

2009

Promoting Food Security and Healthy Eating in
the Inner South East

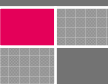
Who's doing What?



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January 2010



Promoting Food Security and Healthy Eating in the Inner South East

Who's doing What?

This booklet aims to provide an overview of current activities promoting food security and healthy eating in inner south east Melbourne (the Cities of Port Phillip, Stonnington and Glen Eira). We recognise that it may not all include all activities and aim to update it as new information emerges.

To add your program or update details of a current activity, please contact the ISEPICH Health Promotion Coordinator on Ph: 92096394 or Email: isepich@portphillip.vic.gov.au

ISEPICH is the Inner South East Partnership in Health and Community, an alliance of about 50 local health and community agencies in the municipalities of Glen Eira, Port Phillip and Stonnington. For more information about ISEPICH please visit the website at http://www.portphillip.vic.gov.au/primary_care_partnership.htm

ISEPICH has also published a leaflet *Food Security and Healthy Eating in the inner south east*, which provides information about what food security is, and the social factors (determinants) affecting food security and healthy eating in the inner south east.

Copies of the leaflet and this booklet may be obtained from the ISEPICH Health Promotion Coordinator on 9209 6394. Alternatively they can be downloaded from http://www.portphillip.vic.gov.au/integrated_health.htm

Acknowledgements

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Creating the Physical and Social Environment to Support Food Security and Healthy Eating

Activity	Description	For Whom?	Contact?
Community Gardening, Growing Fresh Food			
Port Phillip Urban Fresh Food Network (PPUFFN)	Engaging the wider community around food security issues, particularly the environmental & social benefits of gardening.	All locals interested in working towards practical agricultural solutions to contemporary urban living	Community Gardens & Education Port Phillip EcoCentre Ph:9525 3102 www.ecocentre.com
Port Phillip Rooming House Community Garden Project	In participation with residents, and housing associations, the project working group is currently piloting a community garden project model at Jackson St Rooming House.	Residents and managers of rooming houses	Neighbourhood Development Port Phillip Community Group Ph: 8598 6615
Inkerman Heights Community Garden	The garden has 28 individual plots for gardeners as well as outdoor seating, tables, roofed pergola and garden club. Established by Inner South Community Health Service in 2004. One of only a handful of Community Gardens on housing estates in Victoria completely designed and built to Australian standards for senior and disabled persons. Horticultural assistance given by Cultivating Community.	Residents of Inkerman Heights Housing Estate, St Kilda (Residents are aged 55 years or more)	Inner South Community Health's Older Persons High Rise Support Program for application details Ph: 9537 2132
Park Towers Public Housing Community Garden	The garden includes individual plots for gardeners, garden beds consisting of fruit trees and herbs for shared usage, raised beds to help those with mobility impairments, use of recycled materials where possible, a water tank and composting system.	Residents of Park Towers Housing Estate, South Melbourne	Park Towers Residents Association (information for residents) Cultivating Community Ph: 9415 6580 http://cultivatingcommunity.org.au/cc/ (information for public)

Horace Petty Estate Community Gardens	<p>Garden plots are cultivated by residents on the estate (currently has a waiting list)</p>	<p>Primarily the community residing on the estate</p>	<p>Adventure Playground Coordinator Prahran Adventure Playground Ph: 8290 7131</p>
Port Phillip EcoCentre	<p>The EcoCentre is a not-for-profit community-managed environment group, within St Kilda Botanical Gardens supported by City of Port Phillip. The EcoCentre provides a base for a number of affiliate groups involved in a range of activities that promote biodiversity and community action.</p>	<p>Interested residents and community-focused organisations in the Port Phillip area</p>	<p>Port Phillip EcoCentre Ph:9534 0670 http://www.ecocentre.com/</p>
St Kilda Organic Food Co-operative (SKOF)	<p>SKOF is a not-for-profit community co-operative group provides affordable organic food and promote sustainable living to the local community.</p>	<p>Interested residents in the Port Phillip area. SKOF runs every Saturday morning, \$25/ per box of fruit and veggies.</p>	<p>Port Phillip EcoCentre Ph:9534 0670 http://www.ecocentre.com/</p>
Veg Out Community Garden	<p>Veg Out is an organic, chemical-free community garden with over 140 plots. Also has monthly farmers' markets. Supported by City of Port Phillip.</p>	<p>All consumers</p>	<p>Veg Out www.vegout.asn.au</p>

