

# Securing Food Futures teacher resources

## Further learning: Research activity

After using the Securing Food Futures loans kit there is an opportunity to apply what the students have learnt from the artefacts and discussions in project style activities. Fieldwork is an important aspect of geographical investigation and learning, and provides a wonderful opportunity for students to engage with key skills, curriculum knowledge, and their broader community.

### Community food security research activity

Often when we study food security there is a large focus on global or national scale food production, distribution and access. Often we simplify the world into two main categories; more economically developed countries (MEDC) or less economically developed countries (LEDC). Generally, we would expect MEDC to have a higher level of food security than LEDC due to their access to resources, technology and ability to export and trade goods and services. However, often, the disparities within countries are not investigated, especially on a local scale between people and place.

Australia, while one of the most food secure nations in the world, has inequality in access, availability and utilisation of affordable, local and healthy food between places and community groups. For example, 1 in 3 Indigenous or Torres Strait Islander children are not receiving sufficient quantities of fresh fruit and vegetables in their diets. Sudden shifts or disasters such as the 2019-2020 bushfires or COVID-19 pandemic have further highlighted these inequalities by creating a whole new group of vulnerable people facing poverty and food insecurity.

#### **Vic Health states:**

*Even though 90 per cent of the fresh food in Australian supermarkets is grown here, some essential resources farmers need to do this, such as fertiliser and animal feed, come from overseas. When we can't get these resources into Australia fast enough, it's a problem, as we've seen during coronavirus. There is also the fact that even though we produce 90 per cent of fresh food in Australia, it's still not enough to feed everyone the recommended amount of fruit and vegetables each day. We need to fix these weak links in our supply chain so there is enough fresh, healthy food available for all Australians.*

#### Four steps to help everyone keep food on the table (VicHealth)

Many charities and organisations aim to reduce this food insecurity gap by delivering food packages and supplies to people in need, however, these processes still largely rely on more complex food supply chains. Growing sustainable, local food increases resilience against to changes in national and global supplies, by allowing communities to find alternatives and support themselves. Long-term food security will require reconsidering our approach to traditional large-scale farming, challenging people's attitudes about food use, consumption and pricing.

On a small scale, changes can be made to assist people in increasing their ability to access nutritious food. Community gardens, food hubs, local food markets or even backyard 'Victory Gardens' saw a boom in growth during the COVID-19 pandemic as people looked for community engagement and increased food security in unpredictable times.

The following article highlights a Tasmanian case study:

[COVID-19 food insecurity sees backyard veggie patches and community gardens boom \(ABC News\)](#)

An example of a Victorian urban garden:

[3000acres update on Fitzroy urban oasis \(VicHealth\)](#)

**Complete the following research on food security issues and responses in your local region.**

1. Using [ABS community profiles](#), quantify or find examples for the following factors:

	Data	Examples
<i>Employment</i>		
<i>Average age</i>		
<i>Culture and religion</i>		
<i>Income</i>		
<i>Education</i>		
<i>Housing</i>		
<i>Other social data</i>		

2. Using resources such as Google Maps, ABS and council websites, investigate the following and summarise the interconnection between these factors and food security in your region.

	Data or information	Interconnection with food security
<i>Distance to local shops or market</i>		
<i>Closest agricultural area and food produced</i>		
<i>Financial resources and grants</i>		
<i>Support and charities available</i>		

3. Using your local supermarket website, create a shopping list of nutritious and healthy food to last a 4 person family approximately one week. Analyse the following:
  - a. Price
  - b. Quantity
  - c. Variety
  - d. Origin of products
  - e. Promotion and advertising of particular products
4. Community gardens as a small scale response

Locate a community garden in your local region. Complete a mini-fieldwork activity investigating the following ideas.

- Create a list of questions you have about the local community garden project. Keep in mind its interconnection with food security in the local region and its contribution to providing families with local produce.
- If possible, go and visit the community garden and complete a series of field sketches annotating its characteristics and connection with local food security, health awareness and community engagement.
- Conduct an interview, create a survey or complete secondary research to investigate the impact the garden is having on both individuals

and groups in your community. As a class, create a way to record and represent this data.

- Create a list of data and evidence from reliable secondary sources which highlights the impact of community gardens in different places on a local, regional or global scale.
- Summarise your findings and comment on whether you think that community gardens should be a stronger focus of local governments to work towards a food secure future. Justify your opinion with data.

5. Consider the following research question:

*'What I can do to support local, healthy and sustainable food systems?'*

Write an extended response to this question using data and examples from the information and data collected in the activities above.

**Additional Resources:**

[Four steps to help everyone keep food on the table \(VicHealth\)](#)

[How to shop for healthy food during coronavirus \(VicHealth\)](#)

**Case studies for community gardens and local produce:**

[Grow Gather Share \(Immigration Museum, Museums Victoria\)](#)

[Cultivating Community](#)

[Common Ground Project](#)

[Growing food locally: Supporting residents to grow and harvest food \(VicHealth\)](#)

[Community and home gardens increase vegetable intake and food security of residents in San Jose, California \(California Agriculture\)](#)