



Health Promotion in Low Cost Housing Project: Linking Food and Recreation to Promote Health



Final Report - August 2003

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ACKNOWLEDGEMENTS

The funding of this project provided a perfect opportunity to expand on the Yarra Food Insecurity Community Demonstration Project funded by VicHealth and DHS (August 2001-December 2002). It has resulted in an increased capacity for the municipality and other municipalities to replicate work that can enhance the food security of vulnerable community groups.

The project enjoyed much collaboration and contribution from many individuals, organisations and sectors. Thank you to everyone who has enhanced the value of the project:

- The North Central Metropolitan Primary Care Partnership for funding this project and their commitment to food security in the region.
- North Yarra Community Health for their ongoing support and commitment to food security initiatives.
- The Yarra Food Insecurity Steering Committee for their input into the development of this project and their commitment to food security in the region.
- HomeGround Outreach Support Service for their partnership in the Smart Food Market Bus and for proof-reading the Rooming House Garden Manual.
- Collingwood Children's Farm for their contribution in the development of the Rooming House Garden Manual and their ongoing commitment to establishing gardens in rooming houses.
- All participants who have attended the Smart Food Market Bus trips and provided valuable feedback.
- Participants in the initial VicHealth funded Rooming House Garden project, who provided valuable feedback for the development of the Rooming House Garden Manual.
- The City of Yarra for ongoing funding of the Smart Food Market Bus trips through their Social Support Grants.

EXECUTIVE SUMMARY

Funding was allocated to North Yarra Community Health to expand on selected existing Yarra Food Insecurity Community Demonstration Project initiatives for the Yarra Rooming House population. The emphasis of the project was to demonstrate how food and recreation could be linked to promote health in a low cost housing setting, such that other agencies, municipalities and regions could replicate the project.

Following consultation with literature, the community and the Yarra Food Insecurity Steering Committee, two initiatives were chosen:

1. The Smart Food Market Bus, which required modification to improve reach and impact on participants
2. The Rooming House Garden Project, which required follow-up evaluation and the development of a manual that could guide workers on how they could set up a garden in a rooming house as a food-recreation, health promotion initiative.

This project expanded on the Smart Food Market Bus by consolidating a partnership with a local social support agency, increasing the number of workers attending the project, making adjustments to the way the trips were conducted based on client feedback and including a more thorough evaluation documentation strategy.

The Rooming House Garden Manual involved contribution from rooming house residents, a horticulturalist, an outreach support worker and the project manager. It describes the various considerations, processes and skills required to establish a garden in a rooming house. The guide is aimed at workers but is written in a language that enables residents themselves to use it.

Setting up gardens and market trips with rooming house residents can prove to be a potent health promotion tool and this project demonstrated components that are crucial to the success of these initiatives.

Client engagement and participation can be difficult, particularly with hard to reach and complex needs clients. This project highlighted that a number of strategies are vital to attendance. Firstly, clients need to be made aware of the activities using verbal as well as written promotion. Word of mouth proved to be the most persuasive form of advertising. Secondly, participants need to feel they own the project; initial and ongoing consultation is vital to attendance and ongoing interest. In addition, participants need incentives or motivation strategies to attend. Provision of free food and evidence of meaningful benefits from attendance inspired many people to attend the Smart Food Market Bus Trips.

Clients benefit most from food-recreation activities when they are projects with a long-term focus. The capacity to address barriers to good health was enhanced through repeated exposure to project activities. Therefore, sustainability of project activities is important if they are to promote long-term health outcomes. Components essential to the sustainability of this project included consolidation of partnerships that ensured a long term commitment to project initiatives. This was facilitated by both parties of the partnerships seeing mutual benefits to a long-term commitment to project activities.

EXECUTIVE SUMMARY – cont'd

This project also highlighted the increased capacity to promote health when it is in a relaxed and informal recreation based setting. Teaching shopping, budgeting and cooking skills as a part of a recreational outing is likely to have more impact than a centre-based consultation that many clients may not be motivated to attend. The trips also allowed client engagement and rapport building to allow for follow-up individual consultations and also facilitated referral to other health services and programs.

Recreation-based programs alone cannot resolve all the barriers to good health. Many of these require a broader, long term focus that encompasses the social determinants of health, which need to be dealt with at a community as well as a government level.