<p>Simply Living Community Garden</p>	<p>This shared garden is an initiative of Port Melbourne Uniting Church and is located at Port Melbourne Uniting Church, Corner Bridge and Nott Streets Port Melbourne. Includes community kitchen program.</p>		<p>South Port Uniting Church Ph: 9314 1010</p>
<p>Other Community Gardens in Port Phillip</p>	<p>There are a number of other community gardens in Port Phillip, including Veg Out, Garden City at Fishermans' Bend Community Centre, Dig In Community Garden at JL Murphy Reserve, St. Kilda Community Gardens Club and others</p>	<p>Local residents</p>	<p>More information is available from the City of Port Phillip Ph: 92096777 http://www.portphillip.vic.gov.au/community_gardens.htm Information is also available from the Port Phillip EcoCentre and Cultivating Community (see details above)</p>
<p>Food Safety, Taste 4 Health Program</p>			
<p>Food safety</p>	<p>Local councils employ Environmental Health Officers to monitor the hygiene standards of restaurants, commercial caterers, bakeries, takeaways and franchised fast-food premises. Standards are in place to safeguard public consumers from food poisoning.</p>	<p>All consumers</p>	<p>City of Port Phillip Ph: 92096777 http://www.portphillip.vic.gov.au/public_health.htm City of Stonnington Ph: 8290 3393 http://www.stonnington.vic.gov.au/www/html/1301-community-health.asp?intSiteID=1 City of Glen Eira Ph: 9524 3333 http://www.gleneira.vic.gov.au/Page/page.asp?page_Id=377</p>
<p>Glen Eira Taste 4 Health</p>	<p>The Taste 4 Health nutrition program shows businesses how to improve the nutritional value of the food they serve. Taste 4 Health criteria were developed</p>	<p>Proprietors of food businesses</p>	<p>City of Glen Eira http://www.gleneira.vic.gov.au/Page/page.asp?Page_Id=377&h=1 Ph: Service Centre 9524 3333</p>

<p>(See also Taste 4 Health Kids next section)</p>	<p>in partnership with dieticians from the International Diabetes Institute, Caulfield Community Health Service and Bentleigh-Bayside Community Health Service</p>		
<p>Access for All</p>			
<p>Glen Eira Access 4 All Award</p>	<p>This Council award recognises '5 star' food businesses that provide accessibility initiatives for people with special needs, particularly for those in wheel chairs or with prams</p>	<p>Proprietors of food businesses</p>	<p>MetroAccess Officer City of Glen Eira Ph: 9524 3333 http://www.gleneira.vic.gov.au/Page/page.asp?Page_Id=1236&h=0</p>
<p>Access Guide to Fitzroy Street Dining (City of Port Phillip)</p>	<p>A book that contains the access survey results of some of the cafes, restaurants and eateries in Fitzroy Street</p>	<p>All consumers, including people with special needs</p>	<p>MetroAccess Officer City of Port Phillip Ph: Assist 9209 6777 TTY (hearing impaired telephone typewriter) 9209 6713 SMS for the hearing impaired 0432 005 405</p>
<p>Assistance with transport</p>			
<p>TransAccess</p>	<p>TransAccess Mobility Support Service is based at Bentleigh Bayside Community Health and assists eligible people to access services within their local community.</p>	<p>Primarily for frail aged and/or people with a disability</p>	<p>TransAccess Community Transport Ph: 9575 5386 http://www.bbchs.org.au/transport.htm</p>
<p>South Port Day Links</p>	<p>Utilising volunteer drivers, SPDL provides a Community Transport program that provides co-operative, safe, flexible, door-to-door affordable transport solutions.</p>	<p>Older people and people with disabilities residing in South/Port Melbourne, Albert Park and Middle Park</p>	<p>SouthPort DayLinks Ph: 9646 6362 www.spdl.org.au/index.html</p>

