

Food Skil

Access to affordable, fresh food for all.

c/o Workskil, Unit 1001 Corio Shopping Centre, Bacchus Marsh Rd, Corio, VIC, 3214

Project Manager Katie Gillett P: (03) 5245 3000 M: 0405569622 E: katharined@workskil.com.au

Proposal for a Food Swap

Existing Food Swaps

Drysdale Harvest Basket

Do you have lemons rotting on the ground in your back yard?

Do you have more zucchinis than you can give away?

Are your chooks laying more eggs than you can eat?

Do you need help harvesting your otherwise wasted fruit?

Would you like an opportunity to discuss your successes (and failures!) with other gardeners in the community?

Then come along to our fruit, veg and home-grown produce swap!

9 a.m. to 11 a.m. on the first Saturday of every month

Springdale Neighbourhood Centre, High Street, Drysdale. Indoors in cold or wet weather, outside when it's warm and sunny.

Why?

The aim is to encourage sustainable gardening in the community and provide access to fresh local seasonal produce.

How?

The swap operates on an honesty system: bring what you want, take what you feel is a fair exchange.

What?

You can bring home-grown fruit and veg, home-made preserves and cordials, home-baked cakes or bread, eggs from your chooks, surplus seeds and seedlings, dried or potted herbs.

Any unused food is passed on to local charities for distribution.

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How much?

Membership is \$10 per household per year. Benefits include monthly email newsletter, admission to workshops and demos.

Belmont Home Made and Home Grown

Food swaps - Now on the 2nd Saturday of each month

This is a great opportunity to come together as a community and show that we can make a visible (if small) difference to our local food security, while having some fun!

* Exchange excess produce for other items that you need.

* If nothing to swap, produce available after 10am for a simple donation. Far cheaper than buying from the big retailers and you are supporting our very own community.

* Although not 'certified organic', most produce is grown chemically free, with care, and with much less water and energy than anything commercially grown.

* Food miles reduced to food metres.

It's on again at Wine Justice, hosted by Mark and Meredith, who are already on the committee for the Drysdale Harvest Basket foodswap.

9am - 10am swapping only

10am - 11am sale by donation

Bring as little, or as much as you like. Anything home grown or home made is welcome. Just an example of what was available at the last foodswap: Honey, Fresh Herbs, Gooseberries, Silverbeet, Rhubarb, Capsicums, Cucumbers, Zucchini, Pepino Cuttings, Aloe Vera, Lemons, Pears & Fruits, Pickles, Jams and other Preserves, Dried Chamomile, Seedlings (Herbs and Vegetables, Seeds, ...And much more.

Please consider becoming a paid up member of Transition South Barwon (just \$10 a year, membership forms will be available on the day). But it's not yet a 'requirement' in order to participate.

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Corio Food Swap

Corio Food Swap runs from Cloverdale Community Centre. It was started by two community members who came to a Clovablitz and loved the community and social event. They wanted to create another event around growing your own food and it was suggested that a Food Swap may achieve these aims. The first swap brought 25 people, and featured eggs, plants, rhubarb crowns, and indigenous plants.

The Corio Food Swap runs on the 3rd Saturday of the Month

9 a.m. – 11 a.m.

Cloverdale Community Centre

167-169 Purnell Rd

The first hour is for swapping only, and then from 10 a.m. till 11 a.m. produce can be 'bought' with a donation to the Food Swap.

This event is free and run as a neighbourhood house activity.

Postcards are used to promote the event and are distributed within walking distance of the centre.

Corio Food Swap also offers to harvest produce for those unable to harvest and collect for those unable to.

What is a Food Swap?

A food swap is where the local community come together once a month to swap excess home grown or homemade product. Many people have an excess of one particular fruit or vegetable at any one time, such as lemons, zucchini or even one too many jars of jams or pickles.

Previously we would of given them to family or friends, but with communities becoming more fractured and disconnected those people to pass on the excess product, Food Swaps provide a means to create a sense of community and swap excess product.

Products Accepted

Anything home grown or homemade, this can include vegetables and fruit, homemade jams and chutneys, pickles, cakes or biscuits. It can also include plants, seeds, seedlings and cuttings. Eggs can be included as well as worms and worm juice. It's flexible anything homemade and home grown. People have brought ornamental and indigenous plants along to the swap.

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Suggested times

Most swaps run for 2 hours, 9-11a.m. The first hour is for swapping and the second hour is normally for those that don't grow stuff at home to 'donate' money for produce. The money is then used to support the swap, for instance buying baskets to hold the food, or tea, coffee and milk, so that people can access free tea and coffee during the swap.

The equipment

Tables, chairs and tea making facilities. It can be held outside on warmer days. Toilet facilities are useful.

Staffing requirements

Food Swaps require one or two people to facilitate the event. The event is community run and self organised.

Distribution & design of flyers

The event should be promoted and supported through an auspicing organisation, such as a neighbourhood house. Media releases to local newspapers before the event can help to bring in numbers. A notice in the Community News section of the local papers would also help attract numbers.

Other requirements

Food Swaps are organic community run enterprises that require very little facilitation, and grow and develop organically.

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