



# NEWSLETTER

## Swan Hill Food Hub

### The Swan Hill Food Hub is now open

Food for All has opened the Swan Hill Food Hub in October 2022. The Food Hub aims to support people in our community who are impacted by food insecurity. The Food Hub aims to break down the barriers for clients to access fresh and emergency food relief, by enabling them to stay with their existing agency for food access.

The Food Hub has a refrigerated and an air conditioned shipping container to store both pantry and refrigerated items. It provides emergency food relief through registered member agencies accessing food on behalf of their clients. To date, the Food Hub has been utilised 29 times providing food for approximately 110 people.



### Member Agencies Involved:

#### Food Hub Members:

- Swan Hill District Health
- Mallee District Aboriginal Services
- Mallee Family Care
- Anglicare
- Swan Hill College FLO Campus
- SMECC
- Swan Hill Rural City Council

### Food for All invite more agencies to become members and get involved!

**Does being involved with the Food Hub and having access to emergency food relief for your clients sound like something that your organisation would be interested in?**

To find out more information about how to get involved:

- Contact Tania at Community Health, Swan Hill District Health on 5033 9337.



# Food Stress Project

In May we were lucky to have two Swinburne Dietetic Students to work on a food stress project.

- Food Stress is when you spend over 25% of your budget on food
- Food stress is being experienced by our Swan Hill community and was the focus of the student's project
- The student's project consisted of a survey for community and from the results they developed a Food Stress Booklet for the community
- This booklet is now available from the Swan Hill Library, online and at food relief agencies in our community.



**Food Budgeting,  
Shopping &  
Cooking Tips**



*In the Swan Hill Region*



# The Seed library

**Promoting gardening through a seed library**

The Swan Hill Regional Library has set up a Seed Library for the community. The Seed Library is a place to pick up seasonal seeds for your own personal use.



# Mental Health Week

**Food for All attended a Mental Health Day on the 12th of October at the Swan Hill Town Hall**

- Mental Health Week 2022 took place from the 10th - 14th of October. The theme for this year was "Awareness. Belonging. Connection".
- On Wednesday the 12th, Health Promotion Officers Bronte and Andrea participated in the ABC in the Park "Better Together Community Day".
- We provided the community with Edible Garden and Food Stress booklets, carrot seeds and fruit which was donated by Produce and Pantry.





# Summer Gardening

Summer is a great time to plant sun loving plants in your patch.

We have some great resources on our website to get you started including a "When to plant guide" for our region and a "Getting started in your garden" booklet.

Summer vegetable plants to grow include capsicum, tomato, cucumber, zucchini, beans and lettuce.

Watering in summer is important with the hotter temperatures. The best time to water is in the morning when it is cooler. This is because it gives your veggie patch hydration for the heat of the day.



*We have a planting guide and gardening booklet available on our website [www.foodforall.community](http://www.foodforall.community)*



## School Garden Network

### Linking together School Gardens

- A school garden network has been developed through email
- This is a great way to connect all the schools whether it be tips around how to manage, different watering systems or growing tips for our school edible gardens.
- **Schools which have an edible garden include;** Lake Boga Primary School, Swan Hill North Primary School, Swan Hill College FLO campus, Swan Hill Primary School, St Mary's Primary School, Son Centre Christian College, Woorinen District Primary School and Nyah District Primary School.
- These Gardens are only available to the families of those attending the respective school.



# Baked Vegetable Frittata

**Serves: 4 and is perfect for dinner or lunch**

## Ingredients

- 1 tablespoon of olive oil
- 2 large onions
- 2 cloves of garlic
- 400g of mushrooms
- 4 tomatoes
- 1 large zucchini
- 8 eggs
- 3/4 cup of milk
- 3/4 cup of parmesan cheese
- Pepper
- **Tip:** Finely chop up any veggies that you may have lying around and add them with the tomatoes and mushrooms!



## Method:

- Pre-heat the oven to 200C fan forced.
- Line a 5cm deep, 20x 26cm baking dish with non stick baking paper.
- Chop up the onions, tomato and any other vegetables you wish to use.
- Grate the zucchini and squeeze out any excess water.
- Heat the oil in a frying pan over a high heat Add the onion and garlic and fry off until soft and translucent.
- Using a large bowl, whisk the milk and eggs. Add the parmesan, mushroom, onion, zucchini and continue to stir. Season with pepper to taste.
- Pour the mixture over the dish. Add the tomato and any other vegetables you may be using on top.
- Bake frittata for approx 20-25 minutes or until golden.

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