<p>Community Transport Services - Councils</p>	<p>City of Port Phillip provides a free wheelchair accessible bus loop from Elwood to South Melbourne/Port Melbourne Monday - Friday, excluding public holidays. The South Melbourne Market Bus Service operates on market days, connecting residents who may not otherwise have access to market produce.</p> <p>City of Glen Eira provides community buses for older residents to travel to Bentleigh, Southland and Chadstone shopping centres.</p> <p>City of Stonnington provides a transport service to shopping locations and also to Centre Based Meals (see next section). The community shopping service provides a wheelchair accessible bus to shopping locations and Prahran Market.</p>	<p>Accessible to all</p> <p>Older people and people with disabilities</p> <p>Residents over 55 years of age, and people who find it difficult to access other forms of public or private transport due to disability or frailty (however people using the service need to be able to shop independently)</p>	<p>Community Access Team Leader City of Port Phillip http://www.portphillip.vic.gov.au/community_bus.htm Ph: 9209 6738</p> <p>City of Glen Eira http://www.gleneira.vic.gov.au/Page/page.asp?Page_Id=85&h=0 Ph: Service Centre 9524 3333</p> <p>Aged and Diversity Department City of Stonnington Ph: 8290 3224 http://www.stonnington.vic.gov.au/www/html/436-community-transport-service.asp</p>
<p>Organisational and workforce development</p>			
<p>Community dieticians</p>	<p>Dieticians in Inner South Community Health Service and Caulfield Community Health Service can provide staff training and development on food security and healthy eating to relevant organisations.</p> <p>Training sessions can be arranged by negotiation.</p>	<p>Staff working with people who may experience food insecurity or poor nutrition</p> <p>Organisations should contact the relevant dietician for further information.</p>	<p>Community Dietician Inner South Community Health Service Ph: 9690 9144 / 9525 1300 http://www.ischs.org.au/Usingourservices/OurServices/tabid/164/Default.aspx?ServicesPage=display&serviceID=101 Dietician , Adult and Outreach team Caulfield Community Health Service Ph: 9076 6666 http://www.alfred.org.au/cchs/</p>

Promoting Healthy Eating in Early Life

Activity	Description	For whom?	Contact?
<p>Council Early Years Plans</p>	<p>Local Councils have Early Years Plans that include actions to promote healthy eating.</p>	<p>Children and families</p>	<p>City of Port Phillip Ph: Assist on 9209 6777 http://www.portphillip.vic.gov.au/creating_child_friendly_city.htm</p> <p>City of Glen Eira Ph: Service Centre 9524 3333 http://www.gleneira.vic.gov.au/Page/page.asp?Page_Id=881&h=0</p> <p>City of Stonnington Ph: Service Centre 89201333 http://www.stonnington.vic.gov.au/www/html/392-municipal-early-years-plan.asp</p>
<p>Maternal & Child Health Services</p>	<p>Maternal and child health nurses work with parents of children from birth to school age, supporting them with breast feeding, infant diet, immunisation, socialisation etc. Most work in community-based facilities auspiced by local councils.</p> <p>Outreach services for parents who face barriers to accessing the service through disadvantage or other issues are available.</p> <p>After hours services are also available.</p>	<p>Expectant parents, new mothers, parents and children from birth to school age</p>	<p>Maternal & Child Health City of Glen Eira Ph: Service Centre 9524 3333 http://www.gleneira.vic.gov.au/Page/PAGE.asp?Page_Id=173&h=1</p> <p>City of Stonnington Ph: Service Centre 89201333 http://www.stonnington.vic.gov.au/www/html/238-maternal-and-child-health.asp</p> <p>City of Port Phillip Ph: Assist 92096777 http://www.portphillip.vic.gov.au/maternal_child_health.htm</p>

