

Reducing Your Ecological Footprint

We all need food to survive; but some food types require much more energy and resources to produce than others. For example, in days when water conservation is a much debated topic, did you know that it takes about 1,350 litres of water to produce a kilogram of wheat, but 16,000 litres of water to produce a kilogram of beef?

Please consider the following tips for reducing your impact on our planet when you buy your food—

- Buy food that is produced locally. The closer the farm is, the less fuel is needed to transport and store the food, and less packaging is required to protect the food for the length of time required to get it to you.
- If possible, grow your own food. Home grown food requires very little extra energy and resources to supply your dinner plate—plus it always tastes better!

- Compost kitchen scraps and garden waste. Up to 40% of all kerb-side garbage is food waste. Recycling biodegradable waste not only enriches your own garden, but reduces the need for landfill sites along with the energy to cart it there and manage it long term.

- Reuse and minimize packaging. Do you really need a bag for that single or couple of items? Why not buy reusable shopping bags. While some packaging is advisable to maintain hygiene and simplify transportation, can we get by with less?

- Eat all your food, or order smaller portions. Australians are throwing out three million tonnes of food every year – the equivalent of 145 kilograms for each and every one of us. This is equal to \$6 billion—enough to feed the entire nation for 3 weeks!



RECIPE

Chicken and Vegetable risotto

INGREDIENTS

- 2 tablespoons olive oil
- 2 garlic cloves, crushed
- 1 medium brown onion, diced
- 1 medium carrot, diced
- 2 cups (400g) Arborio rice
- 5 cups (1.25L) vegetable stock
- 1 red capsicum, seeded and chopped
- 1 medium zucchini, chopped
- 1 small barbecued chicken, meat removed and chopped
- 100g snow peas, sliced into 1cm strips
- 1/3 cup (25g) grated parmesan cheese (optional)

METHOD

1. Heat oil in heavy-based pan over medium heat. Add garlic, onion and carrot and cook, stirring, until vegetables are softened. Add rice and cook, stirring, for 1 minute or until lightly coated in oil.
2. Add 2 cups of the stock and bring to boil. Cover and simmer for 6-8 minutes or until liquid is absorbed. Continue to add remaining stock (about 1/2 cup at a time) along with the capsicum, zucchini and chicken.
3. Cook, stirring constantly, for 8-10 minutes or until liquid is absorbed and rice is tender yet firm to the bite and the risotto is creamy. Add snow peas and cheese (if desired) and stir to combine. Season with cracked black pepper to taste then serve. Yum!

Note

Leftover turkey or ham can be substituted for chicken in this recipe. You will need about two cups of chopped meat.



Recipe Highlights:

Serves: 4

The tasty flavours of this risotto are just perfect for the mild weather ahead, and using a BBQ chicken saves you time in the kitchen. All the family will love it.

For more delicious, and healthy meal choices go to:

<http://www.taste.com.au>



NEWSLETTER

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Laura Alice - a fresh face in Fresh Food



Laura Alice Brachen Dredge wants to make a difference. Not content simply to talk about the need for social change, she has dedicated her life to using her artistic

skills to brighten up the lives and communities of Northern Geelong suburbs.

After moving to Norlane about a year ago, Laura Alice has founded the *Street Heart Project*, linking the need for community activity with the beautification of our surrounds. Recognising that Norlane is one of Victoria's most socially and economically disadvantaged suburbs, she has set out to make a difference.

In addition to her artwork she has chosen to regularly volunteer her time to help at Urban Bean at Labuan Square. In fact, she has even been able to help out Food Skil by designing and making the new 2 & 5 Fresh Food Shop sign.

Laura Alice explains: "The thing with Labuan Square is that it was a thriving place fifty years ago. The shopping centre was always buzzing with people... It was like a real community hub. The idea was to bring beauty and colour into a forbidding place, and make it into an inviting place instead."

Why not come to Labuan Square and admire Laura Alice's work. Perhaps you will have the opportunity to meet the artist herself, and be motivated to share her passion for a stronger and more beautiful community.



Laura Alice Brachen Dredge with Foodskil organiser, Katie Gillett and the new shop sign.

Stop the Press!

The 2 & 5 Fresh Food Shop at Labuan Square will shortly be selling delicious and healthy home-made soups and stews in handy take-home portions—perfect for feeding one person, or the whole family.

For further information on all items for sale at the 2 & 5 Fresh Food Shop phone: **0404 228 182**

food skil

Sponsored Events

**2 & 5 Fresh Food Market**  
**Every Thursday**  
**10:00am till 2:00pm**  
 Cloverdale Community Centre  
 167-169 Purnell Road Corio  
 (see map on Page 3)

Cooking Demos

Fresh Fruit & Vegetables

**2 & 5 Fresh Food Shop**  
**Open: Mon—Fri**  
**9:00am till 4:00pm**  
**Saturday**  
**9:30am till 1:00pm**  
 In the back of Urban Bean  
 Labuan Square, Norlane  
 (see map on Page 3)

Feel like getting into a jam or a pickle? — then join the group!

