



Food for All Newsletter

Introduction

Welcome to the Autumn edition of the Food for All Newsletter!

This edition we will update you on the Food for All Food Hub, a seasonal gardening guide and information about what the group has been up to.

Swan Hill Food Hub

The Swan Hill Food hub has now been open for 6 months

March 2023 marks six months since we opened the Food Hub in which time it has



Image: Food for All Food Hub Shipping container interior

assisted over 300 people with food relief in Swan Hill. The Food Hub is being well utilised with usage increasing February and March this year.

We have had Swan Hill Rural City Council, Swan Hill North Primary School, St Mary's Primary School and St Mary MacKillop College come on as Member Agencies.

Member agencies access pantry staples, toiletries & fresh produce on behalf of their clients

(Items available depend on the stock levels at Hub).

Food Hub statistics and Member Agencies

- 11 member agencies of food Hub
- Accessed 107 times
- Provided 285 people with emergency food relief in 6 months
- 84 Families
- 48 Individuals



How can organisations become members:

- Contact FFA on messenger or on brayner@shdh.org.au to express interest
- Pay a membership fee through money or other support
- Assign key people who will access the food hub

Food Hub Donations

Community Member FFA Food Hub donation



Swan Hill District Health FFA Food Hub Food Drive



Swan Hill North Primary School Food Drive



How to make a donation to FFA Food Hub

- Contact FFA on messenger or on brayner@shdh.org.au
- You can either make a donation as an organisation or as an individual.
- Donations can either be money or a food drive



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Swinburne Dietetic Student Project

Exploring the current cost of a Healthy Basket of food in Swan Hill

Two Swinburne Dietetic students Freyer and Jolie have been completing their five week community placement at Swan Hill District Health. They have been exploring the cost of a healthy basket in Swan Hill.



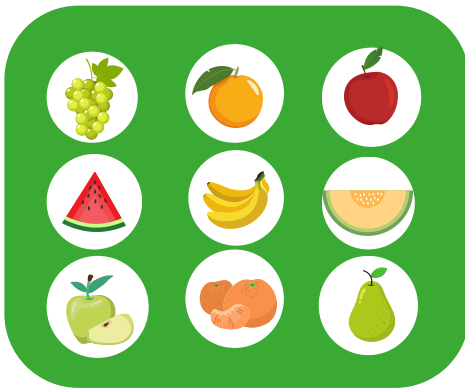
The cost of food has significantly increased in the region. With the rising cost of living the increased cost of food may place people at risk of experiencing not being able to afford enough food for their household.

Stay tuned for Budget tip resources developed by the students!

Budget friendly shopping tip

Seasonal Fruit and Vegetables:

By purchasing seasonal fruit and vegetables you can save money on your grocery shop. Seasonal produce is cheaper and has better flavours and taste.



Gardening Update

What to plant in Autumn:

There is so many new plants to plant in Autumn. See below which plants you can grow this season in your school, community or home veggie patch!

