

The Role of Sydney Food Fairness Alliance

Sally James 2009




What is SFFA?


- ▶ Formed in Sydney in 2005
 - ▶ Includes
 - rural producers
 - health professionals
 - community workers
 - LGA, planners
 - ethicists
 - permaculture, community gardens
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- ▶ Aims to developing a socially, economically and environmentally sustainable food system in the Sydney region
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Food is more than nutrition

- ▶ Satisfies a social urge
 - Growing
 - Cooking
 - Eating
 - ▶ Gives pleasure
 - ▶ Symbol of love and security
 - ▶ Sharing
 - ▶ Celebrating
 - ▶ Ritual
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Food is a human right

- ▶ Universal Declaration of Human Rights includes the right to food
 - ▶ Implies the right to choose food and provide for oneself – not soup kitchens and food vouchers
 - ▶ Eating nutritious food is associated with physical and mental wellbeing throughout life
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Food security

- ▶ The state in which all persons obtain nutritionally adequate, culturally acceptable, safe foods through local non-emergency sources


Groups at risk of food insecurity


- ▶ People with disabilities, including mental illness
 - ▶ Chronically ill
 - ▶ Frail older people
 - ▶ Those affected by alcohol/substance abuse
 - ▶ Low income/unemployed/ homeless
 - ▶ People from Aboriginal and Torres Strait Islander background (including urban)
 - ▶ New arrivals – refugees and asylum seekers
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Malnutrition in older people


- ▶ Not normal for healthy ageing
 - ▶ 35% those living the community
 - ▶ 40% in aged care facilities
 - ▶ 80% older people in hospitals
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Poverty and health

- ▶ In 2006, 11% of Australians (2.2 million people) living below the poverty line
 - ▶ Vulnerable groups are more likely to consume energy-dense foods (high in fat and sugar) and less fruit and vegetables
 - ▶ Fast food outlets more prevalent in lower income areas
 - ▶ Cost of healthy food basket is 22% of average income, but 56% of low income
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- ▶ Obesity is associated with heart disease, diabetes, stroke and some cancers
 - ▶ Incidence of obesity and type II diabetes follows a social gradient
 - ▶ Risk of obesity is 20–40% higher in women with low incomes
 - ▶ Cost to individuals and society
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What is nutritious food?


- ▶ Include variety
 - ▶ 2 serves fruit and 5 serves of vegetables daily
 - ▶ Grains, legumes, nuts and seeds
 - ▶ Dairy products (preferably low fat)
 - ▶ Seafood, eggs, poultry, lean meat
 - ▶ Oils
 - ▶ Water to drink
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- ▶ Highly processed foods increase disease development
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Sydney Basin Agriculture

- ▶ Largest employer in Western Sydney
- ▶ Employs about 12,000 people
- ▶ >30% from culturally diverse background
- ▶ Most family owned and farmed
- ▶ Produces
 - 90% NSW Asian veg
 - 47% NSW lettuce
 - >40% chicken, turkeys and eggs
- ▶ Australia is net importer of fruit and vegetables

What can be done?

- ▶ Retain prime agricultural land
 - ▶ Promote urban agriculture
 - School and community gardens
 - Edible planting
 - Home Garden
 - ▶ Improve access to affordable food
 - Include in planning – public transport
 - Subsidise fresh fruit and vegetables/tax unhealthy
 - Support for breakfast programmes, community cafes, co-ops
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- ▶ Reduce food miles
 - Local food procurement policies
 - Promote seasonal and local produce
 - ▶ Develop food systems and policy
 - holistic approach including health, agriculture, planning
 - packaging, GMO, junk food advertising,
 - ▶ Education
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- ▶ Food Summit – Hungry for Change
 - ▶ 22nd 23 October, 2009
 - ▶ www.sydneyfoodfairness.org.au
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