September 2025

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It's LAUNCH time and **Map My Food** is live!

What does this mean?

- The web-based platform, co-designed with the communities of **Tamworth Regional Council** and **Colac Otway Shire** is now **"LIVE"** and being used across these regions to collect valuable data on how, where, why and when people get the food they do.
- The **Map My Food** team are out and about in the communities of **Tamworth Regional Council** and **Colac Otway Shire** talking to locals and ensuring communities know **how to be involved.**

So how can you be involved?

- If you live in the **Colac Otway Shire** or **Tamworth Regional Council** and are **13 years or older**
- Use the **QR code**, **weblink**, or meet one of our team at a **community event**.
- **Share** how to be involved with others in your community - the **more people involved,** the more reflective the data will be.

A short YouTube clip can be viewed here: **Map My Food YouTube** which quickly explains **Map My Food**. This video also forms the Plain Language Statement at the start of the tool.

The Medical Research Futures Fund (ID:2030589) project called **Map My** is preparing to launch **Map My Food.** We thank all those involved in the Tamworth Regional Council and Colac Otway Shire local government areas for their support.

Dr Cindy Needham, PhD, Project Manager "The 3S Approach to Rural Food Environments"

mapmy.com.au/myfood

This study has received Deakin University ethics approval (reference number:2025/HE000112).

OUT AND ABOUT IN MANILLA

To confirm details please email Chloe.Parkins@newcastle.edu.au

Thursday 18 September 9am-3pm - Frocks & Locks

OUT AND ABOUT IN BARRABA

To confirm details please email Penny.Hands@newcastle.edu.au

Wednesday 17 September all day - Manilla Library
Saturday 20 September 8am-1pm - Manilla Heritage Markets (Pioneer Park, next to museum)
Tuesday 23 September 9am-12pm - Manilla Library
Tuesday 7 October 1pm-4pm - Manilla Library
Friday 10 October 3.30pm-5pm - Manilla Library
Wednesday 15 October 9am-11am - Manilla Mum's Group (Manilla Anglican Church)
Saturday 18 October 10am-12pn - Molly May's Cafe
Friday 31 October 10am-11am - Manilla Playgroup (Presbyterian Church Hall)

OUT AND ABOUT IN COLAC OTWAY

To confirm details please email L.Hendy@deakin.edu.au

Thursday 25 September 12-1pm - COPACC -YouthFest
Wednesday 1 October 10am–3pm - Bluewater Leisure Centre – Colac Kids Festival
Tuesday 14 October 4-7pm - Bluewater Leisure Centre
Wednesday 15 October 11am–2pm - Apollo Bay library
Sunday 19 October 9am–1pm - Apollo Bay Farmers Market (19-21 Moore St)
Thursday 23 October 11am-2pm - Forrest Community Lunch
Tuesday 28 October 10am-3pm - Forrest Neighbourhood House
Wednesday 29 October 11am–2pm - Gellibrand Community Lunch
Saturday 1 November 9.30am–7.30pm - Colac Show
Sunday 9 November 9am–1pm - Main St, Birregurra - Birregurra Sunday Market
Monday 10 November 2–5pm - Apollo Bay Library
Monday 24 November 3.40–4.40pm - Head Space
Wednesday 26 November 9am – 12pm Bluewater Leisure Centre

HEALTHY FOOD BASKET STUDY

During May and June, we were out in the community collecting data from food stores, so that we can have a really good understanding of what food is available and its relative cost in rural communities. This study will look at product, pricing, placement and promotion of food. No stores will be identifiable when we report on this data and this data will also be available for community partners to use when designing and funding activities in the future. We are busy analysing the data now and hope to have some papers published in the near future.

PAPERS

"**A Human-Centred Co-Design Framework for Developing a Web-Based Platform to Engage With Rural Australian Communities: Addressing the Complex Issue of Healthy Food Access** has now been published. Please CLICK HERE to read this paper.

CONTACT US

Feel free to contact us if you have any queries at all or are interested in being involved in the project.

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This project is supported by a Medical Research Futures Fund Early-Middle Career Research Grant - Incubator stream (ID:2030589).

Visit us on the web at https://iht.deakin.edu.au/project/mapmy/

This project is funded through the MRFF ECR Incubator Stream.