JUNE 29, 2023

FOOD SECURE COMMUNITIES IN SOUTH AUSTRALIA:
An evidence summary to support food security across food and social systems

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FOOD SECURE COMMUNITIES IN SOUTH AUSTRALIA

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Acknowledgements: Editing and reviewing feedback provided by Professor Svetlana Bogomolova and Dr Tahna Pettman (Centre for Social Impact, Flinders University); Insights on the delphi process for framework option 4 from Dr Sue Kleve (Monash University); Research Assistance provided by Patricia Ribeiro de Melo (Deakin University); Student assistance from Julie Wood and Faye Chek (Deakin University); Strategic project support provided by Professor Sarah McNaughton and Cathy Cooper (Institute for Physical Activity and Nutrition, School of Exercise and Nutrition Sciences, Deakin University).

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Preferred citation: Lindberg, R, and Ribeiro de Melo, P. (2023) *Food Secure Communities in South Australia - An evidence summary to support food security across food and social systems.* Prepared for Wellbeing SA and Department of Human Services South Australia. Institute for Physical Activity and Nutrition, School of Exercise and Nutrition Sciences, Deakin University, Melbourne.

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Executive summary

FOOD SECURE COMMUNITIES IN SOUTH AUSTRALIA: An evidence summary to support food security across food and social systems is the first step in a process initiated by State Government. A rapid review of evidence provides answers to four research questions, summarised below.

Who is food insecure in South Australia and what is the impact of food insecurity on population health?

In 2020 food insecurity was estimated to be experienced by 10.9% of South Australian households. Considering current cost of living pressures, the number could be greater. Food insecurity is more likely to occur for several communities in South Australia, including those who are:

- Younger (aged 18 to 49 years)
- Have a household income below $40,000 p.a.
- Unemployed
- Renting privately or through Housing SA
- Aboriginal and Torres Strait Islander peoples
- Reliant on low-wages and/or income support
- Single-parent households
- Living in regional and remote areas
- Experiencing homelessness
- Children or adolescents from low-income households
- From Culturally and Linguistically Diverse backgrounds

Economic hardship, housing insecurity and geographic isolation in remote communities, are the biggest risk factors. For most people in Australia, food insecurity is a crisis moment within a chronic situation. Food insecurity is often a long-term, rather than a short-term issue, meaning affected households struggle to eat well for months or years. Food insecurity is associated with multiple health and social conditions, which increases the burden on hospitals and health insurance, mental health services and primary care and reduces people's ability to fully participate in work, education, and social life. Considering the changing climate, escalating impacts of diet-related disease and cost-of-living pressures, urgently addressing food insecurity is in the national interest.

What are the optimal practices for creating secure food systems for communities experiencing food insecurity?

To provide guidance on optimal practices, principles and actions are distilled from the evidence. These include:

- Eleven cross-cutting optimal principles: tackle the root causes; consult community; mix universal and targeted measures; plan strategically, implement for an appropriate duration; support dignity; reflect the local context, food programs are nutritious, promote reciprocity, social connection, trauma-informed and offer choice; food programs support ecologically sustainable systems and diets; design for collective impact; and move beyond the philanthropic and charitable food sector)
- Six areas of optimal actions: food access, food availability, food utilisation, agency, sustainability, and stability. Example actions include: social supermarkets, price interventions (access); local food procurement, food environment audits (availability); food system learning, nutrition education programs (utilisation); food policy councils, participatory processes for community inclusion/leadership (agency); urban agriculture,

diversifying the food system (sustainability); and adequate income support, improved employment standards within food sector (stability).

A suite of actions is required to address food insecurity.

What are the overarching policy/legislative frameworks that achieve secure food systems for communities experiencing food insecurity?

The rapid review identified four evidence-informed frameworks as options to help guide policy:

1. A right to food approach: drawing on international evidence, law and policy frameworks, adapted to the Australian context, this approach outlines human-rights informed activities, processes, values and key actors.
2. Healthy eating and equity: devised as a compliment to globally recognised nutrition policy framework NOURISHING, this approach adds new policy domains including transport, housing, employment, and social welfare to address inequities in healthy eating.
3. Leverage points for a healthy, equitable and sustainable food system: developed in Victoria by a cross-sectoral working group, ten leverage points for a state-wide food system are described including adopting the right to food in Victorian legislation, a Victorian Food System Strategy and Investment Plan, and healthy local sustainable public sector food procurement.
4. Advocacy priorities for high-income countries: a consensus process helped define national policy, national strategy and local strategy priorities, ranked by food security researchers in high-income countries.

Whilst there are nuanced differences in these governance frameworks there are some common characteristics: i) an emphasis on coordinated cohesive policy as vitally important to ensure strategic action; ii) data and information systems which include monitoring of household food security are essential; and iii) actors outside of the traditional health/social welfare policy spaces are vital to make progress on food security. Real world local and international case studies are included to highlight how other jurisdictions are seeking to support food secure communities.

Who are the key actors and what are their optimal roles in secure food systems for communities experiencing food insecurity?

Key actors in food security include local, state, and national governments, the tertiary sector, philanthropy, not-for-profit / for-purpose sector, health services and the food supply chain. The specific optimal roles and most important stakeholders will somewhat depend on principles and actions adopted, populations and/or settings defined, and preferred governance approaches. There is potential for a vitally important role by state/national governments, and this is highlighted repeatedly in the evidence base. Substantial detail and attention has been given to role of State government setting. Their optimal roles could include:

- Leadership – e.g. establish an Independent Working Group on Community Food Security in South Australia to inform the whole of government approach.
- Needs assessment and strategic alliances - e.g. map current actions and state of play; consult with sector and people with lived experience; strategize with current funders/stakeholders for collective impact.
- Policy mandate – e.g. develop a whole of government approach to food security in partnership with local councils.

- Select actions for policy implementation – e.g. select actions appropriate for context, supported by further evidence on implementation, evaluation; support a systems approach; align with synergistic policy objectives.
- Resourcing – e.g. facilitation/coordination roles are required; fund novel actions, scale actions that work; evaluate actions for impacts and outcomes.
- Monitoring and information systems – e.g. set targets and indicators to measure progress against overall policy mandate including regular measurement of household food security status.

1.0 Introduction

It is easy to assume that everyone can eat well in Australia – a food producing, first-world country. Our supermarkets have a great variety of products. Australian exported foods are market leaders. There is a high standard of living, education, and health care. However, there is now decades of evidence that demonstrate the unsustainable and ecologically damaging nature of current food systems.[1] Poor diet is one of the leading causes of preventable disease in Australia.[2] And food insecurity, defined as inadequate access to healthy and affordable food, is on the rise. From 1.2 million households reported as food insecure in 2012[3], to 3 million households in 2019-21.[4]*

This evidence review was prepared to help establish how to achieve more equitable, sustainable, and nutritious food systems in South Australia, with a particular focus on communities that are at risk of, or already experiencing, high levels of food insecurity. In this brief introduction, a summary of who experiences food insecurity, its causes, outcomes, and policy responses to date, are described. Following this, a methodology for this rapid review of food systems research, policy, and practice evidence is described. The report then presents the major results: a synthesis of optimal actions and principles for developing a systemic approach to addressing food insecurity, organised into 6 areas; potential policy approaches and governance considerations; and the key food security actors, their roles, and potential next steps to better support food secure communities in the future.

