



# NEWSLETTER

A Newsletter by Food for All - Swan Hill Region



## Emergency Food Relief Update

### Food access during COVID-19

Access to food has changed due to COVID-19 with a number of our restaurants and takeaway establishments changing the way they work, predominantly takeaway options of food and drink. Some have closed all together. Keep an eye out on the Swan Hill Regional Information Centre Facebook page for regular updates on who is open.

Food for All have also developed a Food Access during COVID-19 booklet. This booklet outlines food and meal delivery or pick up options from supermarkets, takeaway outlets as well as emergency food relief that is available in Swan Hill. Copies can be printed from [www.foodforall.community](http://www.foodforall.community)



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## Whats Coming.....

Keep an eye out for our new recipe book using fresh seasonal produce in easy recipes.

# Pasta Sauce Recipe

A quick simple pasta sauce recipe

This recipe can be made using fresh tomatoes from your garden or supermarket or even using canned tomatoes. Serves 4-6.

Ingredients:

- 1 tablespoon of olive oil
- 8 tomatoes or 2 x 400g cans diced tomatoes
- 2 tablespoons of tomato paste
- Handful of basil
- 1 large onion
- 4 cloves of garlic
- 2 cups of low salt stock (vegetable/chicken or beef)
- Pepper
- Optional garnish - parmesan or grated cheese

Method:

1. Cut the tomatoes in half and squeeze out the seeds. Finely dice the mushroom and onion.
2. Heat the oil in a large pot over a high heat. Add the onion and garlic and fry off until soft and translucent.
3. Add the tomatoes and continue to stir for 2-3 minutes or until soft.
4. Add two cups of low salt stock, the chopped basil leaves and pepper to taste.
5. Place a lid on the pot and allow to cook for 40 minutes. Stir occasionally.
6. Cook your favorite pasta as per instructions on the back the packet. Once the sauce is cooked, add the pasta and mix it through.
7. Divide the pasta between bowls and garnish with parmesan or grated cheese.



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*Recipe to try at home from Suzi our student from Swinburne*





# Edible Garden Expo 2019

## The first ever Edible Garden Expo

The first ever Edible Garden Expo was hosted by Food for All in October 2019 at the Swan Hill Town Hall. Over 150 people came through the doors to see numerous stall holders showcasing home, community and school gardens. Conversations were had around native plants, edible arrangements, library resources, our amazing school gardens and family activities that can be done in the garden. We loved seeing how green the Town Hall was. Show bags were handed out to each person, and the opportunity to enter in the raffle for door prizes.

There were three talks throughout the event, on composting, fruit fly management and setting up wicking beds to help save water.

We are currently planning our 2020 Expo.

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*This should be an annual event, great range of stalls and speakers*

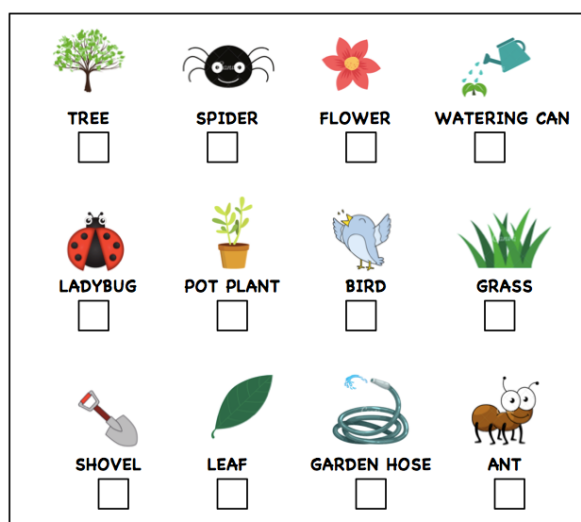


# Scavenger Hunt - Garden

A great way to get the kids outside

One of the best ways to get kids interested in the garden is to get them in the garden in fun ways. An great way to do this is to give your kid a list for a nature scavenger hunt in the garden. There is one available on the Food for All website [www.foodforall.community](http://www.foodforall.community) to get you started.

Being out in the garden helps kids not only get interested but also helps them learn, shapes, seasons, plant growth and so much more.



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*An activity to keep  
kids entertained  
outside from  
Gemma our  
student from  
Swinburne*

## Planting in May

What to plant now:

- Broccoli
- Cauliflower
- Leeks
- Beetroot
- Cabbage
- Carrots
- Silverbeet



For more ideas and information about Food for All please go to our website  
[www.foodforall.community](http://www.foodforall.community)

or follow us on Facebook @Foodforall-SwanHillRegion

or instagram @foodforall.community