Healthy Eating - Early Childhood Services			
<p>Start Right Eat Right in Children's Centres - Port Phillip</p>	<p>Several Children's Centres in Port Phillip are accredited or seeking accreditation under Start Right Eat Right.</p> <p>The Victorian Government's Kids 'Go for your Life' campaign promotes the Start Right Eat Right award as a way of recognizing that early childhood services are important places where children can learn to develop healthy eating and active play habits.</p>	<p>Children attending Child care centres and the family and staff who care for them</p>	<p>Family & Children's Services Project Officer City of Port Phillip Ph: 9209 6305</p> <p>For information on Start Right Eat Right http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Start_Right_Eat_Right?OpenDocument</p>
<p>Promoting healthy eating in child care services - Stonnington</p>	<p>City of Stonnington's policies in relation to food provision and healthy eating in long day care centres have received a Heart Foundation award. The policies have also now been adapted to promote healthy eating in Occasional Care Services.</p>	<p>Children and families using long day care and occasional care in the City of Stonnington</p>	<p>Coordinator Child Care Services City of Stonnington Ph: Service Centre 89201333 http://www.stonnington.vic.gov.au/www/html/1924-child-care-services.asp</p>
Healthy Eating – Schools and Youth Services			
<p>School kitchen gardens</p>	<p>Provide education for young children through growing, harvesting, preparing, sharing fresh produce within the school environment. Also, Inspiring healthy food choices and lifestyles, fosters respect for the environment and provide nature based learning and experiences.</p>	<p>Children attending particular schools.</p>	<p>Elwood Primary School St Kilda Primary School St Kilda Park Primary School Stonnington Primary School</p>

<p>Ardoch Youth Foundation</p>	<p>Ardoch works to make education a reality for children and young people including those experiencing homelessness and disadvantage, and actively seeks resources to increase learning and welfare support for schools, early childhood centres, students and families. Support includes the provision of food and other basic items to young people (when needed) and supporting breakfast programs in schools</p>	<p>Young people experiencing homelessness or disadvantage. At-risk students of Port Melbourne Primary School, St Kilda Primary School, and Stonnington Primary School in Windsor.</p>	<p>Ardoch Youth Foundation Ph: 9537 2414 www.ardoch.asn.au/4396050/ardoch-youth-foundation-making-education-a-reali.htm</p>
<p>Healthy Eating in School Canteens – Caulfield Park Community School</p>	<p>With the support of Caulfield Community Health Service, Caulfield Park Community School is developing strategies to increase the availability of healthy food options in the school's canteen.</p>	<p>Children at Caulfield Park Community School</p>	<p>Team Leader Podiatry, Physio, Child, Youth & Family Caulfield Community Health Service Ph: 9523 6666</p>
<p>Skidders Adventure Playground Healthy Eating Project</p>	<p>Runs a program to encourage healthy eating. Includes excursions to South Melbourne market and preparation sessions in the Skidders kitchen. Children prepare healthy food for the Friday night family feast session.</p>	<p>Children residing in South Melbourne</p>	<p>Skidders Team Leader Skidders Adventure Playground Ph: 9209 6308</p>
<p>Prahran Adventure Playground</p>	<p>Adventure playground located in the Office of Housing Estate in South Yarra. Provides breakfast program five days per week</p>	<p>Primarily the community residing on the estate</p>	<p>Adventure Playground Coordinator Prahran Adventure Playground Ph: 8290 7131</p>
<p>Basic Healthy Eating and Activity Children's</p>	<p>In 2008 Monash Medical students discussed with kids how to best promote healthy eating. Together they created a book of</p>	<p>Parents and child care workers of young children</p>	<p>Family & Children's Services Project Officer City of Port Phillip Ph: 9209 6305</p>

Book – Port Phillip	games and puzzles that highlight nutrition and exercise.		
Improving children’s menus in food businesses			
Taste 4 Health—Kids Award, Glen Eira	This Council award encourages businesses to implement healthy initiatives in children's menus; reducing fat, salt and refined sugar and increasing dietary fibre in children's menu choices.	Proprietors and staff of food businesses	City of Glen Eira Ph: Service Centre 89201333 http://www.gleneira.vic.gov.au/Page/Page.asp?Page_Id=377&h=0

