

**Submission
No 3**

INQUIRY INTO CHILDHOOD OVERWEIGHT AND OBESITY

Organisation: Foodbank NSW and ACT

Date received: 24 August 2016



Foodbank Submission to Standing Committee on social Issues: Inquiry into childhood overweight & obesity





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5 August 2015

The Hon. Bronnie Taylor MLC
Committee Chair
Inquiry into childhood overweight and obesity
Parliament House
Macquarie St, Sydney NSW 2000

Committee Chair, The Hon. Bronnie Taylor MLC

More than 1 in 5 children in New South Wales are overweight & obese.

Paradoxically, this level is significantly higher amongst those children & young people who experience poverty & disadvantage. The reasons are a healthy diet is financially out of reach for their families, peer & family eating behaviours &/or a lack of nutritional awareness.

VicHealth (2004) identified that the risk of obesity is 20 to 40% higher in individuals who are food insecure.

Foodbank NSW's proposal has been designed with three principles in mind:

- Help this hard to reach group improve their health & educational outcomes
- Augment the NSW Government's existing nutrition & physical education awareness initiatives such as Munch & Move, Crunch & Sip , Healthy Eating & Living Strategy(HEALS) with the provision of nutritious food
- Leverage Foodbank NSW's scale & network of non- government & private sector supporters to achieve the above in the most cost effective way possible

Foodbank NSW's proposal consists of 4 synergistic programs namely, School Breakfast, Healthy Eating , Key Staples & Accessibility; each of which are outlined in the following pages.

Recommendation 1:

That the NSW Government immediately fund a School Breakfast Program delivered by Foodbank NSW & ACT, targeting 315 high need schools in the short-term, with a view to the program being delivered in all government primary schools in NSW by 20??

Recommendation 2:

That the NSW Government immediately fund a Healthy Eating (Fresh Fruit & Vegetable) Program delivered by Foodbank NSW & ACT, providing an additional 5 million kilograms of fresh fruit and vegetables to 80,000 vulnerable families & their children by 2020 by leveraging Foodbank's extensive network of 560 plus agencies

across NSW assisting Australians seeking food relief... bringing nutritious fruit and vegetables from the farm gate to families!

Recommendation 3

That the NSW Government immediately fund a Key Staple Foods Program delivered by Foodbank NSW & ACT, providing a range of key nutritious staples sufficient for the provision of 3million additional meals by 2020 by leveraging Foodbank 's scale & network of non- government & private sector supporters

Recommendation 4

That the NSW Government immediately fund a Transport Program delivered by Foodbank NSW & ACT, enabling Foodbank to deliver 12.2million kilos of fresh fruit and vegetables, 24.1 million kilograms of key staples to within an arm's length of need to the state's most vulnerable children & their families

We submit these for your review & would welcome the opportunity to discuss with you in further detail.

Yours Sincerely

Tony Gatt

FOODBANK NSW & ACT LIMITED    

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To Whom It May Concern

I shall start by introducing myself. My name is Connie Wilson and I have been a parent at Miller Public School since my eldest child was in year 2 in 2010. Within this time the school has been running the Breakfast Club programme, which is designed to provide a healthy and nutritional breakfast for the children of our school. It is run by the teachers and volunteers in their own spare time three days a week.

My plea is to once again ask for special funding to continue this programme as we live in a low income area and without additional funding ~~at~~ our children will be missing out on the most important meal of the day.

I thank you for taking the time to listen to our pleas.

Yours Sincerely
Connie Wilson

To whom it may concern

My name is Anastacia
School captain at Miller Public School.

, I am

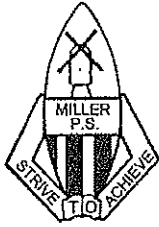
I want to tell you that my school has run a breakfast club programme which the children benefit from. As a lot of my friends and I have used this programme over the years as it provides us with a healthy start to our day.

I for one have used this service more in the last year as my mother has cancer and normally is tired, that my brother and sister and I go to school to have breakfast.

My wish is for my school to continue to get special funding so that this programme will continue to benefit all the children in need including myself.

Yours Sincerely

Anastacia



MILLER PUBLIC SCHOOL

Strive to Achieve

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To Whom It May Concern

I write this letter of support as the principal of Miller Public School, on behalf of our school community. Our school is located in an extremely low socio-economic area of South-Western Sydney. We serve a community that experiences economic and social disadvantage; including families from diverse cultural backgrounds. On the 2015 ICSEA scale, Index of Community Socio-Educational Advantage, our school was indexed at 872 where the Australian average is 1000. Our school distribution had 75% in the bottom quarter, compared to 25% of the Australian distribution. In 2016 our FOEI, Family Occupation & Education Index, was rated at 186, where the average Australian FOEI is 100.

These measures of disadvantage are evidenced by low levels of English facility amongst our 56% English as an Additional Language/Dialect students, our 12% of students from Aboriginal/Torres Strait Islander communities and 55% of our students being included in the Nationally Consistent Collection of Data to measure school level support for students with disability. Our school, like many in the area have begun to have refugee students enrolling who have experienced significant upheaval in their lives and look to the school to provide educational and social stability.

In this context, our School Breakfast Program, which has been operating for approximately five years, plays a vital role. We provide a daily no-cost breakfast, healthy snacks available throughout the day and approximately 30 Foodbank shopping bags of food basics each fortnight. Recent student feedback reported 50% of Kinder – Yr.2 students (5-8 yr olds), 85% of Yr.3-6 students (8-12 yr olds) and 60% of Support Students (students 5-12 yr olds with disability) utilise the school breakfast program on a regular basis.