BACKGROUND:

In November 2002, the Northern Central Metropolitan Primary Care Partnership (NCMPCP) sought to allocate funds for a 'Health in Low Cost Housing' Project in Yarra. The project was expected to encompass health promotion and service co-ordination in a low cost housing setting.

Rooming houses were chosen as the low cost housing setting since considerable investment had already been made to the public housing estates via neighbourhood renewal and the one SRS in Yarra was already linked into a range of activities.

At the planning stage of this project, there were a number of rooming house related initiatives that had been operating (or were being proposed) in Yarra that could have been expanded through this project. One of these was the Yarra Food Insecurity Community Demonstration Project (FI Project), which was funded by VicHealth and DHS from August 2001 – December 2002. The FI Project explored barriers to food access, food preparation and therefore good health for a range of people experiencing homelessness. This included people living in a rooming house environment. The project emphasis was to link people into a number of food activity related programs with the aim of addressing personal and social barriers to food access. The food activities included referral to a subsidised café meals program, facilitated recreational bus trips to Preston market and establishment of a rooming house garden. These food activities improved participants' physical access to food. Additionally, participants reported overwhelming social health benefits from these food activity programs. This project provided the opportunity to further explore the role of using social, food-related activity programs as a means of promoting health to rooming house residents by expanding on the existing FI initiatives.

Project Goal: To provide Yarra rooming house residents access to nominated food related activities available in the community.

Project Objectives:

1. To determine recreational food activity program/s in Yarra that could promote food and social health for rooming house residents.
2. To link rooming house residents into nominated recreational food activity/ies that promote long-term health and well-being.
3. To determine and document the community linkages required to engage rooming house residents in health promotion, as well as the process required to support these linkages.
4. Document capacity building strategies that can be employed to promote health in the rooming house environment.
5. To document broader health issues for rooming house residents that were not able to be addressed by this project.
6. To examine funding opportunities to support the ongoing sustainability of nominated food activity program/s.

METHODOLOGY:

1. Initial Community Consultation & Research to Determine Project Activities and for Initial Planning:

- ❑ Literature review – including recommendations from the Yarra Food Insecurity Community Demonstration Project
- ❑ Consultation with Yarra Food Insecurity Steering Committee (3 meetings), 5 agency workers (personal interview) and 10 rooming house residents (including 5 involved in the Abbotsford rooming house garden project) – Appendix A.



2. Strategies Utilised for the Ongoing Planning, Development and Implementation of Project Activities:

Smart Food Market Bus Project	Rooming House Garden Manual
<ul style="list-style-type: none"> ❑ Initial meeting between North Yarra Community Health (NYCH) and HomeGround Outreach Support (HOS) to enlist participation in bus trips ❑ Feedback to and from Steering Committee at meetings ❑ NYCH and HOS workers attending bus trips met for a reflective debriefing session after each trip ❑ Client feedback and outcomes documented at each trip 	<ul style="list-style-type: none"> ❑ Funds provided to Collingwood Children’s Farm to employ the Horticulturalist who participated in the FI Rooming House Garden Project to develop a guide to setting up gardens in rooming houses ❑ Regular meetings between horticulturalist and NYCH project worker to determine and develop manual contents ❑ Manual proof-read by HOS outreach worker and feedback incorporated



3. Evaluation Strategies

Smart Food Market Bus Project	Rooming House Garden Manual
<ul style="list-style-type: none"> ❑ Bus trip evaluation sheet (Appendix B) completed with documentation of: <ul style="list-style-type: none"> ○ Demographics of participants ○ Client feedback ○ Worker feedback from debriefing session (Results in Appendix C) ❑ One formal focus group evaluation on last bus trip of project (Appendix C) 	<ul style="list-style-type: none"> ❑ Manual disseminated with an evaluation page ❑ Database with details of recipients of manual developed for follow-up evaluation in 6-12 months

OUTCOMES & DISCUSSION

1. Two Food Insecurity Project Activities Were Chosen Which Could Demonstrate Linking Food and Recreation as Health Promotion Strategies

Promoting good health for people who are homeless or at risk of becoming homeless is challenging as there are many barriers that affect their ability to maintain good health. Health promotion needs to encompass a broad range of strategies that impact on individual health behaviours. This project focussed on the expansion of two VicHealth/DHS funded Food Insecurity Community Demonstration Project initiatives: The Smart Food Market Bus and the Rooming House Garden.

