



City Wellbeing ■ City Futures Research Centre

Planning and Building Healthy Communities

An Australian Research Council Linkage Project conducted by the Healthy Built Environments Program within the City Futures Research Centre (University of New South Wales) with partners UrbanGrowth NSW, the Heart Foundation (NSW) and the South Western Sydney Local Health District (NSW Health).

HEALTHY NEIGHBOURHOOD AUDIT

for

RENWICK

DATA REPORT

City Futures Research Centre ■ University of New South Wales

February 2016

A Note about some organisational changes during the course of this Project.

During the course of this Project:

- The Healthy Built Environments Program (HBEP) became known as the City Wellbeing Program (both located within the City Futures Research Centre).
- NSW Landcom was re-constituted as UrbanGrowth NSW.
- Sydney South West Area Health Service became the South Western Sydney Local Health District (SSWLHD).

The original ARC Project arrangements were with these earlier entities.

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Acknowledgement and appreciation is also expressed to the residents of each study area who participated in the research by way of interview and/or a workshop.

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1. PROJECT OVERVIEW.

This Audit Report has been prepared as part of an ARC Linkage funded project entitled *Planning and Building Healthy Communities: A multidisciplinary study of the relationship between the built environment and health*. The aim of the project is to explore and further understand the role of the built environment in facilitating physical activity, social interaction and access to fresh fruits and vegetables.

Physical inactivity, social isolation and poor nutrition are three of the key risk factors for chronic diseases such as diabetes, heart disease, depression and some cancers. Contemporary research indicates that town planning characterised by segregated land uses, disconnected streets, low residential densities, limited public transport and opportunities for local employment, promotes motor vehicle dependency and discourages physical activity and healthy food choices, with resultant negative contributions to the community's physical and mental health.

Conversely, a built environment characterised by mixed uses, connectivity of both streets and transport networks, and a diverse array of densities and infrastructure that is designed to facilitate active transport such as cycling and walking, encourages physical activity and allows access to a diversity of goods and services, including healthy food. In turn, these qualities result in positive contributions to physical and mental health, the latter associated with feeling safe and socially connected within the neighbourhood.

The research is being undertaken in four diverse neighbourhoods in NSW – Victoria Park (located in inner urban South East Sydney), Rouse Hill (suburban north west), Airds Bradbury (suburban south west) and Renwick (in the Southern Highlands of NSW, about 100km from Sydney).

The project is being led by the Healthy Built Environments Program at the University of NSW, and the project partners are UrbanGrowth NSW (formerly Landcom), the National Heart Foundation and the South Western Sydney Local Health District.

2. AUDIT METHODOLOGY.

In order to examine each case study site in relation to its effectiveness in supporting good physical and mental health, a Healthy Neighbourhood Audit Instrument was developed.

The instrument was designed to examine the critical determinants of health in the built environment, as identified in existing healthy built environments literature. The tool allows for an assessment and exploration of the context and design of each neighbourhood, through mapping of land uses and key features, infrastructure and design elements. It also records detailed environmental observations such as the use of, and movement through, different spaces, perceptions of safety, and the availability of different types of food – both traditional (such as supermarkets) and alternative (such as community gardens).

Audits were conducted during the week and on weekends, in daylight and at night. This enabled accommodation of the impact of temporal context. Each audit was primarily undertaken on foot, and complemented by additional windshield observations and use of existing Geographical Information Systems (GIS) data. The audits were completed by a team of interdisciplinary auditors, incorporating skills from their experience in urban planning, GIS and public health.

Data was collected on land uses, street networks and infrastructure and entered into a GIS application on an iPad on-site. Data from detailed observations were recorded via note taking on a paper copy of the Healthy Neighbourhood Audit Instrument. Each site was also recorded photographically in detail.

3. APPROACH TO REPORTING.

The intent of the Healthy Neighbourhood Audits is to inform further explorations of human behaviour within the built environment and enable a detailed understanding of each study site.

The information presented in this report is a record of the site as observed by the auditors at the time of the audit. The data collected is detailed and rich. Representing this data in a way that is useful, yet reflective of its depth and diversity, presents a substantial challenge. There is a need to present a meaningful assessment of the health-related elements of each environment, yet also an obligation to acknowledge the complexity of each site. This complexity relates to a number of factors. Firstly, built environments are dynamic. Each case study site is currently experiencing some form of development and as such the physical features and land uses recorded in this report are a snapshot of the environment mapped and perceived at a certain time. Secondly, the subjectivity of the auditors must be acknowledged. The Audit Instrument was designed to encourage the auditors to experience and immerse themselves within the case study sites. However, the auditors' experience of the site cannot be divorced from their position as an outside observer. Each variable reported is open to varying degrees of interpretation. Thirdly, the auditors were trained to consider how the site supported people of all ages and abilities, and therefore each element of the built environment was assessed in relation to how the most vulnerable and least able groups of society would use and experience it. In sections, auditors were also asked to reflect on how the site might support people of different sexual orientations, genders, religions and cultural backgrounds. These reflections were inevitably informed by the auditors' own attributes, genders, values and life experiences, again contributing to the complexity of data gathered using the audit tool. To simply map and quantify each built environment element would ignore these various elements of complexity. Indeed, such quantification would misrepresent the different spaces within each site as falsely homogeneous.

In light of this complexity, different formats have been used to report different variables. This flexibility has enabled a clear demonstration of the depth and diversity of data collected, allowing a consistent picture to be painted of each site in its unique and dynamic context. We consider this flexibility a prerequisite for accuracy in reporting of the results of studies that acknowledge both subjective and objective interpretations. The record is therefore presented here as a combination of maps, photographs and descriptive text. It comprises observations (such as the presence and type of certain physical features), subjective assessments of the quality of physical elements (such as the level of maintenance), and subjective observations based on auditor perceptions and feelings (such as sense of safety). A comprehensive rationale for the choice of format in the context of each specific variable is presented throughout the report.

The information provided in this particular report is limited due to the stage of development reached in the site. The Renwick development is still in the very early stages – and as such, only a minimal level of data could be collected. This is reflected in the amount of time spent at the site, and the information presented below. Where possible, information on future development has been provided.

4. SITE DESCRIPTION.

The Renwick development is a master planned estate located in the Southern Highlands town of Mittagong, approximately 100 kilometres south of the Sydney CBD, in the Wingecarribee Shire Local Government Area. The boundaries of the estate are shown on Map 1 below. The land was formerly the site of a child welfare facility, and is owned by the Department of Family and Community Services (formerly Department of Community Services). The management of the planning and development of the site is being undertaken by UrbanGrowth NSW (formerly Landcom¹) in partnership with the Department of Family and Community Services.



Map 1: Site boundaries of the Renwick development

When completed, the 116 hectare neighbourhood will have 600 dwellings, on lots ranging from around 356 to 3,188m²; a village centre; and 30 hectares of open space (including parks, local woodland and a riparian corridor). At the time of the audit, approximately 250 lots had been constructed and sold, and physical works had yet to begin on the village centre and parks (Allen, 2014; UrbanGrowth NSW 2014).

The images below provide examples of the advertising materials displayed at the site. The billboards reflect the key features of the development, as described by UrbanGrowth NSW: *'Renwick will feature social and environmental sustainability initiatives that respect and reinterpret the unique Highlands character of the area. The project will also promote a healthy lifestyle, with the site master plan addressing the National Heart Foundation's 'Healthy by Design' principles'* (UrbanGrowth NSW 2014).

¹ NB. UrbanGrowth NSW was established in 2013, replacing both Landcom and the Sydney Metropolitan Development Authority. In this report, 'Landcom' and 'UrbanGrowth NSW' will be used interchangeably. The organisation will be referred to as 'Landcom' when using sources or discussing activities from the time when they were so named; and will be referred to as 'UrbanGrowth NSW' when discussing current activities or using more recent sources.



Advertising at Renwick (images taken 06.09.11)

Planning History and Context

A timeline for the planning history and context of the Renwick development is provided in Table 1 below. Most notably, after identifying that the Southern Highlands had a higher than average level of obesity, Landcom approached the National Heart Foundation and formed a partnership to enable the incorporation of the Heart Foundation’s Healthy By Design guidelines (provided at Appendix A) into the master planning process.

The Renwick Master Plan is provided at Map 2 below. At the time of the audit, residential development had been partially completed in the area bounded by Bong Bong Road, Renwick Drive and Bold Street, with around 96 lots developed and around 83 lots still vacant or under construction. There was a row of display houses along Renwick Drive, as well as the Sales and Information Centre. The remainder of the site was fenced off, and there were no retail or recreational land uses at that time. This is described further in Section 7 below.



Legend

- Sales Centre
- Builder Display Homes
- Residential
- Large Lot Residential
- Proposed Village Centre
- Private Property
- Open Space
- Proposed Cycleways
- Renwick Locality Boundary

This is a statement of present intention only based on the best available knowledge at the time, which may change due to future circumstances and any such statement will not amount to a legally enforceable representation.
All street names are subject to Council approval.



Map 2: Renwick Master Plan May 2011

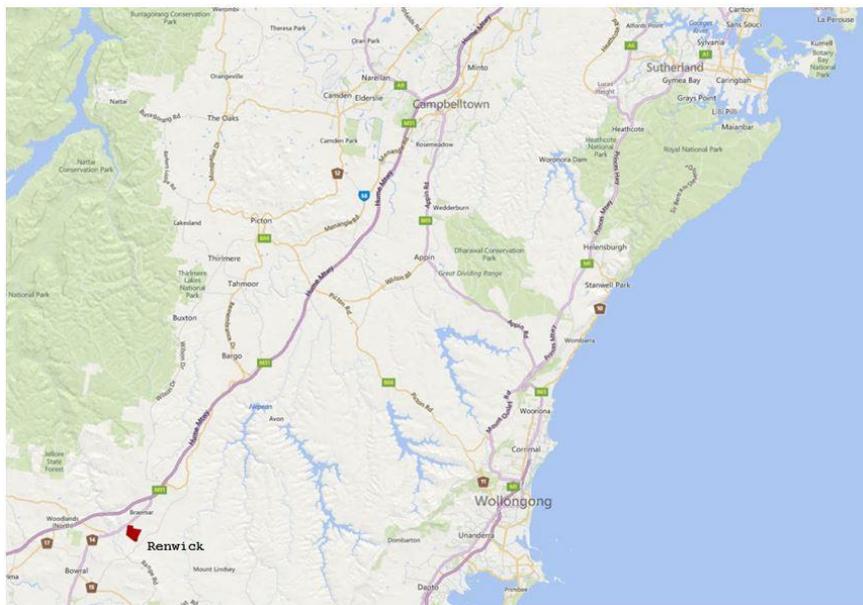
Early 1900s-1994	The Department of Community Services (DOCs) owned child welfare home, which existed on the Renwick site from the early 1900s, was closed in 1994.
1997	A land capability study on the site was commissioned by Wingecarribee Shire Council.
2002	The Renwick site was identified as an urban land release site in Wingecarribee Shire Council's 'Our Future' Strategic Plan. A Local Environmental Study (LES) was undertaken in preparation for development of a Local Environmental Plan (LEP) for the site.
2003	The LES and Draft LEP were referred to the Department of Planning by Council, and permission sought for public exhibition of the proposed rezoning of the Renwick site. DoCS then approached Landcom and asked for assistance with the rezoning process.
2004	Wingecarribee Shire Council resolved that there would be a maximum of 600 lots on the Renwick site. Landcom and Council prepared a Planning Agreement to cover the cost of road construction etc. external to the site.
2005	Renwick Social Plan was prepared by Landcom (including consideration of health indicators and outcomes for the Wingecarribee Shire). At the end of 2005, a Landcom consultant contacted the NSW Division of the National Heart Foundation (NHF), enquiring if the two organisations could work together to implement the Healthy By Design Guidelines in the development of Renwick.
2006	The NHF provided comments on the Renwick Master Plan and Development Control Plan, in terms of compliance with the Healthy By Design guidelines. Discussions about the creation of a Memorandum of Understanding (MOU) between Landcom and the NHF commenced.
2007	NHF compiled and submitted a list of community programs and evaluation options for the Renwick development to Landcom.
2008	Landcom confirmed its commitment to working with the NHF to apply the Healthy By Design guidelines to the Renwick development. The NHF acknowledged and welcomed Landcom's continued interest in working together.
2009	Bulk earthworks commence. Land releases commence.
2014	Delivery of lots commenced. At the end of 2014, around 250 lots had been constructed and sold. Construction works for the undergrounding of the existing overhead transmission lines, the central open space corridor lands, and two green spaces (the Village Green and Rotherwood Park) commenced. Work also started on the design and planning of the Renwick Village Centre, and the delivery of further residential lots on the eastern side of the site.