Figure 1: Definition of food security, devised for high-income contexts & through expert consensus[5]

Definition of food security
Food security exists when all people, at all times, have regular and reliable physical, social and economic access to sufficient safe, nutritious and culturally relevant food that meets their dietary needs and food preferences. This is supported by an environment of ecological sustainability, adequate sanitation, health services and care for an active and healthy life. This includes the assured ability to acquire acceptable, affordable foods in socially acceptable ways without resorting to charitable food supplies, scavenging, stealing and other coping strategies.

*NB Due to a lack of regular national monitoring of food insecurity, these 2012 and 2019/21 data are from different measures and institutions (the ABS and the FAO) and hence, are indicative only.

1.1 Which communities experience food insecurity in South Australia?

Across Australia some communities are known to be at an increased risk of food insecurity. This includes people on low-wages, single-parents, and Aboriginal and Torres Strait Islander peoples. As shown in Table 1 (adapted from Australian Institute of Family Studies[6]), when health and social factors are present in these populations, the risk of food insecurity is further heightened.

Table 1. Factors and populations relevant to food insecurity in Australia

Communities most at risk of food insecurity in Australia	
• people reliant on low-wages and/or income support • Aboriginal and Torres Strait Islander peoples • single-parent households • people living in regional and remote areas • people experiencing homelessness • children or adolescents from low-income households • people from Culturally and Linguistically Diverse backgrounds, particularly refugees and people seeking asylum	
Non-demographic factors that increase the risks for food insecurity	
Factors associated with health including diagnosed disorders and disabilities	• mental illness • disability • serious illness or chronic conditions
Factors associated with social conditions	• violence (witnessing or experiencing) • removal of children • relationship breakdown • trouble with the police • racism and discrimination • intergenerational or childhood trauma • reintegration after incarceration

In South Australia, in 2015, the South Australian Monitoring and Surveillance System found the overall prevalence of household food insecurity was 4.2% of the state.[7] In July 2020 the Population Health Survey Module System (PHSMS) (using a different measure to the 2015 system) estimated household food insecurity prevalence as 10.9%[8]. The PHSMS asked a series of food security questions to adults (≥aged 18 years). This is the first time this high-quality household food security measure is available in a large scale in the Australian context, so the PHSMS provides unprecedented data and evidence. After accounting for other demographic factors, the 2020 report found that food insecurity was more likely for South Australians who are:

- Younger (aged 18 to 49 years)
- Have a household income below $40,000 p.a.
- Unemployed
- Renting privately or through Housing SA

These communities, described in Table 1 and in the PHSMS report, are vitally important to include in planning and implementing food security policy and programs (see further details in Appendix 1). Where these people live, work, shop, study, access health care and/or social services are all potential settings for food security interventions. Stakeholders in policy and program sectors that work closely with these populations are also highly relevant.

1.2 The causes of food insecurity

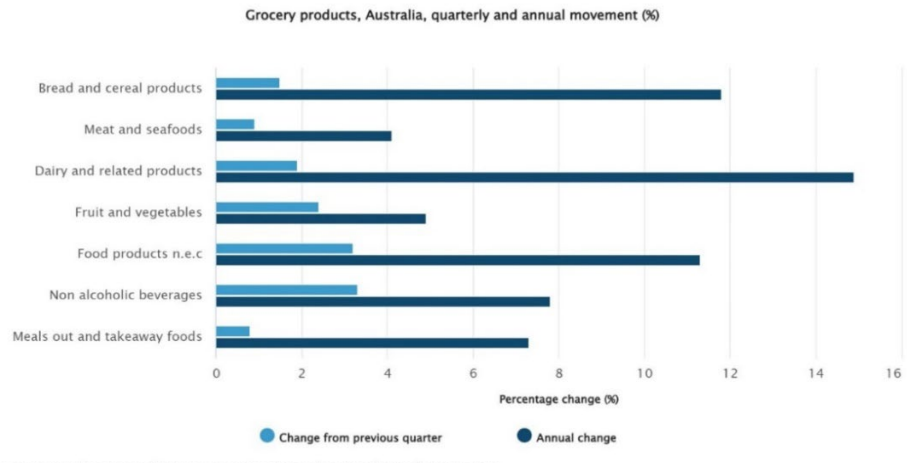
Under a global agenda to advance the human right to food, key agencies of the United Nations typically describe food security as having 6 dimensions:

- **Access**: people have both physical and economic access to food.
- **Availability**: people have sufficient quantities of nutritious food available.
- **Utilisation**: people have appropriate food skills, knowledge, and preparation/cooking facilities.
- **Agency**: people/groups have the capacity to exercise voice and make decisions about their food.
- **Sustainability**: people of future generations can have food security through current sustainable, ecological, and social bases of food systems, and
- **Stability**: people are protected from crisis and shocks, which ensures the other dimensions are attainable at all times.

When these dimensions and their determinants are ensured, then people enjoy access to sufficient, safe, and nutritious food. Food *in*security occurs when some or all these dimensions and their determinants are not in place or have broken down. In high-income and developed countries like Australia, economic hardship and housing insecurity are the biggest universal causes of food insecurity.[6, 9] For regional and remote communities, there are substantive geographical determinants that affect food security as well.[10] The modern resource-intensive industrial food systems provide cheap and widely available discretionary food products, which threaten access to nutritious food for current and future generations. Australia's population is projected to increase at a rate that will outstrip local production of many core foods, suggesting reduced net food exports and increased dependence on imports in our future.[11] In sum, the causes of food insecurity are multi-dimensional and tackling these causes and threats to food security require multi-dimensional responses.

The severity and prevalence of food insecurity may have worsened in 2022/23 due to inflation and cost of living pressures. For example, drawing on the latest Consumer Price Index data[12], food costs in capital cities across Australia have sharply increased over the last 12 months (Figure 2). Compared to March 2022, food inflation is at 8% with the most profound prices changes in dairy products (which are 14.5% more expensive than March 2023) and breads and cereals (which are 11.8% more expensive than March 2023). These increases are occurring simultaneous to house gas price increases (annual rise of 26.2%, the largest on record), electricity (annual rise 15.5%), and rent (annual rise of 4.9%). Food costs have been a particularly strong barrier to food security in remote and regional Australia for many years,[10, 13]due to a range of factors including complex food supply chains.