The decision to expand on these two programs as health promotion strategies included:

- Time had already been invested in consultation
- Essential partnerships had been formed and this project provided the opportunity for consolidation of these partnerships
- Both projects had already demonstrated how food and recreation could be linked to promote good health however, both projects required further development to consolidate sustainability and capacity building:
 - A) The Smart Food Market Bus needed to be restructured to enhance its reach and impact on participating individuals.
 - B) The Rooming House Garden needed follow up evaluation and a more concrete guide for replication of the program
- Support for both initiatives was vocalised in the community consultation phase
- Separate funding had already been allocated to the ongoing focus on the Café Meals Program (therefore, this did not require additional support)

2. Various Strategies Were Required to Access and Engage Participants

A key health promotion strategy is being able to link vulnerable community members (who need it most) into programs and services that can benefit their long term health. Evaluation of the FI Rooming House Garden (Appendix A) and the PCP project Smart Food Market Trips (Appendix C) highlighted a number of parameters that were crucial to encouraging client utilisation of project activities.

This included:

- Initial and ongoing consultation with participants
- Providing various incentives to inspire or motivate participation
- Verbal rather than written promotion of activities
- Ongoing worker support and project activities rather than short-term or one-off activities

OUTCOMES & DISCUSSION – cont'd

a) Consultation with potential participants to ensure the program is designed by them, for them – including ongoing consultation and evaluation to ensure project activities remain responsive to the group.

Participants were more likely to participate in programs if they were involved in the initial and ongoing planning. Participants of the garden program who reported wanting their own plots (but didn't get them), stopped participating in the garden. Participants of the Smart Food Market Bus regularly made suggestions for the improvement of the program – their commitment to attend was heightened, when these changes were incorporated. An example of this was participants suggesting that there be cooking session after market trips – these participants attended the following trip in anticipation of the cooking sessions.

A section of the guide to setting up rooming house gardens was dedicated to giving workers strategies in consulting residents about gardens. The feedback from the focus group (Appendix A) was included.

b) Provide inspiration and support that motivates people to start or continue participating and use this in the promotion of the program.

Participants of the Smart Food Market Bus were motivated to attend trips by two main factors:

- ***Provision of free food*** – many participants looked forward to the free lunch. One rooming house started attending because a box of fruit was dropped off at their rooming house after a trip.
- ***Feeling they benefited from the trip via outcomes that were important to them*** – this included improved mood from getting out of the rooming house for the day, buying more food for a lower price, new skills and confidence in acquiring and preparing food and seeing that food lasted the fortnight as well as socialising with others over a meal.

Rooming house garden participants, who perceived that the garden was beneficial, were also more likely to continue using it.

c) Promote the program widely using a variety of strategies – fliers dropped into letter-boxes or posted on walls is not enough.

Traditional social marketing strategies such as posters and fliers, alone, do not work well for this population group. However, clients do need forewarning that an activity is being planned. Week 1 of the Smart Food Market Bus trips had zero attendance because i) the trip was promoted by fliers alone and ii) many of the rooming house residents reported not knowing about the trip or were not given enough notice.

Most participants found out about trips through word of mouth – via other participants or workers who knew about the program and had encouraged them to come along.

Reminder phone calls before going to the house proved to be a very effective strategy in recruiting participants (as well as saving time in driving from rooming house to rooming house).

OUTCOMES & DISCUSSION – cont'd

d) Ongoing worker commitment to the program.

Short-term one-off projects alone do not necessarily provide the confidence or motivation for people to continue with the activity or healthy behaviour. Participants need either some worker support or other forms of support eg. written material or access to other workers who can assist.

You need a strong worker commitment on a long term basis to keep clients engaged and participating – whether that is for the garden or for the market bus trips.

There were more positive outcomes for clients who attended the Smart Food Market Bus trips regularly. Repeated exposure to trips ensured a commitment to budgeting for food and also to a longer term focus on preparing food.

3. The Project Strengthened Partnerships and Was Strengthened By These Partnerships

The partnerships consolidated during this project were crucial to client engagement and access, sustainability and also the capacity building aspects of the project activities.

