



Food Security Needs Assessment

Fawkner, Glenroy, Hadfield, Coburg North &
Brunswick West

Sarah Cotsopoulos Health Promotion Officer
2015



The 2015 report aims to update data collected in Merri Community Health Services 2009 report "Food security in Moreland-A needs assessment" for the suburbs of Fawkner, Glenroy, Hadfield, Coburg North and Brunswick West.

TABLE OF CONTENTS

ACKNOWLEDGEMENTS	3
EXECUTIVE SUMMARY	4
INTRODUCTION	5
FAWKNER	6
GLENROY	15
HADFIELD	24
COBURG NORTH	33
BRUNSWICK WEST	42
APPENDIX 1-explanation of demographic characteristic and relationship to food insecurity	52
APPENDIX 2-Food Retail Audit	53
REFERENCES	57

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We would also like to acknowledge the following students for their valued contribution to this report.

Merri Community Health Service

- Stacey Grist (Health Promotion student, Deakin University)
- Angela Dixon (Health Promotion student, Deakin University)
- Jacalyn Grose (Public Health student, La Trobe University)

Moreland City Council

- Christopher Bonfa (Social Work student, La Trobe University)
- Jill Bunnell (International Urban and Environmental Management student, RMIT University)

Fawkner Community House

- Sarah Abell, Kathleen Correia, Rida Fayyaz & Paige Salerno (Science students Worcester Polytechnic Institute Massachusetts)

EXECUTIVE SUMMARY

Food security and food access are considered significant determinants influencing people's capacity to eat healthy and nutritious food. Food security refers to the ability of all people to regularly access healthy, affordable, culturally appropriate and safe food without the use of emergency food relief (Merri Community Health Services Integrated Health Promotion Strategic Plan 2013).

In 2014, Merri Community Health Services, Moreland City Council and the Fawkner Community House undertook a needs assessment to further determine the level of food security in the suburbs of Fawkner, Glenroy, Hadfield, Coburg North and Brunswick West.

Food Security and Food Access continue to be significant issues within suburbs of Moreland. Whilst overall food insecurity within the municipality decreased from 2011 to 2013, there was an increase in the suburbs of Fawkner and Brunswick West. 11.4% of survey respondents in Fawkner and 6.4% in Brunswick West answered yes to the question "have there been any times in the last 12 months where you ran out of food and could not afford to buy more." (Moreland City Council 2013).

Access to food was mapped via a retail audit of local shops, a survey of community gardens/food growing spaces and an audit of local emergency food relief agencies. The results found:

- Fresh food outlets outnumber takeaway outlets in all suburbs surveyed.
- The food supply is often centred around major shopping strips, which can be difficult for residents who do not have a motor vehicle to walk to the shops.
- There are a number of community food growing spaces within the municipality, but these are heavily concentrated around the southern end of Moreland.
- Emergency food relief services exist in Fawkner, Glenroy, Coburg and Brunswick. These services are often at capacity and are only able to operate on a weekly basis due to funding constraints.

Affordability of food was measured using the Victorian Healthy Food Basket Survey. The cost of a healthy basket of food for a family of four relying on Centrelink income ranged from \$395.94 to \$481.48 per fortnight. This equates to approximately 30% of the family's fortnightly Centrelink income.

Data from this report will help to inform future work to improve food security in the suburbs of Fawkner, Glenroy, Hadfield, Coburg North and Brunswick West. Projects that focus on improving access to food, and address broader issues of poverty and transport will be important. Moreland Council, Fawkner Community House and Merri Community Health Services are committed to improving food security within the suburb of Fawkner. Plans are currently underway to expand the Fawkner Food Bank and further develop the garden at the community house. Additional stakeholders will be consulted in 2015.

INTRODUCTION

Food security and food access are considered significant determinants influencing people's capacity to eat healthy and nutritious food. Food security refers to the ability of all people to regularly access healthy, affordable, culturally appropriate and safe food without the use of emergency food relief (Merri Community Health Services Integrated Health Promotion Strategic Plan 2013).

In 2014, Merri Community Health Services, Moreland City Council and the Fawkner Community House undertook a needs assessment to further determine the level of food security in the suburbs of Fawkner, Glenroy, Hadfield, Coburg North and Brunswick West. Results from the needs assessment will inform planning of future projects to address food insecurity.

With the assistance of students across all organisations, the following methods were used:

- Analysis of demographic characteristics
- Analysis of Moreland City Council's Household Survey
- Audit of food retail outlets
- Survey of prices for a standard Healthy Food Basket using the Victorian Healthy Food Basket Survey
- Review of public transport routes to shopping centres
- Mapping of emergency food relief agencies
- Focus groups and interviews with service providers and members of the Fawkner community
- Mapping of community food growing spaces

Where available, data was compared to Merri Community Health Services 2009 report "Food Security in Moreland: A Needs Assessment."

FAWKNER

Demographic Characteristics:

Using 2011 Census data, the demographics common to communities experiencing poor food access were analysed in the suburb of Fawkner (see appendix 1 for more information). Two additional areas, 'Employed part-time' and 'Employed full-time' were added to the 2014 needs assessment.

Determinant	2006	2011
Aged 70+	17.70%	17.68%
Overseas born residents	13.20% arriving 01-06	20.3% arriving 06-11
Poor English proficiency	27.80%	13.6%
Lowest quartile of weekly household income	43.90%	36.0%
No motor vehicle	12.90%	12.1%
SEIFA index of Relative Disadvantage	905.7	901.7
Households with at least one member requiring assistance with self care activities	8.40%	9.2%
Unemployment	9.50%	7.5%
Employed part-time	29.2%	32.6%
Employed full-time	58.2%	56.6%
Single parent households	17.80%	13.0%
Lone person households	21.60%	21.8%

Source: www.profile.id.com.au

Moreland Household Survey-Food Security question

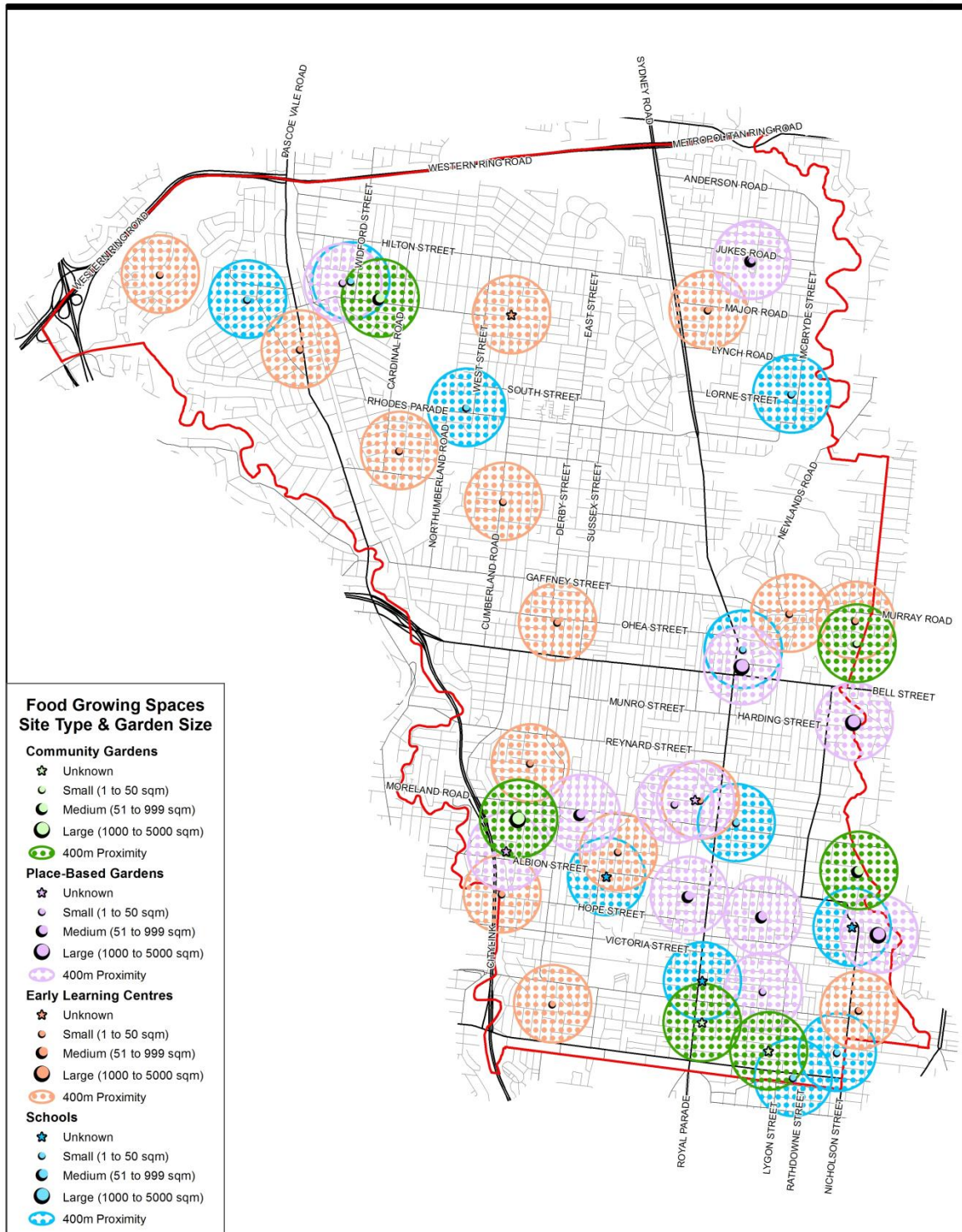
The Moreland Household Survey uses the Victorian Population Health Survey question "have there been any times in the last 12 months where you ran out of food and could not afford to buy more?" This helps to identify those who may not be able to buy food and those who may be experiencing poor nutrition (Community Indicators Victoria 2013).

Question	2011	2013
Have there been any times in the last 12 months when you ran out of food and could not afford to buy more?	5.6%	11.4%
Does your household have a home fruit or vegetable garden?	42.7%	50.6%
Are you able to access fresh food within easy walking distance from your home?	78%	78.9%

From 2011 to 2013, the percentage of people who did run out of food in the last 12 months and could not afford to buy more greatly increased in Fawkner, from 5.6% in 2011 to 11.4% in 2013.

In 2014 Moreland City Council collected information to develop baseline data of all community food growing spaces in Moreland. The map below shows the food growing spaces throughout the city of Moreland.

Food Growing Spaces



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Determinants of food insecurity in Fawkner

In 2014, Fawkner Community House hosted students from Worcester Polytechnic Institute (USA). The students looked at the challenges that Fawkner residents faced in order to be food secure. They conducted focus groups and interviews with service providers and members of the Fawkner community.

The key overarching theme that arose from their research was poverty. Sub themes related to poverty included; unemployment, rising cost of living, lack of transportation and general settlement difficulties faced by new migrants in Fawkner. These themes are consistent with the above demographics common to communities experiencing poor food access (see appendix 1 for more information).

Emergency Food Relief in Fawkner

Students from La Trobe and Deakin Universities completing their placements at Moreland City Council in 2014 mapped emergency food relief agencies within the municipality. The following table highlights the emergency food relief services available in Fawkner (Bonfa 2014)

Agency	Contact Details	Description	Days Available
Open Table Fawkner	Fawkner Senior Citizens Centre - CB Smith Res. 77 Jukes Rd, Fawkner	Free home-cooked, buffet-style, Halal meal, first Sunday each month. Friendly, welcoming community setting. Separate room for women and children available if needed. Leftovers and excess fresh produce offered for takeaway when available.	First Saturday of each month 12:30pm-2pm
Fawkner Community House - Food Bank	77 Jukes Road, Fawkner 03 9357 4631	Free food parcels (mainly fresh produce) available Wednesdays. Call ahead or visit the centre to put your name on the list to receive a food parcel. No drop-ins accepted, and there is a waiting list.	Wednesday 11:30am-2:30pm
Hope Cafe - St Marks Church	119 Argyle St, Fawkner 03 9359 3111	Free hot dinner with table service.	Thursday 6pm-8pm

Food retail outlet audit:

The auditing process and classifications of retail outlets remained the same as the 2009 needs assessment in order to maintain consistency (see appendix 2 for more information).

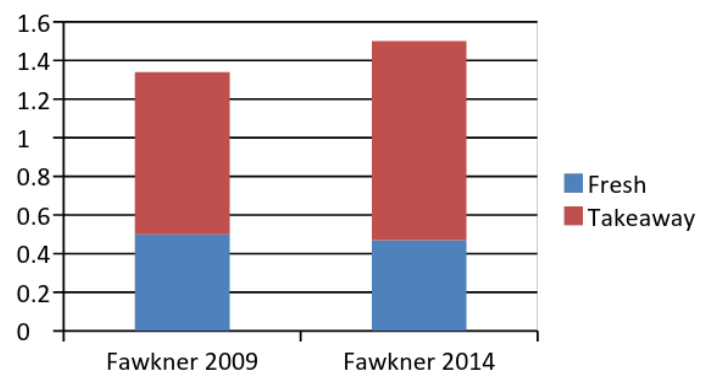
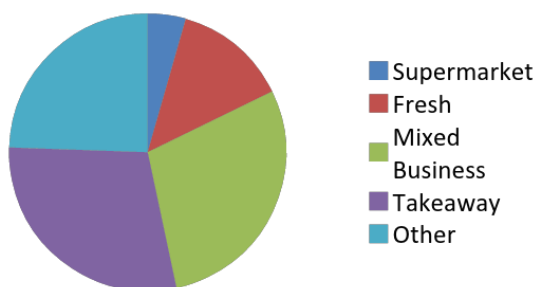
A total of 45 stores were assessed in the food retail outlet audit. These stores fell into the following categories:

Retail Category	Number of Stores
Takeaway	13
Fresh	6
Supermarket	2
Mixed Business	11
Other (incl. alcohol)	14

As with the 2009 report “Food Security in Moreland: A Needs Assessment” the 2014 food retail audit showed an over representation of takeaway outlets compared to fresh fruit and vegetable outlets.

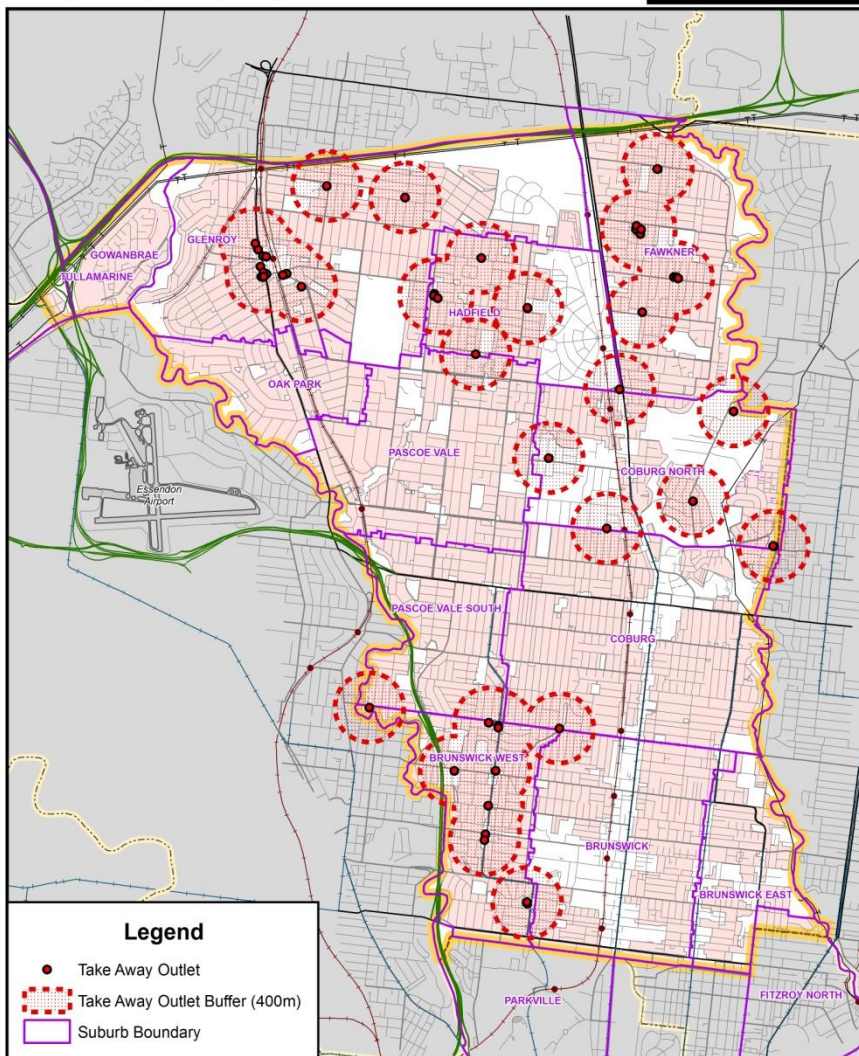
A list of the audited stores is available upon request.