Table 1: Timeline of planning and development milestones (adapted from O'Brien-Pratt, 2008)

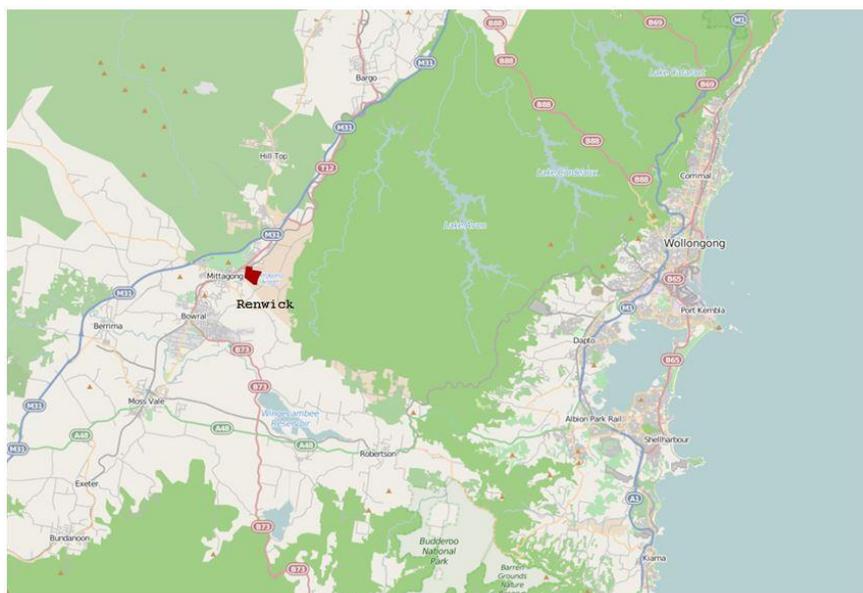
5. RELATIONSHIP OF THE SITE TO THE BROADER LOCALITY.

The audit instrument provides for the consideration of how the site relates to the broader area in terms of access, transport, and use of shops and services. The auditors were asked to identify public transport nodes surrounding the site, and the relationship between those nodes and public transport services within the site, as well as take note of the location and accessibility of key services, shops and destinations surrounding the site.

As illustrated on Maps 3 and 4 below, the site is located in the Southern Highlands. The closest major centres are Campbelltown to the north, Wollongong to the east and Bowral to the south. The site is in close proximity to the Hume Highway, which connects residents to Campbelltown and Sydney.

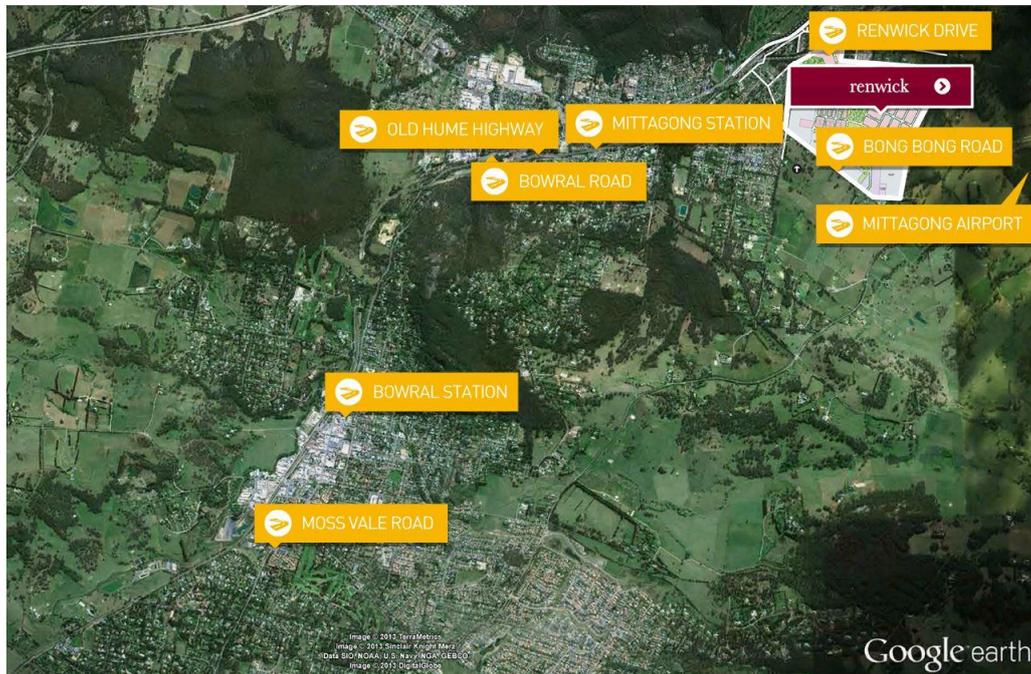


Map 3: Renwick in regional context



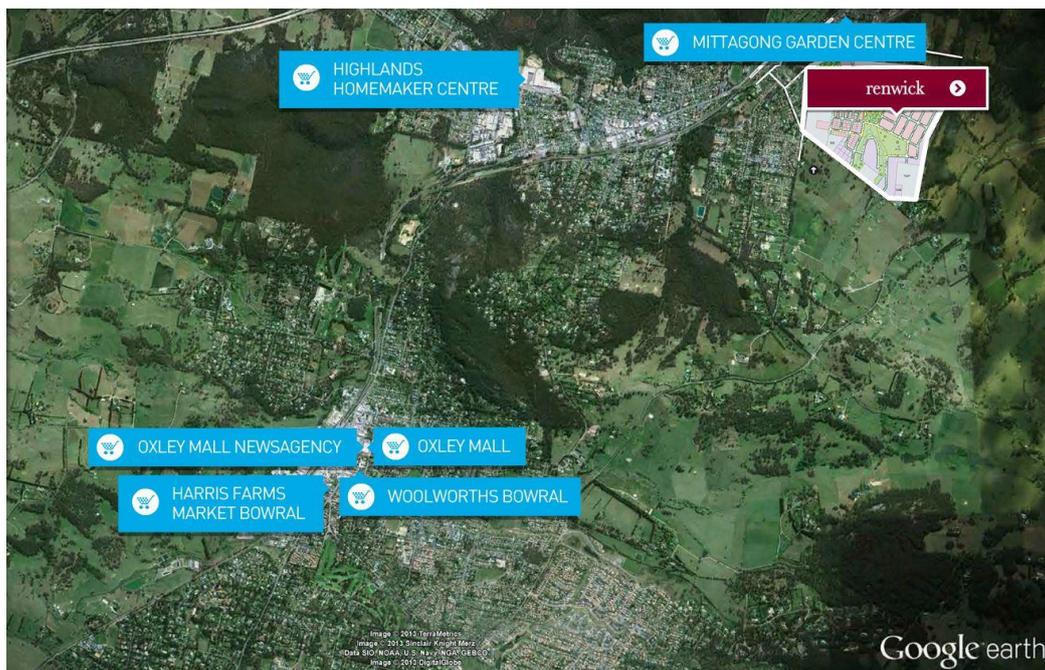
Map 4: Renwick in regional context, also showing major roadways

Map 5 below shows the key roads and transport options surrounding Renwick. Mittagong Station is located approximately 3.1km from Renwick, and provides access to Bowral, Moss Vale and Goulburn to the south; Picton, Campbelltown and Sydney to the north; and Wollongong and the South Coast to the east.



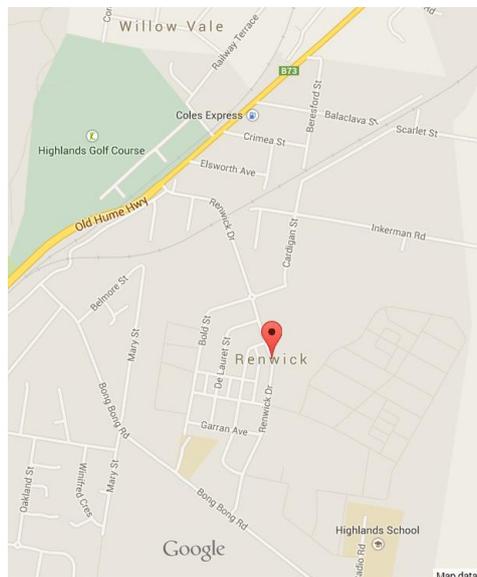
Map 5: Roads and transport around Renwick (Source: Landcom)

As shown on Map 6, the closest shopping centre to Renwick is the Highlands Homemaker Centre, in which there is the Highlands Marketplace – with stores such as Woolworths, Aldi, and a butcher, poultry shop and bakery. The Marketplace is around 4km from Renwick. It would take a resident around 50 minutes to walk to the Marketplace; a 30 minute bus trip; or around 10 minutes by car. The shopping precinct in Bowral is also accessible by car or bus from Renwick.



Map 6: Key retail sites surrounding Renwick (Source: Landcom)

There is a Coles Express store attached to a petrol station on the Old Hume Highway, approximately 1.3km from Renwick. It would take a resident approximately 16 minutes to walk to this store, or 3 minutes to drive. The location of the Coles Express in relation to Renwick is shown on Map 7 below.



Map 7: Closest retail site to Renwick

The image below shows a map displayed in the Sales and Information Centre in Renwick. On this map, the closest schools, parks, shopping centres, child care facility and sports and recreation facilities are shown. These facilities are described in more detail further below in Section 7.



Map of institutional, community, recreational and retail facilities in Mittagong (image taken 06.09.11)

6. AUDIT PARTICULARS.

The site was assessed on only one occasion, due to its minimal level of development.

DATE AND TIMES	HOURS	WEATHER AND SPECIAL CONDITIONS
Tuesday 21 January 2014, 10.30am – 1.30pm	3	Overcast, cool with a light drizzle. Undertaken during school holidays.
TOTAL:	3 hours	

In addition to the audit, informal site visits were undertaken on 6 September 2011 and 19 September 2013. A number of photographs from these visits are used throughout this report to illustrate certain features of the site.

7. LAND USE.

▪ Residential density and types of housing

Renwick is a predominantly single level, low density, residential housing estate. There are three lot types available in the neighbourhood:

- Standard (640-1200m²);
- Half acre (1200m² and above) and acre (4000m²); and
- Village lots (355-600m²).

The standard lot is reportedly a typical size for the Southern Highlands, while the village lots are a new product for the area (R. Wood, personal communication, 6 September 2011). Through consultation with community members, Landcom learned that there was interest from early retirees in downsizing from their current properties to a medium density housing product – however, they would only be interested in the product if it was Torrens title rather than strata title (Wood, 2011). The village lots offered in the Renwick development are Torrens title, and they also have larger setbacks than would be commonly experienced with this type of development in other areas. As well as this, the village lot house and land package is priced under \$300,000, and is therefore classified as affordable housing (Wood, 2011). There are only a small number of half acre and acre lots available.

The images below show the types of residential development in the neighbourhood at the time of the audit, as well as during one of the site visits in 2013.



Detached one storey housing on standard lots (images taken 21.01.14)



Village lots, with rear lanes (images taken 19.09.13)

Following community backlash in response to an initial plan for the Renwick site to accommodate 16,000 lots, Landcom and Wingecarribee Shire Council resolved that there would be no more than 600 dwellings on the site. The reported density of the site is 10 dwellings/ha (Wood, 2011).

- **Retail and commercial development**

At the time of the audit, there were no retail or commercial developments in the site, apart from the temporary Sales and Information Centre and the display homes on Renwick Drive (both shown below).

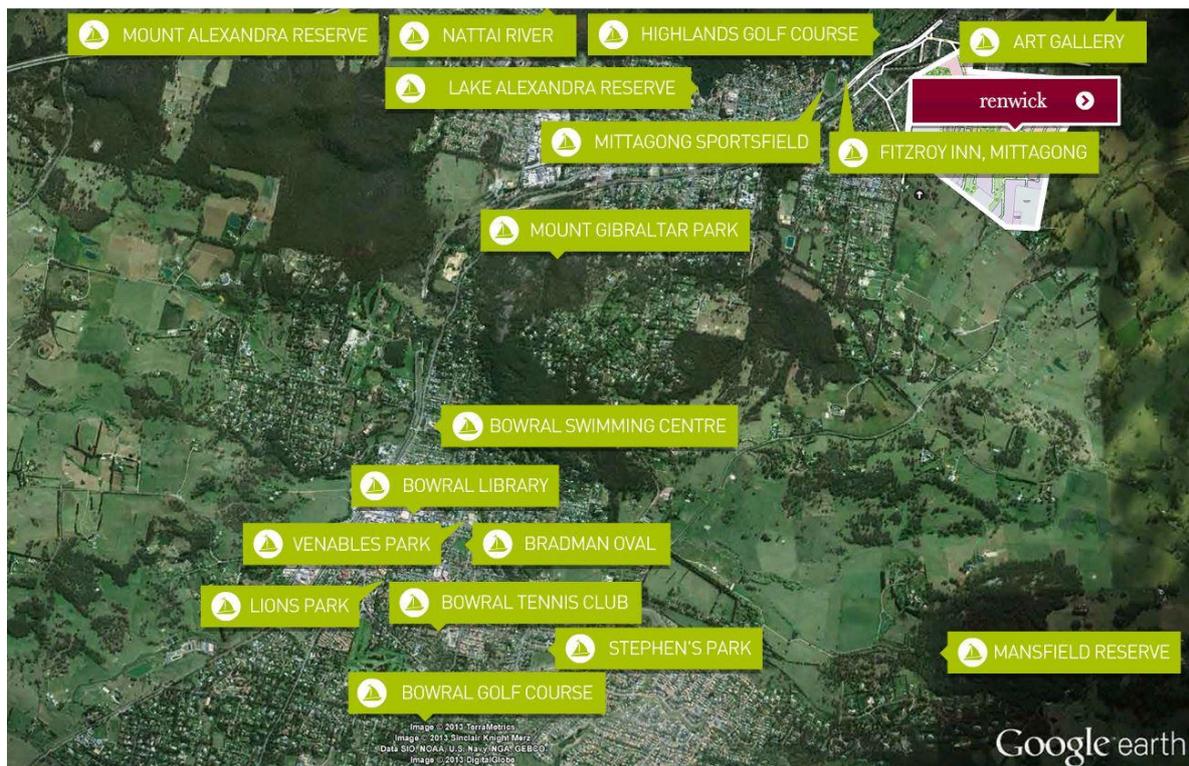


The Sales and Information Centre; and display homes on Renwick Drive (images taken 21.01.14)

The future Village Centre is described below under 'Future Development'. Retail and commercial uses in Mittagong and Bowral are detailed further in Section 9, *Commercial and Food Access*.