Foodbank NSW provides a vital partnership to the school in order to support student health and wellbeing. Foodbank NSW enables the school to source essential food items; milk, bread, cereal, fruit, vegetables, dairy products and nutritious snacks, in a cost-effective way.

The School Breakfast Program also aligns with our commitment to the NSW Govt's existing nutrition & physical education awareness initiatives such as Crunch'n'Sip – which is also made successful across the school due to a regular supply of fruit from Foodbank.

Our school community also believes that to encourage healthy eating choices, and thereby combat the increased incidence of childhood obesity, we need to provide these healthy food options on a daily basis. A school breakfast program effectively models an expectation for students to make these choices, in a safe and supportive

environment that has the added benefit of contributing to a sense of community and social inclusivity.

Students report that they enjoy coming to the school breakfast program on a daily basis and recognise starting the day with a healthy breakfast as a normal part of school life. Teachers also report a **readiness** for learning when students are not experiencing hunger prior to beginning a 6-hour day of learning!

Many schools in similar socio-economic demographics recognise the need for and value of a school breakfast program, however inconsistent sources of grant funding, often impede their efforts to effectively deliver a program to the level that is needed.

I therefore strongly support the submission made by Foodbank NSW to make a School Breakfast Program available to all schools seeking to support childhood nutrition and readiness for learning.

Sincerely,

Bronwyn York

Introduction

Foodbank is Australia's largest food relief organisation, providing 60 million meals a year via more than 2400 charities around the country. Last year, Foodbank distributed 33 million kilograms of food and groceries nationally, with a retail of more than \$200m. Foodbank is also the largest supporter of school breakfast programs in Australia, providing food for 1500 schools nationally, both directly and via programs run by other organisations. More than 100 000 students receive breakfast thanks to Foodbank, which provides 205 000 school breakfasts a week across the country.

Foodbank accounts for 75% of all the food distributed to charities by food rescue organisations in Australia, working with the entire Australian food and grocery industry from farmers and wholesalers to manufacturers and retailers. Items include stock that is out of specification, close to expiry, has incorrect labelling or damaged packaging, is excess to requirements or from slow moving or deleted lines.

Looking at NSW and the ACT specifically, Foodbank NSW & ACT assisted 81 801 people (60 792 adults and 21 009 children) last year. Whilst we were able to provide 29 500 meals per day and distribute a massive 5 971 600 kilograms of food throughout the year, we were unfortunately not able to assist 7733 people (4604 adults and 3129 children) as we simply did not have enough food to provide. Our charitable agencies have estimated that they require a 26% increase in food to meet current demands, with only 33% of our agency partners reporting that they generally meet the full demand for food relief.

We commend the NSW Legislative Council's Social Issues Committee for inquiring into and reporting on strategies to reduce childhood overweight and obesity in NSW and welcome the opportunity to respond to this important inquiry. Whilst Foodbank NSW & ACT is primarily focused on addressing the hunger crisis in NSW and the ACT, we are acutely aware of the far-reaching benefits of providing fresh, healthy food to families in crisis. Our most recent [Foodbank Hunger Report](#) highlights the positive impacts of food relief, with people in receipt of food assistance saying they feel relieved, happy, positive, hopeful and less stressed. They report both the immediate benefits of feeling less hungry, but also the longer-term benefits such as improved physical health, being able to plan for the future, and feeling able to look for work/get a job.

VicHealth (2004) identified that the risk of obesity is 20 to 40% higher in individuals who are food insecure.

We also know that our School Breakfast Program is delivering significant and long-term benefits to children. Our latest [Hunger in the Classroom report](#) highlights that schools providing breakfast to students overwhelmingly believe this contributes to student physical (97%) and mental (91%) health. We know that on a typical day, around three students in every classroom will arrive at school hungry or without having eaten breakfast. Teachers tell us that the average student loses more than 2 hours a day of learning time

when they come to school hungry, as students find it harder to concentrate (73%), are lethargic (66%) or demonstrate behavioural problems (52%).

Whilst it may appear incongruous that food relief can assist in addressing childhood overweight and obesity, Foodbank NSW & ACT firmly believes that providing key staples and fresh, healthy food delivers longer-term, lasting improvements to people's lives, particularly when it comes to children.

This submission outlines four important initiatives that, with the support of the NSW Government, could go a long way towards addressing childhood overweight and obesity in NSW, as well as assisting in fighting the hunger crisis being experienced across Australia.

Recommendation 1:

That the NSW Government immediately fund a School Breakfast Program delivered by Foodbank NSW & ACT, targeting 315 high need schools in the short-term, with a view to the program being delivered in all government primary schools in NSW by 20??

Recommendation 2:

That the NSW Government immediately fund a Healthy Eating (Fresh Fruit & Vegetable) Program delivered by Foodbank NSW & ACT, providing an additional 5 million kgs of fresh fruit and vegetables to 30,000 vulnerable families & their children by 2020 by leveraging Foodbank's extensive network of 560 plus agencies across NSW assisting Australians seeking food relief... bringing nutritious fruit and vegetables from the farm gate to families!

Recommendation 3

That the NSW Government immediately fund a Key Staple Foods Program delivered by Foodbank NSW & ACT, providing a range of key nutritious staples sufficient for the provision of 3million additional meals by 2020 by leveraging Foodbank's scale & network of non- government & private sector supporters.

