



# Food for All Newsletter

## Introduction

### Welcome to the Winter edition of the Food for All Newsletter!

This edition we will update you on the Food for All Food Hub and information about what the group has been up to. The upcoming Food For All Edible Garden Expo and winter warming meal inspiration .

## Edible Garden Update

### Food for All Edible Garden Expo:

We are excited to announce that Food for All is having an Edible Garden Expo on October 18th from 9-2 at the Swan Hill Town Hall. This project received grant funding from the Australian Government in partnership with the Foundation for Rural & Regional Renewal.



The Edible Garden Expo will have

talks from Sustainable Gardening Australia about Smart watering and the seed cycle, talks from local professionals, interactive hands on activities and local stall holders with information from composting to pest management to learn and get resources from.

Stay tuned for more information about the Food for All Edible Garden expo !

## meal inspiration for you and your family this winter



Soup using seasonal vegetables e.g. pumpkin, cauliflower and carrots



A Curry using your sauce of choice e.g. Korma, Red or green curry



A slowcooker casserole with seasonal vegetables, cheaper cuts of meat and lentils to bulk it up



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## Swan Hill Food Hub

### Member Spotlight: St Vincent de Paul Society Swan Hill

In May, we had St Vincent de Paul Society join up as a Food Hub member. St Vincent de Paul Society is a key organisation in Swan Hill which provides food relief for our community. The partnership between Food for All and St Vincent de Paul Society demonstrates flexibility in membership options for the Food Hub with monthly payments.



Each week St Vincent de Paul provides around 30 people with food relief and in the month of May has provided 140 people with food through the Food for All Food Hub. This increased reach of the Food Hub to vulnerable people experiencing food insecurity is a key achievement for both St Vincent de Paul Society and Food For All.

### St Vincent de Paul Society Food Relief Services Swan Hill

#### Food relief services:

Thursday and Friday-  
1.30-3.30pm

Walk in emergency food relief provided.

St Mary's Assistance Centre  
272 Campbell St Swan Hill  
Phone: 5032 4508

#### The Good Kitchen: Good Food, Good Company

This is a free weekly dine in community meal on Tuesday nights.

There is a two course meal with main and dessert provided.  
6-8 pm

Parish Centre, 62 Splatt St Swan Hill  
(Hall next to St Mary's Church)

Email: [agoodkitchen@gmail.com](mailto:agoodkitchen@gmail.com)  
Phone: 0413 611 596

### Food Hub statistics- May



11 member agencies of food Hub



Accessed 44 times



Provided 316 people with emergency food relief in May



45 Families



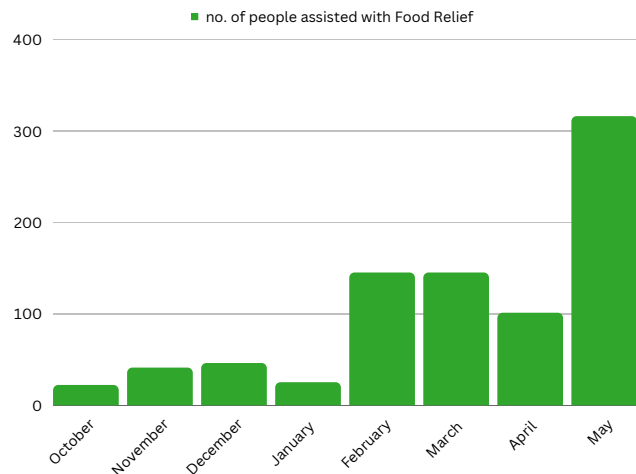
17 Individuals



140 people

In May we saw an increase in people provided with Food Relief. This is following an upward trend of usage and the addition of St Vincent De Paul Society

### Food Hub statistics October 2022-May 2023



### For more information about Food for All head to:



[Foodforall.community](https://www.instagram.com/foodforallcommunity)



Foodforall- Swan Hill Region



<https://www.foodforall.community/>