- **Recreational facilities and spaces**

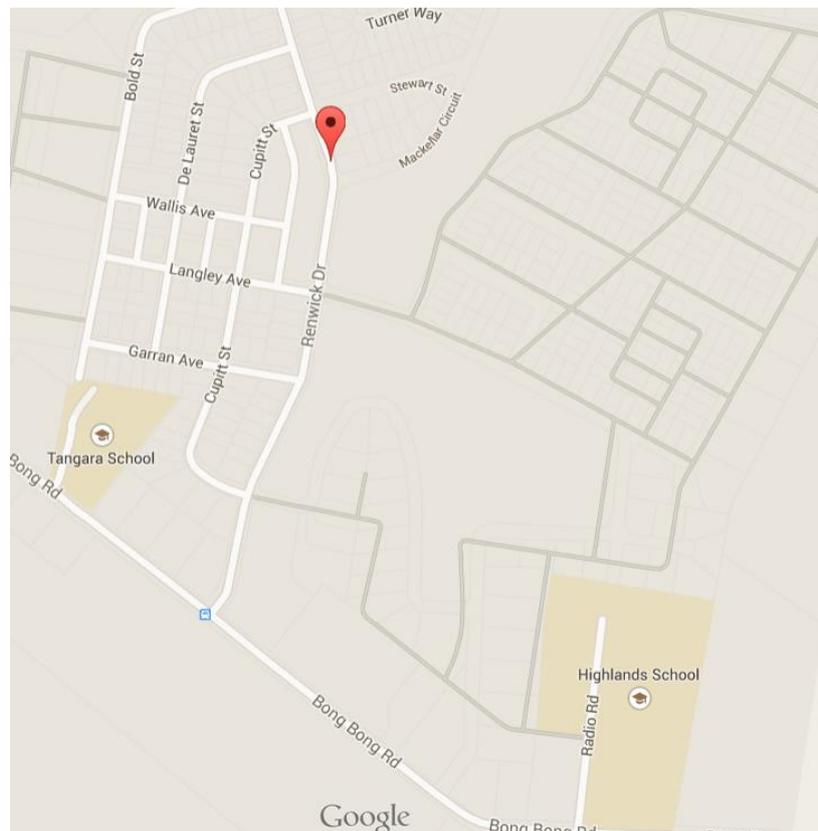
At the time of the audit there were no recreational facilities and spaces in the site. The two proposed parks are described below under 'Future Development'. As mentioned above, residents currently have access to facilities in Mittagong. This includes the Highlands Golf Course, located directly opposite the site; Mittagong Sportsfield, next to the golf course; Frensham Games Fields, located in the school to the west of the site; and Iron Mines Oval, near the Mittagong Town Centre. The Mittagong Swimming Centre is also located close to the Mittagong Town Centre. In terms of green spaces, residents are also in close proximity to Mount Alexandra Reserve and Mount Gibraltar Reserve. These facilities and spaces are shown on Map 8 below, along with additional facilities in Bowral.



Map 8: Recreational facilities near Renwick (Source: Landcom)

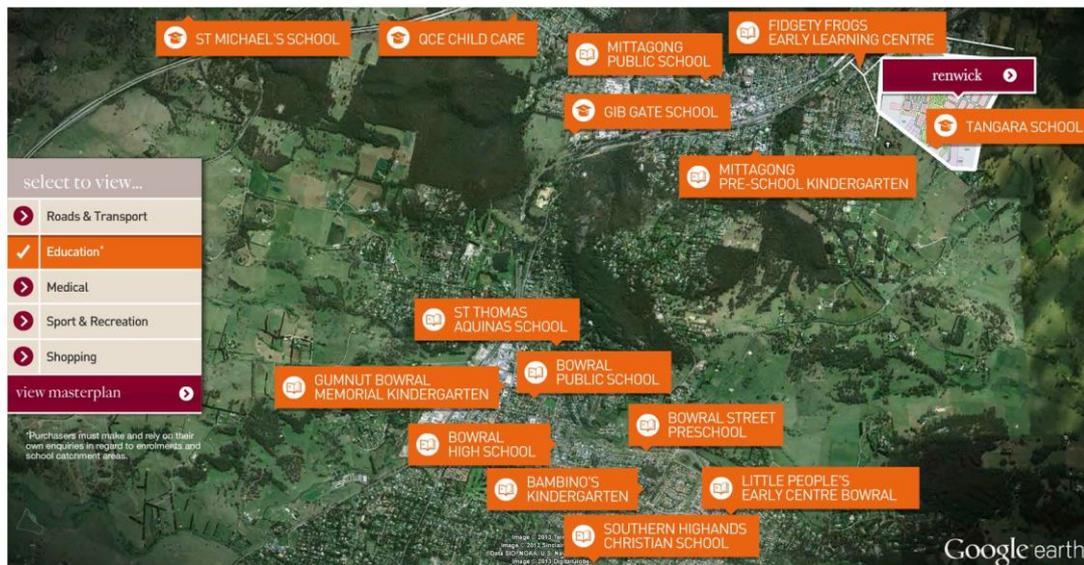
- **Institutional/services**

There are two schools within the site boundaries of Renwick. Tangara is a school for students with intellectual disabilities (<http://www.tangara-s.schools.nsw.edu.au/home>), and the Highlands School is a Department of Education and Training owned facility for students with behavioural difficulties (<http://www.highlands-s.schools.nsw.edu.au/>). The locations of the two schools are shown on the map below. It has been reported that the Highlands School site may possibly be used in the future to service the Renwick community (Wood, 2011).



Map 9: Institutional facilities in Renwick

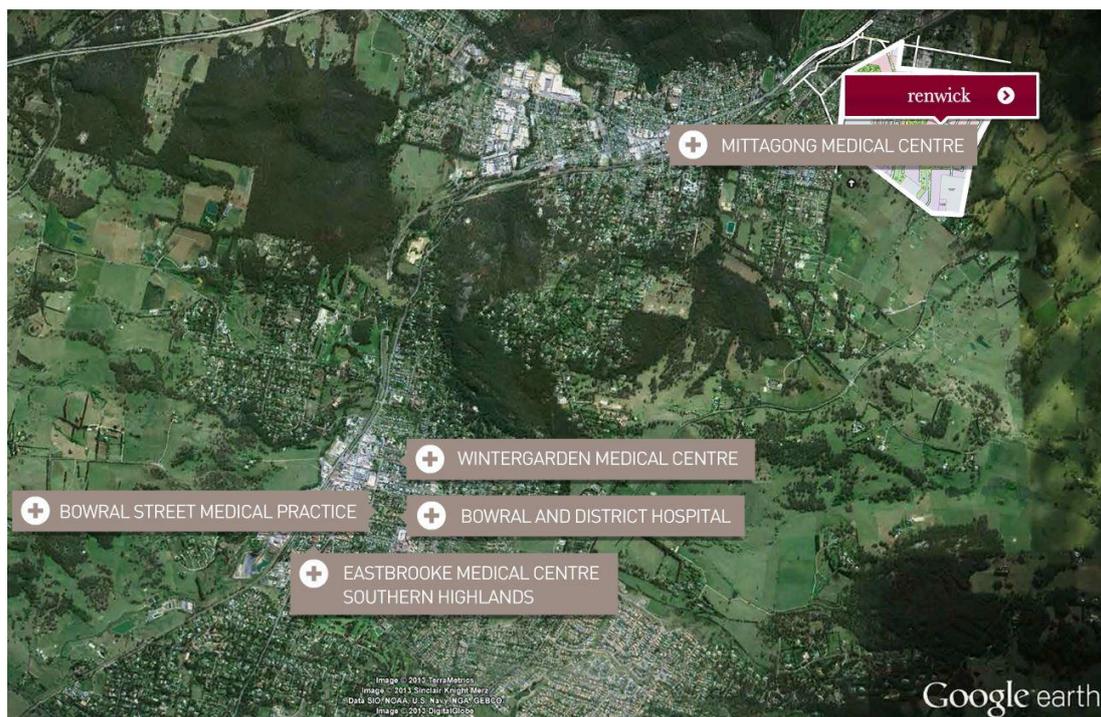
The map below shows educational and child care facilities in the areas surrounding Renwick. Closest to the site is Mittagong Public School, a primary education facility (<http://www.mittagong-p.schools.nsw.edu.au/home>); St Michael's Primary School (<http://www.smmadow.catholic.edu.au/>); Frensham, a girls' secondary boarding and day school (<http://www.frensham.nsw.edu.au/>); and Gib Gate, a co-educational primary school (<http://www.gibgate.nsw.edu.au/about>). Further afield is Bowral High School (<http://www.bowral-h.schools.nsw.edu.au/>); Bowral Public School, a primary education facility (<http://www.bowral-p.schools.nsw.edu.au/home>); Southern Highlands Christian School, a primary and secondary education facility (<http://www.shcs.nsw.edu.au/>); and St Thomas Aquinas, a primary school (<http://www.stabdow.catholic.edu.au/>).



Map 10: Education facilities surrounding Renwick (Source: Landcom)

There are also a number of early education and child care facilities in Mittagong and Bowral, as shown above.

At the time of the audit, there were no services in the site. The closest medical centre can be found in Mittagong, while the closest hospital is in Bowral, as shown on Map 10 below.



Map 11: Medical facilities near Renwick (Source: Landcom)

There is an Australia Post located on Main Street in Mittagong. There is also an NRMA Insurance, chemist and physiotherapist. In the Highlands Marketplace, there is an ANZ Bank, Commonwealth Bank, Berrima District Credit Union, Telstra shop and pharmacy.

- **Community facilities and uses**

At the time of the audit, there were no community facilities in the neighbourhood. The planned Community Centre is described in 'Future Development'. A Community Development Facilitator was appointed by Landcom in 2013. The role was initially held by Emma-Jayne Gardiner, who was then replaced by Veronica Langley (see Appendix B). Veronica, who works through the [Highlands Community Centre](#) (located on Bendooley Street in Bowral), is responsible for organising community events and activities, and providing assistance to the Residents' Association. Examples of activities organised through the Community Development Facilitator include a welcome function, picnic day, gardening workshop, and wine and cheese night. Many of these activities have been held in the Sales and Information Office. A Community Information Pack is provided to residents when they move in, and includes: a map of the local area; discount vouchers; information about waste collection, Council rates, sustainable gardening and facilities and services in the area; and a Seniors' Directory.

The Community Development Facilitator is also responsible for preparing and distributing a [Community Newsletter](#). An example of the newsletter is provided at Appendix C.

There are public libraries in Mittagong and Bowral, and residents also have access to the Highlands Community Centre in Bowral.

- **Future development**

There is still much of the Renwick site to be developed. As shown in the images below, there are many vacant residential lots, and larger lots for the future Town Centre, parks and Community Centre.



Images taken 21.01.14

A screenshot of the [Renwick Interactive Online Master Plan](#), taken on 11 December 2014, is provided at Figure 1 below. This illustrates the progress of land releases for residential development, and the location of future retail, recreational and community uses.



Figure 1: Screenshot of Renwick Interactive Online Master Plan (taken 11.12.14)

Users of the Interactive Master Plan are able to click on releases to find out more information about individual lots, including price, size, frontage and availability (as shown on Figures 2 and 3 below).