Figure 2: Grocery products in Australia, Consumer Price Index, March quarter 2023



Source: Australian Bureau of Statistics, Consumer Price Index, Australia March Quarter 2023

Households that struggle to maintain food security often employ a range of strategies.[14, 15] This can include smart shopping, budgeting, food growing, or borrowing from family and friends. People hunt for bargains, use cheaper foods to bulk-out meals and devise thrifty cooking and shopping strategies. Communities who are food insecure may seek out emergency food relief and local food initiatives, however many exhausts all other means before reaching out for food relief. Estimates from the charity sector suggest that about a third of people who are food insecure do not use emergency food relief, while about one million Australians, per month, are served by this sector nationally.[16]

1.3 The impact of food insecurity

Food insecurity has negative health and societal effects for every life stage. Infants residing in food insecure households are at increased risk of nutrient deficiencies and hospitalisation.[17, 18] Living in a food insecure household during pregnancy increases risks of greater gestational weight gain, disordered eating, and pregnancy complications.[19-21] Food insecure children are more likely to experience poor health[22] and cognitive, linguistic, social, emotional developmental challenges[23] compared to food secure children. Food insecurity increases the risk of obesity among adults and children.[24] Adults who experience food insecurity are known to consume fewer vegetables, fruit, fish and dairy products and have lower intakes of micronutrients including vitamins A and B-6, calcium and fibre, when compared to food secure adults.[25-27] Food insecurity in adulthood can also increase risks for diet-related non-communicable conditions [28 29] and can be both a by-product of, or precursor to, reduced workforce participation.[30] For older people living with food insecurity, it is known to contribute to malnutrition [31] and poorer diets.[32] Social isolation can result from food insecurity. This can include being unable to obtain food though socially acceptable means and less participation in food practices and cultural mores like having friends for dinner or religious celebrations.[33] These effects place a burden on hospitals/health insurance,[34] mental health services[35] and primary care.[36]

The changing climate has implications for food security status now and in the future. Our modern food system (which has many characteristics including: unprecedented scale and productivity, long food supply chains, high market availability of relatively cheap, energy-dense nutrient-poor foods[37]) has become one of the largest contributors to greenhouse gas emissions and the climate crisis.[1, 38] For communities that are affected by extreme weather events (predicted to increase in severity and frequency in the future) acute food insecurity often occurs when homes, businesses and local services are substantially damaged. Whilst emergency responses often supply food, water, and shelter to help reduce the impacts of food insecurity in the short term, it can take many months and years for local food retail, water supplies, households, and employment to recover. Australia's food growing regions too can be majorly affected by disasters. There is a bi-directional relationship between diets and environmental sustainability, meaning that major climate events can influence the availability of finite natural resources, such as water and soil nutrients. This can, in turn, affect food production in terms of quantity and quality of foods ultimately triggering substantial impacts on food prices, supply chains and other areas which pose challenges for population food security.[39] These environmental conditions alongside the substantial predicted rise in global population (estimates suggest a rise of 9.8 billion by 2050[40]) are significantly threatening the planet's ability of providing safe, nutritious and affordable diets for all. The food system is thus both contributing to and being threatened by climate change, and without adaptation food security is at risk.

1.4 Responding to food insecurity

In Australia, there are both government and non-government responses to food insecurity and these will be briefly summarised to illustrate the current context. In the Federal setting, there are policies from a range of sectors that are relevant to food system and community food security. Recently a national strategy for food security in remote First Nations communities (which includes South Australia) has been

proposed. This is in response to the 2020 House of Representatives Standing Committee on Indigenous Affairs' (HORSCIA) inquiry into food pricing and food security in remote Indigenous communities.[41] Australia support national dietary guidelines through the National Health and Medical Research Council, which promote nutrition across the whole population and set nutrition policy leadership. The forthcoming National Nutrition and Physical Activity Survey (ABS) will provide a vital evidence base on what Australians eat and a range of dietary and health behaviours, including household food security status. Despite these examples, much of the last decade of Australia's food and agricultural policy activities have been characterised as having a focus on large-scale export-oriented agriculture and primary industries, with insufficient attention on the domestic food supply or its capacity to deliver healthy sustainable food for all.[42, 43] The recent parliamentary inquiry into food security in Australia (currently accepting submissions) may provide a new national platform to advance a more domestic approach that includes sustainability and equity.

Australia's welfare system is the other main national policy domain that is highly relevant to food security in communities. It is the principal mechanism through which underlying causes of food insecurity (e.g., unemployment, disability, poverty) are addressed. Research suggests, however, that many who are reliant on income support are not protected from food insecurity. For example, approximately 80% of Australian households who reported food insecurity in 2015-16 received some form of social welfare income 2015–2016 (82.4%), with 75% of food-insecure households in receipt of welfare listed this as their main source of income.[44] Whilst the aged-pension has been found to likely protect from food insecurity, people reliant on other welfare incomes including Austudy/Abstudy, Disability Support Pension, Jobseeker Allowance and the Carer payment, have higher rates of food insecurity than the general population.[44] Federal funding, predominantly through Department of Social Services, has also been directed towards several food security programs. This includes Meals on Wheels, which is a mostly government funded organization that provides Australians who are elderly with a nutritious meal and social connection. Emergency relief and food charities also obtain Federal emergency relief funding (more on these programs below).

Much like the Federal government, in State and Territory governments there are potentially a range of departments and policy mandates highly relevant to food security. In fact, this has been characterised as the most active setting for population food security intervention.[43] To our knowledge, no Australian State or Territory has a current state-wide food policy, although there has been previously.[43] Most of the policy interest and policy intent has recently been focused on resourcing food relief and food insecurity, for e.g., South Australia's food relief charter and related projects, Victoria's Food Relief Taskforce (Department of Families, Fairness and Housing) and Tasmania's *Food Relief to Food Resilience Strategy 2021-2024*. Remote food security has also received attention, for e.g., *Gather and Grown - Queensland Remote Food Security Action Plan 2023-2026*. There is some emerging leadership and notable examples of local government supporting community food security,[45] however mostly councils have been characterised as dealing with food safety, household waste and 'with the themes of the "food economy", agricultural productivism, and ecological sustainability, and less often with the issues of accessibility, social justice and healthy food systems'.[46]

The for-purpose sector has grown substantially over the last 15 years to help address food insecurity. Frontline agencies provide access to free/subsidized food for people willing and able to access these services.[47] Some schools have breakfast and/or lunch programs to address student food insecurity. Large food charities that specialize in food banking, rescuing and logistics capture surplus foods and donated products and supply these to frontline services. Appendix 2 provides a snapshot of South Australia's for-purpose food relief sector, which includes an estimated 600+ frontline programs, two major school breakfast programs, and several remote food security initiatives.

2.0 Methods

This rapid evidence review was conducted as the initial step in a process that will ultimately inform a Stakeholder Discussion Paper. The strategy and scope for the rapid evidence review was developed with the funding agencies including representatives from Wellbeing SA and Department of Human Services South Australia.

The research questions (RQ) below guided the rapid review:

1. Who is food insecure in South Australia and what is the impact of food insecurity on population health? Include outcomes for children as well as the economic and environmental impacts.
2. What are the optimal practices for creating secure food systems[1] for communities experiencing food insecurity[2,3]?
3. What are the overarching policy/legislative frameworks that achieve secure food systems for communities[4] experiencing food insecurity?
4. Who are the key actors and what are their optimal roles in secure food systems for communities experiencing food insecurity? Include the food relief sector[5] as well as local, state and commonwealth government departments.

Notes

1 'Optimal practice' are those underpinned by a human-rights informed approach, to addressing and preventing food insecurity and supporting food secure communities in South Australia. And where relevant, 'food systems' have been organised into food supply chains, food environments, and consumer behaviours.
2 Including examples of optimal practice approaches operating in diverse communities i.e. remote and regional Aboriginal communities.
3 Noting the evidence of lived experience of food insecurity, and community engagement in any models identified.
4 The phrase "Communities experiencing food insecurity" is used in this project to acknowledge population groups that are known to experience disproportionate levels of food insecurity, as indicated by SAPHS data and other existing Australian evidence. This may include people experiencing poverty or social exclusion, low income, unemployment; and may include other priority communities that experience other disadvantages such as Aboriginal people and people recently arrived to Australia.
5 Noting there are different scales of organisation and areas of focus in this sector and the known opportunities and challenges for food relief.