Recommendation 4

That the NSW Government immediately fund a Transport Program delivered by Foodbank NSW & ACT, enabling Foodbank to deliver 12.2million kilos of fresh fruit and vegetables, 24.1 million kgs of key staples to within an arm's length of need to the state's most vulnerable children & their families

Foodbank School Breakfast Program Proposal

FUNDING Requirement

\$354k in year 1, \$593k in year 2,
\$1.1m in year 3 & \$2million in year 4

BENEFITS - Children who regularly eat a healthy breakfast

- have a lower propensity to developing diabetes and **obesity**
- have **better health outcomes**, including physical development (muscle, brain and bone)
- have **higher levels of concentration**
- exhibit less disruptive classroom behaviours
- attain measurable **higher achievement levels** in numeracy and literacy; and
- have a **greater sense of wellbeing**

Feeding hungry children builds social capital as well as delivering significant cost benefits to society long term.

DELIVERABLES

1. Provide food to 315 + schools by year 3 with a weekly delivery of:

1. fresh fruit, milk, wholegrain cereal, yogurt, bread and margarine
2. cereal, spreads, canned fruit & baked beans, oats/porridge in winter.

Provision of food includes food supply, delivery, coordination & management.

Enabling the provision of 40,000 school breakfasts each week.

2. Coordination and management of

- individual school requirements including resourcing, sponsorship & volunteers
- nutrition training material
- relationships with Red Cross, KS4K, Variety & other providers
- transport/warehousing/logistics
- regular reporting

3. Partnering to help "offer a brighter future through education".

FOODBANK AIM: every child starts the day with breakfast

We aim to achieve significant progress in this by progressively implementing a program that will provide food for school breakfast programs in 315 'high need' NSW schools, where children currently start the school day hungry.

SIZE OF THE PROBLEM

The Smarter Schools Program identifies 702 high need schools in low socio economic areas. Feedback from Foodbank frontline member agencies identifies that there are additional high need children in schools outside these criteria. The current target is to provide food to 315 schools resulting in 40,000 breakfasts each week.

HOW FOODBANK ACHIEVES ITS AIM

To implement its SBPs Foodbank will undertake school application and selection, provide all food, nutrition training material, other resources required and undertake regular evaluation /reporting, with the school delivering the breakfasts each day. In some States this includes collaboration with other agencies like Kick Start 4 Kids and Red Cross where Foodbank provides the food to the 3rd party who undertake the other activities.

Participating schools develop their own teacher driven, informal and common sense process to identify which children need breakfast, while also allowing other children to join with them to avoid any associated stigma.

This empowers and educates children to become food and health aware, capable of preparing their own breakfast and over the longer term reduces the need for SBP support.

CURRENT SBPs SUPPORTED BY FOODBANK

Foodbank currently supports the provision of food and support resources to 1600 schools, 108,000 children & 220,000 breakfasts per week

- Western Australia - 416 schools, managed by Foodbank and includes nutrition training through a 'healthy food for all' program; WA government funding \$800k/yr
- Queensland - 197 schools provided through partnership with YMCA;
- South Australia - 351 schools provided through partnership with Red Cross, Save the Children & KS4K;SA
- Victoria - 500 schools managed by Foodbank; Vic government recently committed \$13.7 million for next 4 years
- Tasmania - 89 schools managed by Foodbank;
- New South Wales - 24 schools with clubs grant & Kelloggs funding
- Northern Territory - 22 schools in partnership with Red Cross.

Without funding support it is unsustainable for Foodbank to initiate the SBP, let alone expand operations to cover all high need schools

Foodbank School Breakfast Program Proposal (contd)

Premier's Priorities: Making it Happen

- *Improving Education Results*
- *Tackling Childhood Obesity*

Terms of Reference

Supply of nutritious food will

- Assist parents & carers in enabling their children to make healthier food & beverage choices
- Enhance coordination between NSW Government agencies to improve effectiveness of nutrition awareness & education initiatives such as Crunch & Sip , Munch & Move & Healthy Eating & Living Strategy(HEALS)
- Enhance collaboration by leveraging Foodbank NSW's scale & network of non- government & private sector supporters to achieve the above in the most cost effective way possible

Key Rollout Milestones & Investment

<i>Year</i>	<i>No. of Schools</i>	<i>Breakfasts</i>	<i>Investment(\$000)</i>
<i>1</i>	<i>105</i>	<i>354,000</i>	<i>\$354</i>
<i>2</i>	<i>176</i>	<i>593,000</i>	<i>\$593</i>
<i>3</i>	<i>315</i>	<i>1,062,000</i>	<i>\$1062</i>

Cost Breakdown

	<i>Per School /yr(\$)</i>	<i>Per meal (cents)</i>
<i>Food</i>	<i>\$2116</i>	<i>61c</i>
<i>Distribution</i>	<i>\$225</i>	<i>7c</i>
<i>Labour</i>	<i>\$917</i>	<i>18c</i>
<i>Evaluation</i>	<i>\$112</i>	<i>3c</i>
<i>Total</i>	<i>\$3370</i>	<i>\$1</i>

Foodbank Healthy Eating(Fresh Fruit & Vegetable) Program Proposal

FUNDING Requirement

2016-17 - \$320,000

2017-18 - \$408,000

2018-19 - \$496,000

BENEFITS

Improvement in nutrition-related health outcomes of Australians experiencing food insecurity & their children.