Composition of retail food outlets by store type: Fawkner



Distribution of Take Away Outlets

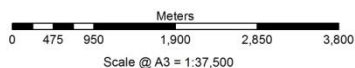
Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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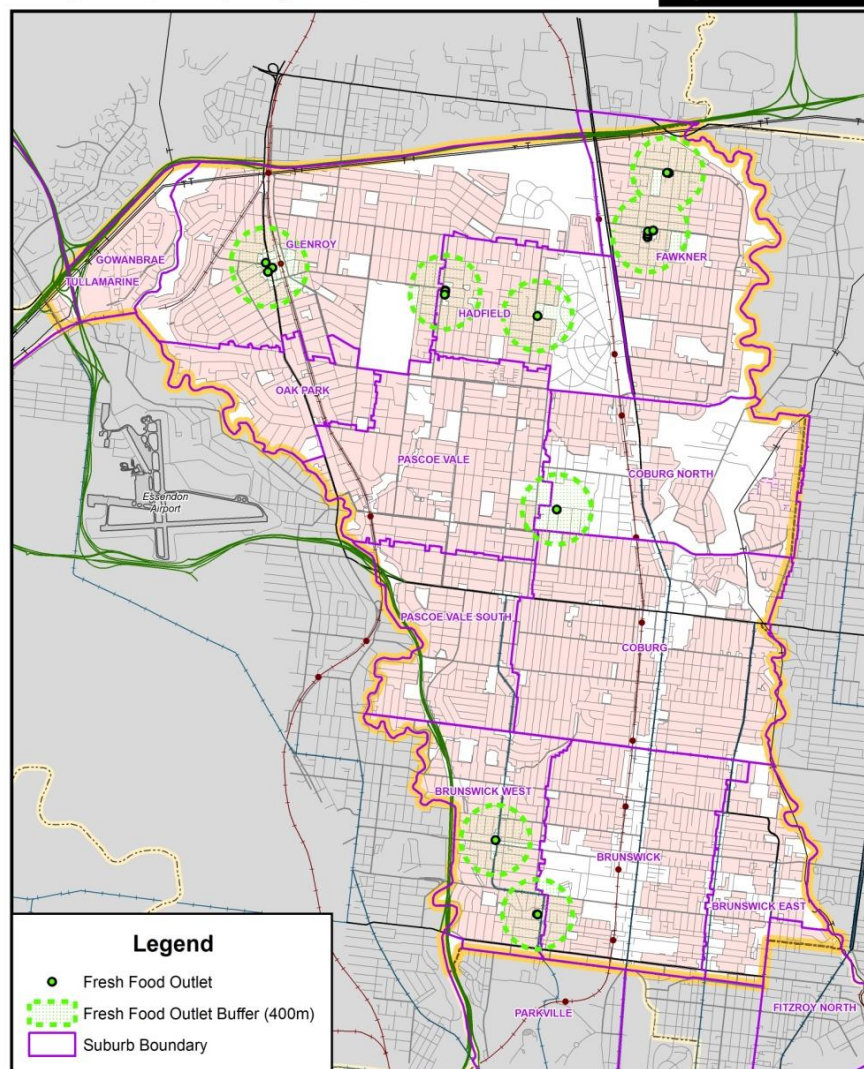
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Distribution of Fresh Food Outlets

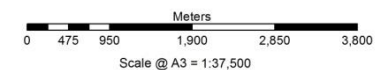
Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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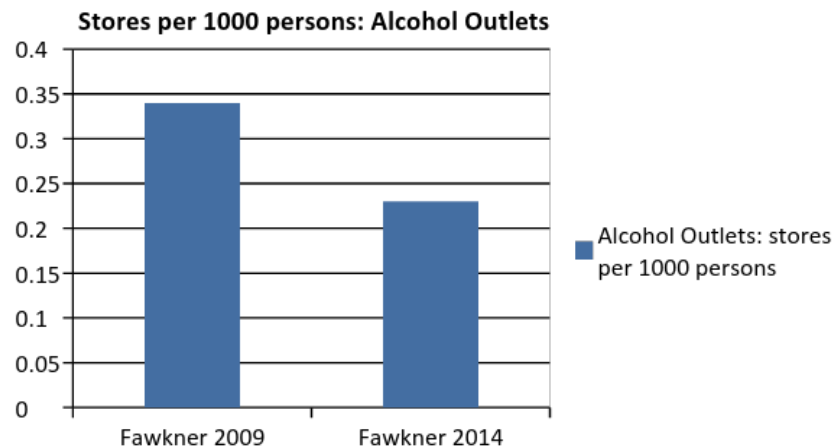
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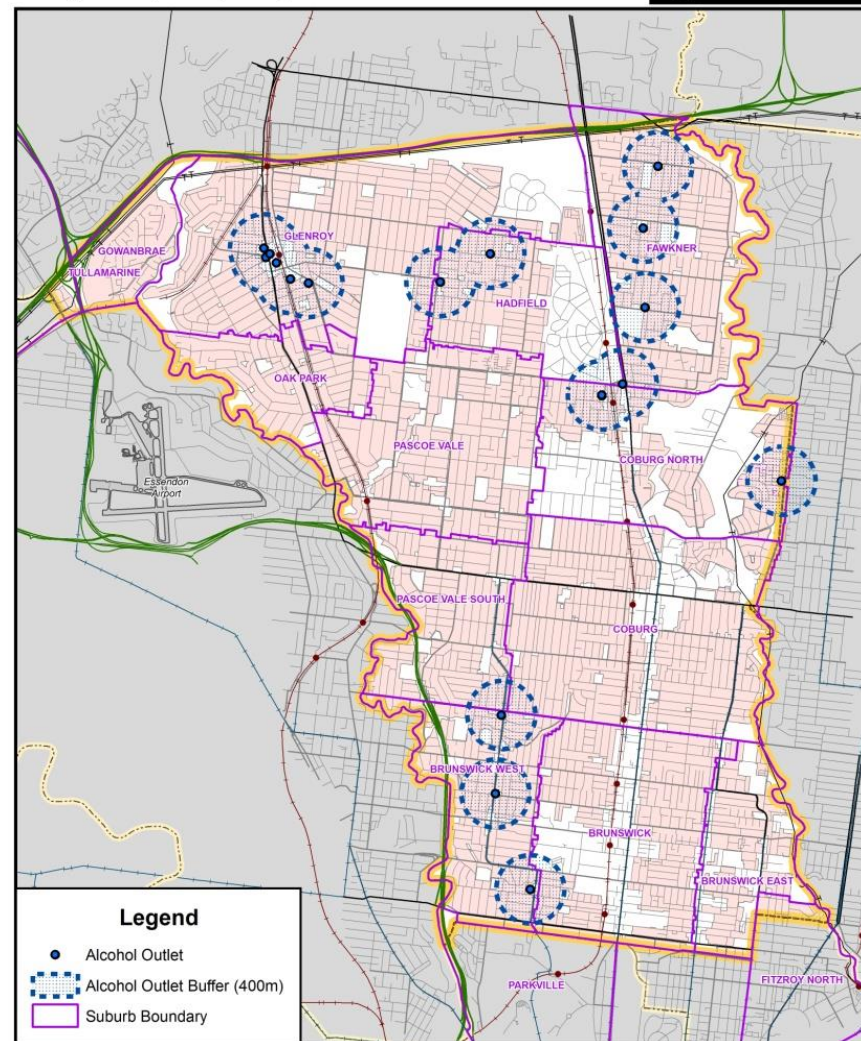
Alcohol outlets:

Outlets selling alcohol were also recorded. A total of 3 outlets sold takeaway alcohol in Fawkner. These outlets were located on Anderson Rd, Lynch Rd and Bonwick St. There are 0.23 alcohol outlets per 1000 persons in Fawkner. This has reduced since the last audit which reported 0.34 alcohol outlets per 1000 persons.



Distribution of Alcohol Outlets

Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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Where do people shop?

Data from the 2013 Moreland Household Survey highlighted where households in Fawkner completed their shopping both for daily needs and groceries. The shopping areas listed are those that were most frequently used and respondents were able to choose more than one response.

Daily Needs:

- Fawkner, Bonwick St: 76.1%
- Broadmeadows Shopping Centre: 12%
- Preston Market: 6.5%
- Coburg North, Orvieto/Merlyn Sts: 4.3%

Grocery Shopping:

- Fawkner, Bonwick St: 58.7%
- Broadmeadows Shopping Centre: 20.7%
- Preston Market: 19.6%
- Northland Shopping Centre: 9.8%
- Hadfield, West/Eileen St: 9.8%

Moreland City Council 2013.

Public Transport access:

Travel mode	Travel route	Description of route in Moreland	Days of operation	Hours of operation	Frequency of service	Additional notes
Bus	530	Campbellfield-Coburg via Fawkner Coburg shopping plaza via Sydney Road	Mon- Sun	6am-10pm Mon-Fri 8am-9.40pm Sat-Sun	30-45 minutes	Services run 7 days a week though not frequently

Source: www.ptv.vic.gov.au

The food supply in Fawkner is centralised around major shopping strips on Bonwick St, Major Rd, Lynch Rd, Anderson Rd, Tyson St and Argyle St. Bus route 530 is the main form of public transport in Fawkner and services Anderson Rd, Tyson St, Jukes Rd and Major Rd. The bus does not go via Bonwick St, which is the main retail precinct in Fawkner. The 530 bus operates every 30-45 minutes between Monday- Sunday and Public holidays. This bus route has not changed since the 2009 report. A map outlining the 530 bus route is included in the appendix.

Victorian Healthy Food Basket survey:

Developed by Monash University in 2007, the Victorian Healthy Food Basket Survey (VHFB) assesses the affordability of a standard basket of goods designed to meet the nutritional requirements and typical purchases of four defined family types for one fortnight (Palermo & Wilson 2007).

The VHFB was conducted in one supermarket in Fawkner. The survey was only completed at those supermarkets that stocked most of the items on the survey list.

The four reference families include;

- Typical Family (44 year old male & female, 18 year old female & 8 year old male)
- Single Parent Family (44 year old female, 18 year old female & 8 year old male)
- Elderly Pensioner (71 year old female)
- Single Adult (adult male > 31 years)

Cost of the Healthy Food Basket for each reference family in Fawkner

Family	Cost (\$) 2007	Cost (\$) 2014	% income 2007	% income 2014
Family of four	\$325.60	\$429.44	32.54%	31.29%
Single mother with two children	\$224.58	\$290.87	30.27%	27.47%
Single adult male	\$99.78	\$138.00	23.71%	27.03%
Elderly woman	\$78.15	\$102.60	15.26%	13.39%

In all family groups other than single adult male, the percentage of income spent on food decreased slightly from 2007 to 2014. Families in Fawkner spend between 13% and 31% of their government assistance on food each fortnight.

Data was also sourced from Healthy Together Hume for a supermarket in nearby Campbellfield, which is on the boarder of Fawkner. Results are shown below.

Cost of the Healthy Food Basket for each reference family in Campbellfield

Family	Cost (\$) 2014	% income 2014
Family of four	\$461.39	33.61%
Single mother with two children	\$312.58	29.52%
Single adult male	\$149.32	29.25%
Elderly woman	\$110.60	14.44%

Discussion

Food Security and Food Access continue to be significant issues within the suburb of Fawkner.

Emergency food relief centres within Fawkner are at capacity and are only able to operate on a weekly basis due to funding constraints.

The food supply is centred around major shopping strips, which makes it difficult for the 12% of residents who do not have a motor vehicle to walk to the shops.

With the number of takeaway outlets greatly outnumbering fresh food outlets, one bus servicing the area, and a family of four needing to spend 31.29% of their Centrelink income on a healthy basket of food, it is not surprising that the number of people in Fawkner who had run out of food in the last 12 months and could not afford to buy more increased from 5.6% in 2011 to 11.4% in 2013.

Data from this report will help to inform future work in the area. Projects that focus on improving access to food, and address broader issues of poverty and transport will be important. Moreland Council, Fawkner Community House and Merri Community Health Services are committed to improving food security within the suburb of Fawkner. Plans are currently underway to expand the Fawkner Food Bank and further develop the garden at the community house. Additional stakeholders will be consulted in 2015.

GLENROY

Demographic Characteristics:

Using 2011 Census data, the demographics common to communities experiencing poor food access were analysed (see appendix 1 for more information). Two additional areas, 'Employed part-time' and 'Employed full-time' were added to the 2014 needs assessment.

Determinant	2006	2011
Aged 70+	16.60%	15.00%
Overseas born residents	15.80% arriving 01-06	29.40% arriving 06-11
Poor English proficiency	20.30%	8.10%
Lowest quartile of weekly household income	39.20%	33.20%
No motor vehicle	14.20%	13.50%
SEIFA index of Relative Disadvantage	925.8	930.5
Households with at least one member requiring assistance with self care activities	8.00%	8.30%
Unemployment	7.20%	8.50%
Employed part-time	29.90%	32.00%
Employed full-time	58.20%	56.70%
Single parent households	21.10%	12.10%
Lone person households	27.50%	27.30%

Source: www.profile.id.com.au

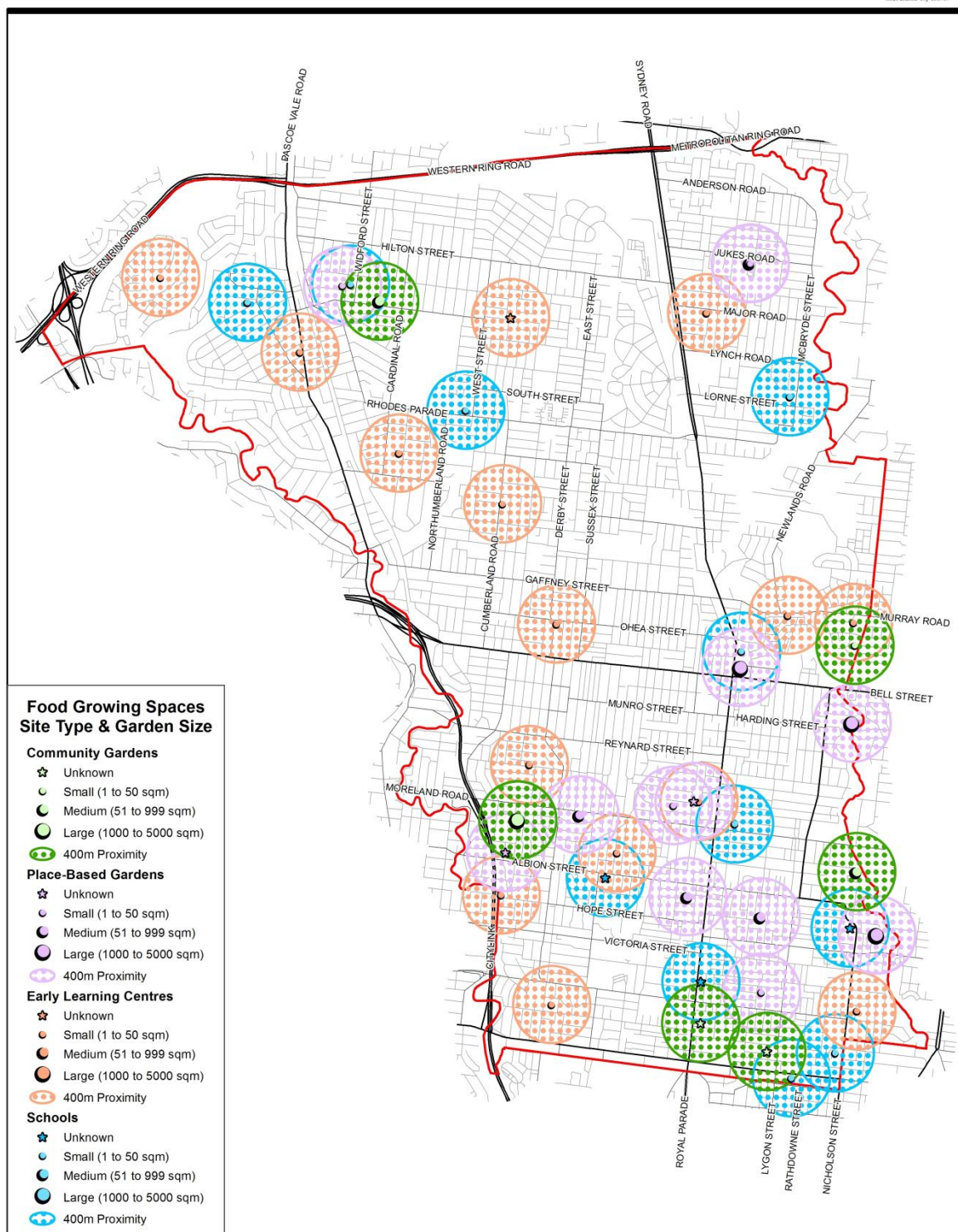
Moreland Household Survey

The Moreland Household Survey uses the Victorian Population Health Survey question "have there been any times in the last 12 months where you ran out of food and could not afford to buy more?" This helps to identify those who may not be able to buy food and those who may be experiencing poor nutrition (www.communityindicators.net.au/metadata_items/food_security)

Question	2011	2013
Have there been any times in the last 12 months when you ran out of food and could not afford to buy more?	5.6%	4.5%
Does your household have a home fruit or vegetable garden?	35.6%	33.3%
Are you able to access fresh food within easy walking distance from your home?	81.5%	80.3%

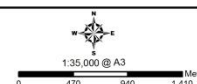
In 2014 Moreland City Council collected information to develop baseline data of all community food growing spaces in Moreland. The map below shows the food growing spaces throughout the city of Moreland.

