

# ALPINE COMMUNITIES FOOD ACCESS GUIDE

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COMMUNITY RESOURCE  
MARCH 2020



# FOOD SECURITY DURING THE CORONAVIRUS (COVID 19) PANDEMIC

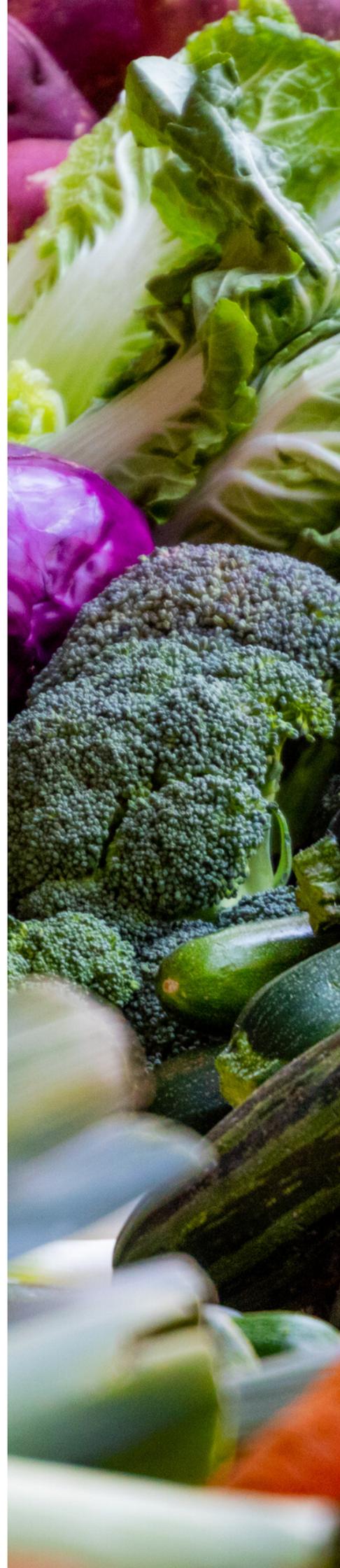
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Many people in Australia are currently concerned about food access and availability, with some widespread panic buying of essential items occurring, leaving supermarket shelves low on essential stock. This unprecedented event is understandably a stressful and anxiety raising time.

Alpine Health has compiled this resource to support all community members to access local food. Included are contact details of emergency food relief services in each Alpine township, as well as links to local food producers, food outlets, community gardens & food swaps.

Also included are links to helpful information on storing food, growing food, using left overs, substituting ingredients in recipes and more.

Please be aware that in this rapidly changing environment business offerings & the details in this resource are subject to change. It is advisable to check with providers directly to stay up to date with services they are offering.



# EMERGENCY FOOD RELIEF

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## **MYRTLEFORD**

St Vincent De Paul

Call to make arrangements to receive non-perishable food items, available to all community members Phone: 0400 058304

Combined Churches Welfare Project

Visit the Uniting Church Hall (entrance is off Albert St) on Tuesdays between 3-4pm

\* please adhere to social distancing guidelines

## **BRIGHT**

Anglicare Victoria

Call Jenny Svarc, Alpine Health to arrange a phone interview with Anglicare. Phone: 03 5755 0123

## **MOUNT BEAUTY**

Emergency Relief/Anglicare Victoria

Call the volunteer number Phone: 0458 550450

9am - 5pm Monday to Friday

Foodworks vouchers, Neighbourhood Centre frozen meals & fuel vouchers

Collection to be arranged dependant on circumstances

Food is Free table help yourself to excess produce

167 Kiewa Valley Highway, Tawonga South

## **ALL VICTORIANS**

Victorians in mandatory 14 day self-isolation with no access to food and essential supplies & no network of family and friends to support them will receive emergency relief packages.

Eligible households will receive a two-week supply of essential goods including food, personal care, and other essential items as required.

All enquiries and requests for essential relief packages should be directed to the COVID-19 hotline Phone: 1800 675 398

For further information & updates please visit the Department of Health & Human Services [Coronavirus page](#)



# FOOD OUTLETS

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You can food shop with supermarkets & other small businesses, including;

- Green grocers & fruit and vegetable shops
- Smaller grocery shops & general stores
- Organics & whole foods shops
- Butchers
- Bakeries
- Farm gate sales
- Farmers markets (when safe to attend), and
- Online deliveries of produce boxes

There are online sources to help you stay up to date with the services being offered by local producers & stockists of nuts & seeds, meats & fish, eggs & dairy, fruits & vegetables, oils, honey, herbs, spices & teas.