- Fruit and vegetables are also increasingly being seen as a weapon in the war against **overweight and obesity**
- Fresh fruit and vegetables are a key pillar of a healthy food offering to people experiencing food insecurity.
- Eating sufficient fruit and vegetables can prevent some types of cancer, help ward off heart disease and stroke, control blood pressure, diverticulitis and guard against cataract and macular degeneration, two common causes of vision loss.
- The European Commission-funded Epic Study found that high levels of fruit and vegetable consumption reduces the risk of dying early from any cause by 20 per cent. This benefit could be attained by eating just one extra portion of fruit or vegetables a day. The results show that there is the potential for significant health gains from even a small increase in fruit and vegetable consumption.

DELIVERABLES

3. Collaboration with the fresh produce industry to achieves the delivery of weekly supplies of key staple fruit and vegetables to redistribute to NSW Welfare Agencies with a target of 4.96million kilos by 2018-2019.

Foodbank's Aim: Improve the nutrition-related health outcomes of Australians & their children experiencing food insecurity

We aim to achieve this by providing a regular supply of fresh fruit and vegetables to the welfare agencies across NSW which assist Australians seeking food relief... bringing healthy nutritious supplies from the farm gate to families!

Size of the problem

- ACOSS (2014) has identified that 850,000 Australians live below the poverty line in NSW - for children this represents 1 in 7 living in families experiencing poverty.
- Anglicare (2012) survey of people seeking emergency relief identified that 96% of adults were food insecure and 75% severely food insecure.
- Foodbank (2016) Hunger Report found that 1 in 6 Australians report having experienced food insecurity at least once in the last 12 months, with over 644 000 people now receiving food relief each month - a third of whom are children. More than 43 000 people seeking food relief each month are unable to be assisted by charities and community groups, with an 8% increase in the number of people seeking food relief in 2015;
- People experiencing food insecurity have a tendency towards eating patterns which contribute to being overweight and obesity, which in turn are associated with increased risk of Type 2 diabetes, heart disease, stroke, high blood pressure, gallbladder disease, osteoarthritis, many cancers, asthma and a host of other conditions. VicHealth (2004) identified that the risk of obesity is 20 to 40% higher in individuals who are food insecure.

How Foodbank will achieve its aim

Foodbank NSW & ACT currently supplies 6 million kilos of food (sufficient for 12 million meals) to 560 welfare agencies across NSW but we do not have a regular supply of sufficient fruit and vegetables.

Foodbank's initial target is to make available 4.96 million kilos of fresh fruit and vegetables p.a. to welfare agencies by 2018/19.

Foodbank collects food from the entire supply chain, warehouses and distributes the food to welfare agencies who then supply it to people seeking food assistance.

The traditional model that relied on collecting food surplus reached a plateau around 2010. To meet demand Foodbank, in partnership with the food & grocery industry, has introduced several new and innovative solutions to increase food supply including directly targeting fresh fruit and vegetables on farms and in packing sheds, and transporting them to the central produce markets for collection by Foodbank.

Foodbank Health Eating (Fresh Fruit & Vegetable) Program Proposal (contd)

Foodbank's partnership with the **fresh fruit and vegetable industry** has enabled the development of arrangements for the weekly supply of a range of key products in every state Foodbank operates in, if the transport costs from the farm can be funded.

The Health (Fresh Fruit & Vegetable) Program has been in development for the past two years and is ready for launch if funding for the transportation of the produce from farm to Foodbank can be identified.

Premier's Priorities: Making it Happen

- Tackling Childhood Obesity
- Improving Education Results
- Protecting the vulnerable

Terms of Reference

Supply of nutritious food will

- Assist parents & carers in enabling their children to make healthier food & beverage choices
- Enhance coordination between NSW Government agencies to improve effectiveness of nutrition awareness & education initiatives such as Crunch & Sip , Munch & Move & Healthy Eating & Living Strategy(HEALS)
- Enhance collaboration by leveraging Foodbank NSW's scale & network of non- government & private sector supporters to achieve the above in the most cost effective way possible ;

Healthy Food (fresh Fruit & Vegetable) Program Proposal

Year	Kilogram Produce	No. of Meals	Investment(\$000)
1	1,067,000	\$0.30	\$320
2	1,360,000	\$0.30	\$408
3	1,653,000	\$0.30	\$496

Cost Breakdown*

	\$/kg	
Farmers Growing Cost	\$0.20	
Packaging	\$0.10	

- Proportion of FFV paying farmers for growing & packaging

Foodbank Key Staple Foods Program Proposal

FUNDING Requirement

2016-17 - \$4.2million

2017-18 - \$5.355million

2018-19 - \$6.510million

BENEFITS

Improved cost effectiveness of Emergency Food Relief funding & Provision of a [balanced diet for Australians experiencing food insecurity](#).

Foodbank's End Hunger Report identifies that:

- Demand for food relief is increasing - 70% of agencies;
- Food relief agencies do not have sufficient food to meet demand - 68 % of agencies;
- Over 6,500 clients each month are turned away from Foodbank partner food relief agencies as they have insufficient food to meet demand - 30% are children.

The Key Staples program will provide 31 million additional meals of much needed food to these agencies, and tailor this food range to meet the needs and demands of the agencies and clients.

Achieving our goal has large payoff to the community - Foodbank's study on the Social Return on Investment (SROI) from Foodbank activities identified indicative benefits of over \$138m p.a. in avoided health & environmental costs.