Education & Skill Development for Groups and Individuals

Activities	Notes	For whom?	Contact?
<p>Personal Nutrition Assessment and Education, Community Education</p>	<p>Upon referral from medical, allied health, or nursing staff, qualified dietitians provide individual nutrition assessment and management for people with acute and chronic conditions.</p> <p>Talks to community groups by community dietitians can also be provided by arrangement</p>	<p>Patients of Alfred Hospital, Sandringham Hospital, and Caulfield Hospital, as well as low-income residents of Port Phillip, Glen Eira & Stonnington</p> <p>Individual services at Inner South Community Health Service are available to people on low income and Health Care card holders only.</p>	<p>Nutrition & Dietetics Alfred Health Ph: 9706 3063 http://www.alfred.org.au/Department.aspx?ID=235 Caulfield Community Health Service Ph: 9076 6666 http://www.alfred.org.au/cchs/ http://www.alfred.org.au/cchs/ Inner South Community Health Service Ph: 9690 9144 / 9525 1300 http://www.ischs.org.au/Usingourservices/OurServices/tabid/164/Default.aspx?ServicesPage=display&serviceID=101 Bentleigh Bayside Community Health Service Ph: 9575 5333 http://www.bbchs.org.au/nutrition.htm</p>
<p>Cooking, Nutrition & Exercise at Horace Petty Housing Estate</p>	<p>Includes gentle exercise, walking, world dance, singing and cooking activities.</p>	<p>For residents in Horace Petty Estate</p>	<p>Well For Life Project officer Inner South Community Health Service Ph: 9525 1300</p>
<p>Well for Life Nutrition Program in Planned Activity Groups (PAGs)</p>	<p>Regular information sessions regarding healthy eating for participants.</p>	<p>Participants in PAGs at Bentleigh Bayside Community Health Service</p>	<p>Bentleigh Bayside Community Health Service Ph: 9575 5322</p>

Programs for people with or at risk of diabetes			
BALANCE Supermarket Tours for people with diabetes	Empowers those managing diabetes, with the knowledge and skills to choose healthy foods and improve their wellbeing when grocery shopping for themselves.	People with diabetes and their families and carers	Diabetes Education Baker IDI Heart & Diabetes Institute Ph: 9258 5050
BALANCE Type 2 management program	A 4 week program designed to empower participants with the skills and knowledge to take control of their diabetes and lead a healthy lifestyle.	People with Type 2 Diabetes	Diabetes Education Baker IDI Heart & Diabetes Institute Ph: 9258 5050
Living With Diabetes	A 4 week education and support program covering healthy lifestyle incorporating healthy eating for diabetes.	Individuals with impaired glucose tolerance or diabetes	Bentleigh Bayside Community Health Service Ph: 9575 5322
Programs for people who wish to lose weight			
Healthy Weight and Lifestyle Program	Promotes health-conscious social norms and values within a small population to prevent and treat obesity.	People suffering from obesity, as well as those at-risk of associated conditions	Adult and Outreach Team Caulfield Community Health Service Ph: 9076 6860
Why Weight Self Help	A monthly self help program that provides support, information and motivation to promote healthy weight and body image.	Women requiring support with body weight or body image	Bentleigh Bayside Community Health Service Ph: 9575 5322
Programs for people who are homeless or in insecure housing			
Breaking Bread – Sharing Stories	Kitchen based interaction program for rooming house residents. Includes cooking classes, preparation and sharing of meals.	Residents of several Rooming Houses managed by Port Phillip Housing Association	Port Phillip Housing Association Ph: 9534 5837 www.ppha.org.au

<p>Hanover Weekly Nutrition Group</p>	<p>Once a week, participants prepare and share 4-5 different dishes as a group, with the Agency purchasing fresh produce from the South Melbourne Market.</p>	<p>Homeless adults residing at Hanover Crisis Accommodation</p>	<p>Wellbeing Officer Hanover South Bank Ph: 9699 4566</p>
<p>Hanover \$30 - 3 Day Healthy Eating Challenge</p>	<p>Hanover residents are given a \$30 supermarket voucher and with it, need to plan and shop for breakfast, lunch and dinner for three days. Participants keep the food they purchase and discuss their choices and their meal plan at the end. Prizes are given for the most diverse and healthy meal plan.</p>	<p>Residents of Hanover Crisis Accommodation</p>	<p>Wellbeing Officer Hanover Southbank Ph: 9699 4566</p>
<p>Cooking Group - youth</p>	<p>A 5 week program with the aim of increasing the skills of our youth in cooking</p>	<p>Young People at risk of homelessness</p>	<p>Southern Directions youth services Ph: 8531 2000</p> <p>Bentleigh Bayside Community Health Service Ph: 9575 5322</p>

