

Womens Health GNH Small Grants Report 2014

Pangerang Community House

Project: "Community Food Swap"

Overview

Pangerang Community House started a Community Food share and community herb garden in 2013 with the aim to help share surplus garden produce, as well as provide fresh produce to those that may not have access to some. Since this time we have become involved in the Community "Food for All" network in Wangaratta and seen some changes to what clients and members of the community are looking for.

We have found more people are interested in "swapping" or bartering their excess produce so we want to organise a "swap" register and coordinate the dispensing of the excess produce.

As well we will continue to collect surplus that we have been distributing to local mums from our childcare to give them fresh fruit and vegetables to take home that are in season.

This project will enable us to not only coordinate a swap but link in with local organisations that are doing similar things so that we can all work together. This will be done through the Community "Food for All" Network. But more importantly we can get women who have an interest in sustainability, gardening and sharing to come on board to manage the project.

We will then organise a "launch" promotional day to let the community know about the "Community Food Swap" as well as having representatives from other community, health and sustainability organisation to promote healthy eating & lifestyle. The Pangerang Community, Ovens & King Community Health, "Food for all" Network, Volunteer coordinators.

Project Outcomes

The project was officially endorsed by the “Food for all” Network and a new logo created for the swap. This was then used for the stickers, bags, advertising and flyers.



Through Advertising and the support of local media we had an article in the chronicle promoting the launch of the logo as well as a live interview on ABC Goulbourn North East. All of which have increased the profile of the swap and in doing so increased the number of participants in the following weeks.

The launch was done in conjunction with our Biggest “Healthy” Morning Tea and we had representatives from Ovens & King as well as North East Health giving out flyers and information. We also had the opportunity to discuss with those attending what else could be done to assist with healthy eating and access to fresh produce.

We have 2 volunteers who have come on board in assisting in the food swap, we have developed a facebook page that is attached to the Pangerang page and we are looking at expanding the swap out to Open Door Neighbourhood House.

Through the project and discussions with the community we have also found a need for families to purchase fresh fruit & vegetables at a competitive price using seasonal local produce. We are now in discussions with a local wholesaler to see what can be achieved here.



food for all

Community Fruit & Vege Swap

When: Wednesday's (during term)

**Where: Pangerang Community House
38 Ovens Street, Wangaratta**

Time: 9.00am -12.00 noon

What happens:

**Don't let your surplus go to waste
– find a home for it and take home
something different.**

It's about sharing, sustainability and socialising



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