You can visit the **[North East Local Produce Guide](#)**

And the following Facebook pages who post information from local cafes & restaurants, butchers, bakers and more who have revised their business models to cater for physical distancing with takeaway & delivery options.

## **MYRTLEFORD**

About Myrtleford [current business offerings](#)

- local businesses wishing to be added here please email: [admin@aboutmyrtleford.com.au](mailto:admin@aboutmyrtleford.com.au)

## **BRIGHT**

[Local Traders of Bright and Surrounds](#)

- local businesses wishing to be added here please add the following # to your Facebook posts: [#localtradersofbrightandsurrounds](#)

## **MOUNT BEAUTY**

[Kiewa Valley Helping Hands](#)

- local businesses wishing to promote here please join the Facebook group



# COMMUNITY GARDENS & FOOD SWAPS

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Community gardens and food swap groups are a fun & supportive way to get involved in growing food, especially if you are unsure about where to start.

To get involved with these groups, please visit their Facebook pages below. At this time, swap gatherings & working bees are highly restricted (no more than 2 people gathered at one time), however, it is a good time to connect with your local community food project, allow yourself to be inspired & increase your skills & knowledge from some of the great articles and information shared online.

## **MYRTLEFORD & surrounds**

Myrtleford Community Garden

[Facebook](#)

## **BRIGHT & surrounds**

Bright Community Gardens

[Facebook](#)

Backyard Produce Swap (Wandiligong & surrounds)

[Facebook](#)

## **MOUNT BEAUTY & surrounds**

Mount Beauty Neighbourhood Centre - Food Swap

[Facebook](#)

Phone: 5754 1166



# GROWING YOUR OWN

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Even if you don't have big garden space you can still grow herbs, tomatoes, beans, salad greens and other leafy greens such as spinach in pots.

It's not too late to plant some seeds or seedlings to have some fresh produce to enjoy during the coming winter months.

Following are some useful websites to help get you started with some backyard growing.

Learn more about growing your own food from the links below:

[Growing veggies & herbs without a garden](#)

[Growing vegetables all year in Australia](#)

[Growing from seed](#)

[How to make a wicking bed](#)

And be sure to get in touch with your local community garden or food swap group (contact details on previous page), to feel connected with other local growers who can support you on your journey!



# STORING, PRESERVING, PREPARING, COOKING

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Visit Sustainability Victorias website for some great information on planning, shopping, cooking & recipes, food safety, using up leftovers & storage: [Love Food Hate Waste](#)

For some more great healthy recipes please visit: [Live Lighter](#)

What if I can't find the foods I usually cook with right now?

You may have trouble finding the foods you usually buy, but there are plenty of alternatives available. Get a little creative and swap your standard ingredients with some delicious alternatives. Below are a few handy tips on foods you can use in place of other ingredients that might be unavailable.

## Substitution

White flour: swap with almond flour, coconut flour, spelt flour, rye flour, or quinoa flour.

Eggs: swap with mashed banana, egg replacer (commercial), yoghurt, buttermilk, or 1 tablespoon of chia with 3 tablespoons of water (leave for 5 minutes until it thickens).

Pasta (wheat based): swap with rice pasta or noodles, quinoa pasta or try vegetable noodles, such as zucchini noodles.

Baked beans: you can make your own with almost any kind of beans including; cannellini beans, kidney beans, butter beans or black beans to name just a few.

Canned vegetables: there is no shortage of fresh food available, so ditch the cans and enjoy a variety of fresh produce.

Fresh garlic: swap with minced garlic, garlic powder, garlic flakes or granulated garlic.



# GENERAL RESOURCES

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## **Food Handling and Safety**

Although the spread of Coronavirus through food is very unlikely, you should always practice good hygiene when handling and preparing food.

Food Safety Standards Australia and New Zealand (FSANZ) has provided the following advice when handling and preparing food:

- \* Wash your hands between handling raw and cooked foods
- \* Thoroughly cook all meat products
- \* Cover your mouth and nose when you cough or sneeze
- \* Avoid close contact with people showing symptoms of respiratory illness, such as coughing and sneezing
- \* Avoid preparing food for others if you have symptoms of respiratory illness.

[Department of Health Australia Coronavirus health updates](#)

[Victorian Department of Health & Human Services support](#)

[Alpine Health Coronavirus page](#)

[Beyond Blue Mental Health support](#)

Last update 30th March 2020 Katie Murray, Alpine Health Ph 0439380490