Food Growing Spaces



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Emergency Food Relief in Glenroy

Students from La Trobe and Deakin Universities completing their placements at Moreland City Council in 2014 mapped emergency food relief agencies within the municipality. The following table highlights the emergency food relief services available in Glenroy (Bonfa 2014)

Agency	Contact Details	Description	Days Available
Hope Centre	93-95 Station Road Glenroy 03 9304 2292	Free hot home cooked lunch served in a comfortable, welcoming, family friendly community space. Tea and coffee also available	Thursday 11.30am-1.00pm
Salvation Army Church	134 Cardinal Road Glenroy 03 9306 9507	Food parcels available, no appointment necessary, no boundary restrictions	Wednesday 9am-1pm

Food retail outlet audit:

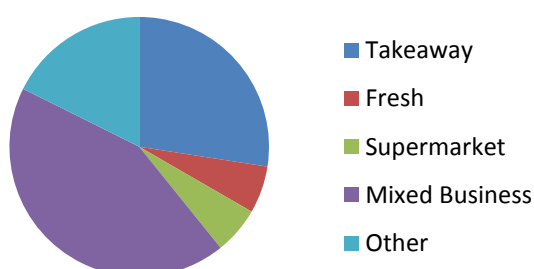
The auditing process and classifications of retail outlets remained the same as the 2009 needs assessment in order to maintain consistency (see appendix 2 for more information).

Results:

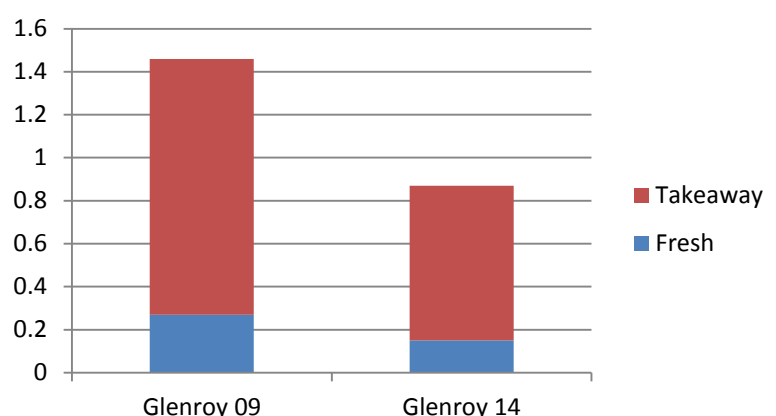
As with the 2009 report “Food Security in Moreland: A Needs Assessment” the 2014 food retail audit showed an over representation of takeaway outlets compared to fresh fruit and vegetable outlets. A list of the audited stores is available upon request.

Retail Category	Number of Stores
Takeaway	14
Fresh	3
Supermarket	3
Mixed Business	22
Other (incl. alcohol)	9

Composition of retail food outlets by store type: Glenroy

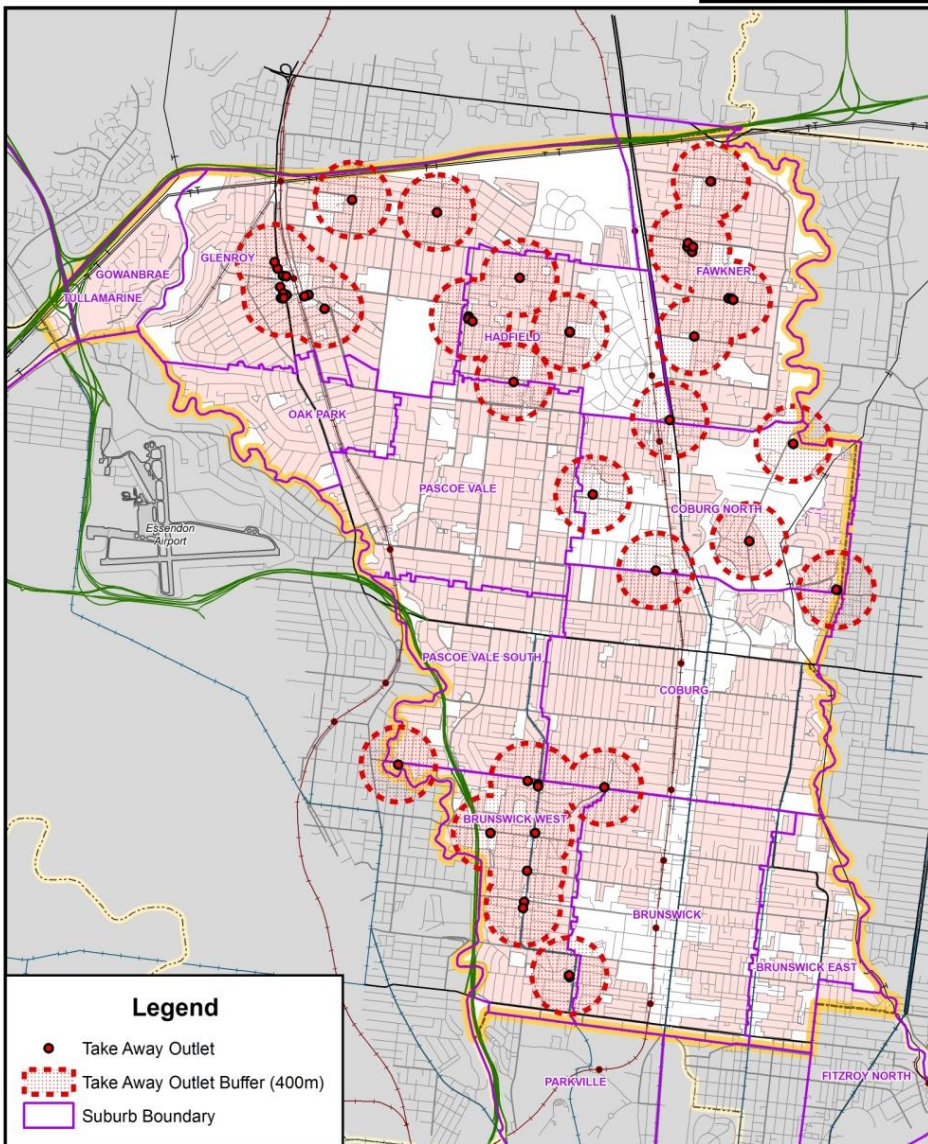


Stores per 1000 persons: Fresh Vs Takeaway



Distribution of Take Away Outlets

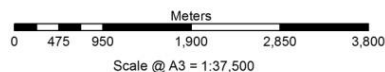
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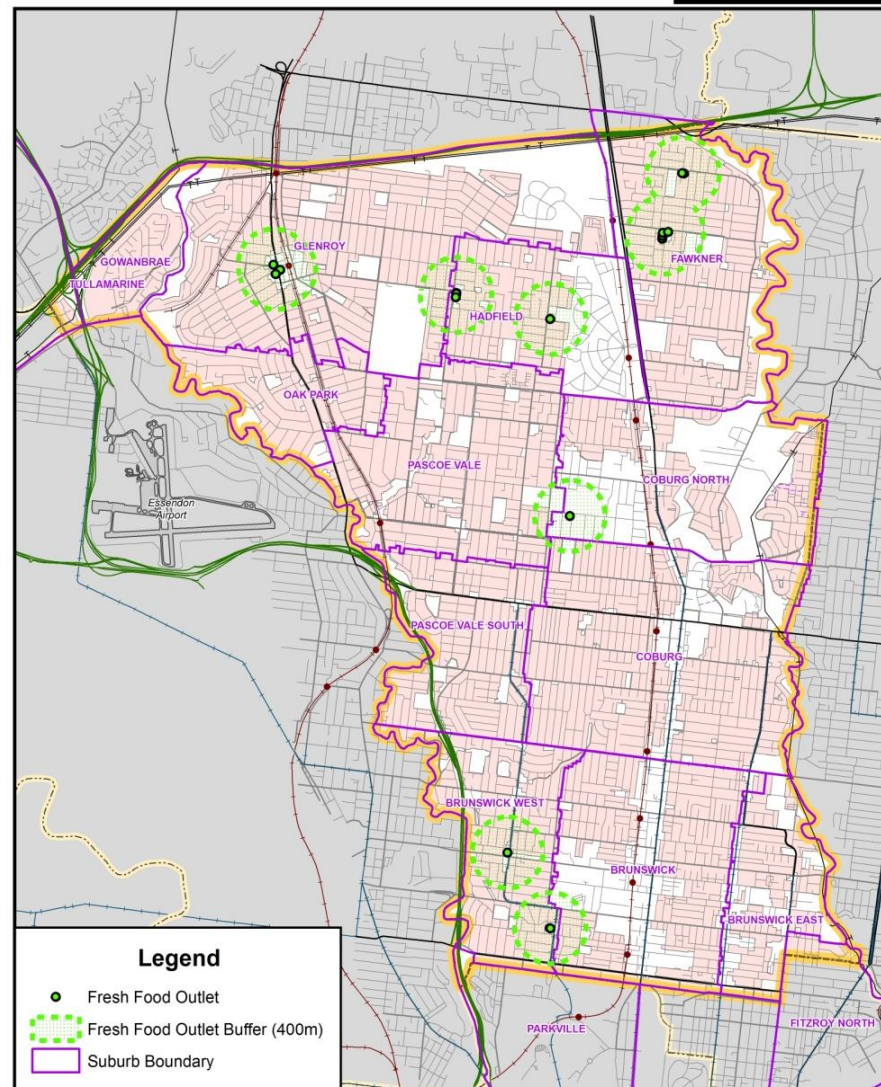
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Distribution of Fresh Food Outlets

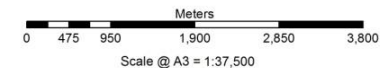
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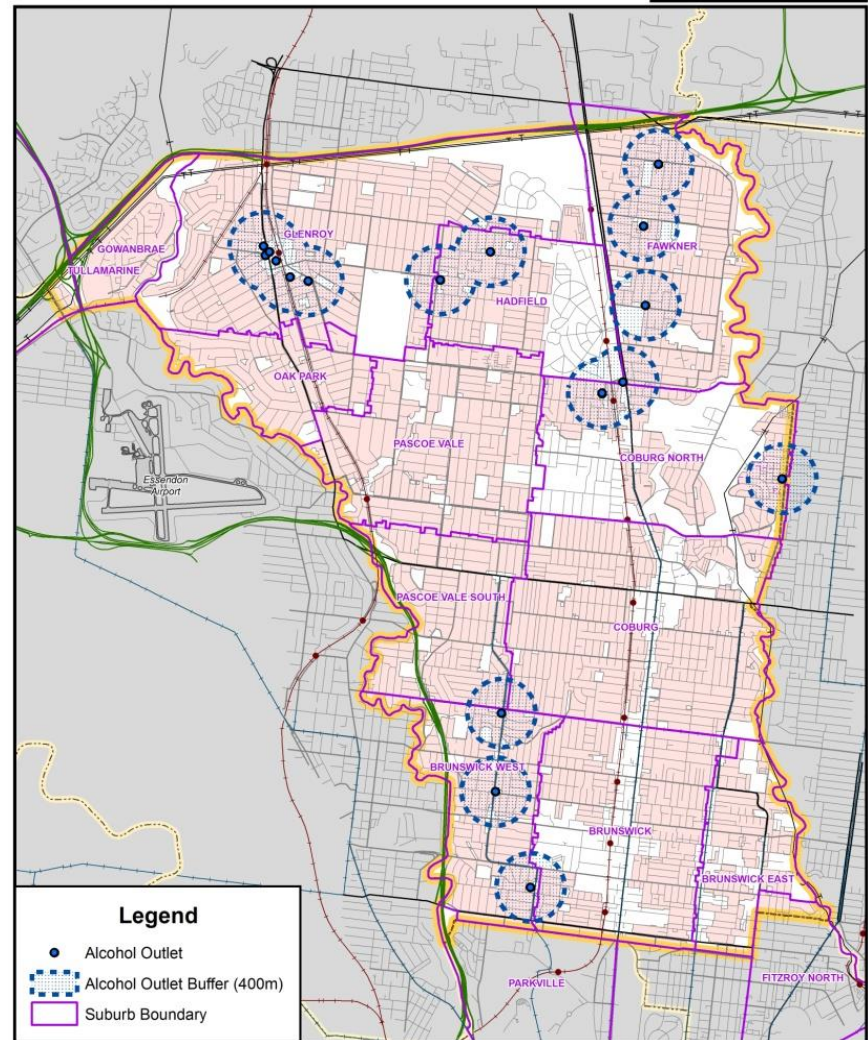
Alcohol outlets: stores per 1000 persons



Outlets selling alcohol were also recorded. A total of 6 outlets sold takeaway alcohol in Glenroy. These outlets were located on Pascoe Vale Rd, Wheatsheaf Rd, Glenroy Rd, Post Office Place and Waterloo Rd. There are 0.31 alcohol outlets per 1000 persons in Glenroy. This figure is similar to the last audit which reported 0.32 alcohol outlets per 1000 persons

Distribution of Alcohol Outlets

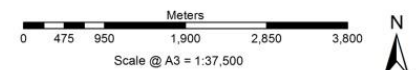
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Where do people shop?

Data from the 2013 Moreland Household Survey highlighted where households in Glenroy completed their shopping both for daily needs and groceries. The shopping areas listed are those that were most frequently used and respondents were able to choose more than one response.

Glenroy

Daily Needs:

- Glenroy: 67.6%
- Hadfield, West/Eileen St: 30.9%
- Broadmeadows Shopping Centre: 17.6%
- Airport West Shopping Centre: 7.4%

Grocery Shopping:

- Glenroy: 69.1%
- Hadfield, West/Eileen St: 30.9%
- Broadmeadows Shopping Centre: 29.4%
- Airport West Shopping Centre: 11.8%
- Preston Market: 7.4%
- Puckle St, Moonee Ponds: 7.4%

Entertainment/Dining Out:

- Broadmeadows Shopping Centre: 20.6%
- Glenroy: 19.1%
- Melbourne CBD: 19.1%
- Lygon St, Carlton: 17.6%
- Puckle St, Moonee Ponds: 16.2%
- Highpoint Shopping Centre: 14.7%
- 51% chose "None of these"

Moreland City Council 2013.

Public Transport access:

Travel mode	Travel route	Description of route in Moreland	Days of operation	Hours of operation	Frequency of service	Additional notes
Bus	513	Eltham- Glenroy via Greensborough or Lower Plenty Direct route along main roads from Glenroy shopping centre. Could be used to access Glenroy, Pascoe Vale and Coburg Supermarkets.	Mon- Sun	5.30am-9.10pm Mon-Fri 6.30am-9.10pm Sat 7.50am-9.10pm Sun	20 minutes Mon-Fri 40 minutes Sat-Sun	Runs frequently and all day 7 days per week, however less frequently on weekends.
Bus	534	Glenroy to Coburg via Boundary Road, Sydney Road Indirect route starting at Glenroy shopping centre, stopping at Hadfield, Merlynston and Coburg shopping centres.	Mon-Sun	6.12am-8.58pm Mon-Fri 7.30am-8.40pm Sat 8.25am-8.25pm Sun	30 minutes Mon-Fri 40 minutes Sat-Sun	Runs over 7 days, however, not very frequently.
Bus	536	Glenroy-Gowrie via Gowrie Park Short route servicing northern Glenroy from Gowrie station to Glenroy shopping centre. Could be used by residents in the north of Glenroy to access Glenroy shops or the train to Coburg/Brunswick shops.	Mon-Sat	6.00am-7.36pm Mon-Fri 7.30am-5.30pm Sat	30 minutes Mon-Fri 40 minutes Sat	Only really services people during working hours and their commute to and from work. Does not run frequently and only for 6 days per week with no Sunday service.
Bus	542	Roxburgh Park- Pascoe Vale via Meadow Heights, Broadmeadows, Glenroy-Oak Park, Glenroy, Broadmeadows.	Mon-Sat	6.30am-7.47pm Mon-Fri 7.45am- 9.05pm Sat	20 minutes Mon-Fri 40 minutes Sat	Service runs frequently on week days, however infrequently on Saturdays with no service passing through Glenroy on Sundays.

Train	Glenroy Railway Station- heart of shopping vicinity	Craigieburn Line	Mon-Sun	4.40 am – 11.40pm Mon – Fri 5.20am – 12.09 am Sat 7.39 am – 11.39 pm Sun	10 minutes peak times, 20 minutes outside of peak times.	Runs frequently over 7 days with services beginning early in the morning and continuing until late at night.
Train	Gowrie Railway Station- not close to shops	Upfield Line	Mon-Sun	4.48 am – 11.48 pm Mon – Fri 5.09 am – 11.28 pm Sat 7.28 am – 11.28 pm Sun	Runs every 10 minutes during peak times and every 20 minutes outside of peak times.	Runs frequently over 7 days with services beginning early in the morning and continuing until late at night.
Train	Jacana Railway Station- not close to shops	Craigieburn Line	Mon-Sun	4.40 am – 11.40pm Mon – Fri 5.18 am – 12.07 am Sat 7.37 am – 11.37 pm Sun	10 minutes peak times, 20 minutes outside of peak times.	Runs frequently over 7 days with services beginning early in the morning and continuing until late at night.