The Smart Food Market Bus relied quite heavily on HomeGround Outreach Support (HOS) in accessing participants. These participants would have been unlikely to attend the trips without the presence of the HOS worker they had rapport with. These participants were also subsequently more likely to access health services from North Yarra Community Health, through being able to engage with two NYCH workers in a more informal and less threatening setting. Thereby, the partnership allowed participation from more complex needs and hard to reach clients. The HOS worker also worked closely with other HOS workers to promote the program with other clients. Evidence regarding the benefit of the trips to their clients as consolidated a long term commitment from HOS in providing an outreach worker for Smart Food Market Bus trips.

The partnership formed in the development of the Rooming House Garden Manual allowed for the expertise of both a horticulturalist (who'd had experience with setting up a garden in a rooming house) and the NYCH project worker contributed to a guide that was holistic in its approach. Regular meetings and a future focus on evaluation of the guide has consolidated a strong partnership between NYCH and Collingwood Children's Farm.

OUTCOMES & DISCUSSION – cont'd

4. The Project Built Capacity for a Longer Term Focus on Health and Well-Being

The Rooming House Garden Guide can provide workers (and residents) with simple advice on setting up and maintaining a garden. This is a less resource-intensive strategy compared with the hiring of a horticulturalist every time a new garden needs to be set up.

The Smart Food Market Bus built capacity of residents to budget for food, plan weekly and fortnightly menus and learn to cook simple, nutritious and affordable meals. As highlighted earlier, many participants need ongoing trips to develop this confidence – it can take some participants 5 or 6 trips before they start regularly purchasing food. Long term, intensive commitment is particularly necessary for complex needs clients. The market trips provided a practical, social setting rather than the usual 'appointment' environment for learning of these skills; many of the participants are unlikely to attend appointments (unless escorted by a support worker) so the trips provided an ideal environment. Additionally, many participants preferred the 'hands on' learning rather than the usual methods of 'teaching'; the lunch (whether cooked or purchased) was also a good opportunity to demonstrate affordable and nutritious meal ideas.

5. There Were Broader Health Issues That the Project Could Not Address

Whilst the Smart Food Market Bus provided access to more affordable food using a recreational opportunity, it did not fully compensate the barriers for rooming house residents in preparing food. Ongoing barriers include:

- Personal disability that made cooking difficult
- Inadequate funds to cover the cost of purchasing food
- Inadequate refrigeration space to shop for a fortnight's supply of food
- Difficulty motivating self to cook for one and eat alone
- Shared kitchens are not always inviting environments – deterrents include poor hygiene, lack of space to cook and avoiding interactions with other residents.

6. Sustainability

Sustainability was built into both the Rooming House Garden Project and the Smart Food Market Bus as both projects require ongoing focus to ensure long-term positive outcomes. Both projects will continue to remain on the NYCH annual plan, with a strong emphasis on evaluation.

The Smart Food Market Bus has secured worker commitment from NYCH and HOS for ongoing bus trips in clients' management plans. Additionally, funding has been secured via the City of Yarra Social Support Grants to cover transport and food costs.

The Rooming House Garden Manual has been widely disseminated with tips on accessing funds to start and sustain rooming house gardens. Other components for sustainability have been written into the guide. Collingwood Children's Farm will continue to participate in the Yarra Food Insecurity Steering Committee, thereby keeping a focus on growing food as a food security initiative.

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APPENDIX A: ROOMING HOUSE GARDEN FOCUS GROUP FEEDBACK

Rooming House Garden – Follow-up Evaluation at 6 months (04/03/2003)

No. people attending: 5/7 residents

Facilitators: Katrina Doljanin (NYCH) and Toni Phillips (Collingwood Children's Farm)

1. Are you working in the garden? How often? If not, why not?

3/5 people were working in the garden. Others had stopped c/o preferred their own plots rather than shared plots and needing help/support in the next season's planting.

2. Do you think you need more/ongoing support to keep the garden going? How often? Who is the best person?

Yes. Help from Yarra Community Housing maintenance in cutting back the grass. Collingwood Children's Farm was requested to come to the house and get another working bee happening. Also, it would be good to have someone show us what to do with some of the food eg. Cooking sessions. It would be good to have this assistance once per fortnight.

3. Are you using the produce in the garden?

Yes. The tomatoes, spring onions and mostly herbs. The herbs were seen as the most useful and cost saving item in the garden.

