

HILLTOP REGIONAL PROJECT

***REVITALISING THE
ALLSOPP FLOURMILL SITE***



Gregory Medway

2011

APPROACH

Harden Heritage Inventory
SHI Number 1720152

1 BUILD ON THE HISTORY

Landmark Manufacturing Complex from 1866

Miles Murphy's Flourmill 1866

Thomas Allsopp "Miller of Burrowa" 1878

19th May 1890 Thomas Allsopp Mayor of First Council Meeting

Silver Spray Flour Mill 1922. Sourced grain from region: Young, Junee, Cowra, Coonabarabran, Gundagai, Murrumburrah, Coolamon



2 GROW THE FUTURE OF THE REGION

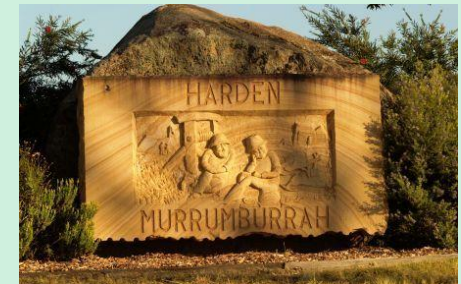
International Educational Link

Focus on Healthy Food

Demonstrate production, processing, presenting and promoting

Develop around Food Security and Sustainability

Develop talented international leaders

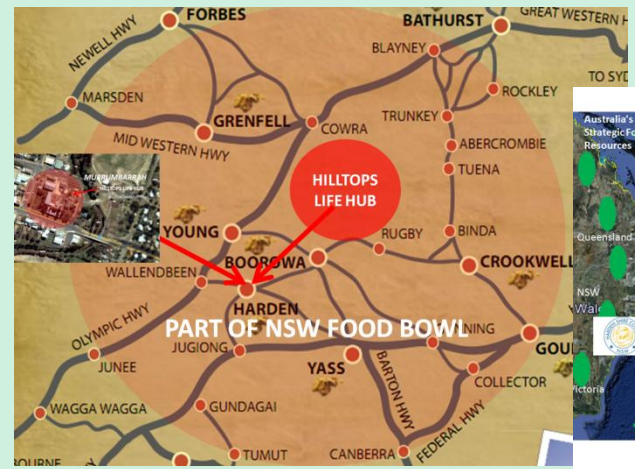


PROPOSAL

Hilltops Regional Development Project

VEGETABLES	GRAINS	
FRUIT	PROTEINS	

HEALTHY EATING



Healthy Eating for All Australians.

Healthy Food Balance

VEGETABLES 150g	50%
FRUIT 250g	50%
GRAINS 100g	50%
PROTEINS 100g	50%

Energy - Carbohydrates

Body Needs: Between Infants 5000 to Adults 8,000-12,000 KJ/day

Energy Released: 1700KJ/100g for carbohydrates or protein. Fats: 40,000

Plus Free Bonus Pack

- Natural: Minerals, Vitamins (A), Fibre
- Natural: Minerals, Vitamins (C), Antioxidants
- Natural: Minerals, Vitamins, Fibre, Phytonutrients
- Natural: Proteins, Amino acids, Minerals (Fe, Zn), B12, Fat,

OUR CULTURE



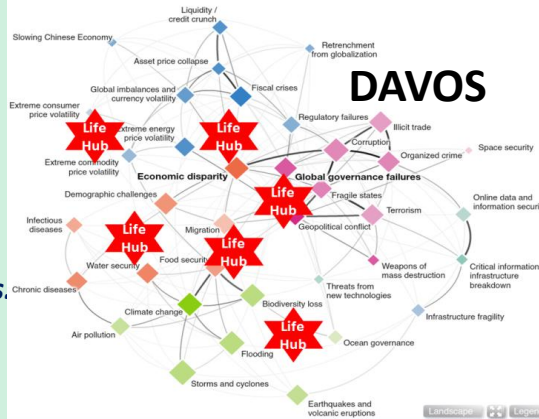
Developing Career Opportunities in the International Food Industry

With Murrumburrah High School Ad Astra (Bio, Ag, Sci, Math, Econ, Arts)



Centre of Excellence in Practical Agriculture and for Community Partnerships.

