



FOODmatters

Welcome to Food Matters

The Summer edition of *Food Matters* gives me a chance to thank ALL who have helped to ensure food is readily available for those in need. It has been an over whelming year for food donations into Wodonga FoodShare with over 100 tons YTD of locally sourced food entering its doors to be shared across the region. Thank you to Donors, Volunteers, Emergency Relief Agencies, Meals Programs, School Food Programs and Cooking Groups associated with Emergency Relief.

You will all be happy to hear that Fiona Hughes has settled in well at the Wheatbelt Public Health Unit in Northam where she is the Senior Health Promotion Officer (Healthy Lifestyles) for the Wheatbelt region which covers an area of 156, 894km², 17 times larger than the Upper Hume Region with a population of less than Albury-Wodonga!

I would like to wish all the readers a very Merry and Safe Christmas and New Year and ask you all to think of those in need who are less fortunate than us. Christmas is a time for sharing. I have fond memories of the early years when I lived in Hillston NSW and use to gather up backpackers for Christmas lunch so they could have lunch with a family. It was a great opportunity to learn about different Christmas traditions and overcome language barriers by just sharing a meal.

Catherine Byrne

If you can't feed a hundred people, then feed just one. ~Mother Teresa

TAFE - Food for Thought

Wodonga TAFE once again partnered with the Wodonga Foodshare by holding cooking classes called "Food for Thought". Fourteen dedicated students prepared meals with food provided by Foodshare with the guidance of one amazing teacher. All the students received a statement of attainment by doing the course. The meals were packaged and returned to be used as part of the food parcels that are given out to clients in need of help. The clients accessing food parcels are quite often people with financial difficulties, medical issues, rough sleepers and people with other hardships.

Food for Thought provided a grand total of 2124 meals this year. Due to increasing demand at Foodshare, Teachers from Wodonga TAFE decided to donate their time to cook 250 meals to help this valuable community service. Congratulations for a job well done!



TAFE Staff cooking up a storm

Four cooking group associated with Wodonga Foodshare produced 5526 frozen meals YTD

Birallee Park Neighbourhood House presents in New Zealand

Our Trip to Gisborne & Tolaga Bay- NZ

Gisborne is located at Poverty Bay on the East Coast of the North Island of N.Z.

Sue and I spent a week in New Zealand giving talks on the Our Table to Yours and Our Garden to Yours Projects. Gisborne is of a similar size to Wodonga and we spoke to various groups including Gisborne Council, Gisborne Hospital, a Maori Community Health Centre in Tolaga Bay and Anglican Care in Gisborne. We gave 6 formal talks and many informal in a matter of 3 days !!! Whilst there seems to be a full range of community/welfare services there is local concern that there is no cohesiveness amongst the various groups. They were very interested in how UnitingCare/FoodShare worked and are keen to keep in touch with us. Everyone was captivated by our projects. We took 13 kilos of handouts, DVD's etc. over with us, and were very keen to lighten the load on our return trip. It was a fantastic learning experience. Di.

<http://www.facebook.com/#!/pages/Birallee-Park-Neighbourhood-House-Inc/188978391146867>



Di and Sue with Rev Stephen Donald and a member of the Tolaga Community

STREET HARVEST ABC RADIO INTERVIEW



Harvesting community spirit

Students from the Wodonga Middle Years College (Felltimber Campus) have not only been getting a hands-on gardening experience at the Trudewind Centre Community Garden, but are developing a sense of community belonging.

See the full story by following the link
<http://www.abc.net.au/local/videos/2011/11/22/3373398.htm>

Street Harvest has collected 9790kg's of produce YTD



Allison Jess – Cross Media Reporter ABC

Community Gardening Buzz

The Hume Murray Gardening Collective visited the very inspiring Stephanie Alexander Garden at Wodonga West Primary school in November. A dash was made into the garden to beat the spring rain (we're not really used to real spring rains after all those years of drought) and Helena Foster, the garden specialist, showed us around the garden which was bursting with a huge variety of plants - some edible and some with "other uses". The success of classes for the children relies heavily on volunteers; it's also obvious that Helena must do more work than her paid hours. Jacky Cronin is the kitchen specialist (and also a great gardener) and she uses food from the garden to oversee the children cooking the produce in the well equipped kitchen. Jacky also cooks preserves from produce that the school sells as a fundraiser (it's very tasty). It's always great to have new members who can pick up tips or get ideas and hopefully start new projects. As always there was a good exchange of ideas and inspiration; and some hints about overcoming hurdles.