Given the maturity of the evidence on the impacts of food insecurity, a summary of selected latest research and data was provided as an overview and introduction (RQ1, above, section 1.1-1.4). This was followed by a rapid review (which included structured database searches, see Appendix 3) of food systems research, policy, and practice evidence (RQ2-4). The search strategy was limited to recent (≥2016) evidence and from Australia or similar contexts. There were no limits to publication types or research design and no formal quality appraisal step. Due to the rapid nature of this product (February to May 2023) and broad research questions, some evidence may have been omitted.

This review was designed to build upon past work that has mapped or described food systems and/or food security particularly in South Australia[7, 48, 49] and other Australian jurisdictions. It is important to note that this review takes a deliberate focus on (a) communities experiencing high levels of food insecurity (b) explores optimal practices/actions and (c) highlights actors across different sectors of the system, which includes *but is not limited* to food systems. In other words, all systems that can support food security in communities were considered within scope.

3.0 Optimal practices for food security

Optimal practices to create secure food systems for communities experiencing food insecurity have two major components: optimal principles and optimal actions.

3.1 Optimal principles

Irrespective of which actions are adopted, optimal practices in food security relevant to the Australian context, have some shared principles. Principles are synthesized from several sources [9, 42, 50, 51],outlined below.

- Actions that tackle the underlying **root causes** of food insecurity, including economic hardship and housing insecurity, are preferable as the most effective.
- Actions should be the result of **community consultation**, co-design, and leadership. This helps to tackle the power inequities that give rise to food insecurity in the first place and ensures 'lived experience' and local context is elevated in decision making.
- Actions are a mix of **universal measures** (e.g., adequate income support, protection of fruit and vegetables from GST) and **targeted measures** (e.g., remote food security strategies) proportionate to the different levels of need and barriers/enablers that communities face in ensuring food security status.
- Actions are **planned strategically**, evaluated regularly, and implemented alongside complementary activities.
- Actions must be implemented at an **appropriate duration** for the population and context. There are situations where acute food insecurity requires short term-emergency relief (e.g., after a bushfire in a regional town). For most actions, however, these need to be designed **for the chronic nature of food insecurity** .[49]
- Actions support people's **dignity** and do not perpetuate stigma.
- Actions to address food security need to **reflect the local context**, which is likely to be different in urban and regional/remote environments.
- Actions that involve food supply or food access support **nutritious** (aligned with dietary guidelines), sufficient and safe foods for people's dietary needs and food preferences (including cultural and spiritual); **promote reciprocity; social connection; trauma-informed** and offer people **choice**.
- Actions that involve food supply or food access support **ecologically sustainable** systems and diets. This includes food sourcing that promotes diversity; local and regional food systems; and regenerative and adaptive agriculture and food supply chains.
- Actions are focused on outcomes and designed for **collective impact** – hence collaborations and partnerships are key.
- Actions **need to move beyond the philanthropic and charitable food sector**, where food insecurity work has been traditionally conducted. All levels of government, the commercial food chain, health care, communities and citizens, educational institutions and social services/agencies all have a role.

3.2 Optimal actions

The actions (interventions, measures, programs, strategies) have been organised into six areas in Table 2, informed by the dimensions of food security (described in the Introduction, page 5). These areas/groupings aim to help organise and provide clarity on the multiple types of actions available, have been used in other reviews to characterise Australian population food security actions[43] and highlight how a package of actions could be selected for a multi-dimensional approach.

However, some actions could be grouped into several dimensions and therefore the areas/groupings are not intended to be prescriptive or limiting. The 'stability' area/grouping has been adapted for the Australian/high-income context and somewhat departs from the United Nation's definition. It groups together the social and economic actions that help to address root causes and/or those which help households to absorb shocks (e.g., job loss, poor health, homelessness). The stability dimension seems a logical place to group the social protection interventions that are increasingly being advocated for and shown to have promising effects on food security status in high-income contexts.[9]

Sourced from the policy and peer-reviewed evidence, these examples demonstrate the up-to-date actions that are currently implemented and/or advocated for, to address food insecurity. Context, local expertise, policy synergies, and various other factors (for example, further and more focused evidence reviews to assess efficacy, implementation, indicators for monitoring etc.) will help to determine which actions are the most appropriate and 'optimal' for the settings and populations known to experience food insecurity in South Australia.

Table 2: Evidence for potential actions to support Food Secure Communities in South Australia

	Actions ***^evidence of these working in diverse or remote communities *included community engagement and/or lived experience***	**Intersections with the food system[1]**
Food access *ensures physical and economic access*	*Physical access – addressing geographic, mobility and other releated barriers* - Localised community/social supermarkets, meal and shop-like programs that support access to affordable dignified food and social inclusion [52, 53] - Mobile fresh food markets[54, 55]*^ - Adequate public transport to allow food purchasing and food delivery services[55]* [56] - Formal national guidelines for food assistance/emergency relief as part of disaster management[57] - Community led multi-sector participatory approach to food systems in remote Indigenous contexts[58]* *Economic access – addressing cost and other related barriers* - Improve dignified access to fresh and healthy emergency food[59]*^ - Coordinated and collaborative approaches to food relief[60] - Evidence-informed food relief / diasaster management responses using strategic nutrition/food security planning tools[57] - Produce prescriptions for communities at increased risk, e.g. pregnant women[61] ^ - Protection of fruit and vegetables from the Goods and Services Tax - Price discounts for healthier foods in remote stores[43, 62] ^	 FE FE FE FE FS/FE FE FE FE FE FS/FE FE
Food availability *ensures sufficient quantities of nutritious food is available across supply chain and where people buy, grow and consume*	- Healthy, sustainable and regional procurement approaches in institutional settings [52] - Local food growing and sharing networks and grassroots activities [52, 63]* - Strengthen local and regional food systems by creating a Local Food Investment Fund to grow capacity, improve coordination and drive efficiencies in local food infrastructure.[6] - Provision of free school meals[64-67]^ - Affordable farmers markets[68] - Mapping and monitoring of Australia's food supply against current and future dietary needs[11] - Retail settings increase nutritious food quality and variety, availability and promotion[43] - Audit local food environments to determine availibility, price and quality of nutritious foods[13]^	FE CB FS FE FE FS/FE FE FE
Food utilisation *sufficient skills and settings*	- Food system-related learning and skill development in three different categories: i) food and nutrition literacy, ii) employment training and iii) leadership[52] - Food education in curriculum, capacity building and community development formats[60, 69]	FE/CB CB