OUR FUTURE



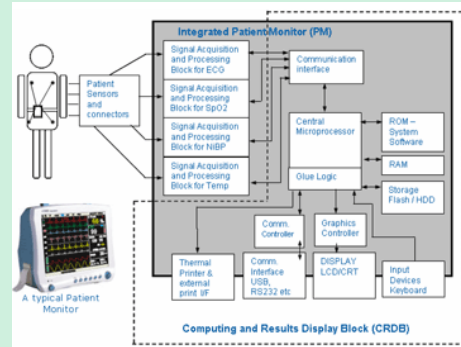
Focus: Create innovate solutions for international issues. Through education and knowledge in ecology, science, arts mathematics and economics

GLOBAL FOOD SECURITY

Potential Developments
Local: ANU
International: Stanford, Duke, Punjab, China.



Dimensions of the Communications



Hilltops
EDU WiFi

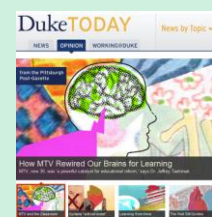
Free WiFi
on-site



THE WORLD AT
YOUR FINGERTIPS



On Farms



Hands on practical education for the public, locals & local & international students

Local Food: Producing, Processing, Preparing, Presenting, & Promoting Healthy Food

FRUIT

Apples, Pears, Plums



GRAIN

Wheat, Oats



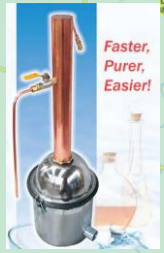
VEGETABLES

**CASE STUDIES
OF LOCAL
FARMS**



OILS

Canola, Olive




PROTEIN

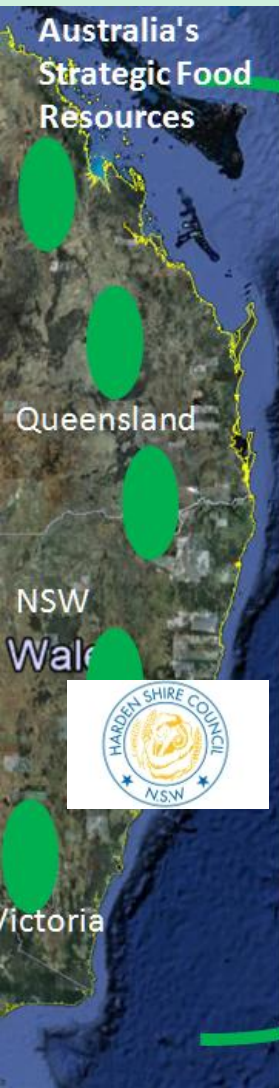
Lamb, Beef

Professional classes on the science and economics behind the healthy food chain and on Food Security and Sustainability

Educational Programs: Healthy Food

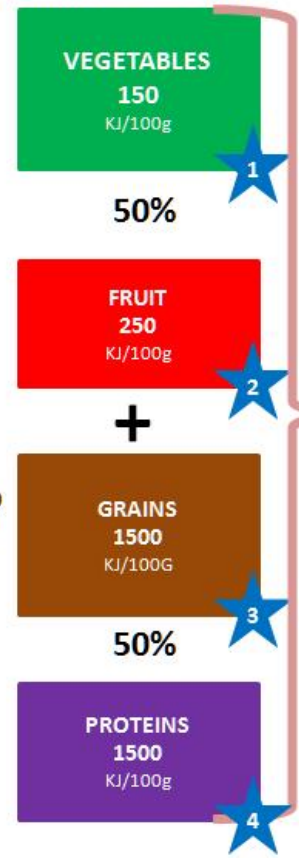
Nut  **canolainfo.org**
 Based refined canola oil. good for every body!™

Calories	83 cal
Total Fat	9.2 g
Saturated Fatty Acids	0.6 g
Monounsaturated Fatty Acids	5.8 g
Linoleic Fatty Acid (Omega-6)	2.0 g
Alpha-Linolenic Fatty Acid (Omega-3)	0.8 g
Cholesterol (no trace)	0 mg