Figure 2: Detail of Release Area 10 from the Renwick Interactive Online Master Plan (image taken 11.12.14)



Figure 3: Detail of Release Area 11 from the Renwick Interactive Online Master Plan (image taken 11.12.14)

The proposed layout of the future Neighbourhood Centre is shown at Figure 4 below. It will include a community centre, village square and café. It has been reported that the Town Centre will also feature a general store and child care centre (Wood, 2011). In July 2014, it was reported in the Renwick Community Newsletter that the Town Centre had gone out to tender, and that it would comprise a convenience store and two to three other shops (Langley, 2014). In 2014, a needs assessment was being undertaken for the Community Centre design, and it was stated that construction would commence in 2015 and be completed in 2016 (Langley, 2014). There is also reportedly potential for the office of the local radio station to be moved into the Town Centre (Wood, 2011).

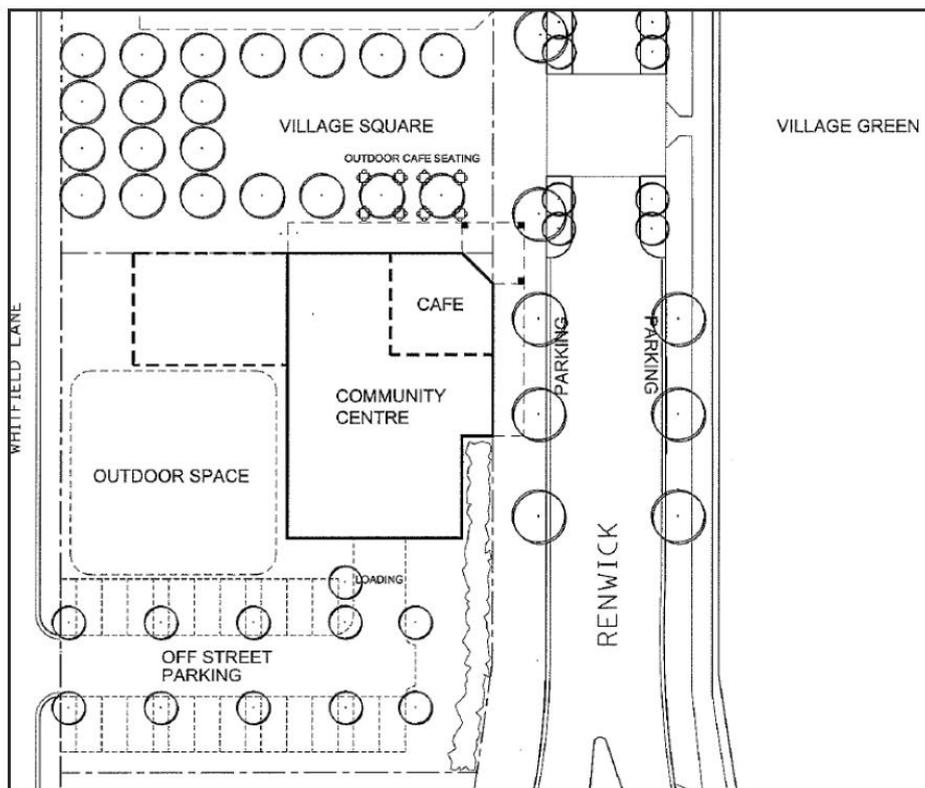


Figure 1 – Approximate location of community centre (note: subject to change)

Figure 4: Proposed Neighbourhood Centre layout (as at June 2013)

In a personal communication with the researchers in September 2011, a Landcom representative noted that delivery of the Town Centre is heavily dependent on economic considerations (Wood, 2011). This is particularly due to the aforementioned previous local community scepticism that Landcom would deliver the Master Plan the way it was presented (i.e. 600 lots rather than the initial proposal for a high density development of around 16,000 lots). As a result, Landcom had to make a significant outlay of funds at the beginning of the project, and it was determined that it would be necessary to sell residential lots for 3 years to recoup those costs before the Town Centre could be built (Wood, 2011).

Figures 5 and 6 below show the proposed layout of the Village Green and Rotherwood Park. As at July 2014, the designs for both parks had been approved, and construction was expected to commence by January 2015 (Langley, 2014).



Figure 5: Proposed Village Green layout from Renwick Interactive Online Master Plan (image taken 11.12.14)

The Village Green will include: toilet facilities; bicycle parking; a picnic shelter; a double flying fox; a lawn area; a dry creek; a triple swing; a play structure; bench seats; and a memorial garden. Rotherwood Park (shown below) will include: a pod swing; a play structure; a picnic shelter; timber bridges; speaking tubes; music sculptures; and bench seats.



Figure 6: Proposed Rotherwood Park layout from Renwick Interactive Online Master Plan (image taken 11.12.14)

8. USE OF PUBLIC SPACE.

The auditors were asked to take note of the number of people present in the locality at the time of the audit, and pay particular attention to specific spaces that seemed to be popular for different demographics. They were also asked to consider the form and style of residential, institutional and commercial buildings in the neighbourhood, and particularly note if the built form provides opportunities for passive surveillance, through allowing people to overlook the street; encourages pedestrian activity; and relates to the human scale.

During the audit, the site was largely devoid of people. The few people observed at the time were construction workers at various construction sites, or residents conducting household tasks on their properties (i.e. gardening, labouring and maintenance). A young woman was observed riding her bicycle down one of the streets. No one was observed walking for exercise or as an incidental activity. Due to the current lack of recreational, community and retail uses within the neighbourhood, it was not possible to properly determine use of public space.



Image taken 21.01.14

All buildings in the area are easily identifiable – the houses all have traditional elements such as pitched rooves, driveways, letterboxes, and evidence of domestic activity (e.g. garden hoses). The display homes are clearly advertised via signage. The amenity of the streets is very good – the streets are clean with low traffic volume. The auditors did not experience any unpleasant odours or sounds, and did not observe any issues with drainage.

The auditors believed that passive surveillance is encouraged through the built form – houses have been designed to have active front yards, and many houses have balconies with outdoor seating. Windows overlook the street, and the buildings are at the human scale. The area is single level residential allowing for distant views to tree covered hills. The attractive gardens and quiet, peaceful nature of the neighbourhood (in the natural bushland setting) would encourage pedestrian activity within the neighbourhood, however, lack of connections to destinations surrounding the site can be seen as a deterrent to active transport.



Images taken 21.01.14

9. FOOD ACCESS.

- **Commercial shops**

There are currently no retail businesses in Renwick. The proposed Neighbourhood Centre development is described above in Section 7, under 'Future Development'. As noted in Section 5 above, the closest shopping centre is at Mittagong, which can be accessed via a 10 minute car trip, 30 minute bus trip, or 50 minute walk; and the closest retail site is a Coles Express store attached to a petrol station on the Old Hume Highway, approximately 1.3km from Renwick. It would take a resident approximately 16 minutes to walk to this store, or 3 minutes to drive. A list of the stores at the Highlands Marketplace in Mittagong is provided in Table 2 below. There are also a number of shops and restaurants on Main Street in Mittagong, and the shopping precinct in Bowral – in which a Harris Farm Markets is located - is also accessible by car or bus from Renwick.

In addition to the Healthy Neighbourhood Audit, a separate Community Food Assessment led by project partner South Western Sydney Local Health District was undertaken in order to investigate access to - as well as availability, quality and diversity of - healthy food in the case study sites, and the 20 highest and lowest socioeconomic areas in NSW (according to the Index of Relative Socioeconomic Disadvantage for postal areas). Overall, 100 supermarkets and 20 farmers' markets were assessed across NSW. However this Assessment did not include the supermarkets closest to Renwick (although nearby farmers' markets were included).

STORES IN THE HIGHLANDS MARKETPLACE, MITTAGONG	
<i>Commercial/Retail Stores</i>	<i>Food Stores</i>
Above Sea Level Surf Shop	Akira Sushi
ANZ Bank	Baker's Delight
BDCU	BWS
Big W	Coffee Guru
Btempted Hair & Beauty	Donut King
Commonwealth Bank	Green Tomato
Flight Centre	Highlands Gourmet Meats
Highlands Marketplace Newsagency	Hojo Espresso
Just Cuts	KFC
Michael Hill Jeweller	M&B Chickens
Mister Minit	Michel's Patisserie
Payless Shoes	Wok Spicy
Priceline Pharmacy	Woolworths
Prouds	
Robyns Massage	
Rockmans	
Sanity	
Sparkle Carwash and Detailing	
Strandbags	
Telstra T-Life	
The Phone Spot	
Venus Nails	
Yes Optus Mittagong	
Zap Variety	

Table 2: List of stores in the Highlands Marketplace, Mittagong

- **Community Gardens**

There are currently no community gardens, however, private edible gardens were seen in residents' backyards and occasionally front yards. There is potential to develop community gardens in the planned future recreational areas/parks.



Images taken 21.01.14

- **Farmers' Markets**

The closest farmers' markets are Mittagong and Bowral. Mittagong markets are held every third and fifth Saturday each month from 9am – 3pm at the Uniting Church grounds, corner of Alice and Albert Streets, Mittagong. The Bowral markets are held on the second Saturday of every month from 8am-1pm, at Bowral Public School on Boolwey Street. To walk to the Mittagong markets would take around 40 minutes; to drive to the markets would take 5 minutes; to get the bus would take around 25 minutes (according to Google Maps estimates and Transport NSW website). To drive to the Bowral markets would take around 10-15 minutes; to cycle would take around 40 minutes; to get the bus would take around 40 minutes (according to Google Maps estimates and Transport NSW website). There is also an additional market held at Biota Dining on Kangaloon Road in Bowral, on the last Sunday of the month from 10am.

The separate Community Food Assessment study led by project partner South Western Sydney Local Health District included an assessment was undertaken in order to investigate access to - as well as availability, quality and diversity of the Bowral Public School Markets and the Biota Markets in Bowral. The Mittagong Markets were excluded from the study as they did not at the time of the study fit the criteria for a traditional farmers' market.

Overall, 20 farmers' markets were assessed across NSW. The farmers' market survey tool focused on assessing available produce and the factors that motivate customers and stallholders to attend the markets. The research team developed a checklist to assess the cost, availability and visual quality of fresh fruit and vegetables (see Appendix A). Diversity of produce, availability of gourmet items, and the presence of locally grown and/or organic food were also recorded. A short questionnaire was undertaken to assess customer and stallholder perceptions of the farmers' markets, including the importance of buying local, fresh, high quality and/or organic produce, as well as building relationships and supporting a community event.

The food assessment tools were pilot tested and data collectors underwent training to ensure accurate and consistent ratings. The farmers' market research was undertaken from February to April 2013. Data was analysed using SAS Enterprise Guide 5.1. Significance testing of the differences between costs, quality and quantity were conducted using non parametric methods.

Table 3 details the cost and variety of fruit and vegetables by item for the Bowral Public School Markets, as well as the mean cost and variety from all farmers' markets included in the study. The Biota Markets only sold potatoes, so were not included in this part of the study.

Produce	Bowral Public School Markets		All farmers' markets	
	Mean no. per stall	\$ (per kg)	Mean no. per stall	\$ (per kg)
Apples	3.5	4.00	2.5	5.65
Pears	3.0	3.75	1.6	5.48
Oranges	1.0	3.50	1.1	3.46
Peaches	1.0	3.80	1.3	6.36
Plums	1.5	4.40	1.3	6.01
Beans	1.0	2.50	1.0	6.52
Broccoli	1.0	6.00	1.0	5.62
Cabbage	1.0	3.00 each	1.9	3.92 each
Cucumber	1.0	1.00	1.3	5.76
Lettuce	1.7	2.63 each	1.7	1.08 each
Onion	2.0	2.40	2.0	3.57
Potato	5.5	3.95	3.9	3.84
Pumpkin	2.0	3.30	2.4	3.05
Tomatoes	2.0	4.63	2.3	6.27

Table 3: Farmers' markets produce prices, Renwick

Seventeen people at the Biota market and 20 people at the Bowral Public School market participated in the customer survey. The mean age of participants at both markets was 59, and the majority were women. The mean distance travelled to the Biota Market was 25.1km, and 35.6km for the Bowral Public School market. All of the people surveyed at Bowral Public School drove to the market; while 82% of participants drove to the Biota market, with 18% arriving by walking. Most participants shopped at farmers' markets on a monthly basis (41% for Biota; 45% for Bowral). Results of the customer surveys from the Bowral Public School Markets and Biota Markets are shown in Table 4 below.