Victorian Healthy Food Basket survey:

Developed by Monash University in 2007, the Victorian Healthy Food Basket Survey (VHFB) assesses the affordability of a standard basket of goods designed to meet the nutritional requirements and typical purchases of four defined family types for one fortnight.

The VHFB was conducted in one supermarket in Fawkner. The survey was only completed at supermarkets that stocked most of the items on the survey list.

The four reference families include;

- Typical Family (44 year old male & female, 18 year old female & 8 year old male)
- Single Parent Family (44 year old female, 18 year old female & 8 year old male)
- Elderly Pensioner (71 year old female)
- Single Adult (adult male > 31 years)

Glenroy A

Family	Cost (\$) 2007	Cost (\$) 2014	% income 2007	% income 2014
Family of four	\$389.12	\$462.45	38.89%	33.69%
Single mother with two children	\$267.81	\$313.60	36.10%	29.62%
Single adult male	\$118.25	\$149.01	28.10%	29.19%
Elderly woman	\$93.94	\$111.28	18.34%	14.53%

Glenroy B

Family	Cost (\$) 2007	Cost (\$) 2014	% income 2007	% income 2014
Family of four	\$321.36	\$395.94	32.12%	28.85%
Single mother with two children	\$221.97	\$269.42	29.92%	25.44%
Single adult male	\$98.15	\$126.64	23.32%	24.81%
Elderly woman	\$76.59	\$94.08	14.96%	12.28%

In all family groups other than single adult male, the percentage of income spent on food decreased slightly from 2007 to 2014. Families in Glenroy spend between 12% and 33% of their government assistance on food each fortnight.

HADFIELD

Demographics Characteristics of Hadfield:

Using 2011 Census data, the demographics common to communities experiencing poor food access were analysed (see appendix 1 for more information). Two additional areas, 'Employed part-time' and 'Employed full-time' were added to the 2014 needs assessment.

Determinant	2006	2011
Aged 70+	16.00%	16.50%
Overseas born residents	5.90% arriving 01-06	13.10% arriving 06-11
Poor English proficiency	9.00%	8.90%
Lowest quartile of weekly household income	36.30%	34.50%
No motor vehicle	10.70%	10.10%
SEIFA index of Relative Disadvantage	936.7	940.2
Households with at least one member requiring assistance with self care activities	6.50%	8.10%
Unemployment	6.00%	2.90%
Employed part-time	28.20%	31.40%
Employed full-time	62.70%	63.30%
Single parent households	13.10%	12.00%
Lone person households	23.10%	24.40%

Source: www.profile.id.com.au

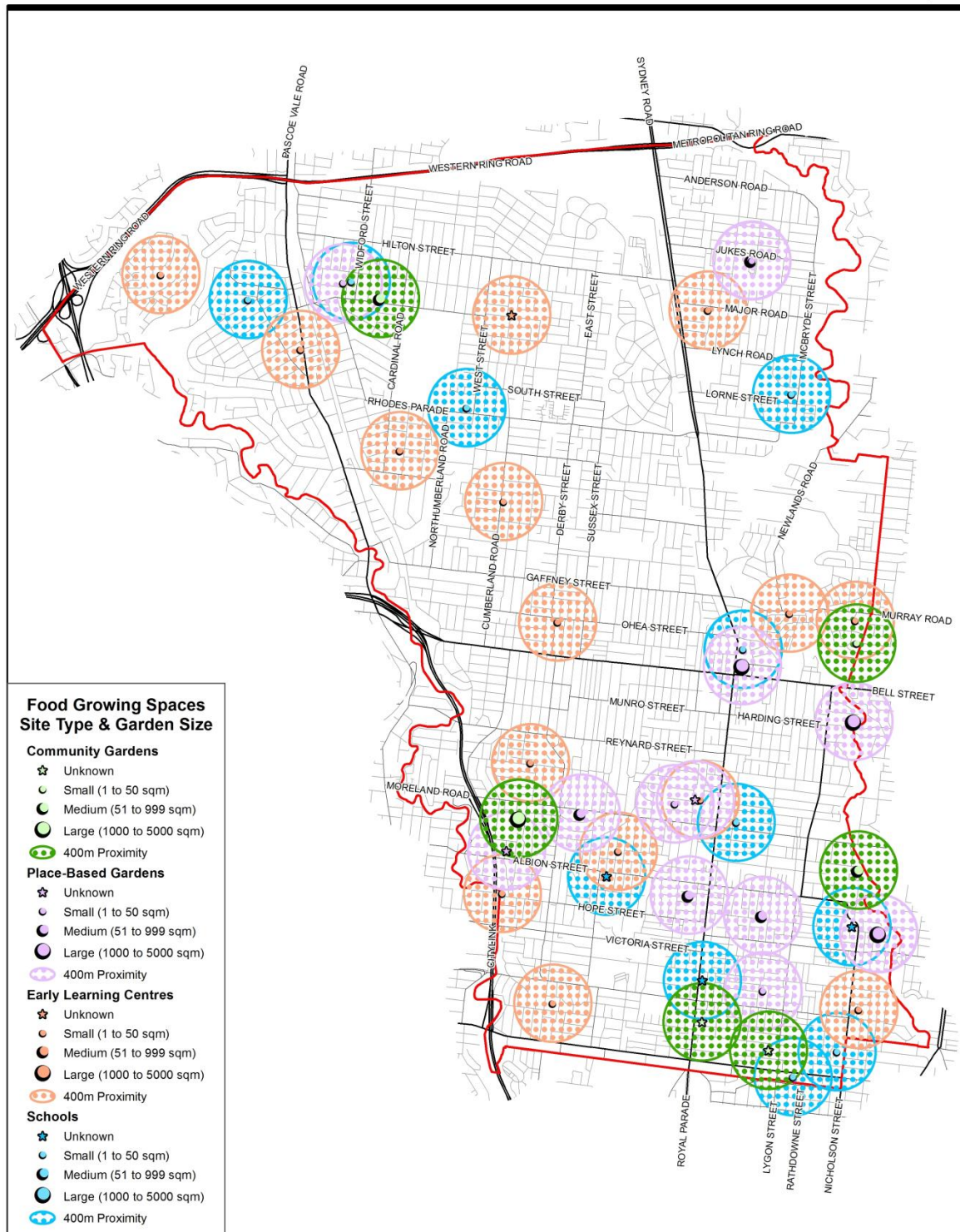
Moreland Household Survey

The Moreland Household Survey uses the Victorian Population Health Survey question "have there been any times in the last 12 months where you ran out of food and could not afford to buy more?" This helps to identify those who may not be able to buy food and those who may be experiencing poor nutrition (www.communityindicators.net.au/metadata_items/food_security)

Question	2011	2013
Have there been any times in the last 12 months when you ran out of food and could not afford to buy more?	8.0%	1.9%
Does your household have a home fruit or vegetable garden?	46.5%	42.9%
Are you able to access fresh food within easy walking distance from your home?	87.7%	87.5%

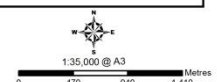
In 2014 Moreland City Council collected information to develop baseline data of all community food growing spaces in Moreland. The map below shows the food growing spaces throughout the city of Moreland.

Food Growing Spaces



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Produced By: Idanovics
 Production Date: 22/12/2014



Emergency Food Relief in Hadfield

Students from La Trobe and Deakin Universities completing their placements at Moreland City Council in 2014 mapped emergency food relief agencies within the municipality. There are no emergency food relief agencies in the suburb of Hadfield. The following table highlights the emergency food relief services available in the neighbouring suburbs of Glenroy and Fawkner (Bonfa 2014)

Agency	Contact Details	Description	Days Available
Hope Centre	93-95 Station Road Glenroy 03 9304 2292	Free hot home cooked lunch served in a comfortable, welcoming, family friendly community space. Tea and coffee also available	Thursday 11.30am-1.00pm
Salvation Army Church	134 Cardinal Road Glenroy 03 9306 9507	Food parcels available, no appointment necessary, no boundary restrictions	Wednesday 9am-1pm

Agency	Contact Details	Description	Days Available
Open Table Fawkner	Fawkner Senior Citizens Centre - CB Smith Res. 77 Jukes Rd, Fawkner	Free home-cooked, buffet-style, Halal meal, first Sunday each month. Friendly, welcoming community setting. Separate room for women and children available if needed. Leftovers and excess fresh produce offered for takeaway when available.	First Saturday of each month 12:30pm-2pm
Fawkner Community House - Food Bank	77 Jukes Road, Fawkner 03 9357 4631	Free food parcels (mainly fresh produce) available Wednesdays. Call ahead or visit the centre to put your name on the list to receive a food parcel. No drop-ins accepted, and there is a waiting list.	Wednesday 11:30am-2:30pm
Hope Cafe - St Marks Church	119 Argyle St, Fawkner 03 9359 3111	Free hot dinner with table service.	Thursday 6pm-8pm

Food Retail Outlet Audit Hadfield:

The auditing process and classifications of retail outlets remained the same as the 2009 needs assessment in order to maintain consistency (see appendix 2 for more information).

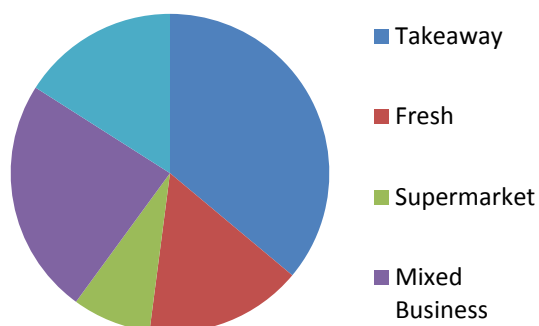
Results:

A total of 25 stores were assessed in the food retail outlet audit.

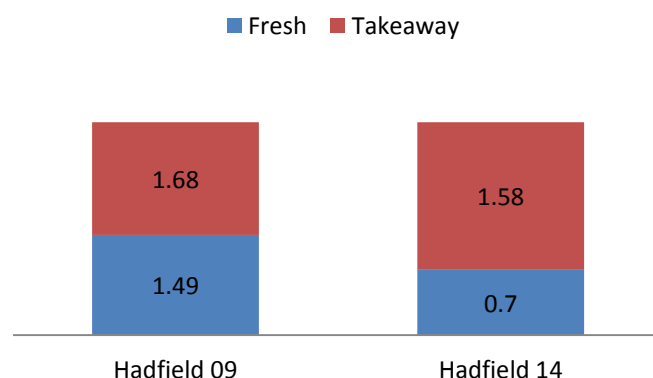
As with the 2009 report “Food Security in Moreland: A Needs Assessment” the 2014 food retail audit showed an over representation of takeaway outlets compared to fresh fruit and vegetable outlets.

Retail Category	Number of Stores
Takeaway	9
Fresh	4
Supermarket	2
Mixed Business	6
Other (incl. alcohol)	4
Alcohol Outlets	2

Composition of retail food outlets by store type: Hadfield

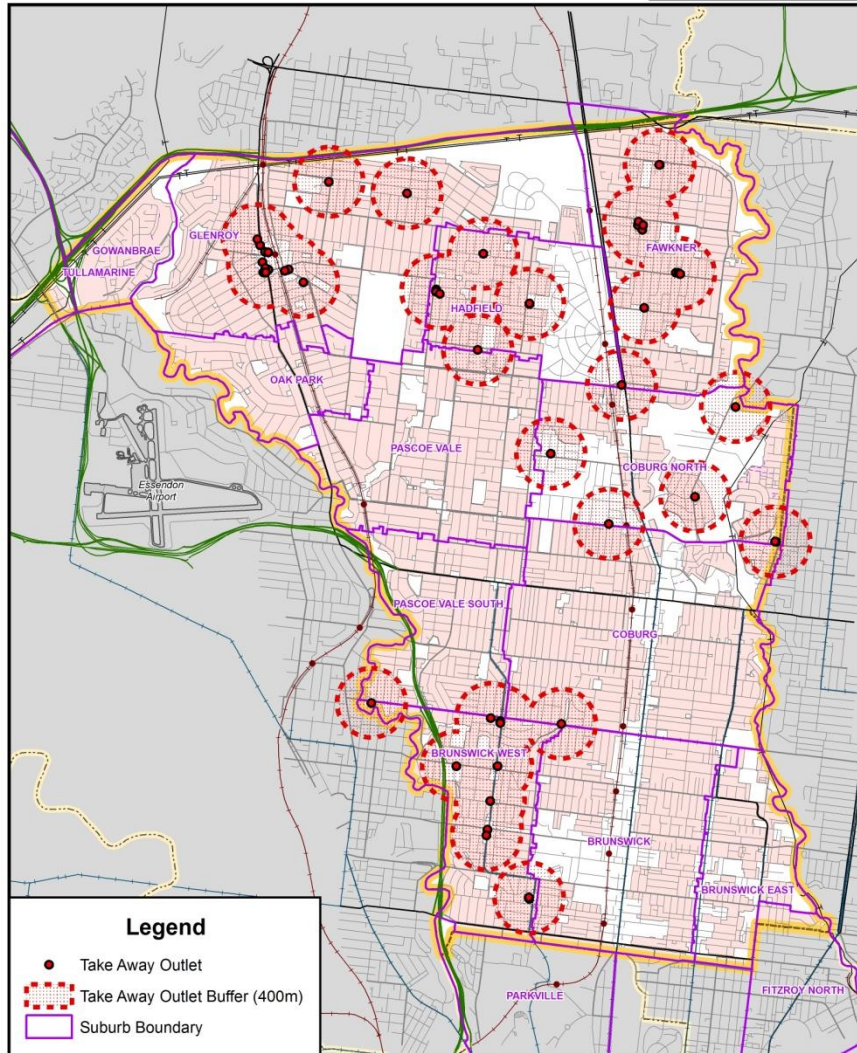


Stores per 1000 persons: Fresh Vs Takeaway



Distribution of Take Away Outlets

Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



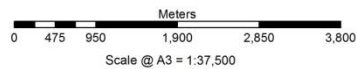
Legend

- Take Away Outlet
- Take Away Outlet Buffer (400m)
- Suburb Boundary

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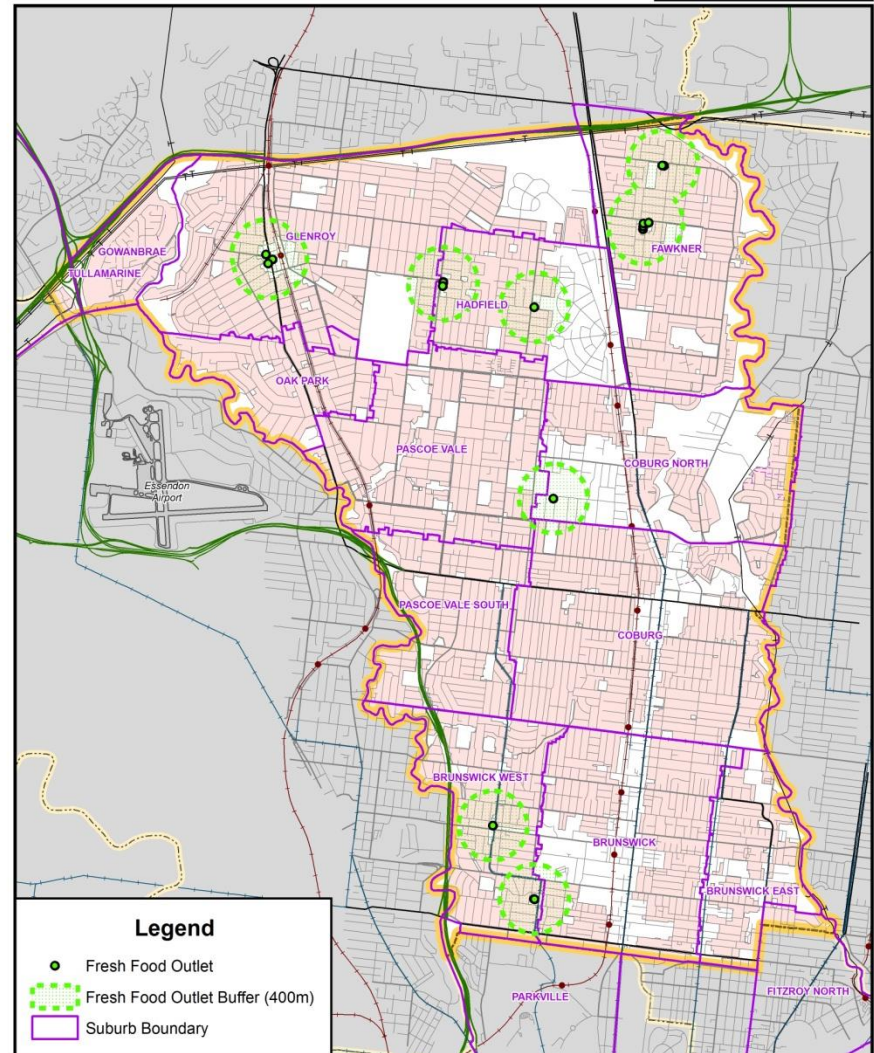
Date: 25/02/2015