DELIVERABLES

1. 1.0million kgs pa of key staples.
2. Cost of \$2.10/meal.
3. 2.0million additional meals to disadvantaged.

FOODBANK's AIM: A nutritious diet for those facing food insecurity

We aim to achieve this by providing a guaranteed supply of a range of staple, nutritious food items to welfare agencies that provide hunger relief in local communities.

We aim to provide frontline agencies delivering Emergency Food Relief (EFR) in NSW with an adequate, regular supply of staple food items, enabling them to reduce their reliance on commercial supermarket food cards and potentially redirect resources to address the underlying issues preventing people from living independent lives.

SIZE OF THE PROBLEM

- ACOSS (2014) has identified that 850,000 Australians live below the poverty line in NSW- for children. This represents 1 in 7 living in families experiencing poverty.
- Anglicare (2012) survey of people seeking emergency relief identified that 96% of adults were food insecure and 75% severely food insecure;
- The Salvation Army's 2014 Economic Social Impact Survey of 2,400 clients accessing its emergency Food Relief outlets, revealed that 91% had no financial reserves to deal with an emergency and that 47% had gone without meals.
- Foodbank (2016) End Hunger Report surveyed member welfare agencies and identified that demand for hunger relief is growing and that 68 % of agencies had insufficient food to meet demand. At the same time, the traditional Foodbank model of receiving surplus to need food has plateaued - meaning Foodbank can no longer ensure a consistent supply of key staples to frontline agencies. This consistent demand from welfare agencies for a range of key staple foods requires new and innovative solutions.

Foodbank Key Staple Foods Program Proposal (contd)

Key Staple Purchase Food Program Proposal

Year	Quantity kgs	No. of Meals	Investment(\$m)
1	1,000,000	2m	\$4.2
2	1,275,000	2.55m	\$5.355
3	1,500,000	3.1	\$6.5

HOW FOODBANK WILL ACHIEVES ITS AIM

Foodbank collects food from the entire supply chain and distributes it to welfare agencies who then supply to people seeking food relief.

Foodbank's initial target is to double food provision to 15.5m kgs (31 million meals) over the next 5 years and increase the % that is key staple foods.

The Key Staple Food Program arranges the manufacture of key staple foods and seek donations of ingredients / inputs to maximise the return on every \$ invested. At the moment this return is at least \$7 for each \$1 Invested. This enables staple food items to be provided to frontline agencies significantly below retail prices. -The target is 6.3million kgs p.a. of staples produced for redistribution in 2016-2017 of which 1 million kgs will be sourced as follows;

Key steps are:

1. Foodbank and the food manufacturer identify an appropriate, high priority product from the manufacturer's current range.
2. The manufacturer agrees to produce the product subject to the donation of all inputs (e.g. ingredients and packaging) from the manufacturer's regular suppliers.
3. Input suppliers are approached and agreement reached on the donation of their respective product components. Items that cannot be donated are funded by Foodbank.
4. The food company produces the agreed quantity of product according to its standard specifications under its own brand name using donated components and within production schedules.
5. The finished product is transported to Foodbank warehouses for distribution to welfare agencies.

Milk, breakfast cereal, pasta, pasta sauce, canned Fruit &Vegetables, canned meals etc. - achieving a gearing of 7:1 for every \$ invested.

The requested funds will enable Foodbank to maintain an ongoing supply of key staple foods to welfare agencies across NSW and ensure a balanced diet to those facing food-insecurity.

The significant cost savings of these products will encourage frontline agencies to replace this supply line for commercial supermarket cards, thus releasing scarce government funds to address underlying issues of clients.

Premier's Priorities: Making it Happen

Tackling childhood obesity

Foodbank Key Staple Foods Program Proposal (contd)

Terms of Reference

Supply of nutritious food will

- Assist parents & carers in enabling their children to make healthier food & beverage choices
- Enhance coordination between NSW Government agencies to improve effectiveness of nutrition awareness & education initiatives such as Crunch & Sip , Munch & Move & Healthy Eating & Living Strategy(HEALS)
- Enhance collaboration by leveraging Foodbank NSW's scale & network of non- government & private sector supporters to achieve the above in the most cost effective way possible

Foodbank Accessibility Transport Program Proposal

FUNDING Requirement

2016-17 - \$2.846million

2017-18 - \$3.753million

2018-19 - \$4.001million

BENEFITS

Improved access to Foodbank food supplies for all welfare agencies across NSW, irrespective of location, for distribution to clients & their children experiencing food insecurity.

- Increased access to fresh fruit and vegetables, that are a key pillar of a healthy food offering to people experiencing food insecurity.
- A guaranteed range of Key Staples(milk, bread, pasta, pasta sauce, rice, flour etc) always available for the preparation of nutritious meals
- All “high need” schools in low socio economic areas, irrespective of location, provided access to breakfast food items to ensure their students do not start the school day hungry
- Frontline agencies provided with an alternative source of food to assist clients seeking Emergency Food Relief (EFR), assisting them improve their capability to support people and potentially redirect resources to address the underlying issues preventing people from living independent

DELIVERABLES

4. A partnership with Corporate Australia, delivering additional donated, rescued and affordable food items, for redistribution to agencies across NSW, thus providing additional nutritious food to vulnerable individuals & their children, and contributing to their improved health.
5. 72 Million meals to both regional & metropolitan areas across NSW

Foodbank's Aim: Improve the nutrition-related health outcomes of Australians & their children experiencing food insecurity by ensuring Foodbank is within an arm's length of need by increasing the range and volume of food available to agencies and their clients

We aim to achieve this by making a regular supply of essential, nutritious food cost effectively accessible to the 560+ frontline agencies & their clients seeking food relief across NSW, irrespective of location.