Characteristics	Biota Produce Market	Bowral Public School Market	Total Farmers' Markets
Age (years)			
Mean	59	59	50
Range	32 - 84	20 - 73	18-89
Gender			
Female	11 (65%)	12 (60%)	397 (63%)
Male	6 (35%)	8 (40%)	236 (37%)
Country of Birth			
Australia	12 (71%)	17 (85%)	403 (64%)
Other	5 (29%)	3 (15%)	230 (36%)
Language spoken at home			
English	17 (100%)	20 (100%)	600 (95%)
Other	-	-	32 (5%)
Distance travelled (km)			
Mean	25.1	35.6	10.0
Range	0.1 - 110	0.5 - 192	0.1 - 192
Method of travel			
Drove	14 (82%)	20 (100%)	498 (79%)
Walked	3 (18%)	-	99 (16%)
Caught public transport	-	-	26 (4%)
Cycled	-	-	7 (1%)
Other	-	-	2 (0%)
Frequency of shopping for food			
Very frequently (>1/week)	14 (82%)	7 (35%)	411 (65%)
Frequently (1/week)	3 (18%)	12 (60%)	182 (29%)
Occasionally (1-2/month)	-	1 (5%)	31 (5%)
Never	-	-	8 (1%)
Frequency of shopping at farmers' markets			
Weekly	3 (18%)	3 (15%)	237 (38%)
Fortnightly	7 (41%)	6 (30%)	164 (26%)
Monthly	7 (41%)	9 (45%)	188 (30%)
Never / First visit	-	2 (10%)	43 (7%)
Amount spent per visit at farmers' markets			
Less than \$50	7 (41%)	8 (40%)	221 (38%)
Between \$50 and \$99	7 (41%)	5 (25%)	223 (38%)
Between \$100 and \$149	2 (12%)	4 (20%)	94 (16%)
More than \$150	-	1 (5%)	47 (8%)
Unknown	1 (6%)	2 (10%)	48 (7%)
Total	17	20	633

Table 4: Demographic characteristics and shopping behaviours of customers attending Biota Produce Market and Bowral Public School Market

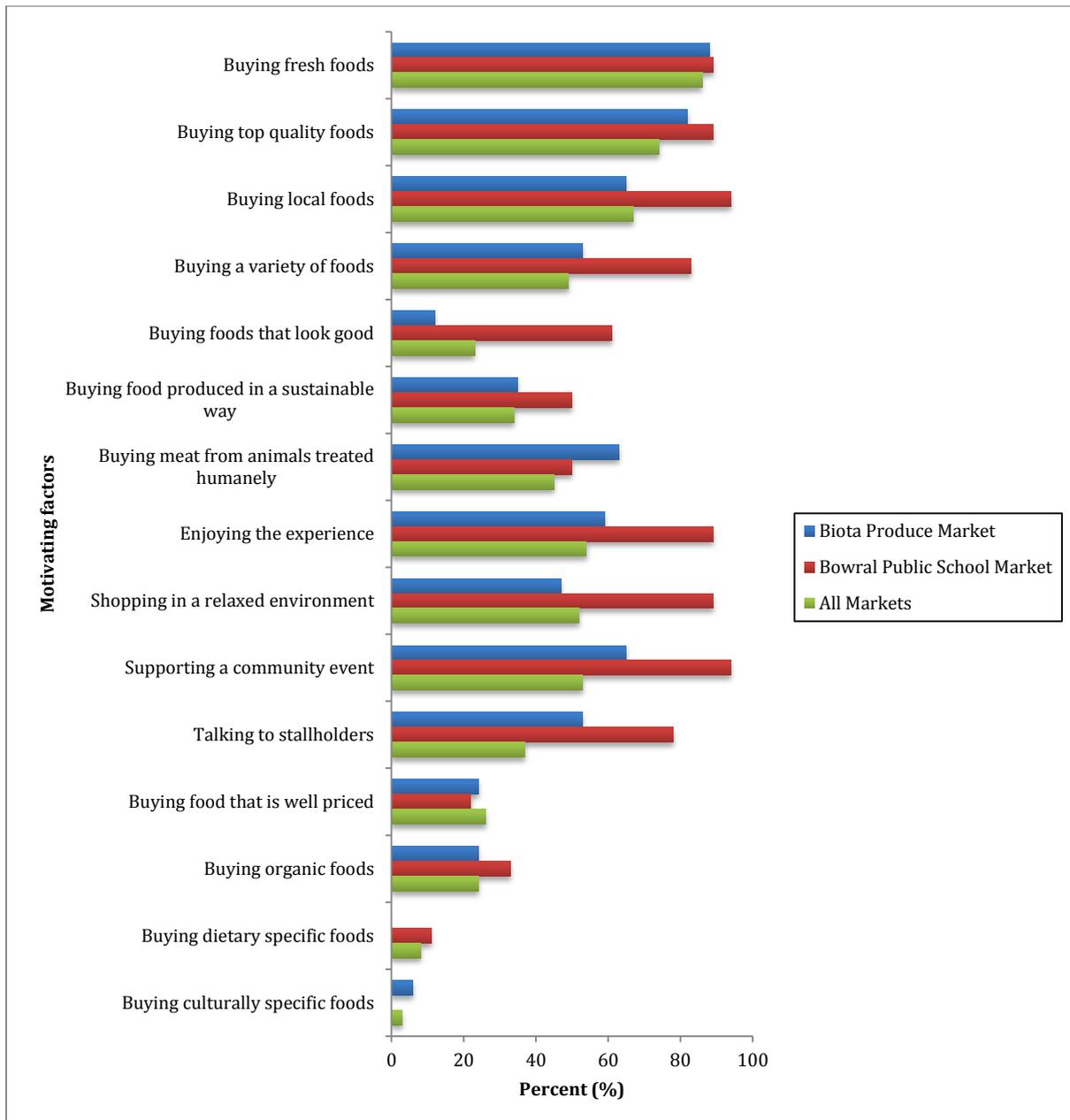


Figure 8: Motivating factors for customers from Biota Produce Market and Bowral Public School Market

Figure 8 above illustrates the factors identified to be ‘very important’ in motivating customers to attend the farmers’ markets. For participants at the Bowral Public School Market, ‘supporting a community event’ and ‘buying local foods’ were the leading factors, closely followed by ‘buying fresh foods’, ‘buying top quality foods’, ‘enjoying the experience’ and ‘shopping in a relaxed environment’. ‘Buying a variety of foods’ was also a leading factor for these customers. Participants at Biota Produce Market were most concerned with ‘buying fresh foods’ and ‘buying top quality foods’, while also strongly motivated by ‘supporting a community event’, ‘buying local foods’ and ‘buying meat from animals treated humanely’. Similarly to results from all other markets, customers at both Biota and Bowral Public School markets were not motivated by ‘buying culturally specific foods’ or ‘buying dietary specific foods’. The core reasons for market attendance are summarised in Table 5 below, with quotes from customers relating to each reason.

Reason for Market Attendance	Customer Quotes
To buy fresh fruit and vegetables, picked on or the day prior to the market	<p>"I came here to buy local, fresh food. I don't want to buy food that has been imported" (Female customer, Biota Produce Market)</p> <p>"This is my main fruit and vegetable shop" (Female customer, Bowral Public School Market)</p>
To buy high quality produce	"I come here [to the markets] because I am passionate about good quality food" (Male customer, Biota Produce Market)
To buy local food	"I prioritise buying local food" (Female customer, Biota Produce Market)
To support local farmers and producers	"I want to support the local growers and the local community" (Female customer, Biota Produce Market)
To support a community event	<p>"To support the local community and local farmers. I avoid shopping at large supermarkets where everything is branded and the same" (Female customer, Biota Produce Market)</p> <p>"The market is such a friendly place to go" (Male customer, Biota Produce Market)</p>
Social atmosphere	"I am catching up with friends. It's such a social opportunity" (Female customer, Bowral Public School Market)

Table 5: Main reasons that customers attended Biota Produce Market and Bowral Public School Market

The results from the stallholder surveys are summarised below. Responses from stallholders at the Bowral Public School Market are detailed, as well as the combined responses from all of the surveyed farmers' markets.

Characteristics	Bowral Public School Market	All Markets
Age (years)		
Mean	50	45
Range	41 - 65	18 - 76
Gender		
Female	7 (64%)	68 (52%)
Male	4 (36%)	63 (48%)
Distance travelled (km)		
Mean	65	82.0
Range	0.5 - 190	0.2 – 550
Number of markets attended (per fortnight)		
Mean	4	5
Range	0 - 10	0 - 60
Length of time trading at farmers' markets (years)		
Mean	2.7	4.0
Range	0.1 – 9	0.1 - 15
Type of Stall *		
Fruit and vegetables	2 (18%)	35 (21%)
Poultry, meat and alternatives	3 (27%)	26 (16%)
Dairy products	1 (9%)	11 (7%)
Breads and cereals	3 (27%)	26 (16%)
Gourmet produce items	4 (36%)	24 (15%)
Nuts and legumes	1 (9%)	18 (11%)
Takeaway food and drinks	-	14 (9%)
Special dietary items	-	9 (6%)
Source of produce *		
Own farm or property	4 (36%)	55 (26%)
Within local area	6 (55%)	41 (20%)
Within state	7 (64%)	57 (27%)
Interstate	4 (36%)	31 (15%)
Overseas	1 (9%)	25 (12%)
Number of people employed in business		
Mean	2	7
Range	0 - 4	0 – 200
Sales figures per farmers' market		
Less than \$300	-	16 (13%)
Between \$300 and \$699	4 (36%)	31 (24%)
Between \$700 and \$1000	1 (9%)	12 (9%)
More than \$1000	4 (36%)	44 (35%)
Unknown	2 (18%)	24 (19%)
Total	11	127

* Some respondents provided more than one category of response. For consistency, all figures are presented as a percentage of the total number of responses given.

Table 6: Demographic characteristics and business practices of stallholders attending Bowral Public School Market

Figure 9 shows the factors identified to be ‘very important’ in motivating stallholders to attend the Bowral Public School Market. The leading reasons were ‘building relationships with customers’, ‘providing customers with information’, and ‘selling foods produced in a sustainable way’. In contrast with other markets, ‘selling organic foods’ and ‘selling dietary specific foods’ were leading factors.

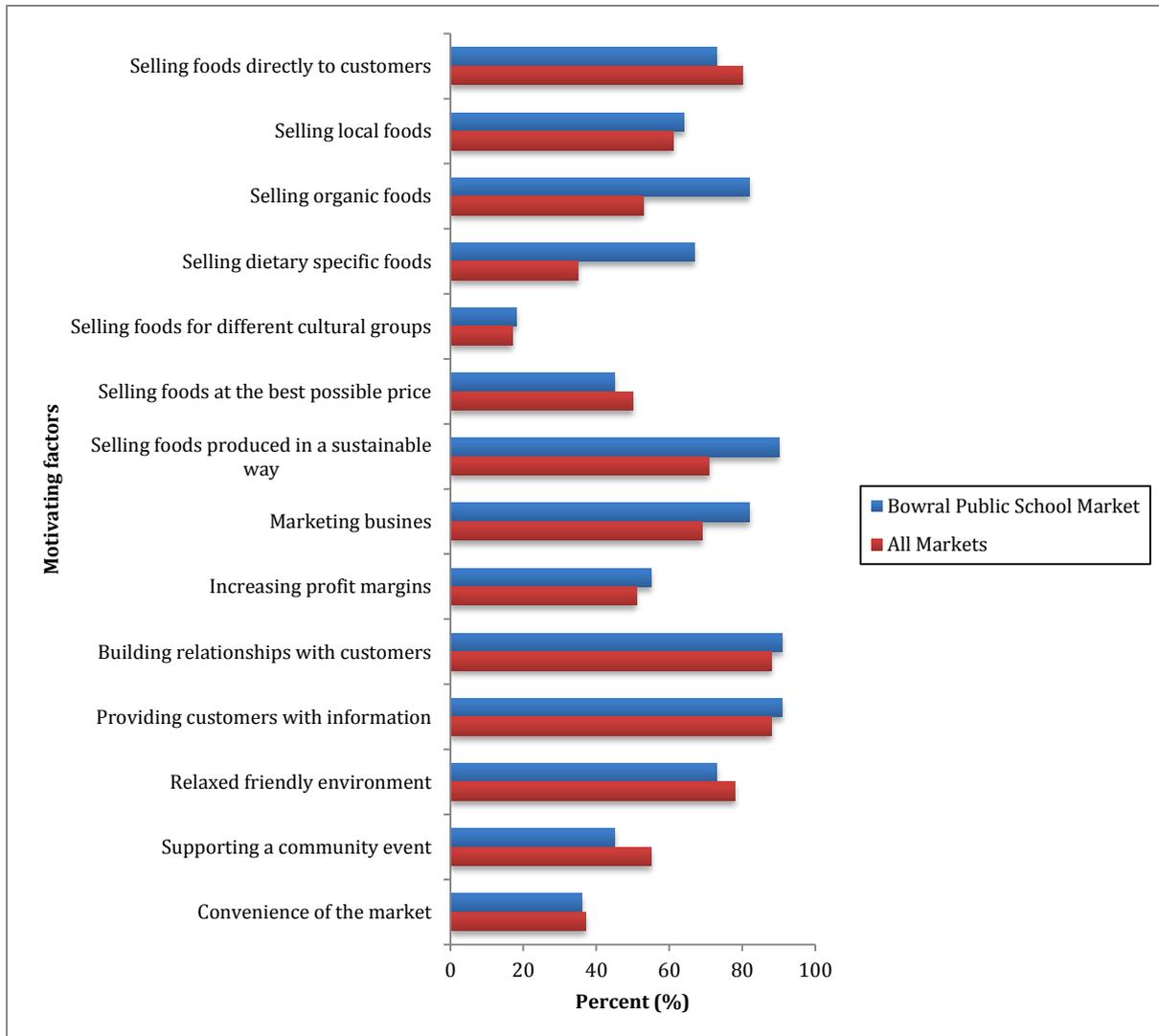


Figure 9: Motivating factors for stallholders from Bowral Public School Market

Table 7 provides a summary of the key motivating factors for stallholders at the Bowral Public School Market, with supporting quotes.