Printed By: bdavies



Distribution of Fresh Food Outlets

Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



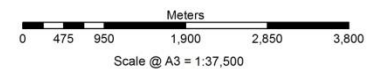
Legend

- Fresh Food Outlet
- Fresh Food Outlet Buffer (400m)
- Suburb Boundary

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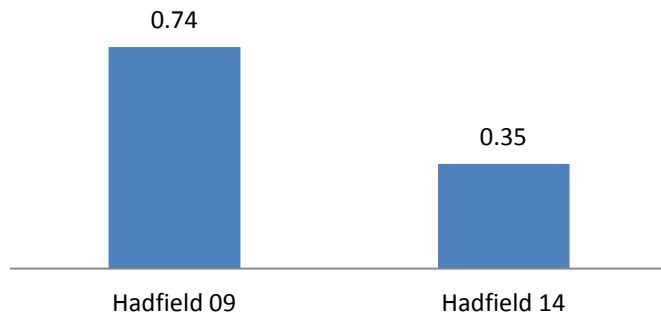
Date: 25/02/2015

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Alcohol Outlets:

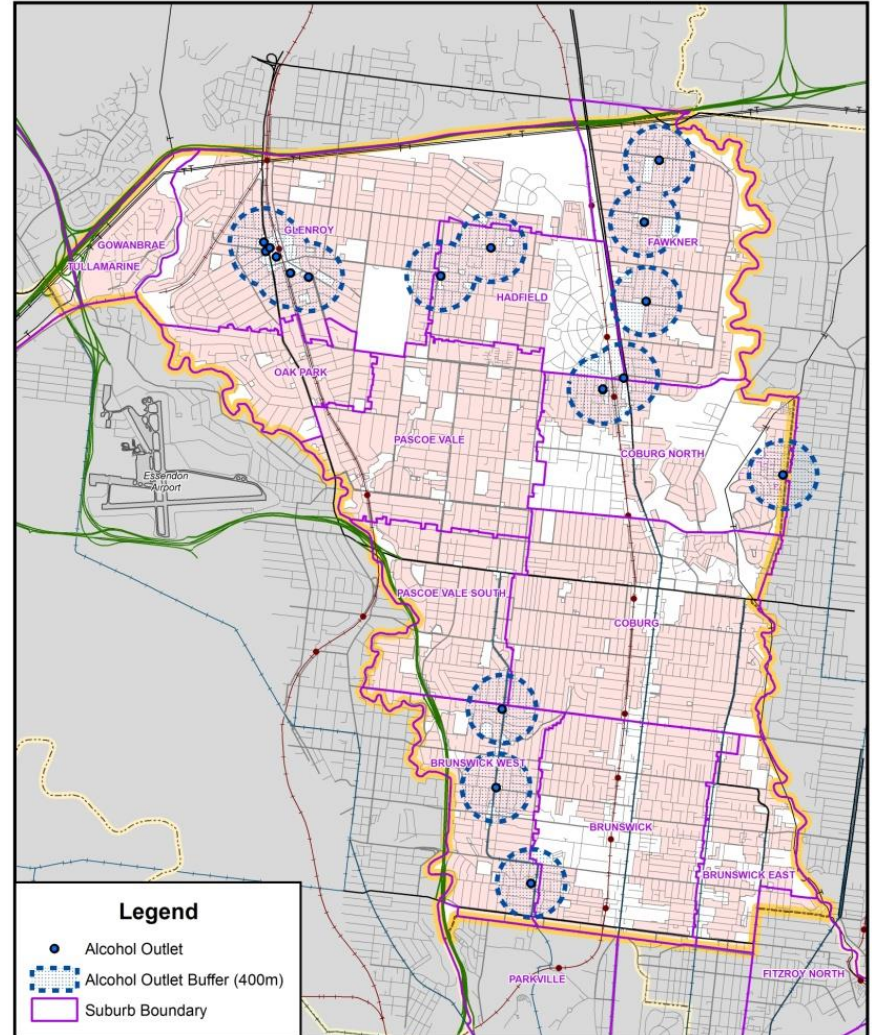
Stores per 1000 persons: Alcohol Outlets



Outlets selling alcohol were also recorded. A total of 2 outlets sold takeaway alcohol in Hadfield. These outlets were located on West St and North St. There are 0.35 alcohol outlets per 1000 persons in Hadfield.

Distribution of Alcohol Outlets

Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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Meters
0 475 950 1,900 2,850 3,800
Scale @ A3 = 1:37,500

Date: 25/02/2015

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Where do people shop?

Data from the 2013 Moreland Household Survey highlighted where households in Hadfield completed their shopping both for daily needs and groceries. The shopping areas listed are those that were most frequently used and respondents were able to choose more than one response.

Hadfield

Daily Needs:

- Hadfield, West/Eileen St: 81.3%
- Glenroy: 15%
- Broadmeadows Shopping Centre: 9.3%
- Airport West Shopping Centre: 5.6%
- Pascoe Vale, Cumberland/Gaffney St: 4.7%

Grocery Shopping:

- Hadfield, West/Eileen St: 72%
- Glenroy: 20.6%
- Broadmeadows Shopping Centre: 16.8%
- Coburg, Sydney Rd: 15.9%
- Preston Market: 12.1%
- Airport West Shopping Centre: 10.3%

Entertainment/Dining Out:

- Lygon St, Carlton: 15%
- Broadmeadows Shopping Centre: 12.1%
- Melbourne CBD: 12.1%
- Coburg, Sydney Rd: 9.3%
- 55% chose "None of these"

Moreland City Council 2013

Public Transport Hadfield:

Table 3: Bus Route Information

Travel mode	Travel route	Description of route in Moreland	Days of operation	Hours of operation	Frequency of service	Additional notes
Bus	527	Gowrie – Northland via Murray Road –Quite direct route along main roads from Gowrie station, through Hadfield. Travels through Pascoe Vale South through to Coburg. Provides access to Coburg shops and Pascoe Vale South supermarket.	Mon- Sun	6.00am-9.00pm Mon-Fri 7.00am-9.00pm Sat 9.00am-9.00pm Sun	15 – 50 mins	Provides all day service 7 days per week, however, has poor frequency on weekends, particularly Saturday nights and Sundays.
Bus	531	Upfield – North Coburg via Somerset Estate. Direct Route along Sydney Rd from Campbellfield to Coburg North. Could be used to access Merlynston shops.	Mon - Fri	6am – 8pm	60 mins	Acts more as a transit bus service to the 19 tram and provides only one service per hour.
Bus	534	Glenroy to Coburg via Boundary Road, Sydney Road- Indirect route starting at Glenroy shopping centre, stopping at Hadfield, Merlynston and Coburg shopping centres.	Mon-Sun	6.12am-8.58pm Mon-Fri 7.30am-8.40pm Sat 8.25am-8.25pm Sun	30 minutes Mon-Fri 40 minutes Sat-Sun	Runs over all 7 days, however, not very frequently.
Bus	536	Glenroy-Gowrie via Gowrie Park- Short route servicing northern Glenroy from Gowrie station to Glenroy shopping centre. Could be used by residents in the north of Glenroy to access Glenroy shops or the train to Coburg/Brunswick shops.	Mon-Sat	6.00am-7.36pm Mon-Fri 7.30am-5.30pm Sat	30 minutes Mon-Fri 40 minutes Sat	Only really services people during working hours and their commute to and from work. Does not run frequently and only for 6 days per week with no Sunday service.

Source: www.ptv.vic.gov.au

Victorian Healthy Food Basket Survey:

Developed by Monash University in 2007, the Victorian Healthy Food Basket Survey (VHFB) assesses the affordability of a standard basket of goods designed to meet the nutritional requirements and typical purchases of four defined family types for one fortnight.

The VHFB was conducted in one supermarket in Hadfield. The survey was only completed at supermarkets that stocked most of the items on the survey list.

The four reference families include;

- Typical Family (44 year old male & female, 18 year old female & 8 year old male)
- Single Parent Family (44 year old female, 18 year old female & 8 year old male)
- Elderly Pensioner (71 year old female)
- Single Adult (adult male > 31 years)

Cost of the Healthy Food Basket for each reference family in Hadfield

Family	Cost (\$) 2007	Cost (\$) 2014	% income 2007	% income 2014
Family of four	\$401.98	\$449.04	40.18%	32.71%
Single mother with two children	\$277.28	\$307.94	37.38%	29.08%
Single adult male	\$121.57	\$141.76	28.88%	27.77%
Elderly woman	\$97.18	\$109.35	18.98%	14.28%

In all family groups other than single adult male, the percentage of income spent on food decreased slightly from 2007 to 2014. Families in Hadfield spend between 14% and 32% of their government assistance on food each fortnight.

COBURG NORTH

Demographic Characteristics:

Using 2011 Census data, the basic demographics common to communities experiencing poor food access were analysed. Two additional areas, 'Employed part-time' and 'Employed full-time' were added to the 2014 needs assessment.

Determinant	2006	2011
Aged 70+	12.7%	14.3%
Overseas born residents	8.5% arriving 01-06	23.0% arriving 06-11
Poor English proficiency	9.6%	8.1%
Lowest quartile of weekly household income	32.8%	30.3%
No motor vehicle	15.5%	14.4%
SEIFA index of Relative Disadvantage	945.6	969.3
Households with at least one member requiring assistance with self care activities	6.4%	8.4%
Unemployment	8.0%	5.7%
Employed part-time	29.6%	35.2%
Employed full-time	58.8%	57.3%
Single parent households	12.0%	12.0%
Lone person households	26.9%	23.1%

Source: profileid.com.au

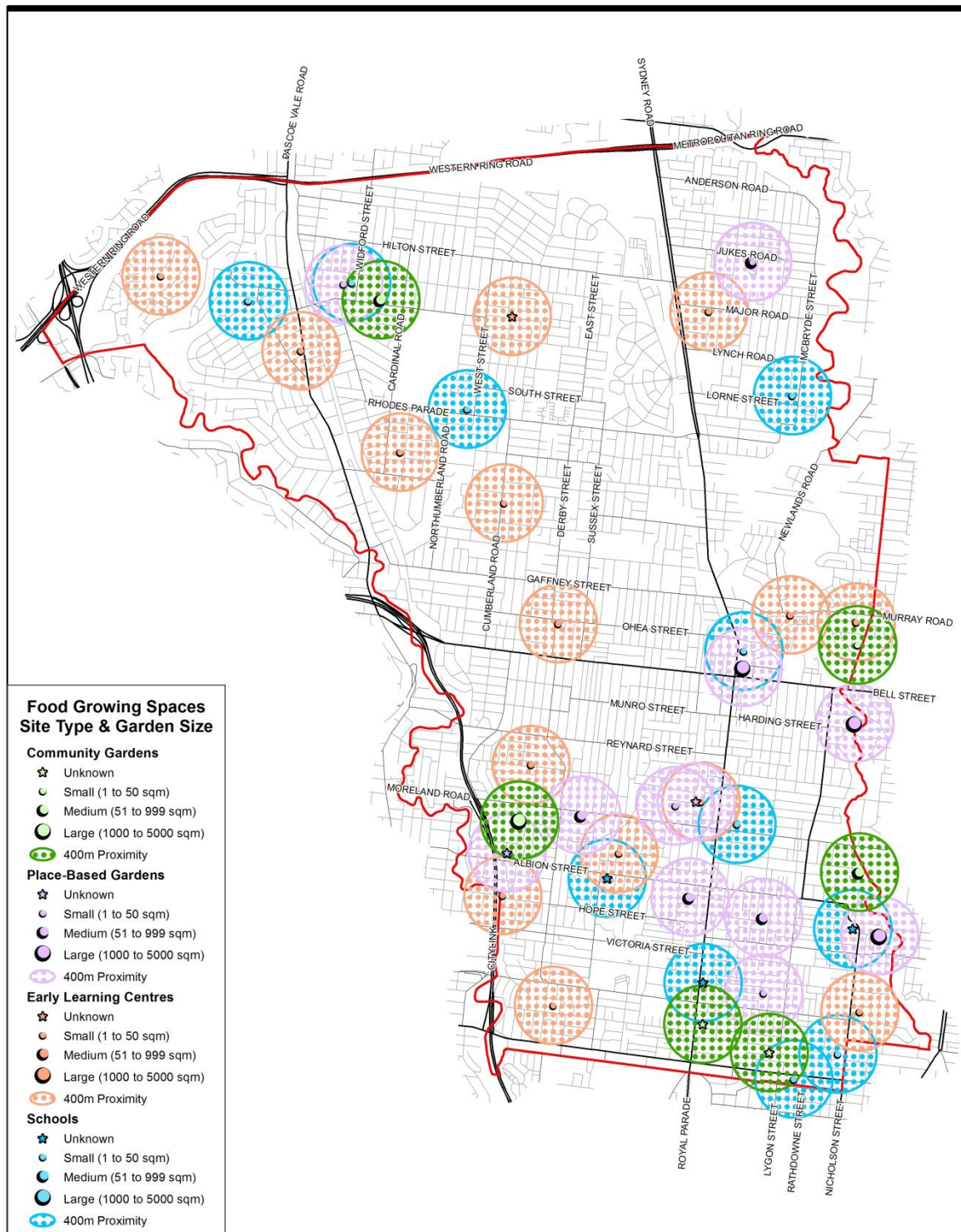
Moreland Household Survey

The Moreland Household Survey uses the Victorian Population Health Survey question "have there been any times in the last 12 months where you ran out of food and could not afford to buy more?" This helps to identify those who may not be able to buy food and those who may be experiencing poor nutrition (www.communityindicators.net.au/metadata_items/food_security)

Question	2011	2013
Have there been any times in the last 12 months when you ran out of food and could not afford to buy more?	8.2%	3.6%
Does your household have a home fruit or vegetable garden?	51.5%	67.1%
Are you able to access fresh food within easy walking distance from your home?	48.0%	50.6%

In 2014 Moreland City Council collected information to develop baseline data of all community food growing spaces in Moreland. The map below shows the food growing spaces throughout the city of Moreland.

Food Growing Spaces



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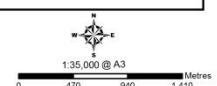
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Produced By: Idavies

Production Date: 22/12/2014



Emergency Food Relief in Coburg North

Students from La Trobe and Deakin Universities completing their placements at Moreland City Council in 2014 mapped emergency food relief agencies within the municipality. The following table highlights the emergency food relief services available in Coburg as there were no agencies listed in Coburg North (Bonfa 2014)

Agency	Contact Details	Description	Days Available
Coburg Community Information Centre	512 Sydney Road Coburg	Office to open in October 2014, may offer some food relief	TBA
Newlands Elderly Citizens Clubrooms (run by the north point centre)	49-53 Murray Road Coburg 03 9338 1898	Free food parcels available on Tuesdays. Delivery service also available in certain circumstances (call to book). Deliveries are made Tuesdays and Thursdays	Tuesdays 12pm-2pm

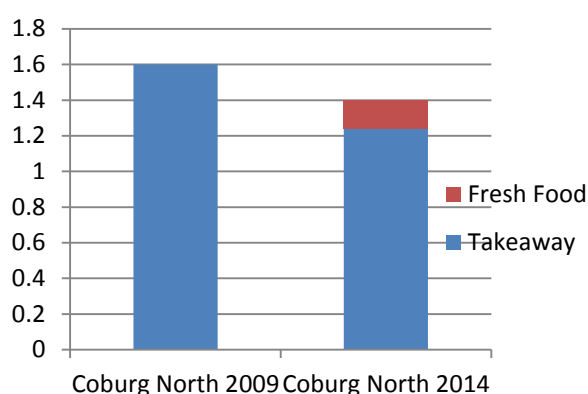
Food Retail Outlet Audit Coburg North:

The auditing process and classifications of retail outlets remained the same as the 2009 needs assessment in order to maintain consistency (see appendix 2 for more information).

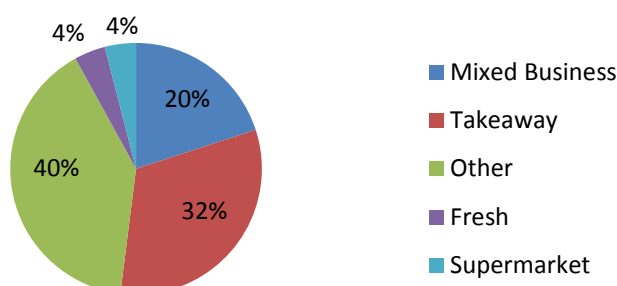
Results:

As with the 2009 report "Food Security in Moreland: A Needs Assessment" the 2014 food retail audit showed an over representation of takeaway outlets compared to fresh fruit and vegetable outlets. In 2009 there was no fresh food outlets recorded during the audit. The opening of the Coburg Hill Shopping precinct has increased the number of fresh food outlets and supermarkets in this area.