Ensuring those experiencing disadvantage have access to nutritious food is an effective strategy to improve the health outcomes of the vulnerable & their children

Providing frontline agencies with an alternative source of food to assist clients seeking Emergency Food Relief (EFR) assists them improve their capability to support people & potentially redirect resources to address the underlying issues preventing people from living independent lives.

Size of the problem

- The NSW Government currently provides Foodbank NSW with an annual distribution subsidy of \$432,000 p.a
- This was reduced from \$800,000 in 2011 by the previous Labour government
- Since then demand for food supplies from Foodbank by our frontline agencies has grown by 100%.
- 50% of Foodbank agencies are in regional & remote areas and hence are significantly restricted in their ability to source fresh fruit, vegetables, dairy & animal protein.
- Foodbank was forced to institute a freight recovery charge to our client agencies thereby reducing their food funds &/or necessitating redirecting scarce funds away from critical support services aimed at addressing underlying issues faced by clients.
- Foodbank (2016) End Hunger Report surveyed member welfare agencies and identified that demand for food from agencies is growing and that 68% of agencies had insufficient food to meet demand; a further 6,500 clients seeking food relief in NSW each month are unable to be assisted.

How Foodbank will achieve its aim

Foodbank NSW & ACT currently supplies 6 million kilos of food (sufficient for 12 million meals) to 560 +welfare agencies across NSW.

To meet agency demand for emergency food relief Foodbank's target is to make available an additional 12.2million kilos of fresh fruit and vegetables, 24.1 million kgs of key staples to welfare agencies over the next 3 years.

Foodbank has already negotiated partnership arrangements with all major & regional logistics firms across NSW; particularly with Toll & Towers Logistics.

Foodbank Accessibility Transport Program Proposal (contd)

With their support Foodbank has developed a cost effective distribution network servicing welfare agencies throughout NSW, north as far as Tweed Heads, west to Broken Hill & Wilcannia & South to Cooma.

Premier's Priorities: Making it Happen

- Tackling Childhood Obesity.
- Improving Education Results.
- Protecting the vulnerable.

Terms of Reference

Supply of nutritious food will

- Assist parents & carers in enabling their children to make healthier food & beverage choices
- Enhance coordination between NSW Government agencies to improve effectiveness of nutrition awareness & education initiatives such as Crunch & Sip , Munch & Move & Healthy Eating & Living Strategy(HEALS)
- Enhance collaboration by leveraging Foodbank NSW's scale & network of non- government & private sector supporters to achieve the above in the most cost effective way possible

Accessibility Program Proposal

Year	Total Kilogram mill	Cost /kg	Net Investment (\$m)
1	10mill	\$0.33	\$2.846
2	12.75mill	\$0.33	\$3.753
3	13.5mill	\$0.33	\$4.0

Cost Breakdown

	Cost/kg	Cost/meal
Freight cost*	\$0.12/kg	\$0.06
Operations	\$0.21	\$0.105

*Assume 50% is delivered out



Education &
Communities

Lomandra School

Challenges and Choices

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CAMPBELLTOWN 2560

P.O. Box N220 Campbelltown North, NSW, 2560.

TEL: 02 46272096 FAX: 46271455



Dear Tony,

Lomandra School is a NSW Department of Education and Communities special school for students with challenging behaviours and/or mental health issues. The school, located in Campbelltown in Sydney's south west, strives to prepare students for life beyond school. The students are regularly engaged in challenging learning experiences to extend their practical and academic skills and to develop their capacities as resilient learners.

But the school serves a broader goal than just academic achievement: it aims to promote social responsibility and a social consciousness. In other words, to help the students learn what it means to be empathetic and active members of a community. School life will eventually pass for all of them and they will become members of the very communities we call our own. It is important they understand the values and aspirations of their communities as they strive to develop their own values and identities. To ensure this is successful, it is essential for Lomandra to build positive community partnerships.

Each morning the students are provided with a nutritious breakfast. Many of our students arrive at school with no breakfast and no food for the day. Lomandra promotes a healthy eating plan, breakfast program, a cooking program for our students, which helps to promote healthy living and lifestyle. Many of our families struggle financially each week and we, with the support of Food Bank are able to provide our students, breakfast, lunches, and on occasion a food hamper to families in need. Without the assistance from Food Bank our breakfast program would be limited. On average we cater for 40-45 students each morning.

We are currently working closely with Food bank on this initiative. They has been a great support of Lomandra School and our students. This has led to significant improvement in our students social development and behaviour as well as meeting their educational outcomes not only in PDHPE but across all Key Learning Areas. Our students attendance and engagement has increased with the introduction of this program at Lomandra School. Many students have engaged in the breakfast program and have encouraged others to be at school ready to join in.

This partnership between Lomandra and Food Bank is providing positive outcomes within the School community and Campbelltown Community. We hope to see this continue.

