

# Empowering Local Food Production



**Jono Ingram, Founding Director We Love Aintree**

A 2021 report by the Australian Food Sovereignty Alliance found that **most Australians don't know who grows their food** or how it's produced.



As Melbourne's **population increases** to 7 Million by 2050  
the capacity of Melbourne's Food Bowl to feed the city  
could **drop from 41 per cent to 18 per cent.**

*Melbourne's Food Bowl, Melbourne University (2015)*



**Four in five (78%) young Australians aged 18–39 say they are interested in growing their own food**

*Grow your Own Report, Grow It Local (2024)*



# Three out of five people cite lack of space as a barrier to growing their own food

*Grow your Own Report, Grow It Local (2024)*



**47% of Australians** who do not grow any of their own food identified **knowledge & skills as a barrier.**

*Grow your Own Report, Grow It Local (2024)*





How can we empower communities to take an active role in food production?





## We Love Aintree (the other stuff)

- Revegetation projects  
Biodiversity & environmental  
education  
Schools, community groups,  
businesses & Kindergartens





Native & Edible Landscapes



Sustainability Education



Food Production for food security



Case Study:  
Aintree Community Garden



## Aintree Community Garden

- Schools, Kinders, Childcare, OSHC services & Community Maintenance Mondays  
Educational workshops on food growing  
Food Swaps & festival/market  
Sustainability events  
Native nursery for revegetation  
Food security





## Food Production Impact

- 47m<sup>2</sup> vegetable growing space = up to 900kg/yr  
Add 60-120kg/yr from orchard & grapes  
Add 500kg/yr increased yield from 100 empowered homes
- ~ 1500kg/yr from one small site & 10 workshops





## Scaling Our Impact

- 22 community centres in Melton:  
500-1000kg/each = up to  
22,000kg/yr  
Central Urban Farm = up to  
10,000kg/yr

Total potential is 2300 empowered  
home gardeners, and 32,000+kg of  
produce per year





## The Wicked Problem

1. The work is *valuable* — loved by community, aligns with climate action

The work *costs money*

In order to address climate change, *we must scale projects*

Most funding is *short-term* or *inadequate*

This *deters new initiatives* from even starting





## The Call to Action

- Collaborate across sectors for collective impact

Long Term Funding for impactful projects

Scale successful projects with additional long term funding





# Dietitians – need a new image

Shannyn McDevitt & Lisa McCarthy – Western Health Dietitians

# Who are we?

- Dietitians
- Western Health
- Work in the community setting – outpatients, home visits, community groups
- Melton and Moorabool shires – Bacchus Marsh, Melton, Caroline Springs

# What we do:

- Assess individual nutritional needs
- Develop personalised eating plans that consider medical conditions and personal circumstances
- Provide information on healthy eating, shopping for food, eating out and preparing food at home
- We run groups including cooking groups, supermarket tours, nutrition information sessions

# People see dietitians for a range of reasons:

- General healthy eating
- Diabetes
- Cholesterol and heart health
- Weight management support (overweight or underweight)
- Poor appetite
- Digestive health such as irritable bowel syndrome (IBS) or coeliac disease
- Nutrient deficiencies
- Nutrition relating to a disability or mental health condition

# Our Wicked Problem

- Dietitians may be seen as the ‘food police’
- Telling people what they can’t eat
- Restricting

# What we actually do:

- Support and motivate
- Understand that making change can be difficult
- Provide ideas and suggestions that will fit into your lifestyle
- Aim for small achievable goals
- Take into consideration working hours, who else lives in the house, cooking skills, financial restraints
- Discuss meal ideas and meal planning
- Regular follow up

## Help us with ideas to improve our image and referrals:

- Social media
- Presenting to community groups and at events
- Word of mouth



# Current referral process

If you are under 65:

- Phone our intake team on: 9747 7609
- Request a referral from your doctor

If you are over 65:

- You need an assessment by My Aged Care: 1800 200 422. Let them know you wish to see a dietitian.
- If you have been assessed by My Aged Care you can have dietetics added to your plan, contact My Aged Care to do this

