FOODBANK is the pantry of Australian charities. We receive food and grocery products from farmers, manufacturers, distributors, retailers and the public and make them available to Australia's hard working charities and community groups.

Why we need it: Hunger is a hidden crisis in Australia, with over 3.6 million people experiencing food insecurity at some point every year, 27% of which are children. In fact, the demand for food relief is rising, with charities reporting a 10% increase in demand last year.

How it influenced people: It's not just people on the streets, it's also people in your street ... children at your school, single parents or elderly people struggling to manage after the loss of their spouse. As Australians we subscribe to the belief of a fair go for all.

Community wellbeing five capitals:

Natural: Global food production must increase by 60% by 2050 in order to meet the demands of the growing world population. Yet, more than one third of the food produced today is lost or wasted. Reducing food waste will not only boost food security, but also improve livelihoods, reduce greenhouse gas emissions and save land and water. Social: Partnered with 2,800 welfare agencies and 1,000 schools across Australia. We will work with you to tailor a partnership that meets both our needs and maximises the opportunity for mutual benefit. We will work to ensure that all necessary administration relating to the partnership is quick and efficient.

Human: Foodbank has 90 paid staff in total including office and warehouse personnel and drivers. In addition Foodbank has an average of 100 volunteers a day around the country, doing everything from packing food, to driving trucks and answering phones. The satisfaction of knowing you are making a difference in a smart and sustainable way by providing a pathway from the food and grocery industry to struggling Australians in need.

Economic: Foodbank does undertake fundraising activities. Each State Foodbank receives varying degrees of government support to assist with the cost of staffing and maintaining their warehouses and distributing food. Fundraising is essential to fill the gap. Financial donations from the public and corporate sector help to fund the components that cannot be donated.

Physical: Foodbank receives support from a number of non-food companies who assist with funds and other essential services. For example Toll provides transport, Visy and Amcor providing packaging, ANZ provide free banking, Virgin provide flights, Quest and Rydges provide free hotel rooms for Foodbank staff, KPMG provides auditing services, Microsoft provides software and CSIRO provides Foodbank Australia with an office.

## **COMMUNITY GARDEN**

Economic: The ability to exert a degree of control over one's food choices is a key motivator for some participants in community gardens. Gardeners in a recent study spoke of their desire to avoid supermarkets and to challenge the control Coles and Woolworths exert over the food available to them. This can be conceptualised as a bid for independence and is consistent with previous research carried out on backyard gardeners in Australia. Some participants are also motivated by a desire to reduce food expenses with 50% of respondents to a previous online survey of COGS gardeners indicating they grew their own fruit and vegetables to save money.

Social: build community through the development of social capital, and creation of a sense of belonging (to place and community) for participants. ACT gardeners involved in the study describe the development of a sense of community as an unexpected bonus. They identify particular pleasure in engaging with a wider range of people (from differing demographics) through the shared interest of gardening. the most significant sense of belonging the COGS gardeners expressed related to the garden space, their plot, and 'their' soil with some claiming they would only leave their soil when they died.

Environment: an active attempt to reduce their carbon footprint and a local, personal response to significant environmental issues such as climate change (and resulting concerns over food security). Community gardens have been identified as sites capable of supporting and improving sustainable urban living practices. Many community gardeners in Canberra indicate that their relationship with soil and composting has made them more attuned to ecological issues, and this has manifested itself in more efficient watering practices, greater awareness of seasonality of fruits and vegetables and, for most, a commitment to low-input production.

## **SELF MANAGEMENT SKILL: PATIENCE**

How it helps reach population goals: A seed takes a certain amount of time to sprout, no matter what you do. A plant or tree takes a certain amount of time to grow, flower, or bear fruit, no matter what you do. No amount of chemicals or technology can make it go faster. That there is still something in our world today we can't force to go faster.T rees contribute to their environment by providing oxygen, improving air quality, climate amelioration, conserving water, preserving soil, and supporting wildlife. During the process of photosynthesis, trees take in carbon dioxide and produce the oxygen we breathe.

MDG: Ensure Environmental Sustainability. Volume of emissions of pollutants into atmosphere from stationary sources, million tonnes per year was 4.13 in 2010. Environmental sustainability is the rates of renewable resource harvest, pollution creation, and non-renewable resource depletion that can be continued indefinitely. Environmental Quality - In order to have healthy communities, we need clean air, natural resources, and a nontoxic environment. enrollment continues to grow, so we require more resources such as energy, water, and space.