Motivating Factor	Quote
Building relationships with customers and selling local foods	<p>“I love interacting with the people and getting feedback” (Female stallholder)</p> <p>“[This market] gives me the opportunity to talk to people who care about what they eat. To sell produce that hasn’t been mass produced” (Male stallholder)</p>
Marketing business and generating profits	<p>“It is economic. It keeps my business going and helps it to be sustainable” (Male stallholder)</p> <p>“I come here to make money” (Male stallholder)</p> <p>“It gives our company a face to support Internet sales” (Male stallholder)</p> <p>“Markets have allowed us to eliminate the necessity for finance, particularly in the early years of our business” (Male stallholder)</p>
Social atmosphere	<p>“Love the atmosphere and engaging with customers. I like the opportunity to be with other farmers and producers” (Female stallholder)</p>

Table 7: Main reasons that stallholders attended Bowral Public School Market

The street network is based largely on a grid pattern, with few curvilinear streets and only one cul-de-sac. Renwick Drive is the main access street, and connects the site to the Old Hume Highway and Bong Bong Road (another main road in the area). From the perspective of the auditors, the area has been designed predominantly to accommodate motor vehicles and pedestrians, with priority given to motor vehicles at this stage (NB. This may change as the site develops). The streets are sufficiently wide for cars to be parked on the road without restricting traffic. There are currently no traffic calming elements (with the exception of two roundabouts on Renwick Drive, which may possibly contribute to slowing of vehicle speeds), and while footpaths have been provided on all streets, they are not consistently available on both sides of the road. There are 2 shared pathways (along Renwick Drive and Garran Avenue). Outside the neighbourhood, along the route from Renwick to Mittagong (Old Hume Highway), the car has definitely been prioritised over other users. Pedestrians and cyclists have not been considered at all, and as such, active transport connections from Renwick to key destinations in the wider area are absent.

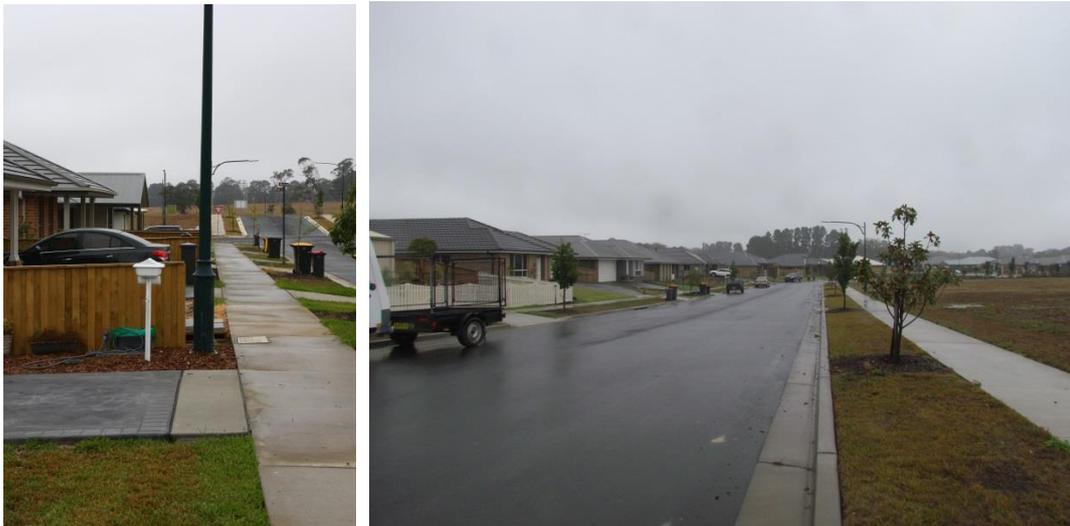
- **Amenities and Shading**

The auditors were asked to map and document street lights; benches and seating; shade structures and awnings; trees, gardens and plants; telephone booths; bubblers or drinking fountains; public toilets; rubbish bins; flagpoles or banners; community noticeboards; public art; dog litter bags and bins; post boxes; and any other amenities.

As the development was at such an early stage, it was not possible to document the amenities and shading in the site during the audit. Though a number of street trees had been planted, they were very young, and there were no other amenities in the neighbourhood at that time.

▪ The Walking Environment

The auditors were required to map footpaths and signalised and painted pedestrian crossings across the neighbourhood, as well as conduct an assessment of the quality of each footpath in terms of safety and accessibility. With the three other case study sites, each footpath was mapped and given a qualitative assessment of 'Good', 'Average' or 'Poor'. The assessment was based on the following variables: the material, quality and gradient of the footpath; the buffer between the footpath and the street; visibility along the footpath; connectivity; and quality of shading. Given that the Renwick development was at such an early stage during the audit, it was decided that such an assessment would not be appropriate at this time. The footpaths had been newly constructed, and were all of high quality material and uniform width. Obstructions, where they (infrequently) existed, were in the form of debris from construction activities (as shown in the image below).



Images taken 21.01.14

As the topography of the developed portion of the neighbourhood is generally flat, the gradient of the majority of footpaths is also flat. However, there were some paths with moderate to steep gradients, as shown in the image below.



Image taken 21.01.14

In terms of overall walkability through the neighbourhood, the auditors' experience of the amenity of the streets was very good – they found that the streets and footpaths were clean and well-maintained, with low traffic volume. The auditors did not experience any unpleasant odours or sounds, and did not observe any issues with drainage. As noted above, debris from construction works occasionally caused obstructions, but the majority of footpaths were clear and of high quality. The built form is at the human scale, and provides good opportunities for passive surveillance, as well as points of interest for pedestrians (i.e. through attractive front gardens). In addition, the vistas of the hills and bushland surrounding the site contribute to an attractive and peaceful atmosphere. There were no signs of physical disorder, and nature strips planted with young trees provided a buffer between the footpaths (where they existed) and vehicle traffic. From the auditors' perspective, walking around and within the neighbourhood for recreation and transport would be pleasant, safe and easy. However, a lack of destinations within the neighbourhood at the time of the audit means that residents would have no cause to walk for transport, and there is a lack of appropriate walking infrastructure connecting Renwick to key sites such as Mittagong.

▪ The Cycling Environment

The Audit Instrument provided for the collection of data relating to cycling – including recreational cycling lanes, utilitarian cycling lanes, showers and changing facilities, bicycle storage and parking, types of obstructions along cycle lanes, and connectivity of cycle lanes.

There are currently two shared pathways in the neighbourhood – one along Garran Avenue, and one along Renwick Drive (both shown in the images below).



Shared pathway along Garran Avenue (images taken 21.01.14)



Shared pathway along Renwick Drive (images taken 19.09.13 and 21.01.14)

Both of these cycle lanes were of high quality in terms of material, width, sightlines, obstructions and buffering from the street. While the cycle path on Renwick Drive was continuous, the path on Garran Avenue ended abruptly. At the time of the audit, there was no additional cycling infrastructure, such as bicycle parking.

The planned complete cycling and walking network is illustrated in Figure 7 below. This illustrates how walking and cycling paths from all areas of the site will connect to the main trunk of Renwick Drive, and provide access to the Village Centre and the Old Hume Highway, which leads to Mittagong.

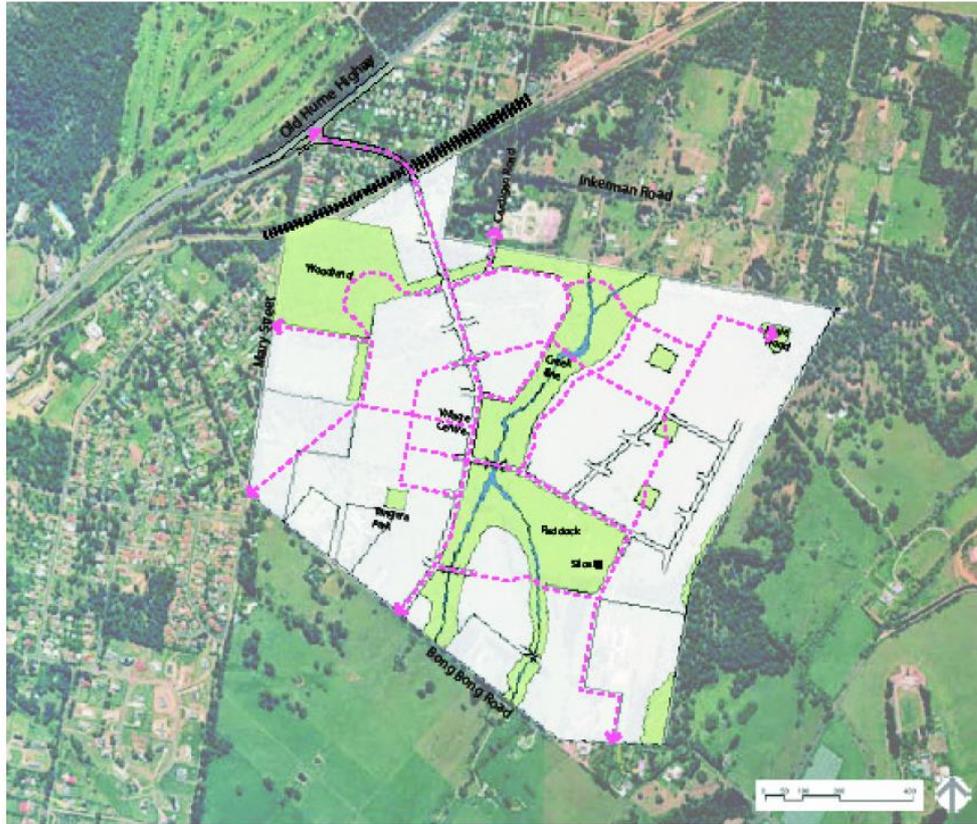


Fig. 6.5.1: Renwick Cycle and Pedestrian Map (Source: Landcom 2006, pg. 20)

Figure 7: Renwick Cycle and Pedestrian Map (sourced from O'Brien-Pratt, 2008)

From the perspective of the auditors, at this time, the cycling infrastructure in the neighbourhood is insufficient – this is obviously due to the stage of development. Once the neighbourhood is complete, it is anticipated that cycling for recreation within the site will be well supported, as well as cycling for transport to the Village Centre. However, there is a lack of infrastructure to support cycling for transport or recreation in the wider region.

▪ **Public Transport**

Berrima Buslines provides a local service via Renwick to Mittagong and Bowral, as well as a school bus service. The local bus service runs approximately once an hour on weekdays, and less frequently on weekends – around 5 times a day (Berrima Buslines, 2014). There is currently no formal bus stop in Renwick. Buses reportedly collect passengers on Renwick Drive, however, this is not signposted and there is no shelter or seating, nor is there any information about the bus schedule. During their site visits, the auditors at first believed that there were no public transport services to the site, and it was only through internet research that the bus service was discovered. This lack of visibility of the service would no doubt discourage use. A physical marker of the bus stop and scheduling information is needed to make the service more accessible.

Mittagong Train Station is located approximately 3.1km from Renwick. It would take a resident approximately 40 minutes to walk to the station (likely via the Old Hume Highway); 20 minutes by bus; or 5 minutes by car. The auditors did not consider it likely that residents would access the train station via active transport due to the distance and lack of a direct and dedicated walking or cycling route.

In terms of active transport, connections between the neighbourhood and services and retail, recreational and community spaces, and public transport are currently insufficient and need to be improved.

▪ Pedestrian Safety

The auditors were asked to map and assess elements contributing to pedestrian safety, including pedestrian crossings; traffic calming infrastructure such as speed bumps, chicanes, landscaping and designated share zones; surveillance cameras; natural surveillance; street lighting; and sightlines.



Renwick Drive (image taken 19.09.13)

Due to the stage of development, it was not possible to map these elements. At the time of the audit, there were no pedestrian crossings, traffic calming elements or surveillance cameras. Street lights are present in the developed portion of the site, and as mentioned in Section 8 above, the built form does encourage natural surveillance. Sightlines are also clear due to the layout of the street network and the lack of obstructions along pathways. The auditors noticed that Renwick Drive was a very busy street with constant traffic flow – with some cars travelling at fairly high speeds - and believe that it will be necessary to introduce traffic calming elements and pedestrian crossings on that street. In addition, given that residents currently need to travel to Mittagong for retail and services (and will continue, once the neighbourhood is fully developed, to rely on Mittagong for uses and services not provided in Renwick), a direct and dedicated walking and cycling route between the two sites is needed.

