



# OPAL Case Study Fast & Fresh – Healthy Home Meals for Salisbury Residents

City of Salisbury

**Goal:** Home Meals

**Theme:** Not applicable

**Strategy:** Environments

## Summary

'Fast & Fresh' is a healthy meal kit system available to Salisbury residents from the Bagster Road Community Centre for only \$8.50. The kits contain everything needed to create a nutritious meal for a family of four including fresh seasonal produce, meat, pasta, spices and an instructional guide.



**This service is fabulous. It really helps with our budget because we are only paying for the ingredients we need and not having to buy extra things we don't need ie: a whole jar of spices.**

Community member

## Our approach

Following interest from the Bagster Community Centre, Salisbury OPAL staff researched evidence on sustainable programs to make healthy home meals available and affordable as a means of increasing healthy eating. Playford Council's Elizabeth Downs Food Co-op successfully provides home meal kits. This, combined with the infrastructure at the community centre including kitchens, established OHS guidelines and staff and volunteer experience in running a café, persuaded the partners that meal kits would be a good strategy for the Salisbury Community.

'Fast & Fresh' operates seasonal menus with five or six different kits available each season. The \$8.50 kit includes everything needed for a meal for four including the recipe sourced through various avenues including Go for 2&5<sup>®</sup> campaign materials and using local produce where possible. New kits are released at the start of each season in order to maximise use of seasonal produce that is also cheaper. The winter menu for example includes beef and broccoli stir-fry, layered vegetable bake and Italian chicken cacciatore.

Salisbury OPAL staff support the 'Fast & Fresh' program by providing promotional materials, (particularly via schools), a seasonal launch every three months and advice on recipes.

## Our achievements

Fast and Fresh was officially launched in March 2013, and featured a cooking demonstration by Callum Hann and Themis Chryssidis of Sprout, an opening speech from Mayor Gillian Aldridge, taste testing of the new range and a gift pack to all attendees including promotional materials for the meal kits, OPAL and the centre. Following this event, sales increased to 40 kits per week – the long-term goal of the project is to sustain 50 per week. The first three months of the service saw over 1500 individual meals distributed to the community.

## Why

Easy access to healthy food choices where people live, work and play is important to achieving and maintaining health and wellbeing. The easiest way to achieve and maintain a healthy weight, eat a wide variety of nutritious foods every day and limit intake of foods containing saturated fat, added salt, added sugars and alcohol is to prepare and eat healthy meals at home.

For many families with limited budgets or cooking skills, time pressures, or

**Opal**

knowledge of what constitutes healthy food, home cooking can be daunting – the kits are a practical answer.

A Salisbury Council focus on developing a Food Security Action Plan raised interest in options to support the community to eat locally produced healthy food. Bagster Community Centre had already committed to a focus on healthy food but was keen to develop a sustainable model for the community.

## Who

The target group is residents of the Salisbury Council, particularly those who are more vulnerable in terms of food security.

## Rationale

People in low and middle socioeconomic areas are more likely to be exposed to fast food outlets than those in high socioeconomic areas. They also tend to have a longer travelling distance to the nearest

supermarket or fruit and vegetable store. Sustainable and equitable food provision and access to food is central to net community benefit and sustainable development.<sup>1</sup>

## Resources

Flyers, posters, recipe cards and the manual were developed. For more information see: [www.salisbury.sa.gov.au/Our\\_City/Community/Healthy\\_Living/OPAL\\_Obesity\\_Prevention\\_and\\_Lifestyle/Fast\\_and\\_Fresh\\_Meal\\_Kits](http://www.salisbury.sa.gov.au/Our_City/Community/Healthy_Living/OPAL_Obesity_Prevention_and_Lifestyle/Fast_and_Fresh_Meal_Kits)

## About OPAL?

The OPAL (Obesity Prevention and Lifestyle) initiative supports children, families and their communities to eat well and be active. It is South Australia's largest ever investment in obesity prevention. OPAL uses a range of interconnected strategies to build knowledge and skills and change policies and environments in

partnerships with others to support healthy behaviour. This case study is one of many linked projects that together are helping children, through their families and communities, to be healthy now and stay healthy for life.

### Contact:

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**The development of Fast and Fresh has been a real team effort between the Bagster Road Community Centre and OPAL Salisbury. OPAL were fantastic with undertaking that initial research work in to our potential options for developing a sustainable food co-op. We are very proud of our Fast and Fresh service and the success it has seen in its first year, and we have thoroughly enjoyed working in partnership with OPAL.**

Michelle Grinter, Neighbourhood Development Coordinator, Bagster Road Community Centre



*Callum Hann and Themis Chryssidis of Sprout – cooking demonstration at Fast and Fresh Launch.*

<sup>1</sup> National Heart Foundation. Food-sensitive planning and urban design (FSPUD). [on line]. Available from: [www.heartfoundation.org.au/driving-change/current-campaigns/local-campaigns/Pages/food-sensitive-planning.aspx](http://www.heartfoundation.org.au/driving-change/current-campaigns/local-campaigns/Pages/food-sensitive-planning.aspx). (Access 1 July 2013).