For information call Sue Brunskill on 0357 287 285 or email susan.brunskill1@det.nsw.edu.au



Arty recycling Wodonga West Primary School

What's happening further afield?

Below are some food security news and programs happening in other areas around Australia. We hope they might stimulate thinking about what we could offer here in our local community.



Public Health Association
AUSTRALIA



2nd National Food Futures Conference
22-23 November 2011
Hobart, TAS

Public Health Association Australia held its 2nd National Food Futures Conference in Hobart – Ric Benjamin CEO of Foodbank Victoria presented a paper on *Community Foodshare – A new model for sustainable food supply*

I had the privilege of sending over a poster presentation on *Street Harvest – Community action to feed those in need*.

<http://www.phaa.net.au/2ndFoodConference.php>

Rethinking food waste with OzHarvest & Love Food Hate Waste

Where: The Watershed, 218 King St. Newton Tuesday 6th December 2011

What: Gain practical solutions for reducing food waste in your own home.

http://sydneyfoodfairness.org.au/event_listings/event/rethink-ing-food-waste-with-ozharvest-love-food-hate-waste/

Feral Fruit Tree Map

Where: Australia wide google map

Contact: <http://maps.google.com.au/maps/ms?cd=2&ie=UTF8&oe=UTF8&showlabs=1&msa=0&msid=113329138399514125575.00047fff295ddda73bd86&mid=1282164448>

Australian Farmers Part of the Global Food Security Solution

What: What is Australia doing about addressing global food security?

<http://www.thefarmtrader.com.au/articles/australian-farmers-food-security>

Pam Adams volunteer extraordinaire from Wodonga Foodshare has prepared 2500 jars of jam, preserves and sauce's since April-October 2011



The Albury Wodonga Regional FoodShare Project
02 6022 8888



Christmas @ Mirambeena

Share in a Christmas Lunch 3 courses only \$10 including door prizes and music.

Wednesday 21st December at 12pm.

Every Wednesday at 12 noon community members can enjoy a delicious 3 course meal for as little as \$4.

For groups of more than 5, please book in advance by calling 02 6025 8622

News Flash

The Carevan Foundation has won the 2011 Murray Region of NSW Volunteer team of the year Awards. The armies of 300 volunteers were greatly appreciated and it is great that they have been recognised by winning this award.

The 2 local girls, Abbey and Chloe from James Fallon High, who wrote the Carevan song and have won the award for best soundtrack at the Oasis Film Awards

They will be presented the award by Cate Blanchett in Sydney this Friday!!

If you are spending Christmas alone

You are invited to come and celebrate

CHRISTMAS DAY

AT
ST.STEPHEN'S UNITING CHURCH
CNR NILMAR AVENUE &
BEECHWORTH ROAD, Wodonga
11.30AM
TRADITIONAL CHRISTMAS MEAL

COST: FREE!!

BOOKINGS ARE ESSENTIAL

Please contact the Church Office
6024 2108
if you would like to attend.

-Transport can be arranged-

Good company & Good food
Guaranteed!!

What's On....

December -

19th Yackandandah Produce Swap. Contact Chris 1300 365 003

22nd Hume Murray Farmers' Market - Christmas Twilight Market. Contact: Hume Murray Food Bowl
02 60582996 info@hmfbo.org

January 2012

Workshops: From Our Garden to Your Table- Neighbourhood House Wodonga. RSVP 02 6059 2590

21st Yackandandah Produce Swap. Contact Chris 1300 365 003

February 2012

8th Hume Murray Community Gardening Collective Morning Tea at Birralee Park Neighbourhood House at 10am. 28th

28th Albury Wodonga Regional Food Security Network Meeting, 10:30-12:30pm at Gateway Community Health 155 High Street Wodonga. Contact Kylie Gillison on 02 6022 8864

KGillison@gatewaycommunityhealth.org.au