Every Friday afternoon between 1:00—3:30pm at the Cloverdale Community Centre, a bubbly group of willing workers are getting their hands sticky. Led by Trish Mackensie, the group produces jams, relishes, sauces and other preserves for sale at the Community Markets as well as the 2 & 5 Fresh Food shop.

You can join the group for free! All finished product is home-made and cheaper than the supermarkets. The worst thing that can happen is that you get to take home your own preservative-free jam or chutney.



Faye Alison, Liz Hines & Trish Mackensie—into jam.

**Wanted! Desperately needed—small glass jars. Can you help?**

Do You Want to be Part of the Foodskil Army?

We are always looking for new staff. No experience necessary — just a willing friendly attitude.

For further information please contact Katie on Ph: 5245 3000

Why Not Try Something a Bit Different?

“What’s for dinner Mum?”  
 “Sausages and mash.”  
 “Oh No, Not again!”

Does that sound like your house? Then why not try something a little different? It is not as difficult as it may seem to cook up a new dish that not only can expand your taste range but fill the home with tantalising aromas that can really delight your family. Recipes abound on the internet that come from every part of the globe. Or maybe you just want to try your hand at something you have seen on TV. But where can you get the ingredients? Supermarkets stock most common foods, but for that something special why not try one of the stores listed below—



The **Welcome Thai Asian Groceries** store is located at 25 Melbourne Road, Drumcondra, near the Telegraph Bridge. Open 7 days, it even supplies food, spices and other specialty items to Thai restaurants in Geelong. If you love Thai food why not try cooking some yourself, with real Thai ingredients.

The **Donnybrook Road Sub-Newsagency** is also a good source of continental foods as well as fresh fruit and vegetables. If you just need to pick up a treat or a handful of groceries, why not support this local business instead of the giant supermarkets.



The **Corio Fruit Market** on the corner of Cox Road and Princess Road in Corio is well-known for supplying quality fresh food at better than supermarket prices. Asian tastes are catered for with specialty items, and it is possible to negotiate a special rate for bulk buys to make jams and preserves.



The **Australian & Continental Delicatessen** is located at 29 Donnybrook Road, Norlane West. While stocking fresh fruit, vegies and dairy, it has a distinct continental flavour. Why not try some smoked beef or eels; or perhaps some sauerkraut or gourmet cheese. Fish is also on the menu.



The **Yangon Asian Grocery** in Detroit Crescent, Corio specialises in foods from Myanmar and the Malaysian Peninsula. Not only immigrants, but long-term Aussies can enjoy these new tastes on their dinner plate. Give them a try!

Are you a resident of Postcodes 3214 or 3215? You could have a free stall selling home grown or home made produce. Contact Katie Ph: 5245 3000



2 & 5 Fresh Food Market & Foodswap Cloverdale Community Centre, Purnell Road

Work Skill Corio Shopping Centre (Next to 7-Eleven)

Rosewall Neighbourhood Centre—Training Café & Foodswap Sharland Road

Corio Fruit Market Cnr Cox Rd & Princess Rd

Yangon Asian Grocery 33 Detroit Cres, Corio

•Aus. & Continental Delicatessen •Donnybrook Rd Sub-news

2 & 5 Fresh Food Shop & Foodswap Urban Bean Labuan Square

Welcome Thai Asian Groceries 25 Melbourne Rd, Drumcondra

For further information about Foodskil please contact:

**Susan Tattersall**  
 Phone: (03) 5245 3000  
 Mobile: 0417 087 475  
 susant@workskil.com.au

**Katie Gillett**  
 Phone: (03) 5245 3000  
 Mobile: 0405 569 622  
 katharined@workskil.com.au



**FOOD SWAPS**

Foodskil started the Corio Bay Food Swaps and there are now 6 running across the region. You just bring your home-grown produce, put it on the swap table and take whatever you think is a fair exchange. It works on a honour system so there is no money needed.

Fruits, Vegetables, Herbs, Seeds, Plants, Eggs, Jams and more are all acceptable things you can swap. If you don't have any produce to swap, excess produce is usually offered for sale after the food swap.

Corio	Rosewall	Norlane
3rd Saturday 9:30 - 10:30am	4th Saturday 9:30 - 10:30am	2nd Tuesday 9:00 - 10:30am
Cloverdale Community Centre	Rosewall Neighbourhood Centre	Norlane Community Centre
167 Purnell Rd, Corio	36 Sharland Rd, Corio	Rose Av, Norlane



Corio Shopping Centre  
 Bacchus Marsh Road  
 Corio VIC 3214  
 Phone: 5245 3000  
 Fax: 5245 3099  
 www.workskil.com.au

[www.foodskil.wordpress.com](http://www.foodskil.wordpress.com)