- **Safety at Night**

The audit instrument provided for the collection of data relating to surveillance and lighting. Due to the stage of development, it was decided that a night time audit would not be undertaken. However, as noted above, the auditors felt that the built form encouraged natural surveillance. Although there were not many people in the neighbourhood at the time of the audit, once residents have arrived home from work and school, the site would be more heavily populated and active, providing eyes on the street during the evening.

▪ Universal Access

The auditors were required to assess whether movement around the neighbourhood is accessible for all – for example, people with limited mobility or parents with prams – with particular consideration for the placement of crossings; gradient and alignment of kerb ramps; level changes; audio-tactile facilities (i.e. at signalised pedestrian crossings); tactile paving; markings, signals and signage; sightlines at crossing points; provision of medians and refuge islands; and speed limits.

There were no explicit universal design elements evident in the street network at the time of the audit. However, as outlined in the section above on *Walkability*, the majority of paths in the neighbourhood were considered at the time of the audit to be of good quality. As the auditors were moving around the site, they found vehicle speeds on the streets were low, and they believed that people with limited mobility or parents with prams could cross these roads quite comfortably. The exception to this was Renwick Drive, which is used by motorists as a means to cut through to and from the Old Hume Highway. The auditors observed a number of cars travelling at high speeds along Renwick Drive, and believe that traffic calming and universal design elements need to be incorporated particularly on this street.

11. SOCIAL INTERACTION.

The auditors were asked to consider feelings of safety in each of the residential, recreational, institutional and commercial areas of the site. This included regard for safety for people of different genders, sexual orientations, cultures and religions. In addition, observations in relation to signs of social inclusion; physical manifestations of culture; and psychological, emotional and spiritual belonging were required.

There are currently no community or recreational facilities. The auditors did not observe any interactions among residents, however, could see that the design of the houses with large front yards may facilitate interaction between neighbours. There is evidence that a gardening culture is developing, which may influence feelings of psychological and emotional belonging. In addition, the rural setting, surrounded by bushland, may also have an impact on residents in terms of mental wellbeing.

12. OVERALL ANALYSIS.

This section of the Audit Report provides a qualitative assessment of the overall availability and quality of distinct elements of the built environment in each neighbourhood. The purpose is to highlight the ways in which the built environment in each locality may or may not support healthy behaviours in everyday life.

Renwick is currently undergoing rapid residential development. The audit was conducted at a time when relatively few houses were completed, and there were very few residents who were observed in the area. Therefore, it was not possible for the auditors to get a holistic sense of the relationships between people and place in the neighbourhood. However, from the brief time spent in the area, and from information provided about future development, a tentative idea of life in Renwick for its residents has formed.

The neighbourhood is located in an attractive, peaceful rural setting. The auditors felt that it was a very safe, high amenity locality. As the majority of houses are single level, it allows pedestrians to have distant views to woodlands on the hills, maintaining that rural sense of place. It is noted that this may change once all the houses have been developed. There is a level of variation in the types of housing available, to serve the differing needs of residents – especially through the village lots, which particularly suit elderly residents. The large front gardens and porches lend a communal air to the existing area, in a small way ameliorating the current lack of public green spaces, and potentially fostering interaction and connection between residents.

The street network as it currently exists is car-oriented but does support recreational pedestrian activity. There is evidence through the shared pathways that the cycling network, once fully developed, will also support recreational bicycle use. However, appropriate active transport connections between Renwick and Mittagong do not currently exist, and are necessary to support healthy living for residents now and in the future.

Although there are no food stores in the site at present, it is relatively easy for residents to access grocery stores and restaurants in Mittagong by car. In addition, while Mittagong is also accessible via bus, it is unclear how well this services the community given that there is currently no physical bus stop. If a person was not able to travel by car, there may be a degree of difficulty in accessing healthy food and other services.

There is no doubt that, though healthy design principles have been incorporated in the design and there is a focus on physical activity, the neighbourhood is still car dominated, particularly in regard to utilitarian transport – and this has much to do with distance to destinations and lack of active transport connections between the neighbourhood and key locations in the wider region. This may change somewhat when the neighbourhood is fully developed, however, infrastructure improvements outside the neighbourhood are also required.

13. RECOMMENDATIONS FOR IMPROVEMENT.

- The two proposed parks may not cater for adolescents. Another green space or recreational facility could be developed, or active transport access improved to existing facilities in the wider area (e.g. a cycle track to Mittagong sports field).
- Bus services to Mittagong should be improved. A bus stop with shelter, seating and scheduling information should be developed.
- Walking and cycling infrastructure to connect residents to services, recreational facilities and healthy food options in Mittagong needs to be developed.

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INSTRUCTION GUIDE

PART A: COST SURVEY

Victorian Healthy Food Basket, Developed by Monash University, Department of Nutrition & Dietetics

Introduction

The Victorian Healthy Food Basket meets the nutritional requirements of the four family types described below for two weeks, providing greater than 80% of the nutrient reference values (NRVs) for nutrients and at least 95% of energy requirements.

The four family types include:

- i) Typical family – 2 adults and 2 children (44 year old male, 44 year old female, 18 year old female and 8 year old male).
- ii) Single parent family – 44 year old female, 18 year old female and 8 year old male.
- iii) Elderly pensioner – 71 year old female.
- iv) Single adult – Adult male > 31 years

The Victorian Healthy Food Basket is designed to collect information on the **cost, availability** and **accessibility** of a healthy basket of foods from a store that has all the food groups in the basket.

Collection of data from stores that have less than 40 of the 44 items in the basket is not recommended. This will allow accurate comparisons of data to be made.

Guidelines

Information for the healthy food basket survey must be collected during a period of time where prices will not be inflated. Avoid school holidays, public holidays, long weekends and other events may influence the price of food (for example, natural disasters such as the cyclones of north Queensland in 2006 that inflated banana prices).

Make sure to collect the data for your area within a **4-week period** to improve the reliability of the data. Record the date of your data collection.

Obtain a list of ALL the supermarkets in the Local Government Area (LGA). This can be obtained from the LGA (usually Environmental Health Team) or from the Yellow Pages.

Choose a large chain supermarket (e.g. Coles, Safeway, Bi-Lo, IGA) in your desired area as the benchmark store. This store should have ALL 44 items contained in the basket and be a store that is generally accessible and reasonably priced. You will also need to survey other smaller or independent stores (e.g. IGA, FoodWorks).

When collecting information abide by the following points.

- **Record the prices of all the food items in the healthy food basket using the 'Healthy Food Basket form'**. Choose the product in the stated size. The **cheapest brand price** in the specified size should be recorded.
- DO NOT include **generic brands** (e.g. Black and Gold, Homebrand etc) unless they are the only brand available for that particular product and it must be recorded that the brand was generic.
- DO NOT include **special prices**, only record regular prices of items. If the regular price is not listed and staff members cannot tell you, use the price of the item at your benchmark store.
- If the size of an item differs to what is specified in the form, choose the **next closest smaller size**. If the smaller size is not available choose the next larger size. **You MUST record both the size and price of the item if an alternative size for an item is chosen.**

- Where a **brand name** is specified, use only that brand of product. If the specified brand is not available, (eg. *Premium* biscuits or *Weet-Bix*) choose the closest alternative (eg. *Salada* biscuits or *Vita Brits*).
- If an item is not available, record the item as ‘missing’.

Meats:

- **Deli products** can be used if they are the cheapest product.
- **Meat prices should be recorded per kg** unless otherwise specified. Bulk meat prices per kg should not be recorded. If the type of meat specified is not available (eg. regular mince, lean) choose the closest type of meat to what is specified.
- Ham (in this survey) is a lean, pink meat which is able to be sliced or shaved. Canned ham and shaped luncheon meat is not an acceptable substitute. Ham can be obtained from the deli or packaged in the refrigerator section.

Fruit and vegetables:

- **Fruit and vegetables should be recorded per kg** unless otherwise specified. Bagged fruit or vegetables prices should not be used unless they are the only type available.

Non-core foods:

- Polyunsaturated margarines should not be confused with monounsaturated margarines such as those made from canola and olive oils. Polyunsaturated margarines include *Nuttelex*, *Eta*, *Meadow Lea*

PART B: AVAILABILITY SURVEY

The availability component of the survey has been adapted from the NSW Cancer Council Market Basket Survey Tool.

This section is a survey of the **availability of fruit and vegetables**. For this task, there is a list of 30 fruits and vegetables. In the “present” column, tick ✓ if the item is available, or cross ✗ if it is unavailable. In the “number of varieties” column, the number of available types of this food should be written.

For example, a supermarket has the following apples: Granny Smith, Fuji and Pink ladies.

Fruit/Vegetable	Present	Number of varieties
Apples	✓	3

If broccoli is unavailable:

Broccoli	✗	
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PART C: QUALITY SURVEY

This quality assessment tool has been developed using the Queensland Healthy Food Basket (QFAB) and the NSW Cancer Council Market Basket Survey. This measure involves a **visual assessment of age, bruising and mouldiness** of **10 common fruit and vegetables** displayed. Additionally, whether the fruit is **clean** or not will be recorded.

The ten varieties of fruits and vegetables that will be assessed are:

Fruit: **Apples, oranges and bananas**

Vegetables: **Tomato, potato, pumpkin, cabbage, lettuce, carrots and onions**

Record the price of the **cheapest** fruit and vegetables and rate their quality in this section.

For fresh fruit and vegetables, price per kg. Use items sold individually \$/kg, if product is only available per unit price (i.e., lettuce \$1.20 each) weigh one, and write the price per unit and the weight

on the form. If there is no scale at the food outlet, describe whether it is a half or a whole item (i.e., half or whole lettuce). If items are not available, write "N/A" in the price/kg box.

Rate the quality of the fresh fruit and vegetable items on display based on the proportions of fruit and vegetables that are aged, bruised or mouldy. Record items (tick) as **'all good'** if no ageing, bruising or mouldiness is seen. If three quarters or more are free from ageing, bruising or mouldiness, then record **'most'**. Use the definitions to record if **'half'**, **'some'** or **'few'** are free from ageing, bruising or mould. If the item scores **'some'** or **'few'**, then identify the **next cheapest type of that item which is of a better quality** (i.e., a score of "all", "most" or "half").

Finally, look at how clean the fruit and vegetables are. Mark 'yes' (Y) if the produce appears free or dirt and dust or mark 'No' (N) if they appear dirty or dusty.

For example, if the cheapest apples are Granny Smith apples, however the apples on display are very aged, only "some" are good and they appear dirty or dusty:

Product	Price per kg	Unit weight (if applicable)	Quality Assessment (tick box) Please give an overall rating on the quality of fruits and vegetables based on their age, bruising or mould.					Clean (tick box) Please give a rating of how clean the items are.	
			All	Most	Half	Some	Few	Yes	No
Granny Smith Apples	\$3.49					✓			✓

Another column needs to be completed with the next cheapest type of apple until at least "half" of the displayed apples are good. For example, if the next cheapest apples were Fuji apples (priced at \$4.20 per kg), in which "half" were good and they were clean and free from dirt and dust:

Product	Price per kg	Unit weight (if applicable)	Quality Assessment (tick box) Please give an overall rating on the quality of fruits and vegetables based on their age, bruising or mould.					Clean (tick box) Please give a rating of how clean the items are.	
			All	Most	Half	Some	Few	Yes	No
Granny Smith Apples	\$3.49					✓		✓	
Fuji Apples	\$4.20				✓			✓	

PART D: PRODUCT PLACEMENT AT CHECKOUT

This section is a survey of the number and types of products on display at the checkout, as a measure of the products available in the high-traffic, high-visibility areas of supermarkets. For this task, there is a list of common items. In the "present" column, tick ✓ if the item is available, or cross ✗ if it is unavailable. In the "number of varieties" column, the number of available types of this food/drink should be written. Please list any additional items in the section at the bottom of the table.