	Actions *^evidence of these working in diverse or remote communities *included community engagement and/or lived experience*	Intersections with the food system[1]
	- Tailored nutrition education for people receiving government assistance (e.g. Supplemental Nutrition Assistance Program, USA)[70] and/or education in settings that provide affordable/low-cost/free food[68, 71]^	CB
Agency *support individuals/ groups to exercise voice and make decisions about their food and participate in food system*	- Consumers of community food programs/emergency relief guide service provision standards[51]* - Particpatory approaches to policy, programming and research with community members and/or stakeholder organisations to support food security [72, 73]*[74-77] - Food policy councils organising community-based responses to multiple food system issues [78, 79] - Kitchen incubator social enterprises that support food entrepreneurs (at increased risk of food insecurity) to grow and formalise food businesses.[46]	FE FS/FE FS/FE FE
Sustainability *enhance ecological and social bases of food systems for the future*	- The creation of sustainable urban food systems and urban agriculture [80, 81]* - Support the transition to regenerative farming practices to enhance ecological function and build resilience by proactively supporting and resourcing agroecological solutions[60] - Diversity supported in the food system (Example: diversity in geographic locations, short as well as long supply chains, small as well as large scale producers and community as well as commercial production)[42]	FS FS FS
Stability *tackle social and economic root causes and protect households from crisis*	- Improve employment standards for all within the food and agriculture sector [52] - Income support increases for families with children shown to reduce risks for severe food insecurity[82] - Increased frequency of income support[55]*^ - One off increase to the amount of income support[83] found to contribute to declines in overall food insecurity, moderate and severe food insecurity among households on social assistance - Experiences of racial discrimination are associated with higher odds of food insecurity, hence need to address structural racism and discrimination[56] - Policies that increase minimum wage, reduce taxes, and create jobs may help alleviate food insecurity amongst households with children[84] - Aged-pensions more generous than other benefit types, and reduction in food insecurity occurs when people turn the pension age and become eligible[9]; and/or pensioners less likely to be food insecure[44] - Housing / mortgage policies can be set up to be protective of food insecurity even during crisis (e.g. the 2008-2009 economic recession)[85]	

[1]Where relevant, these actions are designated to the Wellbeing SA focus areas of Food Supply (FS) including producers, manufacturers, distributors, logistics; Food Environments (FE) including private sector retail, hospitality, workplaces and institutional sectors including educational settings, hospitals and healthcare, prisons and correction facilities, food relief and charities; Consumer Behaviours (FB) including shopping, cooking and eating food.

4.0 Food security policy frameworks

The rapid review identified several relevant policy/legislative governance frameworks to help strategically respond to food insecurity in South Australia. These four evidence-informed frameworks were developed to guide policy in other jurisdictions or contexts, but most have not been implemented or legislated yet (at the time of writing). They provide insights on components considered necessary for 'good governance' in health/nutrition, including collaboration, engagement, mixing regulation and persuasion, independent agencies and expert bodies, adaptive policies, resilient structures and foresight.[86] The frameworks have been summarised with titles as follows:

1. A right to food approach
2. Healthy eating and equity
3. Leverage points for a healthy, equitable and sustainable food system
4. Advocacy priorities for high-income countries

These originate from different disciplines including human rights research and policy, health promotion, systems-science, and public health nutrition. All are an outcome of collaborative multi-disciplinary expertise, which included both academic, policy and practice professionals, and typically academics make up the largest participating 'expert' group. The multi-disciplinary input may help ensure the governance ideas reflect real-world contexts and are informed by both research and policy evidence. All were developed in Australia/by Australian lead authors and offer additional policy advice to build on previous food security evidence devised for the state.[7, 48, 49] And whilst there are nuanced differences in these frameworks there are some common characteristics, outlined as follows.

Firstly, the frameworks all include an emphasis on coordinated cohesive policy as vitally important to ensure strategic action on food insecurity. Secondly, data and information systems which include monitoring of household food security[87] are essential and have been lacking in most Australian jurisdictions, with South Australia a notable exception. Finally, they all include actors outside of the traditional health/social welfare policy spaces as vital to progress on food security.

The rapid review also identified several illustrative case studies of policy and practice that aim to support community food security and bring to life some of the ideas contained in the four frameworks. Policy case studies are *briefly* summarised from national contexts of Scotland, New Zealand, Brazil[88], and the state context (Tasmania) as well as local council contexts in Melbourne and Sydney.

4.1 Framework option - *Right to Food approach*

Principles and processes that are required for achieving the human right to food in Australia, have been identified by Lindberg and colleagues. In a (*forthcoming*) paper, which builds on previous studies[89, 90], they synthesise the perspectives of 30 key-informant Australian food security experts (from academia, government and community sectors, all ≥10 years of experience) and draw from international law and policy evidence provided by the Food and Agriculture Organization[91] and the United Nations Special Rapporteurs on the Right to Food.[92] The result of this study (Table 3: Right to Food Framework) provide insights on governance mechanisms to support the right to food for all.

Table 3: Right to Food Framework

	Summary of activities, processes, values and *key actors*
Policy leadership	• Relevant policies (poverty, social development, food security) at all levels of government, embedded in law, to holistically address hunger and poverty to ensure people can feed themselves and their family in freedom and dignity • Specific institution established to coordinate/implement right to food policy • Commercial interests in food systems are kept in check to ensure they are not priviledged over health, sustainability and equity *Actors: Governments at all levels*
Empowerment	• Include community members with lived experience of food insecurity in decision-making and program/policy development • Policy-making processes to include key stakeholders; national human rights institutions, civil society and private sector *Actors: Government at all levels, not-for-profit sector, community*
Resourcing	• Resourcing of the physical, human and financial resources to enable food security policies and programs • Increased transparency with state budgets • Adequate social welfare stipends and living wage • Removal of barriers to employment/economic participation • Resources for monitoring efforts & regular household food security data *Actors: Governments at all levels, philanthropy*
Accountability and monitoring	• Transparent measures for tracking progress against reduction targets & regular reporting of the prevalence and severity of food insecurity • Accountability of governments, and others, for taking action to address reduction targets • Disaggregated analysis of nutrition behaviours of different groups • Coordinated timelines for progress and responsibilities • Regular right to food impact assessments for domestic policy interventions and decisions • Monitoring of food prices against minimum wage levels & welfare *Actors: Governments at all levels, universities and research institutes*
Advocate and enact	• Increase awareness of human right to food amongst society and stakeholder institutions • Civil society and not for profit role is in advocating for rights-based interventions, rather than to provide sub-optimal food relief programs that in no way alter the power dynamics that perpetuate food insecurity and mask the states responsibility • When charitable emergency food relief is required, it should be nutritious, safe, culturally appropriate, dignified and include community participation/leadership *Actors: Not-for-profit sector*
Equitable sustainable and healthy food systems	• Secure access and sustainable utilization of land, water, forests, fisheries and livestock for farmers, with special emphasis on Aboriginal and Torres Strait Islander people • Promotion of environmental research and development and viability of small and medium scale farming • Systematic shifts to ensure access to equitable, nutritious and resilient sustainable food supply amongst the general population, with tailored attention for people 'at risk' of food insecurity • Population wide efforts to ensure dietary diversity and healthy eating for the general population, complemented with targeted programs for populations experiencing food insecurity *Actors: All*

NB: Framework extracted from a forthcoming publication, for internal use by Wellbeing SA and Department of Human Services South Australia.

