

Food Security Resource Pack Instructions

Raising awareness of food security among health professionals

9 steps to using this resource pack



1. Read Background Information –

- a. Read prior to project commencement to aid in gaining knowledge in the area of food security and to enable effective delivery of the power point presentation
- b. **Green text** in background information is relevant to the Yarra Ranges Local Government Area (LGA)

2. Distribute the Evaluation Questionnaire (pre) to all staff

- a. To be distributed as at commencement of food security awareness project to determine baseline knowledge in health centre staff. See **note**

3. Collate and analyse questionnaire results to determine the level of knowledge that staff have of food security. See Note page 3

4. Display Posters and Newsletter around the centre/service where staff will be exposed to them.

5. Schedule the Food Security Presentation for staff at an appropriate time, i.e. when most staff will be present. Ensure the session is scheduled at least 2 weeks after the posters were first displayed.

6. Deliver Food Security Presentation to staff.

- a. Food Security Awareness Power Point presentation- runs for approximately 20 minutes- allow 30 minutes to distribute Food Security Questionnaires and for question time

7. Distribute Evaluation Questionnaire (Post) and collect as soon as possible.

8. Analyse the survey results to determine the level of knowledge staff have of food security. See Note page 3

9. Compare questionnaire results from pre and post food security information session and poster display to determine if there has been an increase in staff knowledge of food security.

Note: Level of staff knowledge was determined by identifying whether a staff member had a poor, moderate or good understanding of food security. In **question 1** on the questionnaire staff needed to include key words from the Food Security definition. The food security definition is adapted from the Community Food Coalition which is “the state in which all persons obtain nutritionally adequate, culturally acceptable, safe foods regularly through local non-emergency sources” (Community Food Coalition 1995). The key words used to assess the understanding of Food Security were: nutritionally adequate; culturally acceptable; non-emergency sources; access to food. To have a poor understanding no key words were identified. To have a moderate understanding one key word needs to be identified and to have a good understanding two or more key words needs to be identified.

Question 2 is looking for an increase in the amount of staff ticking questions 1,2 and 4-7



Member of NOURISH Food Fairness Outer East