Retail Category	Number of Stores
Takeaway	8
Fresh	1
Supermarket	1
Mixed Business	5
Other (incl. alcohol)	10
Alcohol Outlets	3

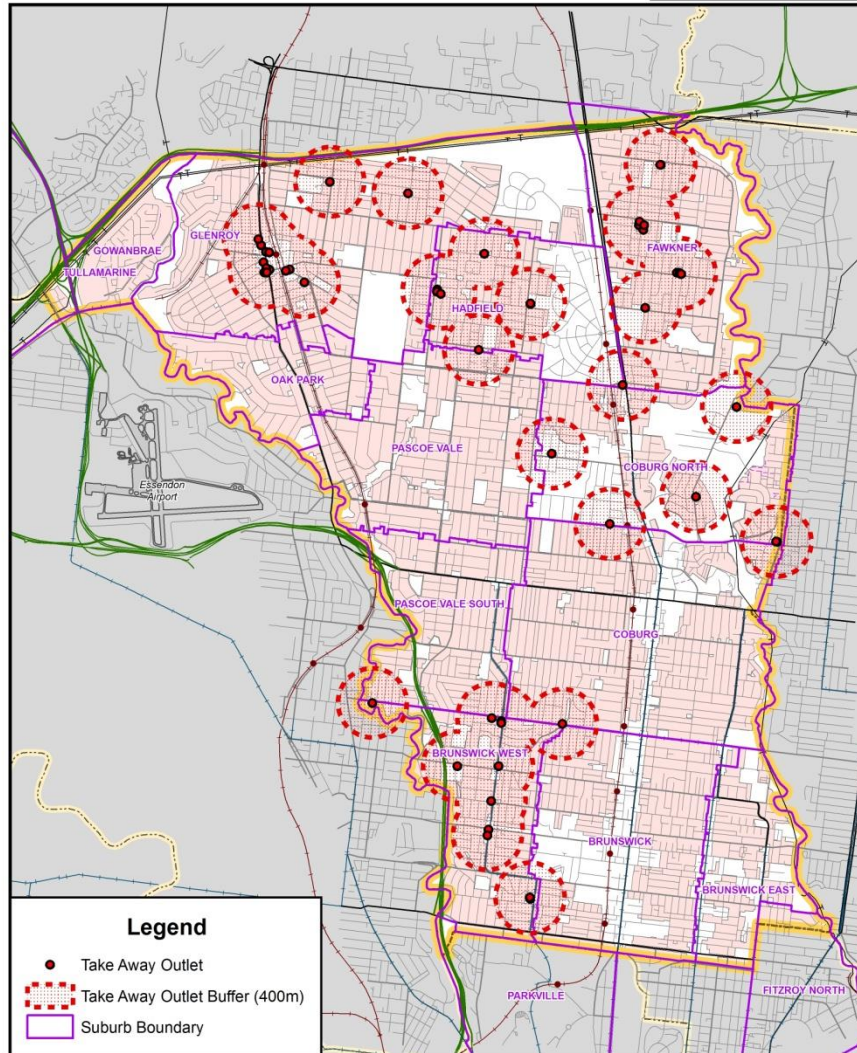


Composition of retail food outlet by store type:
Coburg North



Distribution of Take Away Outlets

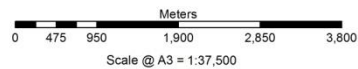
Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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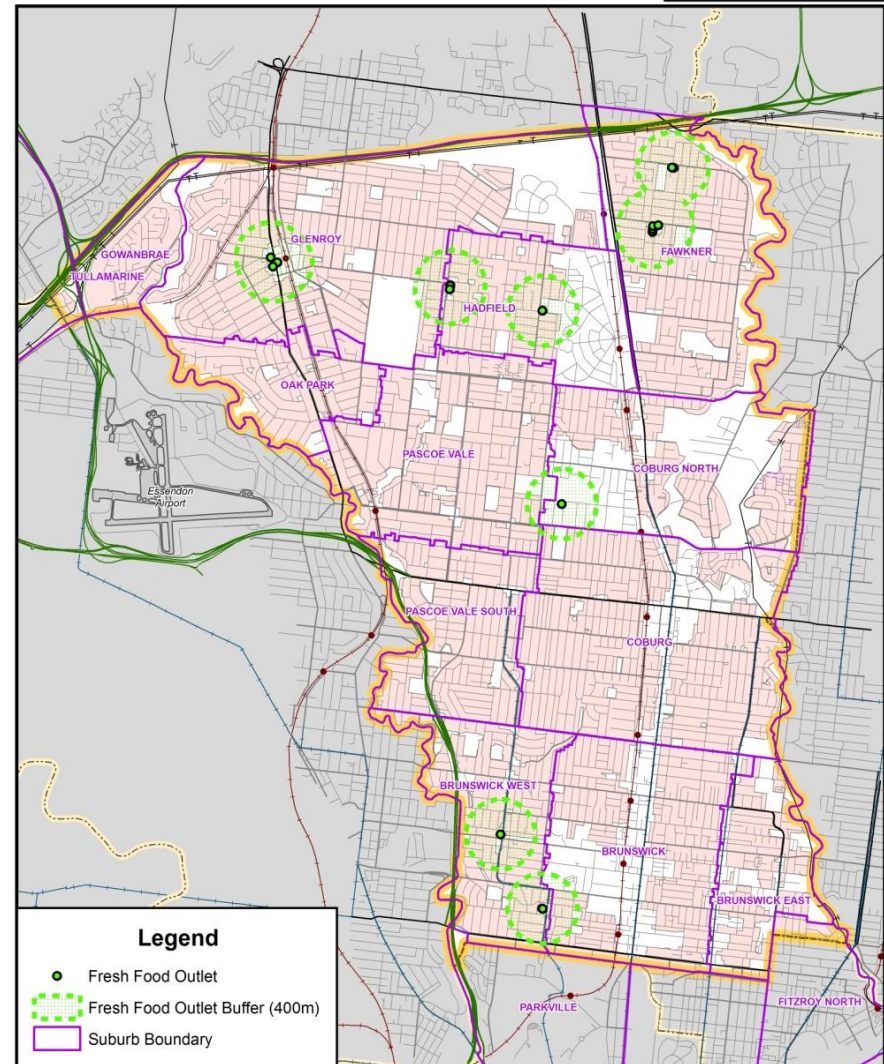


Date: 25/02/2015

Printed By: bdavies

Distribution of Fresh Food Outlets

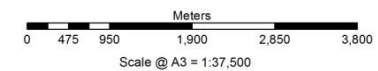
Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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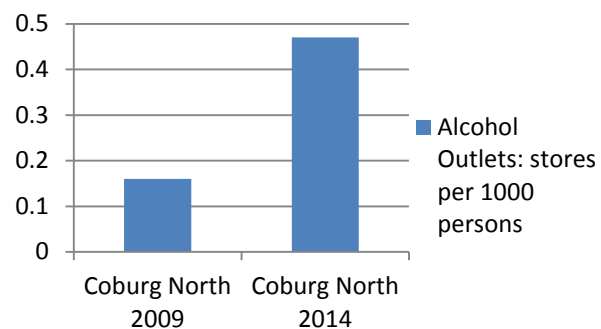


Date: 25/02/2015

Printed By: bdavies

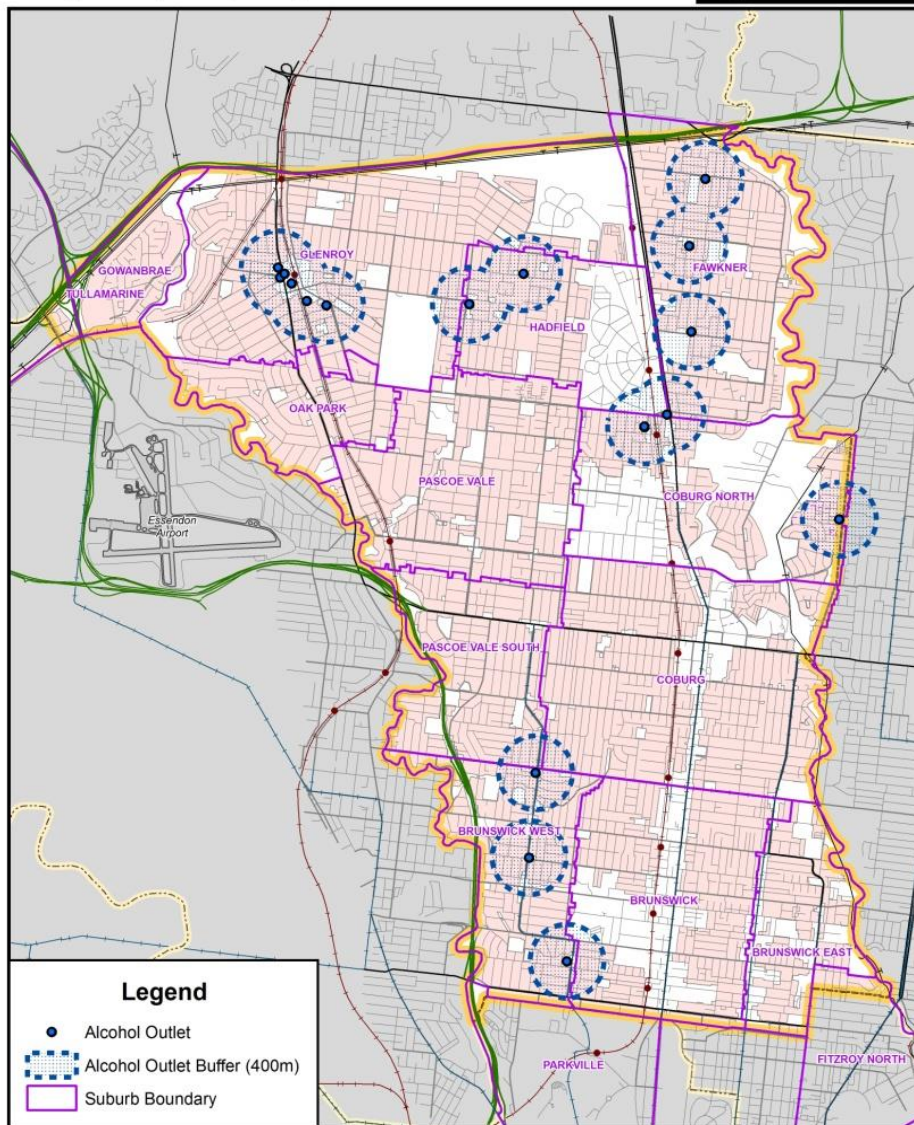
Alcohol Outlets

Outlets which sold takeaway alcoholic items were also recorded. A total of 4 outlets sold takeaway alcohol in Coburg North. These outlets were located on Merlyn St, Elizabeth St and Sydney Rd. The opening of the Coburg Hill Shopping precinct may have increased the number alcohol outlets in this area



Distribution of Alcohol Outlets

Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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Meters
0 475 950 1,900 2,850 3,800
Scale @ A3 = 1:37,500

Date: 25/02/2015

Printed By: bdavies

Where do people shop?

Data from the 2013 Moreland Household Survey highlighted where households in Coburg North completed their shopping both for daily needs and groceries. The shopping areas listed are those that were most frequently used and respondents were able to choose more than one response.

Daily Needs:

- Coburg Sydney Rd: 49.4%
- Coburg North Orvieto St/Merlyn St: 24.1%
- Preston Market: 12.6%
- Northland Shopping Centre: 11.5%

Grocery Shopping:

- Coburg-Sydney Rd: 57.5%
- Preston Market: 31%
- Northland Shopping Centre: 17.2%
- Coburg North-Orvieto St/Merlyn St: 11.5%

Entertainment/Dining Out:

- Lygon St Carlton: 25.3%
- Melbourne CBD: 24.1%
- Coburg Sydney Rd: 23%
- Northland Shopping Centre: 16.1%
- Brunswick East Lygon St/Glenlyon Rd: 10.3%
- Brunswick Sydney Rd/Victoria St/Albert St: 9.2%

Moreland City Council 2013.

Public Transport Access:

Public transport routes for the suburb of North Coburg were sourced from the Public Transport Victoria website (www.ptv.vic.gov.au). The residents of Coburg North are able to access a limited amount of shops via, bus, tram or train. Residents of Coburg North are able to access larger shops and supermarkets by travelling to Coburg via train, tram or bus.

Travel mode	Travel route	Description of route in Moreland	Days of operation	Hours of operation	Frequency of service	Additional notes
Tram	19	North Coburg- Flinders Street Station via Coburg, Brunswick and Parkville. Quite a direct route along Sydney Rd. Could be used to access the Coburg Supermarkets.	Mon-Sat	5:21am-12:52pm Mon-Thursday 5:19am -1:53am Friday 5:21am -1:52am Saturday	10-20 minutes Mon-Thursday 5-15 minutes during peak times, 20-30 minutes during off peak times 5-15 minutes till 6:50pm, then every 20 minutes	Service run quite frequently over all 7 days however runs less frequently during off peak times through the week. Service does not run on Sundays.
Bus	531	North Coburg- Upfield via Fawcner Station and Gowrie Station. Service does not give direct access to shops or fresh food services. Fawcner and Gowrie stations could be used to access Coburg and Brunswick shops.	Mon-Fri	5:41am - 7:49pm Mon-Friday	Every hour until 2:45pm, with an hour and a half gap the service begins again at 3:49pm with an hour between every service.	Does not run frequently with an hour between every service. Does not run over the weekends.
Bus	526	Coburg- West Preston. Servicing a small area of	Mon-Sat	6:29am - 7:37pm Mon-Friday	30 minutes 6 days a week.	Service does not run late on any of the service days and only services people

		Coburg and West Preston. Could be used by local residents on Elizabeth Street to access Coburg Hill Shopping Centre.		6:29am - 5:37pm Saturday		during working hours for the commute to and from work. Service does not run on Sundays
Bus	561	Coburg- Macleod Bus deviates via Kingsbury Dr, Waterdale Rd, Northern Rd, Waiora Rd & then normal route on the first two services.	Mon-Sun	6:13am - 9:45pm Mon-Friday 8:04am- 9:24pm Saturday 9:04am-9:04pm Sunday	20-30 minutes. The first two services in the morning are subject to traffic and road conditions. 40 minutes on both Saturday and Sunday.	Services quite frequently weekdays however on the weekend's services become less frequent.
Train	Merylnston Station- Close to café's and a small supermarket. Batman Station- Close to fast food and takeaway shops.	Upfield Line	Mon-Sun	4:51am-11:31pm Mon-Friday 5:12am-11:31pm Saturday 7:31am-11:31pm- Sunday	10 minutes during peak times and every 20 minutes outside of peak times. 20-40 minutes- Sun	Runs frequently over 7 days with services beginning early in the morning and continuing until late at night.

Victorian Healthy Food Basket Survey:

Developed by Monash University in 2007, the Victorian Healthy Food Basket Survey (VHFB) assesses the affordability of a standard basket of goods designed to meet the nutritional requirements and typical purchases of four defined family types for one fortnight.

The VHFB was conducted in one supermarket in Coburg North. The survey was only completed at supermarkets that stocked most of the items on the survey list.

The four reference families include;

- Typical Family (44 year old male & female, 18 year old female & 8 year old male)
- Single Parent Family (44 year old female, 18 year old female & 8 year old male)
- Elderly Pensioner (71 year old female)
- Single Adult (adult male > 31 years)

Family	Cost (\$) 2007	Cost (\$) 2014	% income 2007	% income 2014
Family of four	\$491.52	\$446.94	49.13%	31.13%
Single mother with two children	\$338.40	\$306.62	45.62%	27.43%
Single adult male	\$149.93	\$140.46	35.62%	27.24%
Elderly woman	\$118.69	\$107.26	23.18%	13.81%

The supermarket that was surveyed is the only one located in the area of Coburg North however the supermarket stocked all items on the survey list.

In terms of affordability it can be concluded that over the course of five years there has been a decrease in the cost of meeting nutritional requirements for all four reference families.

