



NEWSLETTER



Activity Highlights

What have Food for All been up to?

- We have been successful in our grant application for a Food Hub in Swan Hill with Swan Hill Neighbourhood House
- We have formed a working party and are holding planning meetings for the Food Hub.
- We were lucky enough to have two students from Swinburne University working on a project around School and Community Gardens and what needs and supports they have.

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**Whats
Coming.....**

The 2021 Edible Garden Expo may look a little different this year, more to come.



Creamy Chicken Pasta

An easy pasta recipe that is a favourite with the kids

This recipe is great for dinner and leftovers for lunch. Serves 4-6.

Ingredients:

- 500g chicken breast, diced
or can use shredded roasted chicken
- 1 clove of garlic
- 1 tsp Italian herbs or mixed herbs
- 1 cup pumpkin diced
- 1 tin corn kernels 125g
- Baby spinach leaves 2 cups
- 375g Penne Pasta or any other shape
- Olive oil spray
- 1/2 cup chicken stock
- 375mls cooking cream
- 1/4 cup parmesan cheese plus extra to serve.



- Pre-heat the oven to 200C fan forced.
- Place diced pumpkin on a tray, spray with olive oil and bake in the oven for 30mins
- Heat a saucepan of water to boiling and add the pasta, cook 12-15mins or until al dente
- While the pasta is cooking, heat some olive oil in the pan and add the diced chicken, cook 4-5mins or until cooked through
- Add the garlic and mixed herbs to the pan and stir through with the chicken
- Add the corn and pumpkin to the chicken and cook for 1-2mins to heat through
- Drain the pasta and add to the chicken, then stir through the stock, cream and cheese
- Add the baby spinach leaves, stir through until wilted, then it's ready to serve

Serve with extra grated parmesan cheese

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More recipes are available on our website www.foodforall.community



Winter Gardening

Winter is still a great time to get out in the garden and start preparing your garden beds and soil for Spring.

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.

Winter is a great time for mulching in your garden to get it ready with the right nutrients for Spring. It is also a good time to check your garden tools to make sure they are clean and well maintained.

My garden is going well during winter with Peas and Broccoli starting to produce, a phone alarm has meant that I have remembered to water especially in the cold weather.



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



Swan Hill Food Hub

An innovative model to increase access to fresh and emergency food relief

Food for All - Swan Hill Region was successful in obtaining a Community Food Relief grant late last year for the development of a Food Hub in Swan Hill to be based at Swan Hill Neighbourhood House. The Food Hub model is using shipping containers for fresh and emergency food storage, which will be accessible to agencies on behalf of their clients. We will be working with Foodbank Victoria to access emergency food options.

The Food Hub aims to break down the barriers for clients to accessing fresh and emergency food relief, by enabling them to stay with their existing agency for food access.



We are seeking more partners, if you or your agency would like to be a part of the Food Hub working party please contact Kristi Germaine 50339337 or kgermaine@shdh.org.au



Partners Involved:

Food Hub Working Party:

- Swan Hill Neighbourhood House
- Swan Hill District Health
- Swan Hill Rural City Council
- Mallee District Aboriginal Services
- Mallee Family Care
- Salvation Army
- St Vincent de Paul
- CVGT
- Anglicare
- Swan Hill College FLO Campus
- Foodbank Victoria



*Equitable
access to
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food*



For more ideas and information about Food for All please go to our website
www.foodforall.community

or follow us on Facebook @Foodforall-SwanHillRegion

or instagram @foodforall.community