Thankyou again for your ongoing support,

Audrey Nable
Community Liasion Officer
Lomandra School

Mr Tony Gatt
Foodbank NSW
50 Owen St
Glendenning 2161 NSW

To Whom It May Concern

Daystar Foundation's Breakfast Programs has benefitted greatly from its association with The Foodbank NSW over a period of about sixteen years. It is also acknowledged that Breakfast Programs contribute directly to a reduction in obesity through the provision of nutritious meals in our school Breakfast Programs each school morning. Food and resources are sourced by Daystar Foundation directly from Foodbank NSW. Our research over the years has demonstrated that Breakfast Programs contribute to improved classroom and playground behaviours and also have some effect on getting students to school earlier and regularly thus reducing the effects of truancy and absenteeism.

It appears that Breakfast Programs in schools connect well with NSW Government's existing initiatives such as Munch and Move, Crunch & Sip, Healthy Eating & Living Strategies. As such Daystar Foundation supports the Foodbank NSW's initiatives and strategies to grow and introduce more Breakfast Programs into schools across NSW.

Daystar is privileged to support the Foodbank NSW and we thank them for wonderful service over many years.

Yours sincerely

Kingi Williams
Founder/CEO

16/08/2016

STANDING COMMITTEE ON SOCIAL ISSUES

Re Inquiry into childhood overweight and obesity

Dear Committee Members

As the principal of Mount Pritchard Public school I am writing to discuss the value of both government and Non-government groups working together to improve health outcomes for young children.

The students from Mount Pritchard Public school and surrounding areas come from a low SES area with limited resources.

Through the support of Foodbank and some local business we have been able to provide a breakfast program that is operated by volunteers and that ensures our students have access to a healthy breakfast at least two days per week.

The program supports approximately 30% of our students who come from the most area of need. Often these students come to school without any breakfast and this has significant impact on their learning.

We hope with continued support from The Foodbank and other agencies to extend the program to five days a week. This will assist in increasing students' knowledge of healthy lifestyle choices especially in the area of diet to ultimately generate positive health benefits in their future.

I ask that you consider the need for Government to create policy to support these programs in schools for the future health benefits for our community.

Sincerely

N. Piccinin

Principal

Mount Pritchard Public School.



LISMORE PUBLIC SCHOOL

10 Pound Street
Lismore, NSW, 2480
Telephone: (02) 6621 5366
Fax: (02) 6622 1801

Principal: Martin Gill

School Breakfast Program – Letter of Support

16th August, 2016

To Whom It May Concern

This year Lismore Public School has entered into a highly successful partnership with the Lismore Uniting Church's 'Food Pantry' with financial support from Food Bank and St Vincent De Pauls. This has enabled us to provide nutritious breakfasts for students through the 'School Breakfast Program'.

The benefits of a healthy breakfast are well known, yet a survey of Lismore Public School students early this year revealed more than half the sample group had arrived at school without having consumed breakfast. Ironically, students from low socio-economic backgrounds are the most prone to obesity due to the type of food many of these students have access to. The Food Bank sponsored School Breakfast Program has enabled us to ensure all students have access to healthy food on arrival at school and are thus more equipped to engage in learning and physical activity.

The School Breakfast Program at Lismore Public School complements the NSW Healthy Canteen Strategy, our existing Crunch and Sip and P&C endorsed 'Fruit Bowl' program and provides sustenance required for all students to engage in learning. The program is a cost effective way to ensure all our disadvantaged students have access to healthy breakfasts at the commencement of the day.

I appreciate the ongoing support of Food Bank and strongly endorse their application to extend the School Breakfast Program. I have spoken to colleagues from other local schools who have expressed an interest in the program.

Please contact me should you require further information.

Yours Sincerely

Martin Gill
Principal

We would like to respectfully acknowledge the Elders past and present of the Wjabul Wiyabal people and other peoples of Bundjalung Nation. We acknowledge that they are the first peoples of this land on which our school stands.



Cabramatta West Public School

Broad Street, Cabramatta NSW, 2166

Telephone : 9724 3332 Fax : 9727 8636

To Whom It May Concern,

Cabramatta West Public School have been fortunate enough to be a part of the Foodbank School Breakfast Program for just over a year. This partnership with Foodbank has ensured that we can continue to open our doors week to week making it accessible to all.

Our School Breakfast Program (SBP) currently services approximately 30% of our students with a healthy meal.

The benefits of this program have supported the whole child including:

- * complimenting the goal to reduce childhood obesity
- * teaching children life skills on how to prepare a healthy meal
- * increasing the number of children participating in government initiatives such as Crunch and Sip by providing them with the nutritious food
- * the development of interpersonal and leadership skills
- * having parents/caregivers participate (upskilling families in a non-threatening environment)
- * improved concentration and readiness to learn.

This breakfast club program supports our students to have a healthy, friendly and relaxed start to the day – a right for every child.

Sincerely,

Lyndall Droscher



Redfern Jarjum College
A Jesuit Primary School for Aboriginal and Torres
Strait Islander children

117 Redfern Street
Redfern NSW 2016
Website: www.rjc.nsw.edu.au
Email: reception@rjc.nsw.edu.au
Phone: 02 99365450

5th August 2016

Our School Breakfast Program

Our partnership with Food bank and the School Breakfast program is fundamental aspect of life at Redfern Jarjum College. Our school with the support of Food bank and the School Breakfast Program can offer our children a cooked breakfast 5 days a week, morning tea, lunch and afternoon tea. For our children, who would otherwise not have access to such healthy and nutritious foods, have flourished. Our children come from very disadvantaged backgrounds and for many of them knowledge of good dietary choices is limited. Our carers and parents have seen the benefits that this healthy way of eating provides for their children. Consistent provision of healthy nutritious food has measurable outcomes in terms of the focus and improve the educational outcomes in the classroom every day.