4. What is still growing? Is having fruit or vegetables better?

Tomatoes, herbs, rhubarb, potatoes, pumpkin and the native grass were still growing. Vegetables and herbs were seen as most useful – quicker growing and therefore more satisfaction. A request was made to transplant the apple tree as it was providing shade over some of the vegetables.

5. Do you need any equipment?

Yes – more stakes. Also requested was seeds and also a seed planting calendar and general reading material for the maintenance of the garden eg. Posters.

6. What would you like to happen with the garden now?

Planting of vegies – it would have been good to get rid of the native grass and have more space for vegies. The planting guide would be handy. Need to have weeds pulled out also.

7. If another rooming house wanted to set up a garden, what suggestions would you make?

Be organised from the beginning – you need lots of planning time to make sure everyone agrees with what is being done. Make sure a worker can keep coming to help out. Have a 'map' of where things are and some labels in the garden. Some outdoor seating would have been good. We need replacement equipment.

APPENDIX A: ROOMING HOUSE GARDEN FOCUS GROUP FEEDBACK - cont'd

8. **Do you think it is better to have a garden at the rooming house or to go to a plot somewhere else eg. Coll. Children's Farm, housing estates.**

Better at the rooming house – it is good to be able to just go outside and grab fresh vegies and herbs as you need them.

9. **What makes it hard to keep up the garden? How much time do you need to commit to it?**

You can get slack and the hot weather over summer made it difficult to work on it. Having someone with expertise around would be motivating. Sharing plots made some people not want to contribute because others were benefiting from their hard work (not everyone agreed). 2 people were committed to watering the garden regularly.

10. **What have been the benefits to you individually and as a group in having the garden?**

It's double therapy – having the activity (especially watering – it is relaxing) and then the satisfaction in seeing things grow (looks good) and having healthy food and herbs that make food tasty makes you want to cook.

APPENDIX B: SMART FOOD MARKET BUS EVALUATION SHEET**"Smart Food Market Bus Evaluation Sheet"**

Date:

Participants:

Total No. Attending

Pick up Point	Time	No. New	No. Regular	No Male	No Female

LUNCH PROVIDED:**WORKERS ATTENDING AND ASSISTANCE PROVIDED:**

APPENDIX B: SMART FOOD MARKET BUS EVALUATION SHEET - cont'd

CLIENT FEEDBACK:**WORKER DEBRIEF AND REFLECTIONS ON TRIP:**

APPENDIX C: OUTCOMES OF SMART FOOD MARKET BUS EVALUATION

Table 1: Demographic Profile Of People Attending

Date of Trip	No. Total Participants	No. New Participants	No. Ongoing participants	No. Male Participants	No. Female Participants
February 28 th	0	0	0	0	0
March 14 th	6	6	0	5	1
March 28 th	7	5	2	5	2
April 11 th	6	2	4	5	1
April 25 th	8	2	6	5	3
May 9 th	6	1	5	5	1
May 23 rd	5	1	5	5	0
June 6 th	6	1	5	5	1
June 20 th	9	2	7	6	3
July 4 th	5	0	5	4	1
AVERAGE:	6	2	4	4	1

- a total of 20 people accessed the program over the 10 week period
- an average of 2 new people attended each trip, with the remainder being people who had previously accessed the trip – the no of trips each person attended was not monitored
- there were more male than female participants

Table 2: Attendance related to nominated pick-up points

Date	NYCH	Home-Ground	St Mary's	Richmond 1	Richmond 2	Collingwood	Fitzroy
Feb. 28 th	0	0	0	0	0	0	0
March 14 th	1	2	1	2	0	0	0
March 28 th	1	1	2	2	1	0	0
April 11 th	1	2	1	1	1	0	0
April 25 th	1	3	1	1	1	0	1
May 9 th	0	1	1	2	1	1	0
May 23 rd	1	1	0	2	1	0	0
June 6 th	1	1	1	2	1	0	0
June 20 th	2	4	1	2	0	0	0
July 4 th	1	2	0	1	1	0	0
TOTAL:	0.9	1.7	0.8	1.5	0.7	0.1	0.1

- most participants were referred through HomeGround or via the Richmond 1 rooming house.
- The Collingwood and Fitzroy rooming house had poor utilisation compared with Richmond, NYCH and St Mary's.