# Thank you



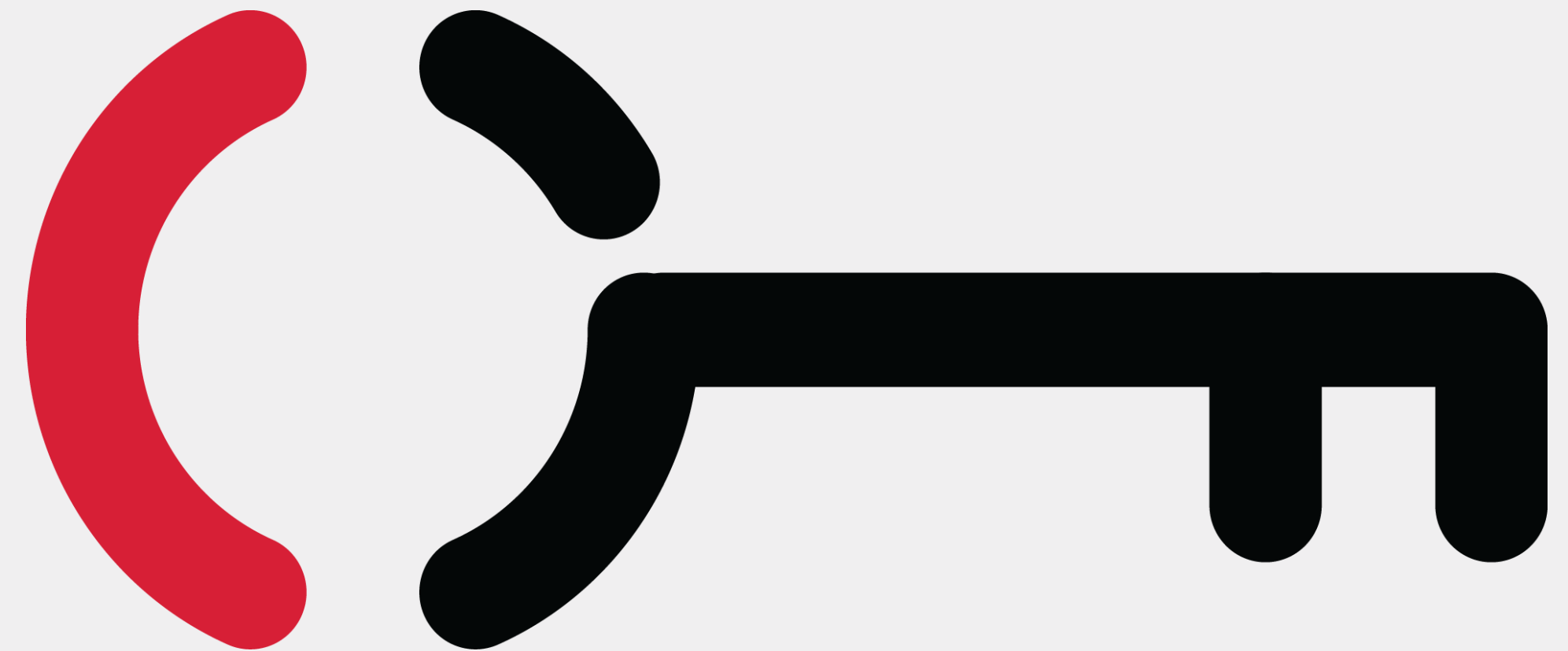
# Local Drug Action Teams

Alcohol and Drug Foundation

**Bridget Le Roy**

Senior Community Development Officer

May 2025



# What is the **LDAT** Program?

- Local communities taking action against alcohol and other drug harm
- Impactful prevention programs and activities
- Place-based approaches led by community organisations
- A national program with over 270 local drug action teams



# How does it **work**?

- Community Action Plans (CAP)
- Evidence-based and tailored to local community
- Community consultation and co-design
- Support, resources and guidance from the ADF



# What do **LDATs** do?

Address local problems in a variety of ways including:

- Education and Awareness Campaigns
- Peer Support Programs
- Parenting Programs
- Community Events and Workshops



# Community Impact

## Northern Mallee LDAT

- **Need:** limited recreational activities for young people after school
- **Community:** love playing sports
- **Toolkit:** Creating Social Connection, Belonging and Purpose
- **Solution:** Free late night basketball competitions where young people can connect with peers and service providers
- **Result:** increased levels of social and community connection, increased awareness of AOD services and local community assistance



# Why this work matters

**135,179**

hospitalisations are related to alcohol and drug use<sup>1</sup>

**1,900**

deaths are caused by alcohol use<sup>2</sup>

**2,356**

deaths are caused by drug use<sup>1</sup>

There are more unintentional deaths from drug use than deaths caused by road traffic accidents<sup>1</sup>

The social and economic cost of alcohol use is estimated to be around

**\$74.9 billion<sup>3</sup>**

The projected cost of drug use\* is approximately

**\$29.7 billion<sup>3</sup>**

# Get **involved**

- Become a member or partner in the Melton LDAT
- Reduce AOD harm in your community
- Support program delivery, collaborate with other local organisations
- Deliver impactful programs



# Thank **you!**

## **Bridget Le Roy**

Senior Community Development Officer

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# Health Promotion Forum, Melton

8 May 2025



**TEAMS**SPORTS**4**ALL



# Why do we exist?

*"Because no child should miss out on the opportunity to play team sport."*

TeamSports4All is a grassroots charity in Melbourne who help **reduce the social isolation** faced by kids facing financial hardship, by aiding their **participation in club sport and the wider community**

## Impact of playing team sport

- ✓ Reduces **social isolation**
- ✓ Introduces kids to **new friends and role models**
- ✓ Improves **physical and mental health**
- ✓ Develops **self-confidence**
- ✓ Decreases exposure to the risks of **drugs, alcohol and crime**
- ✓ Increases **school engagement**
- ✓ Builds a more **inclusive community**



# Why Melton?

The need has never been greater and we're ready to meet the challenge

Approx. **22.7% of people are aged 5-18 years**<sup>1</sup> in the City of Melton.

Many of these young people are facing significant challenges. **Youth mental health** is a serious issue in Melton, and we know that **team sport participation has been proven to address this**.

With **rising cost of living** pressures, the reality is that the number of families experiencing financial hardship is growing – and **participation in sport** is being taken **further out of reach** for many.

[1. 2021 Melton, Census All persons QuickStats | Australian Bureau of Statistics](#)

The **earlier** we can introduce disadvantaged kids to sport the **greater the impact** to the trajectory to their lives – why wait?



# Case Study – "Georgia"

Team Sports is the Vehicle. Changing Lives is the Goal.



# Turning Children's Lives Around

The benefits of playing team sport

Ben's Story (3 min)



# Our Wicked Challenge

## Reaching girls from diverse backgrounds

- ✓ Girls traditionally less likely to participate in sport, especially in later years
- ✓ Parents / guardians may not prioritise sport for girls
- ✓ Language & cultural barriers
- ✓ Understanding structure of community sports in Australia
- ✓ Understanding barriers, eg appropriate sportswear
  
- ✓ **How can we better reach & connect with these girls & their families?**



**Thank You!**



**TEAMSPO RTS4ALL**