For example, if a supermarket has the following chocolate bars at the checkout: Mars Bar, Kit-Kat, Snickers Bar:

Fruit/Vegetable	Present	Number of varieties	Name (as appropriate)
Chocolate	✓	3	Mars Bar, Kit-Kat and Snickers Bar

If water is not available at the checkout:

Water	✗		
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Cover sheet: MARKET BASKET SURVEY DATA COLLECTION

Name of Supermarket:

Address:

Survey completed by:

Date:

PART A: COST SURVEY

Basket item	Product size	Cost
Cereal group		
White bread	650g	
Wholemeal bread	650g	
Crumpets (rounds)	300g	
Weet-bix	750g	
Instant oats	500g	
Pasta	500g	
White rice	1kg	
Instant noodles	85g	
Premium biscuits	250g	
Fruit		
Tinned fruit salad, natural juice	450g	
Sultanas	375g	
Orange juice (100%) NAS	2L	
Apples	per 1kg	* (as per Quality Assessment)
Oranges	per 1kg	* (as per Quality Assessment)
Bananas	per 1kg	* (as per Quality Assessment)
Vegetables, legumes		
Frozen peas	per 1kg	
Tinned tomatoes	400g	
Tinned beetroot	450g	
Tinned corn kernels	440g	
Tinned baked beans	420g	
Tomatoes	per 1kg	* (as per Quality Assessment)
Potatoes	per 1kg	* (as per Quality Assessment)
Pumpkin	per 1kg	* (as per Quality Assessment)
Cabbage	half	* (as per Quality Assessment)
Lettuce	whole	* (as per Quality Assessment)
Carrots	per 1kg	* (as per Quality Assessment)
Onions	per 1kg	* (as per Quality Assessment)
Meat and alternatives		
Fresh bacon, shortcut, rindless	per 1kg	
Fresh ham	per 1kg	
Beef mince, regular	per 1kg	
Lamb chops, forequarter	per 1kg	
Chicken fillets, skin off	per 1kg	
Sausages, thin beef	per 1kg	
Tinned tuna (unsat.oil)	425g	
Tinned salmon, pink (water)	210g	
Large eggs (min 50g, caged)	700g dozen	
Dairy		
Fresh full cream milk	1L	
Fresh reduced fat milk	2L	
Reduced fat flavoured yoghurt	1kg tub	
Full fat long life milk	1L	
Cheese, block	500g	
Non-core foods		
Polyunsaturated margarine	500g	
White sugar	1kg	
Canola oil	750ml	
Unhealthy Items		
Mars bar	53g	
Coca Cola	600ml	

PART B: AVAILABILITY SURVEY

Vegetable	Present	Number of varieties
Broccoli		
Cabbage		
Capsicum		
Carrot		
Cauliflower		
Cucumber		
Green beans		
Lettuce		
Mushroom		
Onion		
Potato		
Pumpkin		
Sweet corn		
Sweet Potato		
Tomato		
Fruit	Present	Number of varieties
Apple		
Banana		
Grape		
Kiwi fruit		
Mango		
Orange		
Mandarin		
Cherries		
Pawpaw		
Peach		
Pear		
Pineapple		
Rock melon		
Strawberry		
Watermelon		

PART C: QUALITY SURVEY

Cheapest Product	Price per kg	Unit weight (if applicable)	Quality Assessment (tick box) Please give an overall rating on the quality of fruits and vegetables based on their age, bruising or mould.					Clean (tick box) Please give a rating of how clean the items are.	
			All	Most	Half	Some	Few	Yes	No
Apples									
Oranges									
Bananas									
Tomatoes									
Potato									
Pumpkin									
Cabbage (half)									
Lettuce (whole)									
Carrots									
Onions									

Key (Quality)

Good: None of the characteristics listed below are present

Aged: Softness, discolouration, wilting, limpness, skin wrinkling (generally still edible)

Key (Clean)

Yes: Free from dirt or dust

No: Dirt or dust visible on skin

PART D: PRODUCT PLACEMENT at CHECKOUT.

Products	Aisle 1	Aisle 2	Aisle 3	Aisle 3	Aisle 4	Aisle 5	Aisle 6	Aisle 7
Lollies								
Chocolate								
Chewing gum								
Crisps and salty snacks								
Sweet biscuits								
Savoury biscuits								
Cakes and pastries								
Fruit								
Vegetables								
Breads and cereals								
Dairy products								
Lean meats, poultry, eggs								
Nuts and seeds								
Other (e.g., batteries, razers, magazines)								
Drinks								
Water								
Juice								
Soft drinks								
Diet soft drinks								
Energy drinks								
Flavoured milk								
Other:								

(2) **Farmers Market Produce Survey.**

Farmers Market Produce Survey: Cover Sheet

Name of Farmers Market: _____
Address: _____
Survey completed by: _____
Date: _____

FRUIT AND VEGETABLE STALLS: STANDARD ITEMS

Stall Name: _____
Suburbs produce sourced or grown: _____
Organic certification (if available): _____
Direct from farm or wholesale: _____

Product	No. of varieties	Cheapest variety (loose items)		Quality 1, 2, 3, 4 or 5	Clean? Y or N	Comments
		Name	Price			
Fruit						
Apple						
Apricot						
Avocado						
Banana						
Blueberry						
Cantaloupe (Rockmelon)						
Grape						
Honeydew melon						
Lime						
Mango						
Nectarine						
Orange						
Papaya (PawPaw)						
Peach						
Pear						
Plum						
Pineapple						
Strawberry						
Watermelon						
Other fruits:						
Vegetable						
Asparagus						
Beans (green)						
Broccoli						
Cabbage						
Capsicum						
Carrot						
Cauliflower						
Celery						
Corn						
Cucumber						
Eggplant / Aubergine						
Lettuce (round)						
Mushroom (button)						
Onion						
Potato						
Pumpkin						
Sweet Potato						
Tomato						
Zucchini						
Other vegetables:						

Quality scores: very low / very poor = 1; low / poor = 2; medium / acceptable = 3; high / good = 4; very high/very good = 5

FRUIT AND VEGETABLE STALLS: STANDARD ITEMS

Stall Name: _____
Suburbs produce sourced or grown: _____
Organic certification (if available): _____
Direct from farm or wholesale: _____

Product	No. of varieties	Cheapest variety (loose items)		Quality 1, 2, 3, 4 or 5	Clean? Y or N	Comments
		Name	Price			
Fruit						
Apple						
Apricot						
Avocado						
Banana						
Blueberry						
Cantaloupe (Rockmelon)						
Grape						
Honeydew melon						
Lime						
Mango						
Nectarine						
Orange						
Papaya (PawPaw)						
Peach						
Pear						
Plum						
Pineapple						
Strawberry						
Watermelon						
Other fruits:						
Vegetable						
Asparagus						
Beans (green)						
Broccoli						
Cabbage						
Capsicum						
Carrot						
Cauliflower						
Celery						
Corn						
Cucumber						
Eggplant / Aubergine						
Lettuce (round)						
Mushroom (button)						
Onion						
Potato						
Pumpkin						
Sweet Potato						
Tomato						
Zucchini						
Other vegetables:						

Quality scores: very low / very poor = 1; low / poor = 2; medium / acceptable = 3; high / good = 4; very high/very good =5

Stall Information	Stall Name:	Stall Name:	Stall Name:
Suburb product sourced or grown			
Organic certification visible			
Direct from farmer			
Wholesale			
Produce Items			
Meat, Seafood and Eggs			
Chicken			
Lamb			
Beef			
Pork			
Bacon / ham			
Mince			
Sausages			
Game meat			
Fresh fish			
Smoked fish			
Eggs			
Other:			
Dairy Products			
Milk			
Yoghurt			
Cheese			
Other:			
Bakery Items			
Bread			
Cakes / Muffins			
Other:			
Gourmet foods and special dietary items			
Pre-prepared food			
Gluten free / yeast free			
Sugar free			
Other :			
Other items			
Nuts			
Grains and pulses			
Oils			
Jam, honey, condiments			
Chocolates / confectionary			
Beverages			
Take away food, coffee or drinks			
Additional items:			
Other:			

(3) Farmers Market Customer Survey.

FARMERS' MARKET SURVEY: QUESTIONNAIRE FOR CUSTOMERS

ADMINISTRATION

1. Name of farmers' market	
2. Date	
3. Gender	
4. How was the survey completed?	

DEMOGRAPHICS

5. In which suburb do you live?	
6. What language do you mainly speak at home?	<input type="checkbox"/> English <input type="checkbox"/> Other (Please specify) <input type="text"/>
7. In which country were you born?	<input type="checkbox"/> Australia <input type="checkbox"/> Other (Please specify) <input type="text"/>
8. How many people live with you?	Adults <input type="text"/> Children (<16 years old) <input type="text"/>
9. How far did you travel to get to the market today?	<input type="text"/>
10. How did you get to the market today? (Answer in km)	<input type="checkbox"/> I drove <input type="checkbox"/> I caught public transport <input type="checkbox"/> I rode my bicycle <input type="checkbox"/> I walked <input type="checkbox"/> Other (Please specify) <input type="text"/>
11. In what year were you born?	<input type="text"/>

SHOPPING BEHAVIOURS

12. In general, how frequently have you shopped for food over the past month?	<input type="checkbox"/> Very frequently (> 1 per week) <input type="checkbox"/> Frequently (every week) <input type="checkbox"/> Occasionally (1 or 2 per month) <input type="checkbox"/> Never
13. In general, how many times have you shopped for food at farmers' markets over the past month?	<input type="checkbox"/> Very frequently (weekly) <input type="checkbox"/> Frequently (2 per month) <input type="checkbox"/> Occasionally (1 per month) <input type="checkbox"/> Never

If "Never, go to Question 16. Otherwise, go to Question 14.

14. In general, how much do you spend at farmers' markets each time you visit?

- Less than \$50
- Between \$50 and \$99
- Between \$100 and \$149
- More than \$150

ATTITUDES AND PERCEPTIONS TOWARD FARMERS' MARKETS

15. How important are these factors in your decision to shop at farmers' markets?

Factors	Very important	Important	Slightly important	Neutral	Not important
Buying 'top' quality fruit and vegetables					
Buying fruit and vegetables that are fresh					
Buying a variety of different types of fruit and vegetables					
Buying fruit and vegetables that look 'good' (i.e., clean, shiny)					
Buying food that is well priced					
Buying locally grown / made foods to support local people and producers					
Buying organic foods					
Buying foods specific to my culture					
Buying special dietary foods (i.e., gluten free foods)					
Buying food that has been grown or produced in a sustainable way					
Purchasing meat from animals treated humanely					
Talking to the stallholders to find out more about the food I buy					
Enjoying the experience of shopping at farmers' markets (i.e., building relationships with stallholders)					
Shopping in a relaxed and friendly environment					
Supporting a community event					
The convenience of the market (i.e., location and time)					

Other factors (please specify)

16. What is your main reason for coming to the farmers' market today?

17. How do you think this market could be improved?

END OF SURVEY

(4) Farmers Market Stallholder Survey.

FARMERS' MARKET SURVEY: QUESTIONNAIRE FOR STALLHOLDERS

ADMINISTRATION

1. Name of farmers' market	
2. Date	
3. Name of stall	
4. Organic certification?	
5. Gender	
6. How was the survey completed	In person

DEMOGRAPHICS

7. In which suburb is your farm or warehouse?

8. How many people are employed at your farm or warehouse?

9. What type of produce do you sell at the farmers' market?

- | | | |
|--|---|--|
| <input type="checkbox"/> Fruit or vegetables | <input type="checkbox"/> Meat, seafood or eggs | <input type="checkbox"/> Dairy products |
| <input type="checkbox"/> Bread, cereal or baked goods | <input type="checkbox"/> Nuts, dried fruit or confectionary | <input type="checkbox"/> Gourmet or pre-prepared foods |
| <input type="checkbox"/> Special dietary items (i.e., gluten free) | <input type="checkbox"/> Take away food and drinks | <input type="checkbox"/> Coffee and hot drinks |

10. From where are you products or ingredients sourced?

- | | | |
|---|---|---|
| <input type="checkbox"/> My own farm or property | <input type="checkbox"/> Sydney Basin | <input type="checkbox"/> Producers in NSW |
| <input type="checkbox"/> Imported from interstate | <input type="checkbox"/> Imported from overseas | |

11. Do you find it difficult to source local produce?

- | | | |
|---------------------------------|--|--------------------------------------|
| <input type="checkbox"/> Always | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Not usually |
| <input type="checkbox"/> Never | <input type="checkbox"/> N/A, as I grow my own produce | |

12. How long have you been trading at this market?

13. How many markets do you go to per fortnight?

14. How far do you travel to get to this market?

15. In general, what is your average sales figure per day?

- | | | |
|---|--|---|
| <input type="checkbox"/> Less than \$300 | <input type="checkbox"/> Between \$300 and \$699 | <input type="checkbox"/> Between \$700 and \$1000 |
| <input type="checkbox"/> More than \$1000 | | |

16. In which year were you born?

ATTITUDES AND PERCEPTIONS TOWARD FARMERS' MARKETS

17. How important are these factors in your decision to sell your produce at farmers' markets?

Factors	Very important	Important	Slightly Important	Neutral	Not important
Selling my produce directly to consumers					
Selling local produce and reducing food miles					
Selling organic or produce free of chemicals					
Selling dietary specific foods (i.e., gluten free foods)					
Selling foods for different cultural groups					
Selling foods at the best possible price					
Selling food that has been grown or produced in a sustainable way					
Marketing my business					
Increasing my profit margins					
Building a relationship with customers					
Providing customers with information about the produce at my stall					
Selling my produce in a relaxed, friendly atmosphere					
Supporting a community event					
The convenience of the market (i.e., location and time)					

Other factors (please specify)

18. Considering these factors, what is the main reason you sell your produce at farmers' markets?

19. How do you think this market could be improved?

END OF SURVEY