BRUNSWICK WEST

Demographic Characteristics:

Using 2011 Census data, the basic demographics common to communities experiencing poor food access were analysed. Two additional areas, 'Employed part-time' and 'Employed full-time' were added to the 2014 needs assessment

Determinant	2006	2011
Aged 70+	9.9%	8.7%
Overseas born residents	10.6%	30.8%
Poor English proficiency	7.2%	5.9%
Lowest quartile of weekly household income	27.7%	24.7%
No motor vehicle	19.2%	17.9%
SEIFA index of Relative Disadvantage	1003.5	1023.7
Households with at least one member requiring assistance with self care activities	4.8%	4.8%
Unemployment	6.3%	6.4%
Employed part-time	31.0%	31.3%
Employed full-time	60.8%	60.7%
Single parent households	7.9%	7.0%
Lone person households	34.7%	32.0%

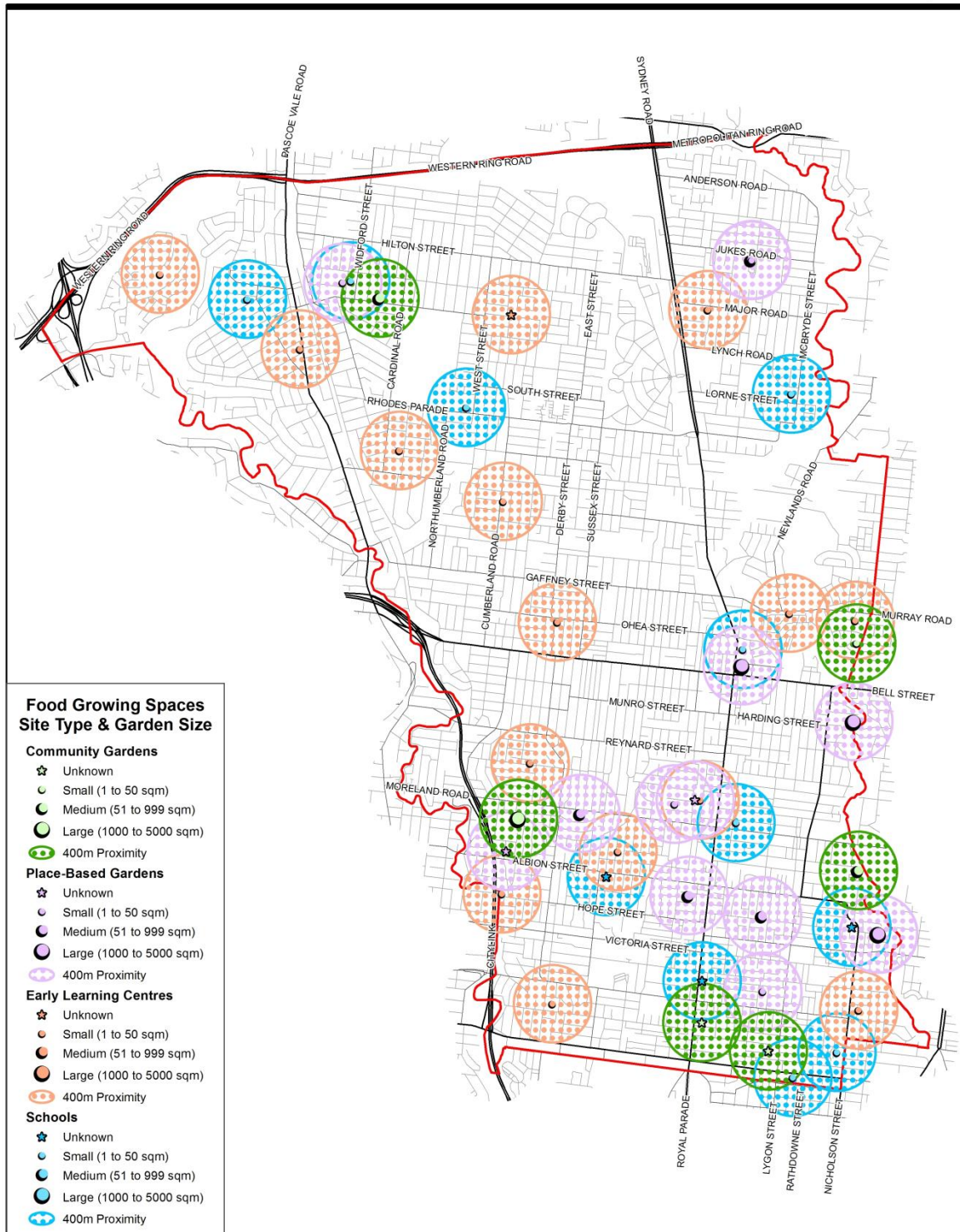
Moreland Household Survey

The Moreland Household Survey uses the Victorian Population Health Survey question "have there been any times in the last 12 months where you ran out of food and could not afford to buy more?" This helps to identify those who may not be able to buy food and those who may be experiencing poor nutrition (www.communityindicators.net.au/metadata_items/food_security)

Question	2011	2013
Have there been any times in the last 12 months when you ran out of food and could not afford to buy more?	4.0%	6.4%
Does your household have a home fruit or vegetable garden?	49.5%	42.6%
Are you able to access fresh food within easy walking distance from your home?	67.7%	76.1%

In 2014 Moreland City Council collected information to develop baseline data of all community food growing spaces in Moreland. The map below shows the food growing spaces throughout the city of Moreland.

Food Growing Spaces



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Produced By: Idavies Production Date: 22/12/2014

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Emergency Food Relief in Brunswick West

Students from La Trobe and Deakin Universities completing their placements at Moreland City Council in 2014 mapped emergency food relief agencies within the municipality. The following table highlights the emergency food relief services available in Brunswick as there were no agencies listed in Brunswick West (Bonfa 2014)

Agency	Contact Details	Description	Days Available
Open Table Brunswick Neighbourhood House	43A De Carle St Brunswick	Free home cooked buffet style meal, first Sunday of each month. Friendly, welcoming community. Leftovers and excess fresh produce offered for takeaway when available	First Sunday of each month 6pm-9pm
Brunswick High rise-Food Bank (MOSS)		Weekly food parcel at a cost of \$5. Runs morning and afternoon. Register at desk, take a number, and wait your turn. Good availability	Friday 8am-11pm
St Ambrose Church-Food Bank	287 Sydney Road Brunswick	Free food bank. Bring your own bag and choose from a selection of foods. Good availability of fresh produce, bread and tinned foods	Thursdays 10am-11.30am
Salvation Army Brunswick. Brunswick Corps and Community Centre	256 Albert St Brunswick 03 9388 5500	Free breakfast Mon-Fri, hot breakfast Tues and Thurs. Free coffee and tea, computers/internet access, showers, laundry available 9am-2pm Mon-Fri. \$2 cooked lunch Mon/Wed/Fri (or 6 meal voucher for \$10)	Breakfast M-F 9am-10am Coffee and tea M-F 9am-2pm Lunch MWF 12.30pm

Food Retail Outlet Audit Brunswick West

The auditing process and classifications of retail outlets remained the same as the 2009 needs assessment in order to maintain consistency (see appendix 2 for more information).

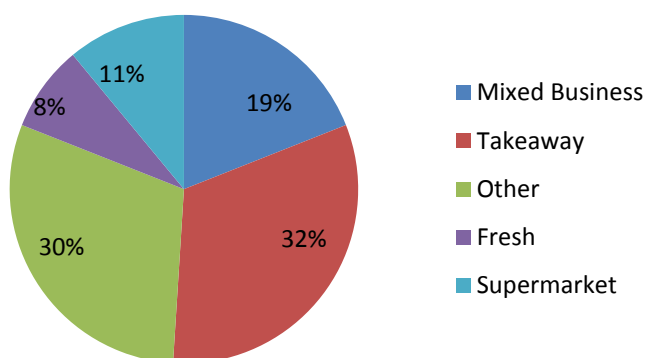
Results:

As with the 2009 report “Food Security in Moreland: A Needs Assessment” the 2014 food retail audit showed an over representation of takeaway outlets compared to fresh fruit and vegetable outlets.

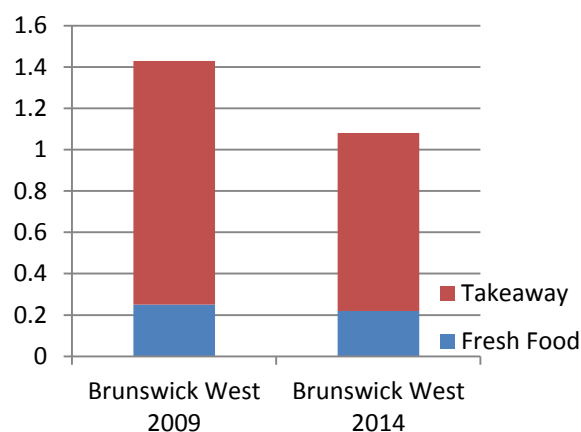
Retail Category	Number of Stores
Takeaway	12
Fresh	3
Supermarket	4
Mixed Business	7
Other (incl. alcohol)	11
Alcohol Outlets	3

Three stores were classified as fresh food (two butchers and one green grocer). A butcher and a green grocer were located in the Union Square Shopping Centre on Union Street. The second butcher is located on the main road of Melville Street. There has been a slight decrease in the amount of fresh food stores per 1000 persons since 2009, from 0.25 in 2009 to 0.22 in 2014.

Composition of retail food outlet by store type: Brunswick West

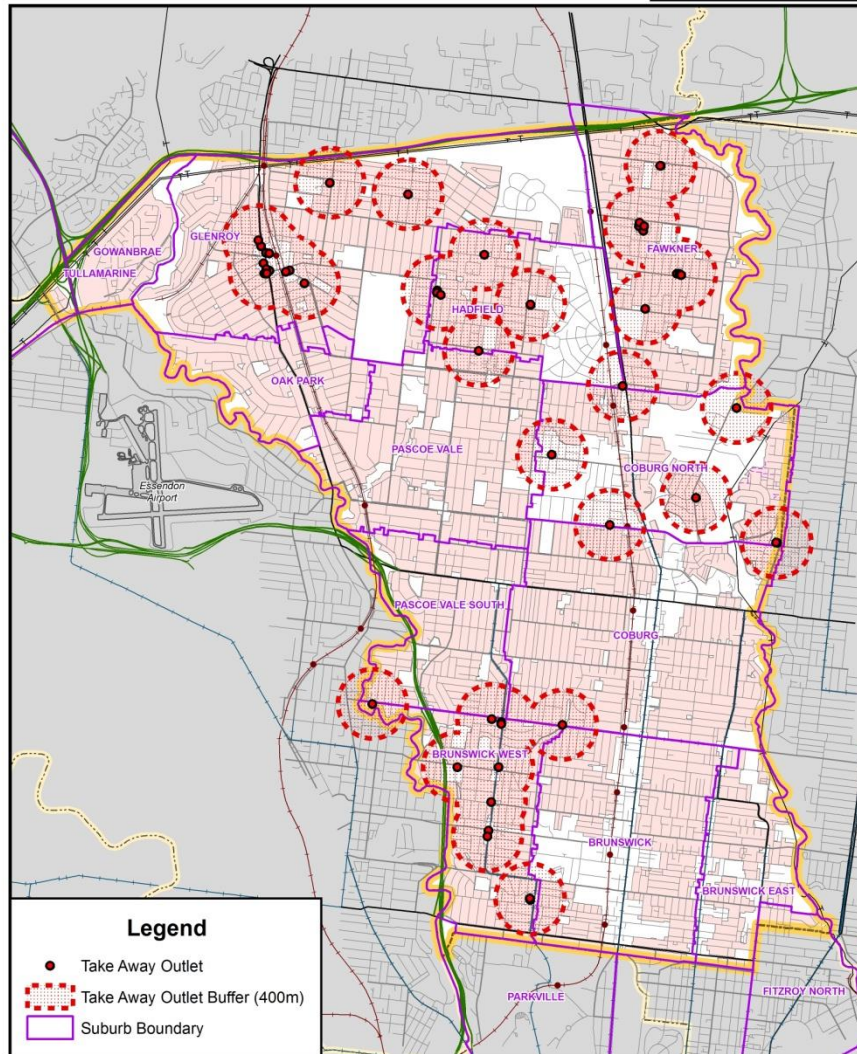


Fresh Vs Takeaway: stores per 1000 persons



Distribution of Take Away Outlets

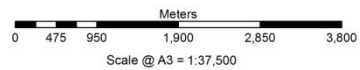
Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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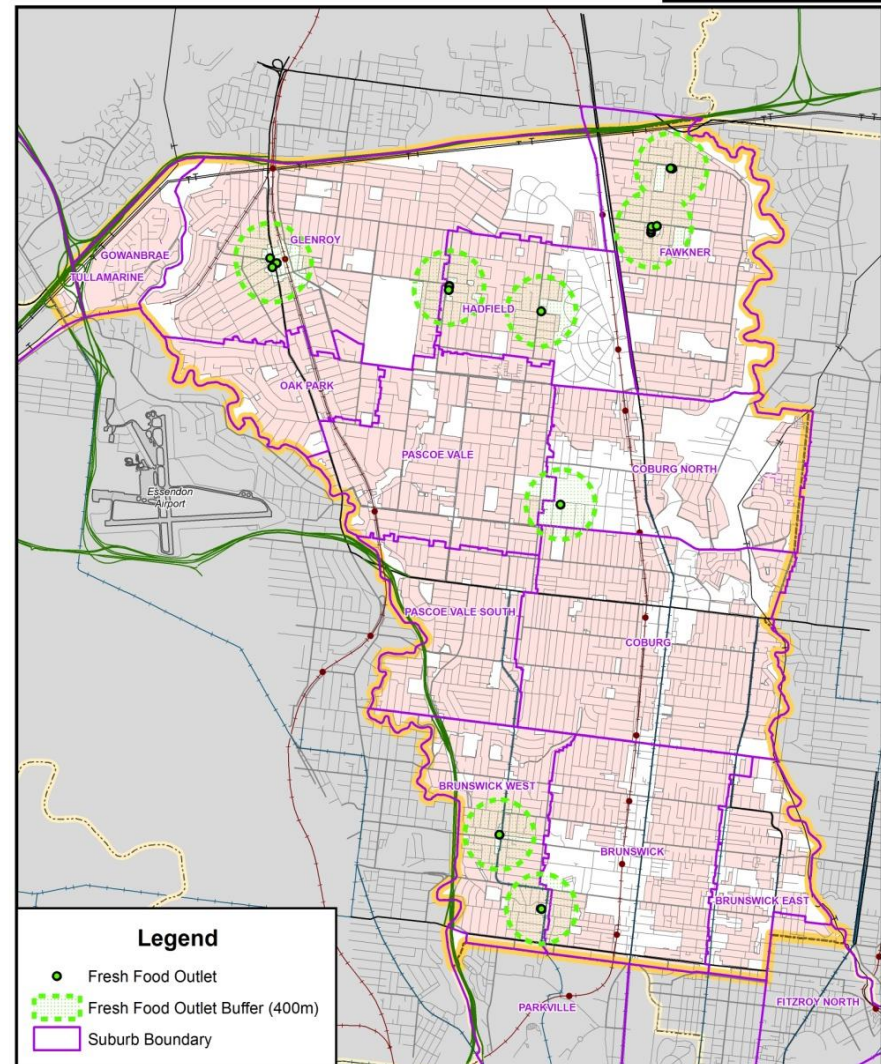
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Distribution of Fresh Food Outlets

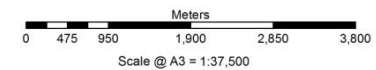
Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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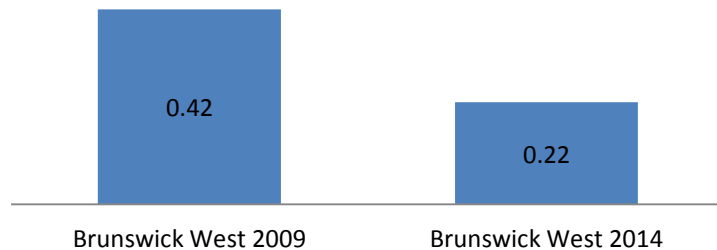


Alcohol Outlets

Outlets which sold takeaway alcoholic items were also recorded. A total of 3 outlets sold takeaway alcohol in Brunswick West. These outlets were located on Melville Street and Union Square Shopping Centre. There are a total of 0.22 outlets per 1000 persons in Brunswick West. This has decreased slightly since the last audit which recorded 0.42 alcohol outlets per 1000 persons.

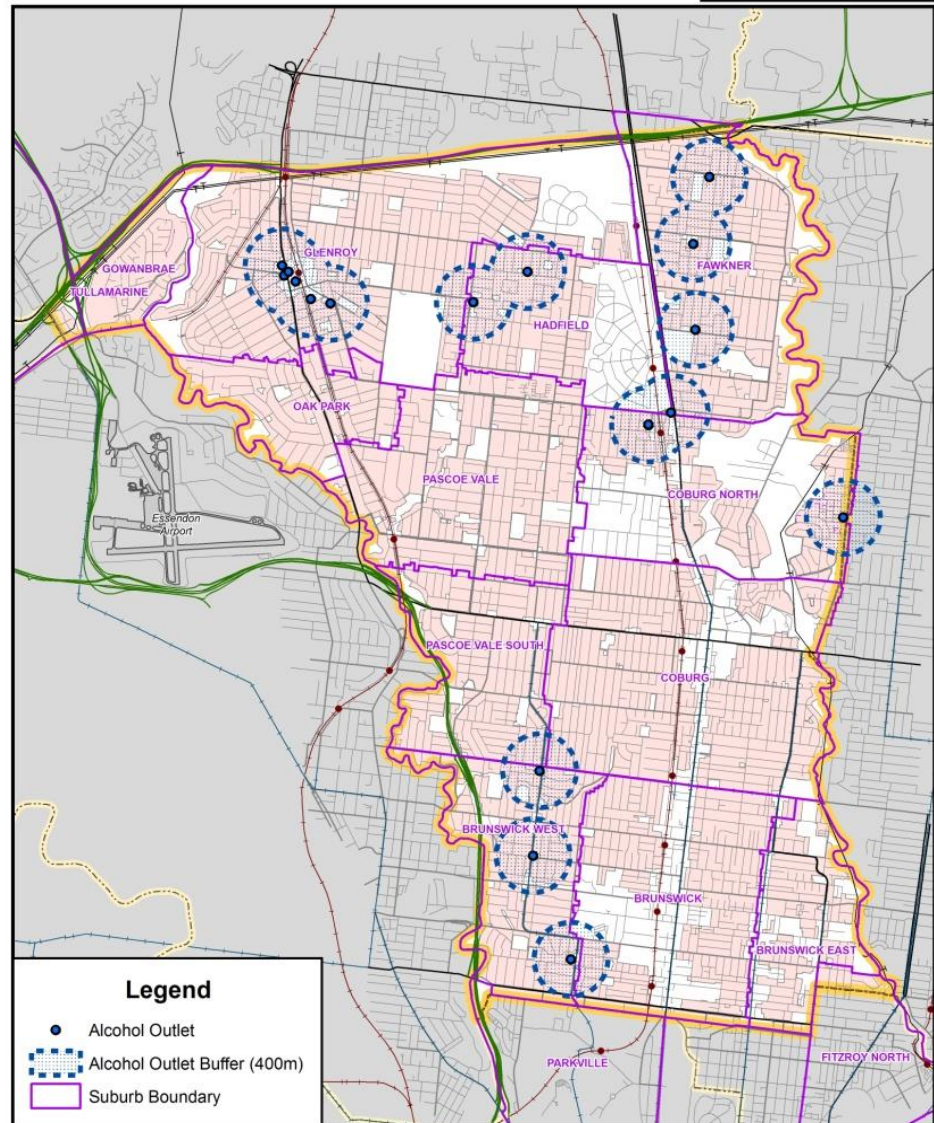
Alcohol Outlets: stores per 1000 persons

■ Alcohol Outlets: stores per 1000 persons



Distribution of Alcohol Outlets

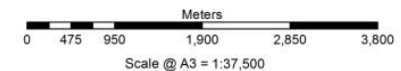
Glenroy, Fawkner, Hadfield, Coburg North & West Brunswick



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Where do people shop?