APPENDIX C: OUTCOMES OF SMART FOOD MARKET BUS EVALUATION—cont**Table 3: Workers Attending and Assistance Provided**

Date	Dietitian	Home-Ground Support Worker	Occupational Therapist	Food Provided
Feb. 28 th	0	0	NA	Fruit boxes purchased and dropped off at a Richmond rooming house that HomeGround actively work with.
March 14 th	1-nutrition advice & help with shopping	2-help with shopping	NA	Pizza
March 28 th	3-nutrition advice, budgeting and planning & help with shopping	2-help with shopping	NA	Deli antipasto
April 11 th	2-nutrition advice & referral to gym program	2-help with shopping	NA	Roast chicken and salad in rolls
April 25 th	2-nutrition advice and planning the shopping	3-help with shopping	NA	Pizza
May 9 th	1-nutrition advice	2-help with shopping	1-planning & budgeting	Dips & bread, sushi & uncooked pasta to take home.
May 23 rd	2-nutrition & help with meal planning	1-help with shopping	1-planning & budgeting	Cooking: fish/chicken/tofu baked in foil & special fried cous cous
June 6 th	1-help with shopping	2-help with shopping	1-planning & budgeting	Pizza
June 20 th	3-nutrition, meal planning & help with shopping	3-help with shopping	2-planning & budgeting	Cooking: Beef curry/vegetarian curry with rice
July 4 th	2-nutrition & meal planning	2-help with shopping	1-planning & budgeting	Ricotta & spinach filo rolls
AVERAGE:	2	2	1	

- many participants needed assistance with their shopping. This ranged from deciding what to buy (sought nutrition advice and menu planning) and what they would buy for the money they had allocated. Some people needed assistance with their shopping due to low confidence, physical disability or confusion related to mental health issues.

APPENDIX C: OUTCOMES OF SMART FOOD MARKET BUS EVALUATION—cont

Table 4: Worker and Client Feedback

Date	Reflections and observations at debriefing & client feedback (verbal)
Feb. 28 th	<p>People at pick up points not aware of trip – some had not received promotional fliers, whilst others had not read them.</p> <p>HomeGround worker to engage clients from Richmond 1 rooming house that they regularly work with to encourage attendance – a box of fruit purchased by workers and dropped off at another rooming house as incentive for attendance at next trip.</p> <p>Additional fliers dropped off.</p>
March 14 th	<p>Fruit boxes dropped off previous week had assisted with people coming on the trip</p> <p>HomeGround workers promoting by word of mouth also contributed to increased utilisation – particularly at Richmond 1 rooming house.</p> <p>A number of people just turned up to observe and enjoy the free lunch</p> <p>People sought assistance esp. to help them shop – some were not confident and found the environment foreign & intimidating & wanted to just follow the workers and observe the surroundings.</p>
March 28 th	<p>1 participant was unable to budget in terms of converting \$/kg to the cost and so had low confidence in deciding how much to buy – by the end of the day he was more confident but was interested in practising this at the next trip. Sitting with this client over a cup of coffee, practising the maths and then allowing him to do it with a worker present worked well.</p> <p>2 new participants – heard about the trip from other participants and decided to come along (the free lunch seemed to be the main incentive but they did purchase food & sought nutrition advice – times were made for follow-up appointments with the dietitian).</p>
April 11 th	<p>HomeGround have started writing Smart Food Market Bus trips into individual clients' care plans – these clients are now telephoned by other HOS workers the day before the trip and also on the morning of the trip. These tend to be complex needs clients – 2 attended today.</p> <p>1 client just bought fruit – unlikely to cook c/o visual impairment and afraid to cook in shared kitchen with other tenants</p> <p>Participants liked how the lunch demonstrated a healthier take-away alternative.</p>
April 25 th	<p>2 very complex needs clients attended – were very reluctant to attend and feeling quite 'down' before leaving. Their moods definitely lifted after the trip; this was facilitated by the social interaction and nutrition from the lunch. They also purchased groceries for the week (therefore it wasn't just a social outing and they purchased food when would have been unlikely to leave their room to buy food).</p> <p>All were particularly looking forward to the lunch.</p>
May 9 th	<p>2 clients who were previously not buying anything have started putting aside money for the trip – there was a group discussion about how difficult it was to put aside money for food when there are competing spending priorities but these trips inspire them to put aside a little and they get more for their money.</p> <p>Participants are keen to cook every 2nd trip (rather than just eating at the market) – were keen to learn ways to cook fish</p> <p>Participants enjoyed trying nori rolls and sushi and the dips.</p>
May 23 rd	<p>Cooking session was received well – all participants helped with food preparation and made their own foil 'parcel' with fish, chicken or tofu/ricotta & the spices they like</p> <p>Cous cous was very popular</p> <p>1 participant has started buying the fresh pasta that was given to participants at the last trip – has added this item onto his regular menu</p> <p>HOS worker reporting benefits for their clients in attending trips – budgeting for food, cooking more often, eating more fruit and generally prioritising food to a greater extent than previously; this is seen as a good investment in terms of worker time for HOS in terms of their clients' outcomes.</p>