Policy case study: Scotland

In 2016 an Independent Working Group on Food Poverty was founded. Membership included people with lived experience of food insecurity, peak poverty and food systems organisations. The group recommended transitioning the response to food insecurity from charitable approaches towards rights-based, dignified approaches. In February 2021, the Scottish Government outlined a suite of activities which advanced the working group's recommendations including:

- **Prevent food insecurity through increased incomes**. This is described and enabled through policies including: the Fair Work Plan, Gender Pay Gap Action Plan, Parental Employability Support Fund, Money Talk Team, expansion of universally funded Early Learning and Childcare, increasing social security through Best Start Grant, Best Start Foods and the Scottish Child Payment.
- **Improve dignified and 'cash first' food insecurity responses.** To help reduce the need for emergency food aid, improving referral pathways between local services is vital so that those facing income crisis have access to the Scottish Welfare Fund, as well as advice and income maximisation. Through the Fair Food Fund we are supporting community organisations to move away from emergency food aid as the primary response and to develop more dignified models which promote choice, participation and community development and support pathways out of crisis.
- **Coordinate action on food policy**. Scotland's Good Food Nation policy provides the high-level ambition and cross-government coordination to ensure people have access to affordable, locally produced and nutritious food. Scottish Ministers will develop a new non-statutory statement on food policy. This statement, led by the Ministerial Working Group on Food will build on recent experience of COVID-19 response, and will consider rights, security, production and availability of food. Beyond this, the National Taskforce for Human Rights Leadership aimed to implement a new statutory human rights framework for Scotland and a Bill to incorporate the UN Convention on the Rights of the Child into Scots Law. A new right to food law, via an amendment to the Good Food Nation Bill, was however unsuccessful in May 2022.

https://www.gov.scot/policies/poverty-and-social-justice/tackling-food-insecurity/

A right to food is being advocated for in other parts of the UK currently
https://www.ianbyrne.org/righttofood

4.2 Framework option - *A Healthy and Equitable Eating Policy Framework*

Pescud and colleagues [93] provide a conceptualisation of social determinants of inequities in a healthy and equitable eating policy framework ('HE^2 framework'). The framework was devised from conceptual modelling workshops with government, non-government and academic Australian expert stakeholders (n=12). [94] It includes housing, social protection, employment, education, transport, planning, and the food system and environment (Table 4). This approach emphasizes that various departments and agencies – beyond health, welfare and agriculture – have an important role in equitable eating.

Table 4: HE^2 Framework

Policy domain	Overarching policy statements
Housing	Establish minimum standards and pricing structures for public housing and best practice principles for housing outside the public realm (i.e. new developments of houses/flats; institutions) to ensure that housing that promotes healthy food environments is affordable
Social protection	Establish and implement policies to improve the conditions that perpetuate poor nutrition among disadvantaged groups, ensuring that financial needs are met with respect to food shopping and consumption and that guidelines exist that promote healthy food provision within the emergency food sector
Employment	Create policies to ensure access to employment/income, coupled with comprehensive and flexible workplace policies designed to ensure that employees and the general public are supported to make healthy food choices both within the workplace and outside
Education	Ensure nutrition literacy needs are met for children and families and that support and resources are provided to equip children to stay in the education system for as long as possible
Transport	Ensure transport policies support accessibility needs of all citizens, subsidise travel fares for those on low incomes or with disabilities, and encompass freight subsidies for fresh produce
Planning	Implement planning policies to support the availability and accessibility of healthy foods and limit the availability of unhealthy foods in communities
Food systems and environment	Implement policies across the food system and environment to ensure coherence with respect to nutrition-focused equity goals across sectors, to improve levels of availability, accessibility, affordability and acceptability of healthy foods

HE^2 was designed to complement and extend well-known existing nutrition policy frameworks, such the global leading policy framework to promote healthy diets and reduce obesity NOURISHING, to include social determinants of inequities in healthy eating relevant to the Australian context.

Policy case study: New Zealand Ministry of Education

Ka Ora, Ka Ako Healthy School Lunches programme

Since 2019, 950 schools have participated, funded through the Ministry of Education.

- Nutritious free meals are available to every student in the selected schools.
- Meals comply with nutrition, food safety and food waste guidelines and are entirely government funded.
- Providing a lunch to all students in participating schools helps ensure everyone who needs a lunch gets one and minimises stigma that sometimes comes with receiving free meals.
- Schools decide on what foods to serve and which of the approved suppliers they engage.
- The program was evaluated in 2020 and again in 2022 to improve program and assess impacts.

In Australia, school lunch programs are being piloted in Tasmania and Northern Territory.[67]

4.3 Framework option - *Leverage Points for Healthy, Equitable and Sustainable System*

A recent example summarising critical food system leverage points includes the consensus statement of The Victorian Food Systems working group, established in April 2020 in response to the evolving crisis of the COVID-19 Pandemic.[60] The upsurge in demand for food relief and anticipated spikes in job loss, disruptions in food supply chains and resultant increase in food insecurity, triggered the formation of the working group. The membership was drawn from across the food system and included 35 professionals from farms, food relief organisations, social enterprises, academia, peak nutrition organisations, government, and statutory bodies. After initially developing a plan to safeguard acute food security, the group shifted attention to prioritising action towards ensuring long-term food security for the state. A Consensus Statement was devised to advocate to governments and others, and below five leverage points have been organised together as they provide insights on policy/legislative governance mechanisms to achieve secure food systems for communities experiencing food insecurity (Table 5). The remaining leverage points may better fit the descriptions of 'actions' for food security, so are included below and also in Table 2 (page 11).

Table 5: Leverage points for healthy, regenerative, and equitable food system

Policy leverage points		**Summary**
Governance	Right to Food Law	Create an enabling policy environment to transform Victoria's food system by legislating the right to food in Victoria and embedding it into all relevant State and Local Government policies, budgeting processes and activities.
	Food Systems Governance	Strengthen food systems governance capacity by establishing a whole-of-government Food Systems Committee to oversee the participatory development and implementation of a Victorian Food System Strategy and Investment Plan.
	Food Systems Monitoring	Advance better food systems strategy and policy design by establishing a comprehensive performance measurement and monitoring framework in Victoria's State of the Environment Report.
	Community Food Systems Strategies	Require, empower and resource local councils to lead the participatory development of community food system strategies by amending the Public Health and Well-being Act 2008.
	Community Food Systems Planning	Prioritise and promote healthy community food systems by reforming Victorian Planning Provisions legislation to explicitly state the promotion of health, alongside economic, environmental, and social well-being considerations.
Actions	Agroecological Food Production	Support the transition to regenerative farming practices to enhance ecological function and build resilience by proactively supporting and resourcing agroecological solutions.
	Local Food Infrastructure	Strengthen local and regional food systems by creating a Local Food Investment Fund to grow capacity, improve coordination and drive efficiencies in local food infrastructure.
	Public Sector Food Procurement and Retail	Transition all public sector food procurement and retail to preference healthy and sustainably produced food sourced locally or regionally by developing compulsory social and ethical food procurement and retail standards and implementation assistance.
	School Food Systems	Transform Victorian school food systems and enhance food systems literacy by working with our educational community and allocating appropriate resourcing and investment.
	Food Relief Models	Improve dignified access to fresh and healthy food by developing a new, coordinated and collaborative approach with the food relief sector.

