



## Healthy Eating Working Group

### MINUTES

Monday 19<sup>th</sup> May 2008, Stawell Regional Health

**Chair** Michaela Murdoch

**Minute taker** Elissa Hill

**Present** Elissa Hill (SRH); Michaela Murdoch (SRH); Chantal Price (GPPCP); Liz Casey (GPPCP); Leonie Tellefson (EGHS); Rachael Cooper (EGHS); Julia Ogdin (EGHS); Leonie Cowey (Ararat Community College and Stawell Secondary College); Robert Jehu (ARC); Danielle Patterson (MDHS); Brooke and Katie (Dietetics students at Charles Sturt Uni doing placement with MDHS)

**Apologies** Michelle Wood (NGSC); Sue Cashin (EGHS); Bronwyn Cuthbertson (BSHS); Carolyn Russell (Wimmera PCP), Janine Curtis (Elmhurst BNC).

**GUEST SPEAKER:** Edna Osborne, Stawell Community Garden

Stawell Community Garden group have a site at Eventide Homes for the construction of a community garden. A community grant application is currently with Northern Grampians Shire with notification at the end of June to finance the establishment of the garden.

Edna and her committee have been working with several partners to support the garden's establishment including Cultivating Community (not for profit group supporting the development of community gardens <http://www.communitygarden.org.au/policies/cultivating.html>), local government; Economic Development, mayor, Planning/Building Officers, Stawell Disability Network and Day Services, Lions Club.

Discussion & Actions		
Topic	Discussion	Who & When
Food for Thought	Logo design	Actions

**Guest Speaker: Edna Osborn from the Stawell Community Garden Group**

The Stawell Community Garden Group has a site in O'Regan Street which will be used for a community garden. The land is owned by Eventide Homes and is leased by the group. This site was chosen after the Department of Education failed to grant permission to run the garden at Stawell Secondary College.

After two years of planning, the garden is nearly ready to get off the ground. If the group is successful in securing a grant from Northern Grampians Shire Council, the project will begin on July 1<sup>st</sup> 2008.

The group has managed to make their initial \$100 go a pretty long way. Through grants and donations, they already have a shed, tools, gardening equipment, a table and chairs. Intertwine, Warren Earthworks and the Lions Club have all expressed an interest in helping to build the garden.

The group is keen to have many different community members and groups involved in the project, especially school children. A public meeting will be held in the coming months to divide the plots amongst the community and decide on how the garden will be managed.

	Once logo is added, the above changes are made and the remaining businesses have approved content, printing can begin!	
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<p><b>Resources</b></p>	<p><b>Community Kitchens</b>  Rachael has held two information sessions on community kitchens. A few agencies are interested in getting involved. The next step is to form a working group.</p> <p>The Presbyterian Church is already doing something similar to a community kitchen so this may be a good starting point.</p> <p><b>Slow Food</b>  Chantal has spoken with Slow Food Victoria and only 5 individuals are needed to make up a convivium. Interest expressed from Grampians Produce to be involved. Jane Seymour from Mt Zero Olives is also keen on getting a Slow Food group in the Grampians started. Chantal has been in contact with Jane.  Marie Claire from Slow Food Victoria will be in the area in June. Good opportunity to meet and move forward with the idea.</p>	<p><b>Action</b>  Chantal to meet with Marie Claire</p>
<p><b>Professional Development</b></p>	<p><b>Community Garden Workshop May 9<sup>th</sup></b>  Held at the Commercial Rd site of Intertwine. Facilitated by Cultivating Communities.  A number of HEWG members attended.</p> <p>Workshop covered a number of different considerations when starting a garden including accessibility, location of garden, different plant types, garden maintenance and sustainability. Used the current and proposed garden at Intertwine as practical examples.</p> <p>Great opportunity to hear about proposed projects in the area</p> <ul style="list-style-type: none"> <li>- Community garden in Stawell</li> <li>- Sensory garden (Intertwine)</li> </ul>	

	<ul style="list-style-type: none"> <li>- Community Kitchen (EGHS)</li> <li>- Garden at Ararat Day Centre and Centre of Community Health (EGHS)</li> </ul> <p>A number of resources are available including 'Go For Your Life' DVD.</p>	
<p><b>Funding and Partnerships</b></p>	<p><b>Smiles 4 Miles</b> Liz has mapped all kinders in area. She will work across Pyrenees, Ararat Rural City and Northern Grampians Shires.</p> <p>Potential to work with childcare centres and playgroups in addition to kinders and to work with a representative from DEET who trains kinder teachers.</p> <p>Dental services at EGHS may be interested in getting involved.</p> <p><b>Community Participation Scheme</b> Funding up to \$20,000 available through VicHealth to support community participation initiatives. Closes Wed 28<sup>th</sup> May. See website for more information <a href="http://www.vichealth.vic.gov.au">www.vichealth.vic.gov.au</a></p> <p><b>Positive Body Image Grants</b> GPPCP has applied for funding for a project involving young people taking photos of people enjoying fresh food.</p>	
	<p>Meeting closed 11.40am</p>	