- Examples KJ/100g
- Tomatoes 60
 - Potatoes 250
 - Greens 100
 - Carrots 130
 - Broccoli 120
-
- Mandarins 200
 - Apples 240
 - Bananas 380
 - Watermelon 125
 - Strawberry 90
-
- Wheat- Bread 1400
 - Wheat-Pasta 1400
 - Oats 1600
 - Rice 1500
-
- (Protein g/100g)
- Peas & Beans 30
 - Poultry 35
 - Beef 30
 - Fish 20

Healthy Food Balance



Energy - Carbohydrates

Healthy Eating, Happy People, Better Health

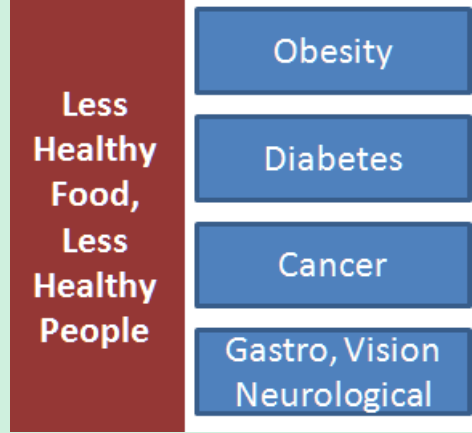
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Why You Need Energy

- BMR Basal Metabolism
- Natural Exercise
- Growth
- Waste

Consequences of Unbalanced Food



Plus Free Bonus Pack

- 1 Natural: Minerals, Vitamins (A), Fibre
- 2 Natural: Minerals, Vitamins (C), Antioxidants ,
- 3 Natural: Minerals, Vitamins, Fibre, Phytonutrients
- 4 Natural: Proteins, Amino acids, Minerals (Fe, Zn), B12, Fat,



DESIGN FEATURES: INTEGRATED WITH COMMUNITY



EDUCATION, ACCOMODATION, RESTARAUNT, FOOD, ARTISANS, PLANTS, PARKS, VISTAS



Streetscaping

Streetscaping

Accommodation

Parks

Village Green
Food & Design
Markets

Educational

Plant Features

Accommodation

REMEMBRANCE

Public Facilities
Restaurant,
Demonstrations
Artisans

Streetscaping

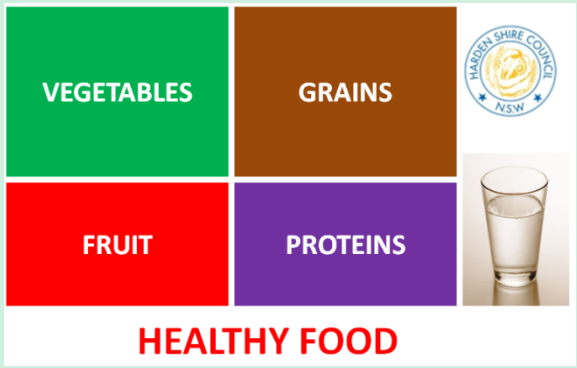
Children's Area

Plant Features
Drought
Resistance

Regional Preventative Health



Growing Healthy Food?



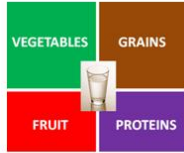
PLACES, PEOPLE & RESOURCES



Healthy Exercise Programs?



HARDEN-THE HEALTHY FOOD SHIRE



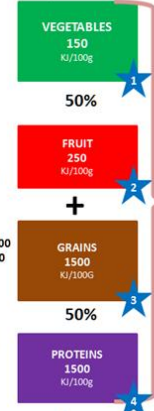
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- Growth
- Waste

Consequences of Unbalanced Food

- Obesity
- Diabetes
- Cancer
- Gastro, Vision Neurological



Harden Grows Healthy Food

A recent World Economic Forum and Harvard University study estimates that, over the next 20 years non-communicable diseases will cost the global economy more than US\$ 30 trillion, representing 48 percent of global GDP in 2010.

