

## Healthy Food Action Plan 2017

### Purpose of the Healthy Food Action Plan

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A healthy community and environment are vital for a successful and thriving city. This action plan is aimed at improving the availability of healthy food within Christchurch and to encourage health food choices throughout the community, particularly for young and vulnerable people. Caring for those most in need and supporting healthy eating in families will contribute towards creating a strong and healthy community for generations to come.

The purpose of this action plan is to: *make healthy food choices easy.*

### Council current support for healthy food

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The Council plays a key role in creating, and contributing to, environments that support and encourage a healthy city and healthy communities. This support includes provision of clean water supply, wastewater treatment, solid waste disposal, cycleways, urban green spaces and recreation facilities. In more recent years the Council has implemented other healthy city actions including:

- **Community Gardens:** There are 25 community gardens throughout Christchurch where people grow and share fresh, healthy food. Community gardens are supported by Community Boards and the Council provides some financial support through community grants.
- **Edible Garden Awards:** An awards programme administered by the Council in partnership with the Canterbury Horticultural Society aimed at acknowledging and supporting individuals, schools and communities who are actively involved in the growing of their own food.
- **Food Foraging and Edible Parks:** Planting fruit and nut trees on public land for everyone to share.
- **Council-owned social housing units:** Edible plants are incorporated into the landscaping of the Council's social housing units.
- **Community funding:** Council funding is available for healthy eating/healthy lifestyle community initiatives including community grants and the Transitional City Fund.

## Food Resilience Policy 2014

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This action plan will support the objective of the Food Resilience Policy 2014:

*A food resilient Christchurch with thriving social, economic and physical environments providing healthy, affordable and locally grown food for all people.*

This action plan will specifically implement the following priorities:

- Encourage the establishment of productive gardens on suitable land around the city that is not in Council ownership, for example homes, schools, church land, institutions and market gardens.
- Support initiatives that increase the availability, distribution and affordability of fresh, healthy food in our communities, for example farmers markets, green grocers, local food cooperatives and community kitchens.
- Support community education through community gardens and other local initiatives that increase knowledge of how to grow, harvest, prepare and consume healthy locally grown food to support edible gardens and a thriving local food economy.

## Actions Menu

Key: CCC – Christchurch City Council; CDHB – Canterbury District Health Board

Action area	Action	Lead and support	Target completion	Measure of success
Healthy Food	1. Christchurch City Council adopts a Healthy Food Policy for all Council owned or managed facilities and events.	<b>CCC</b> (Strategic Policy, Events, Libraries, Recreation and Facilities), CDHB Community and Public Health	September 2017	Healthy Food Policy adopted
Food environment mapping	2. a. Complete mapping of all publically available fruit and nut trees, local food markets, “edible schools”, community gardens, fruit and vegetable co-ops and fresh greengrocers.  b. Make the map available online.	<b>CCC</b> (Parks, Transport, Urban Design), Food Resilience Network	April 2018	GPS edible trees on public land; GPS locations of fruit and vegetable co-ops and fresh greengrocers
Healthy Food	3. Develop or support programmes that encourage the growing, cooking or eating of healthy food in schools and early child care centres.	<b>Food Resilience Network</b> (wide collaboration needed)	On-going	All schools have thriving edible gardens that support learning and the school community
Food environment mapping	4. a. Identify if there are ‘food deserts’ in Christchurch (i.e. where access to healthy food is limited).  b. Use the results of the mapping to proactively reduce ‘food deserts’ through actions 3, 6, 7, 12 and 13.	<b>CCC</b> (Urban Design, Strategic Policy), Food Resilience Network, CDHB Community and Public Health	December 2018	Food deserts are identified and related action plans developed
Edible plants	5. Establish an affordable supply of quality edible plants to be used for community projects in Canterbury. This could be the Green Effect Trust's Trees for Canterbury model.	<b>Food Resilience Network</b>	December 2018	An affordable supply of quality edible plants is established
Edible plants	6. Increase edible planting on council-owned and managed land to improve accessibility to fresh, local produce	<b>CCC</b> (Housing, Parks, Transport)	On-going	Edible plantings are used on Council land
Edible plants	7. Influence the Urban Tree Forest plans to encourage the use of edible trees	<b>CCC</b> (Parks)	December 2018	Planting of edible trees is supported by the Urban Tree Forest plans

Action area	Action	Lead and support	Target completion	Measure of success
Edible Plants	8. Engage with landscape professionals on the value, importance and practicalities of edible planting in Christchurch.	<b>Local Community Boards, CCC</b> (Community Support, Governance & Partnership)	June 2018	Seminar held
Water	9. Actively promote Christchurch's high quality tap water as the primary "beverage of choice"	<b>CCC</b> (Strategic Policy)	December 2018, then on-going	Tap water is the first choice of beverages
Water	10. Investigate opportunities to improve access to drinking water in public spaces and places through provision of drinking fountains and water bottle fills	<b>CCC</b> (Parks, Recreation & Sports, Transport)	On-going	Number of drinking fountains in public spaces and places has increased
Love Food Hate Waste	11. Establish new or build on existing sharing / gifting economy for produce and edible plants e.g. share tables, community fridges, on-line sharing platforms	<b>Local Community Boards, CCC</b> (Community Support, Governance & Partnership, Solid Waste), local cafes and restaurants	On-going	Increase in sharing/gifting for edibles
Love Food Hate Waste	12. a. Establish a trial community fridge in a number of locations; and  b. Establish guidelines for community fridges and encourage their set up	<b>CCC</b> (Solid Waste, Parks, Recreation & Sports, Transport, Community Support, Governance & Partnership), Local Community Boards	December 2017 then on-going	Guidelines are promoted online and through community groups
Edible plants	13. Investigate the opportunity to utilise the old Tea House in the Christchurch Botanic Gardens as an environment centre/educational facility for teaching the community how to grow and cook food, minimise food waste and compost.	<b>CCC</b> (Parks, Solid Waste)	December 2018	Educational facilities are set up in the Tea House
Edible plants	14. Expand the Edible Garden Awards across all wards in the District and consider introduction of a new award category in the Edible Garden Awards for businesses	<b>Local Community Boards, CCC</b> (Community Support, Governance & Partnership),	December 2018	All wards have Edible Garden Awards

Action area	Action	Lead and support	Target completion	Measure of success
		Canterbury Horticultural Society		
Edible plants	15. Investigate establishing an edible gardens category in the Garden Pride Awards.	Local Community Boards, <b>CCC</b> (Community governance team),	June 2018	Edible gardens are a category in the Garden Pride Awards
Green prescriptions	16. Investigate opportunities for introducing discounted recreation facility entrance fees for citizens on green prescriptions	<b>CCC</b> (Recreation and Facilities)	June 2018	Green prescriptions include reduced recreation facility fees
Healthy food	17. Investigate opportunities to develop healthy options sponsorship and awards for sports and community events	CCC (Recreation and Facilities, Parks, Events), Local Community Boards	December 2018	Healthy options sponsorship is available for sports and community events

## Implementation and review

This action plan will be implemented under the Food Resilience Policy 2014. The action menu establishes the completion targets and measures of success. Most actions will be undertaken internally by Council units working together, with support from external organisations and partnerships. Actions are designed so that local community boards could implement them in their local areas if they are desirable in their communities.

All actions are subject to securing funding through the Christchurch City Annual Plan and Long Term Plan.

The action plan is a living document. Actions will be reviewed annually in July, to measure progress on implementation and assess if actions need to be amended or new actions added.