



Government  
of South Australia

# South Australian Aboriginal Lands Bulletin October 2006

## Topic: Health/ Transport Issue: Healthy stores in remote communities

**Purpose of this publication: To provide Land Holding Authorities, Aboriginal Communities, local businesses and service providers with information on Government initiatives.**



### Government Partnership:

Above: Thermo Cap Pallet Cover,  
Sud-Chemie

The South Australian Department of Health, the Department for Transport, Energy and Infrastructure (DTEI) and the Department of the Premier and Cabinet - Aboriginal Affairs and Reconciliation Division (DPC—AARD) are working together to improve access to healthy, nutritious, safe and affordable food in rural and remote Indigenous communities within South Australia.

Healthy foods, particularly fresh fruit and vegetables can significantly improve health and well-being as chronic conditions that are affected by diet (such as obesity, diabetes, high blood pressure and heart disease) are prevented and managed.

One way to improve the quality of fresh and healthy food available at an affordable price, is to assist Indigenous communities to regionally coordinate freight transport of perishable foods to achieve economies of scale. If you require further information on the initiatives outlined below, please contact Petra Nisi at DPC—AARD on (08) 8226 8900.

### Initiatives:

1. **Mai Wiru—Anangu Pitjantjatjara Yankunytjatjara (APY) Stores Policy**
2. **Remote Indigenous Stores and Takeaways (RIST) Project**
3. **National RIST—Transport Forum**
4. **Group Freight Buying**
5. **Guidelines for Transport and Handling of Perishable Products**

Published by the following agency:

See next page for more details →

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## Healthy stores in remote areas

### 1. Mai Wiru Regional Stores Policy

The Anangu Pitjantjatjara Yankunytjatjara (APY) Lands' *Mai Wiru Regional Stores Policy* aims to improve health by ensuring ongoing availability of nutritious affordable food and essential health items. Policy development and implementation is coordinated by the Nganampa Health Council. A bulk purchasing arrangement for supplies and freight is negotiated to control cost factors and create economies of scale on behalf of the group of community stores that are joint members under the policy.

### 2. Remote Indigenous Stores and Takeaways Project

The Remote Indigenous Stores and Takeaways (RIST) Project was established in 2005 by the SA, WA, NT, QLD, NSW and Australian Government Health Departments to improve access to a healthy food supply for Aboriginal and Torres Strait Islander People in remote communities. The project builds on other initiatives to establish and improve standards for 'healthy' remote stores. The initial focus is on developing guidelines for stocking and promoting healthy food and implementing recommendations from the National Transport Forum (see below). Other areas such as infrastructure requirements (e.g. for displaying and storing fruit and vegetables), preparation of healthy meals at takeaway outlets as well as training for store workers will also be addressed by this project.

### 3. National Transport Forum

The National Rural Health Alliance (NRHA) and the Remote Indigenous Stores and Takeaway Project (RIST) held a National Transport Forum in Adelaide on the 19<sup>th</sup> June 2006. The Forum was funded by the Commonwealth Department of Health and Ageing. Its purpose was to develop strategies to improve freight transport of good quality nutritious food to remote Indigenous communities.

At the Forum a number of communities sought assistance to improve their freight arrangements. These include:

- Developing a Freight Improvement Tool Kit (which can be accessed on [www.the-linc.com.au/cold.asp](http://www.the-linc.com.au/cold.asp))
- Identifying where product is thawing along the supply chain
- Implementing a cold chain management system to ensure quality product out-turn
- Establishing a group freight buying arrangement
- Identifying how to keep food pallets cool along the supply chain

Since the Forum, a number of freight logistics improvements are being implemented. The Balgo, Bililuna and Mulan communities are for example negotiating group freight buying arrangements. Other communities in WA, NT, QLD, NSW and SA are also implementing improvements.

For a CD copy please contact Paulina at [paulina@ruralhealth.org.au](mailto:paulina@ruralhealth.org.au)

### 4. Group Freight Buying

*Group Freight Buying* means that a group of people, organisations and/or businesses get together to use their combined freight loads to gain net benefit. This simple principle involves combining freight volumes to fill a transport unit on a geographically logical freight route, where trucks are not at full capacity. This should result in the ability to increase service frequency and/or lower cost of freight per unit carried.

In September 2003, DTEI commissioned Prodata Solutions to develop a Group Freight Buying Software System.

The system comprises two parts:

- The first is a freight demand forecasting tool (Profiler), which enables stores to calculate their freight cost savings based on the volume, cost and frequency of current freight deliveries. DTEI is happy to work with communities to calculate their potential cost savings. For more information please ring Shaisee Ranford on (08) 8204 8112
- The second part of the system owned by Prodata Solutions provides a freight booking spreadsheet that enables the placement of a booking request describing goods, unit size, handling and temperature requirements, pick up and delivery dates, as well as a system that groups orders received and calculates unit loads based on pallets to optimise truck utilisation. The system also matches freight to vehicles available and determines pick up and delivery date options and costs.

A copy of the guidelines is available at:

[www.transport.sa.gov.au/pdfs/freight/LAMP\\_updateGroupFreightBuyingGuidev142July2.pdf](http://www.transport.sa.gov.au/pdfs/freight/LAMP_updateGroupFreightBuyingGuidev142July2.pdf)

### 5. Guidelines for Transport and Handling of Perishable Products in Remote Areas of SA

The guidelines were developed by DTEI and PIRSA in conjunction with the South Australian Freight Council. Their aim is to assist store owners effectively manage the supply and transport of temperature sensitive food products to remote and regional communities in SA. It clearly and practically sets out the steps needed to ensure that temperature sensitive food products are maintained in top condition from the point of packing through pick up and delivery to the supermarket or stores.

A copy of the guidelines is available at [http://www.transport.sa.gov.au/pdfs/freight/LAMP\\_update/remotearias.pdf](http://www.transport.sa.gov.au/pdfs/freight/LAMP_update/remotearias.pdf)