The signatory organisations who have endorsed the statement include (as at May 2023):



4.5 Framework option - Food security advocacy priorities in high-income countries

In a recently published article, Gallegos et al[5] present a Delphi process which aimed to reach consensus on best approaches for household food security. Thirty-two experts participated in Round 1 and eight continued to Round 2. The experts from academia, government and nongovernment organisations were located mainly in Australia, USA and Canada (with single representatives from Scandinavia, UK, Western Europe and New Zealand). Experts were asked to provide suggested food security interventions in round 1. In round 2 they were then asked to rank their top 3 preferred intervention priorities, organised into i) national policy interventions, ii) national strategies and iii) community/local level strategies. The authors describe the outcome of this consensus process as '…a starting point for the types of interventions that may guide policy and political conversations and generate public debate'(p.9).[5]

Table 6: Priority food security interventions – experts' perspectives [5]

Top three intervention priorities for policy nationally (ranked in order of popularity, of 17 options)
1. Income: social welfare payments (social security benefits, unemployment benefits, single parent support, housing assistance); universal basic income; legislated minimum wage – minimum wage is a living wage 2. Comprehensive poverty alleviation strategy 3. Address under- and insecure-employment and working conditions (employment and working conditions)
Top three intervention priorities for <u>national</u> strategies (ranked in order of popularity, of 9 options)
1. Subsidies on healthy food choices 2. Map and evaluate current national and local programmes 3. Universal free school meals (e.g. breakfast, lunch, snacks)
Top three intervention priorities for <u>community or local level</u> strategies (ranked in order of popularity, of 14 options)
1. Community suite of services (e.g. food access, financial access, social inclusion, growing food, provides food relief, financial and housing advice, counselling, links to training and education, employment opportunities, etc.) 2. Food hubs* 3. Social supermarkets or social solidarity stores

*No definition was provided in the paper for 'food hubs', but commonly these are described as organisations that source local/ethical products and provide access to local community and people experiencing food insecurity. In South Australia, the food hub model is often presented as a food pantry (low-cost or free) with a retail-like layout. Appendix 2 provides a snapshot of South Australia's food relief sector models.

Policy case study: Brazil Fome Zero

In Brazil, for many decades and through different programs, laws and agencies, food security has been a salient public policy area. In 2003, Fome Zero (zero hunger) instigated a suite of programs some of which continue today. The program comprises a set of multisectoral policies strategically coordinated across four main action fronts to: (1) facilitate access to food; (2) strengthen family farming; (3) generate income; and (4) promote civil society participation. A National Council for Food and Nutrition Security, Consea, (2006-2016) a consultative council responsible for overseeing food and nutrition policies to promote food sovereignty and human right to food. Consea represents a direct channel between government and civil societies as two thirds of its members are representatives to allow for a participatory and democratic approach. Access to adequate food was enshrined in law as fundamental human right guaranteed under their national Constitution since 2010. The Ministry of Social Development, Assistance, Family, and Fight Against Hunger was initially set up in the Fome Zero era, briefly dissolved in 2019 and restored 1 Jan 2023. Fome Zero included:

- Programs that supported food access (e.g., 'Bolsa Familia' income support for families – supports 45 million Brazilians, national school meals which feed 40 million children and source one-third of food directly from smallholder farmers, food banks, national nutrition surveillance, workers food)
- Programs to strengthen family agriculture (for e.g., Family Farming Food Acquisition Program - government-led food procurement strategy which foods produced by smallholder farmers, as well members of Indigenous communities were systematically purchased by federal institutions)
- Programs for income generation (e.g. micro-credit schemes, training)
- Programs to support partnerships with not-for-profit organisations.

https://www.gov.br/mds/pt-br

Policy case studies: Melbourne and Sydney (Local Government)

Melbourne was Australia's first city council to devise a local food policy, adopted in 2012. A small internal Food Policy Steering Committee was formed to make key decisions on the Food Policy project. This group included the Director of Community Development, Manager of Health Services and the Health Projects Team. An internal Food Policy Advisory Group (FPAG) was also formed to provide guidance, strategic advice, and feedback throughout the development of the Food Policy. Now, a decade on, the council works to revise and improve on the initial policy, with its second iteration to be finalised for 2023 after expert focus groups and community consultation. Melbourne is also a signatory to the Milan Urban Food Pact, an international agreement among cities committed to develop sustainable food systems that are inclusive, resilient, safe and diverse, that provide healthy and affordable food to all people in a human rights-based framework, that minimize waste and conserve biodiversity while adapting to and mitigating impacts of climate change.

https://www.melbourne.vic.gov.au/community/health-support-services/health-services/Pages/food-policy.aspx

Sydney, also a signatory to the Milan Urban Food pact, made food insecurity a central part of their Social Sustainability Policy & Action Plan 2018-2029 and has established food insecurity reduction targets and indicators. City of Sydney also partners with FoodLab Sydney, TAFE NSW, FoodLab Detroit, and the University of Sydney, to implement novel social enterprises to address food insecurity in the city.

https://www.cityofsydney.nsw.gov.au/strategies-action-plans/social-sustainability-policy-action-plan

Policy case study: Tasmanian Food Security Strategy

In 2009 the Government established a Tasmanian Food Security Council (concluded 2012) and a Food Security Fund in response to recommendations in A Social Inclusion Strategy for Tasmania. The Council was chaired by an independent expert, former Social Inclusion Commissioner, and the Deputy was the Director of Population Health, Department of Health and Human Services.

The Council's role was to develop a Food Security Strategy and provide advice on the administration of the Food Security Fund. The Food Security Fund was administered in November 2010 and the Premier, Lara Giddings MP received and launched the Food Security Strategy in March 2012. The four priorities to address food insecurity at a local level in Tasmania were:

- increasing food access and affordability
- building community food solutions
- regional development and supporting food based social enterprises
- planning for local food systems.

The work of the Council was supported by a joint secretariat provided by the Social Inclusion Unit in the Department of Premier and Cabinet and the Community Nutrition Unit in the Department of Health and Human Services, this institutionalised a cross sectoral collaborative approach and governance model, with a joint focus on social inclusion and food and nutrition.

http://www.ruralhealth.org.au/12nrhc/wp-content/uploads/2013/06/Ward-Alison_ppr.pdf

More recently Tasmania has focused their food security activities on food relief and school meals.

5. Food security actors and their roles

Finally, the evidence review provides some insights on **who** is key to achieving progress on food security in Australia and what roles and activities they can undertake. Tables 7, 8 and 9 provide a summary of roles, divided into government and non-government stakeholders. The tables indicate activities that are, to the knowledge of authors, yet to be progressed in the South Australian / Australian context. There is some excellent progress on the recommendations and action plans outlined in previous South Australian food security/food relief reports[7, 48, 49], including a high-standard of monitoring of household food security, nutrition criteria for emergency food, engagement of food supply chain to source nutritious foods for food relief and new models of food security programs (such as social supermarkets) in development.[48] So the activities in the tables below, therefore, suggest the next steps for food security in South Australia broadly. Importantly, depending on populations and/or settings defined, principles and actions adopted, and preferred governance approaches, additional or varied roles and actors may be required.

To reflect the context and audience for this review, extra attention has been paid to potential roles and levers available to state government, noting however, than much of the content in Table 7 could equally be applied federally.

