

**Submission
No 2**

FOOD PRODUCTION AND SUPPLY IN NSW

Name: Mr Julian Richards
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Dear Committee Members,

I would like to raise concerns regarding the significant diversity surrounding processed food labelling, with labelling often not providing adequate information for consumers to make healthy food choices.

For example, nutritional information panels on some food may contain, in the "fat" category - "total fat" and "saturated fat" details (which I understand is the bare minimum required by law). Some manufacturers go further (which is helpful), and include "trans fat", "poly unsaturated fat" and "mono unsaturated fat" details.

Recommendation: require manufacturers to specify "trans fat", "poly unsaturated fat" and "mono unsaturated fat" details on food nutritional information panels.

For example, most manufacturers don't specify the "GI status" of their food. Some manufacturers do specify when their food is considered "low GI", which helps the millions of diabetics and pre-diabetic consumers make healthy food choices.

Recommendation: require manufacturers to specify on food packaging the GI level / status of their food.

For example, some manufacturers specify they use "vegetable oil", without specifying exactly which oil they use - specifying the oil used would help consumers choose healthier food.

Recommendation: require manufacturers to specify on food packaging oils that have been used.

With regards to food security, it is possible to improve food security by:

- educating the population on how to grow their own vegetables, in their back yard.
- fund all TAFE colleges and community colleges so they can run short courses in growing vegetables e.g. permaculture courses
- make provision in the planning system, to require new residential land lots to be of a certain size, with a minimum amount of "green space" reserved for grass and gardens, which would ensure land was available for people to grow their own vegetables.
- make provision in the planning system, to require a certain amount of public open space to made available close to every home, where a resident can lease a plot of land at VERY low cost, to permit growing of vegetables for their own consumption.

Thank you.