The children have also been able to understand the importance of healthy eating and how that will impact on their general lifestyle and fitness. They have even shared their knowledge with their careers and parents in their home life.

We welcome this support from Foodbank every day of the week.

Yours Faithfully

Frances McCarthy – Principal
Redfern Jarjum College



LIVERPOOL WEST PUBLIC SCHOOL

79-81 Hoxton Park Road

LIVERPOOL NSW 2170

Phone: 02 9602 8062

Fax: 02 9822 5093

liverpoolw-p.school@det.nsw.edu.au

16/08/2016

To Whom It May Concern

Liverpool West Public School is a school in south west Sydney. It comprises 628 students, 121 of these are from refugee backgrounds. The school has been most fortunate to have made links with Foodbank NSW to assist us in providing food for our disadvantaged students through a breakfast and lunch program. Approximately 18-22 students arrive at school each day without food. Empty tummies fuel empty minds. Our staff provide a breakfast program as well as lunches and fruit for these students to complement our healthy eating programs such as crunch and sip and fruit break. These food items are provided to children without food and they are all obtained through Foodbank.

Our community liaison staff place orders through Foodbank for nutritious breakfast and lunch items that staff are happy to collect and prepare for our students. Students are not only 'energised' for a day of learning, they also enjoy having staff members care for them by providing fruit, milk and cereal on tables set with tablecloths and cooking for them, hot food items such as eggs and cooked baked beans on toast. They value feeling part of a communal breakfast club family. For some students whose parents work long hours or have little positive interaction with their children, this is the only time outside school hours where they can enjoy a healthy meal with others and experience a sense of belonging. In this respect, the dining experience flows beyond nutrition and into overall student wellbeing. Our association with Foodbank allows Liverpool West to promote and support healthy eating programs, positive eating experiences and good mental health. All of these factors lead to positive student learning outcomes.

For these students, it is hoped that as they move beyond primary school, they will have developed an understanding of good nutrition and healthy eating routines that will enable them to establish their own healthy eating patterns as young adults. It is also hoped that they will remember the generosity of people and the Foodbank organisation who nurtured them at a most vulnerable time in their lives.

The staff at Liverpool West Public School are grateful to Foodbank for their generous support and fully endorse this organisation who make a difference to the lives of our students.

Trish Hagan
Principal

Tony Gatt

Subject: FW: Your testimonial for Support of School Breakfast partnership with Foodbank

From: Sue Betteridge |

Sent: Saturday, 13 August 2016 3:35 PM

To: Tony Gatt

Subject: Re: Your testimonial for Support of School Breakfast partnership with Foodbank

To whom it may concern.

At Crawford Public School we have had a breakfast club program for the past fifteen years. Having the opportunity to access Foodbank is an invaluable resource. Through this service we are able to provide healthy and nutritious food. We provide breakfast, crunch and sip, morning tea and lunch to approximately seventy students daily.

Having this program gives our student a place to go that is safe and free from judgment.

Not having Foodbank would be huge loss for the students of Crawford Public School and our community, please consider this when making your funding decisions.

Yours Sincerely

Mrs Sue Betteridge

Breakfast Club Coordinator
Crawford Public School.



Cabramatta High School

Telephone: 9726 2424
Facsimile: 9726 4282

Principal: E Godwin

17 Aladore Avenue, Cabramatta 2166
Postal Address: PO Box 21
CANLEY HEIGHTS 2166

18th August 2016

Testimonial - Foodbank NSW School Breakfast Program (SBP)

Cabramatta High School is a large secondary school in a low socio-economic area in South West Sydney, with a current student population of 1350.

In 2011 Cabramatta High school commenced a Free Breakfast Club program in response to a growing need to provide regular food whilst promoting the benefits of a healthy lifestyle to young people.

The school currently operates the breakfast program twice a week with more than 10% of the student population attending on both days.

In conjunction with the existing before school fitness program the aim is to improve both the fitness and eating habits of young people as well as create a better understanding of the importance of maintaining a healthy lifestyle. This has been evident through both individual and group sporting results.

Student and staff volunteers help food preparation, service and delivery creating greater social inclusion, allowing the program to be sustained in the home environment.

Student, parent and teacher responses have been positive in reporting that there is an improvement in classroom outcomes when students have a nutritious breakfast. Students are more settled, focussed and concentration levels are higher.

Funding of the program has been possible through local charities, school fundraising, community donations, Club grants and Foodbank NSW.

The launch of the Foodbank NSW School Breakfast Program (SBP) in 2015 combined with the support of a \$3000 grant from Kelloggs' has been of great benefit to the school. The ability to purchase food items at reduced cost has enabled the school to purchase a larger quantity and variety of produce thus enabling more students to have breakfast.

Foodbank NSW has been a great support of Cabramatta High Schools' Fitness and Breakfast program and recognises the importance of holistic school based programs in reducing hunger and improving educational outcomes in young people.

Yours sincerely

B Godwin
Principal



Mr Tony Gatt
Foodbank NSW
50 Owen St
Glendenning 2161 NSW

To Whom It May Concern

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Daystar is privileged to support the Foodbank NSW and we thank them for wonderful service over many years.

Yours sincerely

Kingi Williams
Founder/CEO

Daystar Foundation
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