Table 7: Roles in food security - state government

Roles	State government
Leadership	- Establish an Independent Working Group on Community Food Security in SA to inform the whole-of-government approach
Needs assessment & strategic alliances	- Map and report on State, Local Government and community actions that currently aim to improve food security[48 95, 96] - Consult with peak agencies, community representatives and those with lived experience, in light of populations reflected in section 1.1 (page 4). For example, SA Housing Authority, National Council of Single Mothers and Their Children, South Australian Aboriginal Community Controlled Organisation Network, South Australian Council of Social Service, etc. Ensuring cultural-safety and empowered ways of working particularly for Indigenous South Australians[77] - Identify funding across government and community sector charitable organizations/food systems projects, for a collective impact approach[48]
Policy mandate	- Establish a whole of government approach to food security in partnership with local councils[22 45, 97] - Prepare food security policy guidelines under provision 17A of the Public Health Act 2011 in collaboration with LGAs[48]
Select actions for policy implementation	- Support a systems approach: shift away from one-off initiatives run in isolation, towards more systemic, long-term, comprehensive approach that addresses the underlying causes[69] - Conduct further evidence/policy reviews to establish efficacy, implementation, evaluation indicators of optimal actions

Roles	State government
	- Support for continued research to address gaps in knowledge about populations experiencing greater prevalence and severity of household food insecurity and to inform the implementation and evaluation of strategies and policies that will eliminate household food insecurity[98] - Consider the appropriateness of school meals[67] (an action this is gaining momentum in schools in Australia and abroad[65], but is one option of many available[99]) for South Australia. If adopted, consider how optimal principles will be released in school settings - Seek synergistic policy objectives for addressing food insecurity for example Climate Change, nutrition/obesity/chronic disease, social inclusion, community development/resilience, children's education and development, workforce productivity and inclusion, urban design and liveability, human rights advancement in SA, for e.g., the Charter of Human Rights and Responsibilities Bill 2020, introduced in the Legislative Council in Dec 2020
Resource	- Facilitation/coordination roles are required to work across intersecting actors in the system (e.g. food relief, local government, community sector)[69] - Fund novel actions and scale actions that work - Fund the evaluation of actions for impacts and outcomes
Monitoring and information systems	- Set targets for improving food security in strategic plans[48] and/or in line with the sustainable development agenda 2030 - Conduct routine Statewide monitoring of household food security and food pricing and availability using a minimum food pricing data set[48] -Establish appropriate reporting mechanisms to monitor progress on the intra-governmental response to food insecurity in South Australia[48]

Table 8: Roles in food security - federal (national) and local government

Stakeholder	Federal Government	Local Government
Roles	- Undertake activities described above and adapt to national setting - Continue to increase welfare payments so recipients have adequate income to purchase healthy foods - Medicare (possibly private insurers) can adopt payment models that incentivise addressing adverse social determinants, including food insecurity. In the USA, value-based payment has emerged as a modality for supporting / incentivising providers and hospitals to address food insecurity to help reduce healthcare utilisation[56] - Continue to exclude fruit and vegetables from the GST - Resource and implement The National Preventive Health Strategy 2021-2030, to advance food security and synergistic health/social challenges - Invite the Special Rapporteur on the Right to Food to conduct an in-country visit to provide internationally recognsied leadership and stratgeic advice for Australia's circumstances and in advance of the 2030 Sustainable Developent Goals (particularly the zero hunger target)[89]	- Embed food security/systems work within councils in complement to national/state-wide strategy[97,45] - Each Council employs a dedicated, full-time food systems/security staff role[97] - Build momentum and interest amongst community members and organisations and create opportunities local food systems work (for e.g. events, newsletters, form a food security network)[97] - Capacity building / food systems literacy. Support the development of food systems literacy amongst individual staff within different council teams; and build collective capacity through establishing and resourcing communities of practice within and across councils[97] - Build coherence across the food system at the city, regional and state level through a structured and supported governance and coordination mechanism; build on existing networks, such as the Food System Network, to establish a city-wide and / or state-wide food systems community of practice [97] - Address the policy silence on climate change and food insecurity that currently exists in most local government policy[100] - Share what works, collaborate across jurisdictions, share-resources and ideas with other local governments[95] - Local food safety officers and agendas can be altered to promote food security[101] - Partner with community sector organisations, social enterprises and others, to offer innovative programs. For example, kitchen incubator programs that allow food entrepreneurs from high-barrier backgrounds to grow and formalise their food businesses, providing affordable kitchen space, technical assistance, mentoring and sales opportunities[46]

Table 9: Roles in food security - non-government

Stakeholder	Universities	Philanthropy	For-purpose sector/ food relief sector	Health	Food supply chain
Roles	- Conduct research, teaching and knowledge translation (in partnership with stakeholders) to address gaps in knowledge about populations experiencing greater prevalence and severity of household food insecurity, and to inform the implementation and evaluation of strategies and policies that will eliminate household food insecurity[98] - Universities are becoming settings for actions to ameliorate student food insecurity[102]	- Work with government to identify funding across government, private sector and philanthropic sector to charitable organisations / food systems projects / for-purpose agencies for a collective impact approach -Support a systems approach – shift away from one-off initiatives run in isolation, towards more systemic, long-term, comprehensive approach that addresses the underlying causes[69]	- Support and/or participate in food policy councils[78] - Evaluate programs collectively and seek support for required infrastructure which enables evidence generation in this setting without taking away the ability to meet clients immediate needs[103] - Continue to show leadership across Australia in nutrition criteria for emergency food, food supply chain sourcing nutritious foods for food relief and new models of food security programs [7, 48, 49]	- Screening for food insecurity helps identify patients who need support and builds evidence for service delivery opportunities/improved care e.g. paediatricians[56] , primary care[36, 104] - Effective coordination of e-health record systems and community /food relief structures can facilitate communication between clinicians and community-based organizations.[56] - Implement actions for people experiencing food insecurity who are under the care of hospital/health care system, for e.g. pregnant people[61]	- Work with government to identify corporate social responsibility/ corporate giving funding across government, private sector and philanthropic sector to charitable organisations / food systems projects / for-purpose agencies for a collective impact approach - Support a systems approach – shift away from one-off initiatives run in isolation, towards more systemic, long-term, comprehensive approach that addresses the underlying causes[69]

6. Conclusion

Food insecurity is estimated to impact more than 1 in 10 South Australian households. Considering recent cost of living pressures, the number could be greater. There are estimated to be more than 600 food charities and a range of community for-purpose organisations that have, for many years, been the frontline response to food insecurity across the state. *FOOD SECURE COMMUNITIES IN SOUTH AUSTRALIA: An evidence summary to support food security across food and social systems* was designed to highlight how other stakeholders, beyond food charities, can help strategically and effectively support food secure communities. Eleven cross-cutting optimal principles and six areas of optimal actions were summarised, to provide guidance on potential interventions and a multi-faceted response to support food secure communities. Four governance frameworks and six policy case studies were provided as options that may help guide policy. These policy approaches included an emphasis on coordinated cohesive policy, data and information systems on household food security and the inclusion of actors outside of the traditional health/social welfare policy spaces as vital to progress on food security. The roles and opportunities with governments at all levels, as well as important non-government agencies and stakeholders, were summarised across three tables. The rapid review has provided a snapshot of policy and academic evidence to help ensure South Australians can eat well, now and into the future.

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