Meals in Community Settings and Social Meals

Activities	Notes	For whom?	Contact?
Social Meals Program Funding	<p>Made available through Home and Community Care (HACC) funding, social activities run through neighbourhood houses, senior citizen groups, community clubs etc. are eligible for a catering allowance that will support its continuity (Port Phillip)</p> <p>Caulfield Community Health Service plans to run a Social Meals program with funding from City of Glen Eira in 2009.</p>	<p>Organisers of community activities which primarily benefit the HACC priority group: frail older people, people of all ages with disabilities and their carers</p>	<p>Food Service Team Leader City of Port Phillip Ph: 9209 6441</p> <p>Adult and Outreach Team Caulfield Community Health Service Ph: 9076 6860</p>
Centre based meals - City of Stonnington	<p>Program offers a delicious and nutritious meal to eligible residents in a comfortable, friendly, social setting.</p>	<p>Residents who are 55 years or older, or any person with a disability, and the carers of both</p>	<p>Aged and Diversity Department City of Stonnington Ph 8290 3224</p>
Ethnic Meals Program – City of Stonnington	<p>The Stonnington Council Ethnic Meals Program provides an allocated subsidy to Culturally and Linguistically Diverse (CALD) Senior Citizen's clubs, in order to provide a culturally appropriate meal for their club members.</p>	<p>A meal subsidy is currently offered to 14 non-English speaking background elderly groups, which come together on the basis of their preferred language other than English</p>	<p>Cultural & Diversity Planner City of Stonnington Ph: 8290 3373</p>
Culturally and Linguistically Diverse Senior Citizens' Meals	<p>Culturally and Linguistically Diverse (CALD) Senior Citizens' groups meet at the centre for activities and prepare meals, with staff support. The program is managed by New Hope Foundation Migrant &</p>	<p>Culturally and Linguistically Diverse (CALD) Senior Citizens' groups</p>	<p>Program Coordinator New Hope Migrant & Refugee Centre Moorleigh Community Village Ph: 9576-4038</p>

Moorleigh Community Village	Refugee Centre and the City of Glen Eira provides support.		Aged services City of Glen Eira Ph: Service Centre 9524 3333 http://www.gleneira.vic.gov.au/Page/page.asp?Page_Id=97&h=0
Rooming House Social Meals	With the support of a rooming house manager, a community development worker and a Port Phillip Council program worker, rooming house residents are encouraged to prepare and share a nutritious meal together on a regular basis. Costs are subsidised and information about support services provided.	Residents of several community rooming houses in Port Phillip	Social Meals in Rooming Houses Program Worker City of Port Phillip Ph: 9209 6716
Gourmet Women	Gourmet Women is a monthly social dining group for high functioning independently living women with mental health issues. The group meets once a month for a low cost meal.		Port Melbourne Neighborhood House Ph: 9645 1476
Information on free and cheap meals in Port Phillip	City of Port Phillip produces a guide to free and cheap meals, food vouchers, parcels and emergency relief in the City of Port Phillip	All interested people and organisations	Contact: Health and Community Development Officer 9209 6260 Copies available at: http://www.portphillip.vic.gov.au/health_and_wellbeing_plan.htm
Dine-In – free or low cost meals	Several organisations have a kitchen and dining area, where they prepare and serve regular meals for those who attend.	Marginalised people, particularly homeless and those with psychiatric and substance abuse issues	Emerald Hill Mission Ph:9696 0644 St Lukes Church Ph: 9686 8521 Betty Day Centre

	<p>Some are free, others charge a small price.</p>	<p>Please contact individual organisations for eligibility criteria.</p>	<p>Ph:9209 6371 Sacred Heart Mission Ph:9537 1166 St Kilda Drop-In Ph: 9525 5478 Hare Krishna Temple Ph: 9699 5122 Hanover SouthBank Ph: 9699 45 66 Prahran Mission Ph: 9692 9500 St Silas Anglican Church Ph: 9696 5116 Sol Green Community Centre Ph: 9209 6351 St Kilda Parish Church Drop In Centre Ph: 9525 5478 Cora Graves Seniors Club Ph: 9209 6349</p>
<p>Public BBQs</p>	<p>'Sausage sizzles' are a social and non-confronting way to provide food and increase social connection</p>	<p>Community including people on low incomes</p>	<p>Emerald Hill Mission Ph:9696 0644 Hanover Southbank Ph: 9699 4566 Other agencies may also provide BBQs at events</p>

