vegetable gardens and form neighbourhood co-ops or food banks. Ways to reduce or avoid waste could include donations to a food bank or purchasing food at a low cost price.

7. Access

Challenges: Lack of access to healthy produce.

Solution: Living further away from takeaway outlets. Better access to healthy food options.

Action: Vegetable gardens in homes and the community, better location of healthy food outlets. Better access to transport to buy affordable food. Improve promotion of healthy food options in the local community. Healthy food rather than junk food marketed towards children by the food industry.

