

We all need to eat more fresh fruits and vegetables. Our region produces abundance throughout the year.

Buying local helps local farmers, as well as our health.



More about Community Food For All (CFFA)

CFFA is a local food network of people, agencies and groups who are interested in improving access to healthy and affordable food in Wangaratta and the surrounding rural communities.

Other brochures available in this series are:

- What exactly is community food for all?
- Where to find community food?

All brochures can be downloaded at:

www.gatewayhealth.org.au Updated Feb. 2017



To find out how to get involved, or find out more about this initiative, contact:

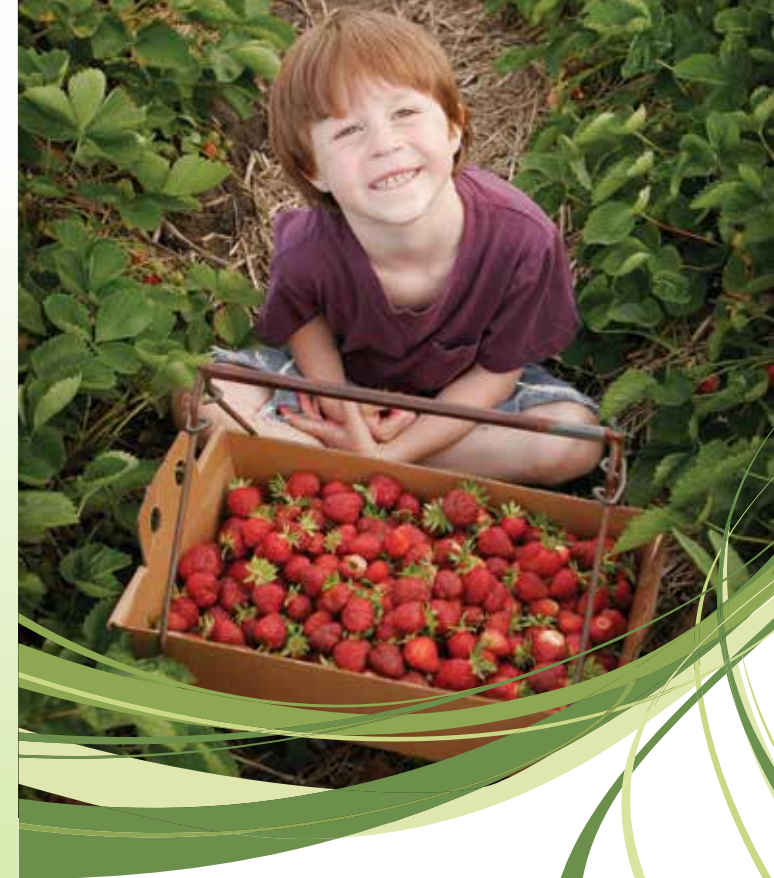


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proudly developed this brochure

WHERE to find fresh fruit and vegetables?



A local food network supporting activities that improve access to healthy, affordable food across the Rural City of Wangaratta.





Healthy Eating Guidelines

encourage us to eat at least
5 serves a day of vegetables

and 2 serves of fruit a day. Are you meeting the
guidelines? www.eatforhealth.gov.au

Where to find your fruit & vegetables	What's on offer?
<p>Wangaratta Farmers' Market Apex Park, Wangaratta. Second Saturday of the month, 8.00am - 12.00pm</p>	<p>Local and seasonal produce. Purchase direct from the farmer or producers from North East region.</p>
<p>Moyhu Farmers' Market Cnr Whitfield-Wangaratta & Meadow Creek Roads, Moyhu. Third Saturday of the month 8.00am - 12.00pm (Except for the Easter Saturday & Queens Birthday weekend)</p>	<p>Local and seasonal produce. Purchase direct from the farmer or producers from North East region.</p>
<p>Wangaratta Community Market 49 Newman St, Wangaratta. Every Sunday 7.00am - 2.00pm</p>	<p>Fruit and vegetables, plants, new and second hand goods.</p>
<p>La Bella Rocca Fruit & Veg Shop 18, 86 Ovens St, Co Store, Wangaratta. T: (03) 5722 9517 Mon - Fri 8.00am - 4.00pm, Sat. 8.30am - 4.00pm, Sun. 9.00am - 4.00pm</p>	<p>Fresh fruit and vegetables. Fruit and Veg Box options with FREE home delivery.</p>
<p>Wangaratta Wholefoods 13 Baker St, Wangaratta. T: (03) 5798 3446 Monday - Friday 9.00am - 6.00pm, Saturday 9.30am - 1.30pm</p>	<p>Natural, organic and whole food groceries. Weekly Fruit and Veg Boxes available to order. Health food store lines.</p>
<p>Olive Health Wangaratta 1/61 Ovens St, Wangaratta. T: (03) 5722 4945 Monday - Friday 9.00am - 5.30pm, Saturday 9.00am - 1.00pm</p>	<p>Organic and locally grown produce. Health food store lines.</p>
<p>Community Fruit & Vege Swap Pangerang Community House, 38 Ovens St, Wangaratta. Every Wednesday during school term 9.00am -12.00pm</p>	<p>FREE Shared excess produce.</p>
<p>Fresh Food Donations Open Door Neighbourhood House, 61 Burke St, Wangaratta. T: (03) 5721 9175 Drop in during opening hours from 9.00am - 4.30pm</p>	<p>FREE excess produce</p>
<p>Fruit and Vege Boxes at Pangerang Pangerang Community House, 38 Ovens St, Wangaratta. Wednesday collections during school term.</p>	<p>Seasonal, affordable fruit and vegetable boxes.</p>
<p>Local, Seasonal and Fresh Food Grown by local producers.</p>	<p>Check out the online Mountains to Murray Local Produce Guide. www.localproduceguide.com.au</p>