Delivered Meals (Meals on Wheels), Free or Low Cost Food and Emergency Relief

Activities	Description	For whom?	Contact?
<p>Delivered Meals (Meals on Wheels)</p>	<p>Meals are delivered to homes either chilled for reheating at a later time or hot for immediate consumption. A variety of meals are provided including special dietary meals. Meals are delivered by staff and volunteers who can also monitor the health and wellbeing of clients and report any concerns back to the office for follow up. A fee is charged for a meal and varies according to income. An average fee for a person on a pension is \$6.70 per meal.</p>	<p>Frail older people and people with disabilities who have difficulty preparing their own meals</p>	<p>Delivered Meals Service City of Glen Eira Ph: 9576-9748</p> <p>Intake and Information officer City of Stonnington Ph: 8290 3224</p> <p>Food Services Team Leader City of Port Phillip Ph: 9209 6441</p>
<p>Port Phillip Delivered Meals –Review</p>	<p>An evaluation process allows recipients of home Delivered Meals to give feedback regarding the cultural acceptability and palatability of meals, thus having a direct influence on the menu range supplied by Ballarat Catering.</p>	<p>Primarily older people of culturally and linguistically diverse backgrounds</p>	<p>Food Services Team Leader City of Port Phillip Ph: 9209 6441</p>
<p>Information on emergency relief and free or low cost food</p>	<p>The City of Stonnington provides a booklet on Emergency Relief and Material Aid in Stonnington, listing providers of food vouchers, food, free or low cost meals, plus other forms of assistance.</p> <p>The City of Port Phillip provides a guide to free and cheap meals, vouchers, food parcels and emergency relief in Port Phillip, including a map.</p>	<p>All interested people and organisations</p>	<p>City of Stonnington Corporate and Community Planning Ph: 8290 1333 http://www.stonnington.vic.gov.au/www/html/3880-emergency-relief-and-material-aid.asp</p> <p>Contact: Health and Community Development Officer 9209 6260 Copies available at: http://www.portphillip.vic.gov.au/health_and_wellbeing_plan.htm</p>

<p>Vouchers, food and food parcels</p>	<p>Several organisations will provide those who present to their services in a state of financial crisis with a 'gift voucher' of a limited value. Sometimes purchase limitation are applied, (e.g. no cigarettes or alcohol) and there is usually a limit to the amount of times a person can apply for a voucher in a given year.</p>	<p>People experiencing financial crisis</p> <p>Please contact individual organisations for eligibility criteria.</p>	<p><u>Vouchers:</u> (these organizations may also provide food and food parcels)</p> <p>South Port Uniting Care Ph:9690 1188</p> <p>Port Phillip Community Group St Kilda Ph: 9534 0777 Sth Melbourne Ph: 9209 6830 Port Melbourne Ph: 9209 6350</p> <p>Sacred Heart Mission Ph:9637 1166</p> <p>St Kilda Crisis Centre Ph:9536 777 / 1800 627 727</p> <p>Prahran Citizens Advice Bureau Ph: 9510 2477</p> <p>New Hope Migrant Resource Centre Ph: 95105877</p> <p>Community Information Glen Eira Ph: 9571 7644 W www.cige.org.au</p> <p>Jewish Care Ph: 8517 5999</p>
<p>Food and food parcels</p>	<p>Several agencies provide food items to people experiencing hardship or food parcels for distribution to those experiencing extreme financial hardship.</p>	<p>People experiencing financial crisis</p> <p>Please contact individual organisations for eligibility criteria.</p>	<p><u>Food/food parcels:</u></p> <p>Our Lady of Mt Carmel Ph: 9699 5877</p> <p>Emerald Hill Mission Ph: 9696 0644</p> <p>St Silas Anglican Church Ph: 9696 5116</p> <p>Christ Church South Yarra Ph: 9866 4434</p> <p>Malvern Emergency Relief (Malvern Police Station) Ph: 98222487</p> <p>St Joseph's Food Store, South Yarra Ph: 9826 9677</p> <p>St Matthews, Prahran Ph: 95103326</p> <p>St Martins, South Yarra Ph: 9827 3324</p>