Data from the 2013 Moreland Household Survey highlighted where households in Brunswick West completed their shopping both for daily needs and groceries. The shopping areas listed are those that were most frequently used and respondents were able to choose more than one response.

Daily Needs:

- Brunswick Grantham St/Union St: 57.7%
- Brunswick Sydney Rd/Victoria St/Albert St: 26.8%
- Brunswick Barkly Square/Glenlyon Rd: 17.5%
- Puckle St Moonee Ponds: 14.4%
- Brunswick Sydney Rd/Albion St: 11.3%
- Victoria Market: 9.3%

Grocery Shopping:

- Brunswick Grantham St/Union St: 61.9%
- Brunswick Sydney Rd/Victoria St/Albert St: 43.3%
- Brunswick Barkly Square/Glenlyon Rd: 29.9%
- Puckle St Moonee Ponds: 29.9%
- Victoria Market: 28.9%
- Brunswick Sydney Rd/Albion St: 15.5%

Entertainment/Dining Out:

- Lygon St Carlton: 36.1%
- Brunswick Sydney Rd/Victoria St/Albert St: 32%
- Melbourne CBD: 19.6%
- Brunswick East Lygon St/Glenlyon Rd: 21.6%
- Brunswick St Fitzroy: 16.5%
- Brunswick Sydney Rd/Albion St: 16.5%
- Brunswick East Lygon St/Stewart St: 12.4%

PUBLIC TRANSPORT ACCESS

Public transport routes for the suburb of Brunswick West were sourced from the Public Transport Victoria website (www.ptv.vic.gov.au). The residents of Brunswick West have limited access to shopping centres, supermarkets and fresh food stores through the use of public transport. The residents of Brunswick West have access to one supermarket and market; this can only be accessed by Tram 55.

Travel mode	Travel route	Description of route in Moreland	Days of operation	Hours of operation	Frequency of service	Additional notes
Tram	55	West Coburg – Domain Interchange. Service runs via Queen Victoria Market also, Union Square Shopping Centre	Mon - Sun	5:38am- 12:45am Mon – Thursday 5:37 – 1:45am Friday 5:36am – 1:44am Saturday 7.01 – 12:47am Sunday	10 – 20 minutes every Mon – Saturday 10 – 30 minutes Sunday	Services run 7 days a week. Runs frequently during peak hours and becomes less frequent on off peak hours.
Bus	504	Moonee Ponds – Clifton Hill. Stops via Jewell Station, does not stop near any large supermarkets	Mon - Sun	6:37am – 9:07pm Mon – Fri 7:36am – 9:36pm Saturday 8:16am – 9:36pm Sunday	30 minutes Mon – Friday 40 minutes Sat-Sunday	Services are not frequent with one leaving every 30 minutes On the weekend, services are extended to departing every 40 minutes
Bus	508	Moonee Ponds – Alphington via Brunswick Station. Service does not give direct access to shops or fresh food services.	Mon - Sun	6:19am – 10:07pm Mon – Fri 6:43am – 11:07 pm Saturday 8:23am – 10:11pm Sunday	15 – 30 minutes Mon – Friday 30 minutes– Saturday 40 minutes - Sunday	Services run more frequent during peak times. Less frequent during off peak Mon – Fri. Services run every hour during late evenings Sat - Sunday

Bus	503	Essendon – East Brunswick via Albion Street. Service does not give direct access to shops or fresh food services.	Mon - Sat	6:17am – 6:45pm Mon – Friday	20 minutes Mon – Friday	Service does not run late on any of the service days and only services people during working hours for the commute to and from work. Service does not run on Sundays
				6:45am – 6:40pm Saturday	20 – 40 minutes Saturday	
Bus	506	Moonee Ponds – Westgarth Station via Brunswick and Sydney Road.	Mon - Sat	5:53am – 8:53pm Mon – Friday	10 – 20 minutes Mon – Fri	Service runs frequently Mon – Fri till early evening then every 40 minutes. Does not run on Sundays
				6:23am – 6:03pm Saturday	20 – 25 minutes Saturday	

Victorian Healthy Food Basket Survey

Developed by Monash University in 2007, the Victorian Healthy Food Basket Survey (VHFB) assesses the affordability of a standard basket of goods designed to meet the nutritional requirements and typical purchases of four defined family types for one fortnight.

The VHFB was conducted in one supermarket in Brunswick West. The survey was only completed at supermarkets that stocked most of the items on the survey list.

The four reference families include;

- Typical Family (44 year old male & female, 18 year old female & 8 year old male)
- Single Parent Family (44 year old female, 18 year old female & 8 year old male)
- Elderly Pensioner (71 year old female)
- Single Adult (adult male > 31 years)

Family	Cost (\$) 2007	Cost (\$) 2014	% income 2007	% income 2014
Family of four	\$391.32	\$481.48	39.11%	33.54%
Single mother with two children	\$270.22	\$331.30	36.43%	29.63%
Single adult male	\$118.16	\$149.90	28.07%	29.07%
Elderly woman	\$94.40	\$116.16	18.43%	14.96%

The supermarket that was surveyed is the only large supermarket located in the area of Brunswick West however stocked all items on the survey list.

Appendix 1-Explanation of demographic characteristics and relationship to food insecurity

Demographic characteristic	Relationship to food insecurity
Low income	Limited economic resources to meet all basic living costs and related disadvantages that may impact on access to food including limited transport or unsuitable food preparation/storage facilities.
Rate of unemployment	Limited economic resources as above.
Single parent households	Limited economic resources as above and only one adult income in which to support family.
Lone person households	Limited economic resources as above and greater percentage of income required for housing than those in a shared household.
SEIFA Index of relative socio-economic disadvantage	Reflects the level of disadvantage experienced by the community in relation to income, education, unemployment and employment in low-skilled occupations and the level of public rental housing. The more disadvantaged an area, the lower the SEIFA Index score.
Elderly residents	Frail elderly residents are at greater risk frequently due to low incomes and the dependence on others to provide their food or assist with food shopping and preparation.
Poor English proficiency	People from non-English speaking backgrounds (particularly refugees) often experience multiple difficulties leading to food insecurity including low incomes, difficulty navigating the Australian food system and problems sourcing traditional ingredients.
Overseas born residents arriving 2001-2006	People from non-English speaking backgrounds (particularly refugees) often experience multiple difficulties leading to food insecurity including low incomes, difficulty navigating the Australian food system and problems sourcing traditional ingredients. These problems are likely to be most prevalent in groups who have recently arrived in Australia.
Lack of car ownership	Limited ability to access shops beyond walking distance, particularly if public transport is poor.
Households with at least one member requiring assistance with self care activities	Disability and ill health can limit food security by resulting in low incomes, different nutritional requirements and limiting physical access to shops and ability to cook for oneself.

Appendix 2- Food Retail Outlet Audit Tool

Instructions for the use of Moreland Food Retail Outlet Audit Proforma

Moreland Community Health Service Inc.

Title of Document:	Instructions for the use of Moreland Food Retail Outlet Audit Proforma
Date effective:	11/04/07
Formulated by:	Kate McCluskey
Review Date:	11/04/08
Review Responsibility:	Kate McCluskey

Purpose of the Moreland Food Retail Audit

The Moreland Food Retail Outlet Audit is a research component of the broader Food Access Project. To be conducted initially in 2007, this research will provide us with evidence of need for action in particular areas of Moreland that are shown to experience food access issues.

A high percentage of people who live in more disadvantaged areas, receive low incomes and suffer from other illness or disability often find it difficult to access and prepare the food required to live an active and healthy life. There is evidence to suggest that this is an issue in Moreland, as it is in many lower socio-economic areas in Australia and worldwide. The completion of the audit will provide us with some baseline information about physical food access in Moreland. This will then be combined with what we already know about socio-economic demographics and public transport provision in those areas to provide a more complete picture of the issue of food access in Moreland.

The assessment of the number and type of shops available, and the categories of food sold will allow us to assess the accessibility of fresh food for many neighbourhoods in the Moreland municipality.

Instructions for Use of Audit Proforma

- Shopping strips have been identified in each Moreland suburb (see attached list). Using a recent Melway, reconcile list provided with current maps showing shopping strips (highlighted in orange on Melway maps). Add any shops missing from original lists.
- Read through instructions (particularly glossary) carefully to ensure that information is recorded accurately and consistently by all auditors.
- Visit and fill in form for each shopping strip.
- On the top left hand side of the proforma, record the location of the shopping strip (i.e. 68-85 Merley Rd, Fawkner).
- On the top right hand side of the proforma, record the name of the auditor and the date the audit is being conducted.
- Visit each shop in the strip (including bottle shops) and record the following information:

1. The name of the shop;

2. The **exact address** of the shop. Please note, on the attached list of shopping strips the name of the street listed may not be the street address used by businesses. For example: To make location of the shopping strip easier, the East St shopping strip is identified as the 'Stratford St' shopping strip as identifying the corner on which the strip starts makes finding the shopping strip easier on a long road. Please make sure that when you note the address of each shop that you list the correct street name and number.
3. The category within which the shop falls (i.e. Fresh, Take-away, Supermarket, Mixed Business or Other). This is decided upon by the major food type that is sold in the store:
 - If food sold is primarily take-away food, the store is classified as 'Take-away'. This includes restaurants that provide a take-away service.
 - If food sold is primarily fresh food, the store is classified as 'Fresh'. This includes butchers, greengrocers and bakeries that sell only fresh bread.
 - 'Mixed businesses' are those stores that sell a number of food and non-food items. These are often Milk Bars and Delis.
 - Supermarkets are to be listed in the 'Supermarket' category.
 - Stores that are included in the 'Other' category do not fit in to any of the other categories. These include alcohol stores, cafes (as they sell pre-prepared food but it is not all categorised as take-away food) and bakeries that sell an even mix of pastries, cakes and bread and therefore cannot be classified as fresh food outlets.
4. Go through each individual item on the audit tool and tick the appropriate column to indicate the availability of listed foods (i.e. Fried food, sandwiches, hot meals, fruit, vegetables, meat/fish etc). If the item is not available, leave the box blank.

If there is some confusion regarding the classification of a food item into a particular group, please make note of the confusion and how you have classified the food.

5. Make any appropriate **comments** in the row below. This will provide a better picture of the quality of food available and of the shopping strip environment. A simple note is all that is required. Often one sentence will be sufficient (for example: Veg fresh and frozen but mostly canned). There is a row for comments for each shop however there is a full page for notes on the reverse of the audit sheet should you run out of room.

Observations should be made regarding:

- Whether the store sells a variety of ethnic foods – provide detail on what is sold.
- The variety, quality and price of the goods available.
- Whether fruits/vegetables available are only sold in the canned/frozen varieties or whether the shop sells fresh goods.
- Whether fresh meat/fish are available or whether only canned/deli-types meat/fish are available.
- Unusual or particularly limited opening times of shops.

The atmosphere of the shopping strip or any notable features (such as lots of customers/graffiti/many stores closed-shut down).

Glossary

Take-away: Shops for which the majority of food sold is takeaway. This would include pizza shops and fish & chip shops.

Fresh: Shops for which the majority of food sold is fresh. This would include shops such as butchers, green grocers and fish mongers. Some bakeries will also fit into this category. However if they sell a lot of hot pastries, cakes etc they may need to be classified as a mixed business. Please make a note of explanation if you classify any business as a mixed business.

Mixed business: Shops that don't fit into the category of primarily take-away or fresh food shops. That is, they sell items other than food and/or also sell a variety of fresh and take-away foods. Milk bars fall in to this category. Please make a note as to why you have listed each shop in this category. For example: Bakery listed as mixed business as large number of cakes/pastries sold as well as fresh bread.

Other: Shops that don't fit into the take-away, fresh, supermarket or mixed business categories. These include alcohol stores, cafes (as they sell pre-prepared food but it is not all categorised as take-away food) and bakeries that sell an even mix of pastries, cakes and bread and therefore cannot be classified as fresh food outlets. Be sure to make a note as to why you classified the store as 'other'.

Take-away foods: Foods that require no further preparation (i.e. They are ready-to-eat). These include sandwiches, salad rolls, hot pies/pasties, dim sims, hot chips, curries, casseroles and fried food.

Fried foods: Includes items such as hot chips, fried dim sims, potato cakes, hamburgers, chicken schnitzels, pizzas.

Sandwiches: Pre-prepared or prepared to order sandwiches/rolls/focaccia.

Hot meals: Includes items such as pasta dishes, rice and curry/casserole dishes.

Fresh foods: Foods that can be prepared as meals at home including fruit, vegetables, pasta, rice, other grains etc.

Fruit: Fresh, dried, frozen or canned fruit. Do not include candied fruit in this category. Please specify whether fresh fruit is available and make a note about whether most of the fruit is fresh, canned, frozen or dried.

Vegetables: Fresh, canned or frozen vegetables. Please specify whether fresh vegetables are available and make a note about whether most of the vegetables are fresh, canned or frozen.

Meat/Fish: Fresh meat (such as beef steaks, beef mince, chicken breast, bacon, ham) and fresh or canned fish (such as fish fillets, whole fish, canned tuna, canned salmon). Please make a note about whether most of the meat/fish are fresh, canned, frozen or deli-style (such as ham).

Bread: Bread available for sale individually. Such as loaves of white/wholemeal/wholegrain bread, flat breads, Turkish bread, rolls, foccacia. Do not include bread only used to make sandwiches on site in this category. This category should only be marked when bread can be bought and taken home to prepare meals.

Pasta/rice: Dry pasta and rice to be prepared in the home. Do not include pre-prepared rice in this category. This should be included in the 'hot meals' category under 'Takeaway'.

Grains: Items such as polenta/corn meal, burghul, oats, cous cous. Do not include pre-prepared grains in this category. This should be included in the 'hot meals' category under 'Takeaway'.

Breakfast cereal: Packaged breakfast cereals such as 'Weetbix' or 'Cornflakes'. Also include items such as oats and porridge in this category.

Eggs: Only fresh eggs should be included in this category. Do not include pre-prepared eggs or egg dishes. These should be included in the 'hot meals' category under 'Takeaway' if applicable.

Milk: Only fresh/powdered whole, reduced fat or skim milk should be included in this category. Do not include flavoured milk drinks in this category or sweetened or condensed milks.

Yoghurt/cheese: Include in this category all types of cheese/yoghurt in this category.

Alcohol: Tick this box if alcoholic beverages are for sale in the audited shop.

**Moreland Food Retail Outlet Audit
Moreland Community Health Service
July 2007**



Location of shopping strip

Street number and name

Name of Auditor

Suburb

Date of Audit

Name/Address of Store	T/A, F, Supermarket, Mixed Business or Other?	Items for Sale												
		Takeaway			Fresh Foods									
		Fried food	S/wiches	Hot meals	Fruit	Vegetables	Meat/Fish	Bread	Pasta/Rice/Grains	Breakfast Cereal	Eggs	Milk	Yoghurt/Cheese	Other Alcohol
	Comments	Ethnic food? Fresh fruit? Fresh veg?												
	Comments	Ethnic food? Fresh fruit? Fresh veg?												
	Comments	Ethnic food? Fresh fruit? Fresh veg?												
	Comments	Ethnic food? Fresh fruit? Fresh veg?												

Name of Store/Shopping Strip	Comment

References:

Merri Community Health Services 2013, *Integrated Health Promotion Strategic Plan 2013-2017*. Merri Community Health Services.

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