APPENDIX C: OUTCOMES OF SMART FOOD MARKET BUS EVALUATION—cont

Table 4 continued: Worker and Client Feedback

Date	Reflections and observations at debriefing & client feedback (verbal)
June 6 th	<p>2 people have trialled the recipe that was prepared on the previous trip and were excited to keep coming along to shop and then cook afterwards (a definite incentive for attendance)</p> <p>1 participant was referred to the gym program offered by NYCH – the bus trip offered an ideal opportunity for engaging with a NYCH worker that they didn't have (a good way to market other programs as participants tend to learn things through word of mouth and are likely to attend programs if they know the workers or develop a rapport with them.</p>
June 20 th	<p>1 client reported that he has increased the amount of money he puts aside for trips from \$5 to \$10 and now to \$20 – he reported that this feeds him for the fortnight and the value for money and having food is encouraging him to keep coming along to the trips.</p> <p>All enjoyed the curry that was cooked and were keen to try recipe at home – 2 reported not wanting to cook in the rooming house due to poor kitchen hygiene and trying to avoid particular residents – wanted very quick meal ideas.</p>
July 4 th	<p>One client who has been attending each week was not cooking at all at the start of the program and was using the Café Meals Program daily. Now he is cooking every day and using the Café Meals Program less than once per week.</p> <p>FOCUS GROUP DISCUSSION/FINAL EVALUATION:</p> <ol style="list-style-type: none"> 1. Benefit of trips <ul style="list-style-type: none"> • A day out and socialising with others – something to look forward to. • Cheaper food & can buy more • Ideas for cooking and healthier meals. • Get to eat a yummy lunch that we usually can't afford to eat often (a treat) • Learning to plan meals out for the week • Learning to budget the cost of food. • Get to see workers in a different setting – more relaxed. 2. What makes it hard to come along? <ul style="list-style-type: none"> • May have other things to do on that day. • May not have money set aside so you don't want to come. • Someone you want to avoid might be going. • Don't want to get out of bed or want to stay in the room. 3. What makes it hard to cook in the rooming house? <ul style="list-style-type: none"> • Dirty kitchen. • Not enough room in the small bar fridge. • Avoiding other people in the rooming house so try to go to the kitchen when they are not there. • Hard to be motivated when just cooking for one person. • Takes a lot of effort to do it. 4. How would you like the trips to continue? <ul style="list-style-type: none"> • Go to different markets eg. Victoria Market and South Melb. Market. • More cooking sessions – continue them. • Good the way they are – it's a good day out.

Smart Food Market Bus

A free bus ride to Preston Market!

- With a dietitian & outreach worker to **help with shopping**
- Buy cheap, fresh and healthy food
- Share a delicious and healthy **free lunch**
- Get tips on how to choose, prepare and store food

(For people who are homeless or live in rooming house accommodation)

NEXT TRIPS:

Dates documented and updated monthly

We will pick you up from:

9.15 am North Yarra Community Health (Collingwood)
 9.30 am Richmond 1 Rooming House
 9.40 am Richmond 2 Rooming House
 10.00 am Collingwood Rooming House
 10.10 am North Yarra Community Health (Fitzroy)
 10.20 am St Mary's House of Welcome

For more information contact Katrina on 9411-3555 or HomeGround Outreach Support on 9419-8355.



APPENDIX E: PROJECT BUDGET

ITEM	EXPENDITURE
Project Manager 0.2 EFT	\$6,614
Horticulturalist 0.2 EFT	\$4, 439
Intervention costs	\$2,500
Documentation/Dissemination	\$2,500
Administrative Costs	\$1,200
TOTAL	\$17,453