

ALBURY & WODONGA FOOD ACCESS GUIDE

***Updated**

COMMUNITY RESOURCE

February 2021



gatewayhealth



FOOD SECURITY

During Coronavirus (COVID-19) Pandemic

Many people in Australia are 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 may understandably be a stressful and worrying time.

The Albury Wodonga Local Food Network (AWLFN) and Gateway Health have compiled this resource to support community members in our region to access local food, maintain a healthy diet and stay safe.

The resource focuses on supplying information for the Albury and Wodonga region.

Visit AWLFN at www.awlfn.com.au to find out more about the Albury Wodonga Local Food Network and follow on Facebook [@alburywodongalocalfoodnetwork](https://www.facebook.com/alburywodongalocalfoodnetwork) to keep up to date with the latest information, resources and news on all things local food.

Please be aware that in this rapidly changing environment, business offerings and 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.

Acknowledgements

This guide was adapted from the Central West Gippsland Primary Care Partnership Fact sheet, developed in partnership with Food For All Latrobe Valley and Baw Baw Food Movement.

This guide was produced by the Albury Wodonga Local Food Network and Gateway Health with additional information and support provided by Alpine Health and Benalla Health.



EMERGENCY FOOD RELIEF

Various agencies across Albury-Wodonga remain open, and are supplying food parcels and/or prepared meals for community members in need. Please contact the agencies directly for current information on their details and hours of operation.

Glenecho Community Centre, Albury (Glenroy)

949 Burrows Road, Glenroy

Phone (02) 6025 9359 or visit Mon – Fri, 9am to 3pm

Live Better Albury

432 Townsend Street, Albury

Phone 1800 580 580 for clients needing help

Mirambeena Community Centre, Albury

19 Martha Mews, Lavington

Phone (02) 6043 5875

Fresh Food and parcels available Thursdays 10am to 2pm

The Centre also provides food skill courses

Orana Community Centre (Springdale Heights Community Centre)

40 Cardo Drive, Springdale Heights

Phone (02) 6025 3988 to arrange a food parcel

Restart Albury Wodonga

Email admin@restartalburywodonga.com.au for a family crisis pack

Open Thu 9.30am to 2pm

River Food Share, Albury

524 David Street, Albury

Phone 0492 288 628 to arrange a time to pick up a food parcel



EMERGENCY FOOD RELIEF CONTINUED

Salvation Army, Albury

Corner Union Road & Corella Street

Phone 1300 371 288 on Wed, Thurs or Fri morning to arrange an appointment via phone for vouchers

NSW residents only

St Matthew's Anglican Church

593 Olive Street, Albury

Phone (02) 6021 3022 or email office@stmatthewsalbury.com to leave a message to request a food parcel

Open Tue, Wed, Thu 9am to 12pm

St Vincent de Paul, North Albury

1091 Mate Street, Lavington

Phone 0460 740 990

Phone and leave a message for a food parcel request

Westside Community Centre, West Albury

16 Mulga Place, West Albury

Phone (02) 6041 2236

Call to arrange an appointment for a food parcel

Birallee Neighbourhood House, Wodonga

39 Emerald Avenue, West Wodonga

Phone (02) 6059 2590 to arrange a time to collect a frozen meal

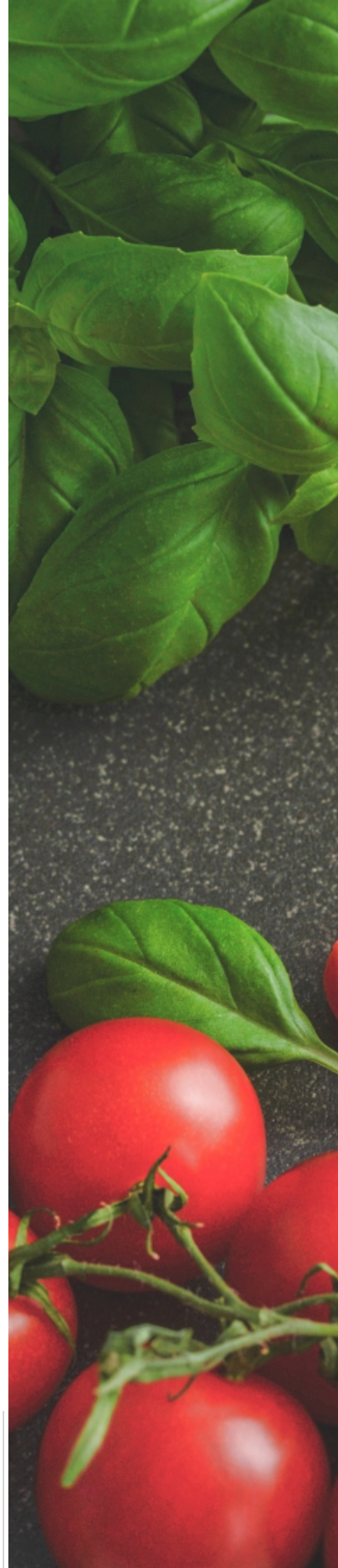
Open Tue to Thu 9.30am to 2pm

Salvation Army, Wodonga

210 Lawrence Street

Phone (02) 6024 2886

Phone Wed, Thu or Fri morning to arrange an appointment for that day



EMERGENCY FOOD RELIEF CONTINUED

Uniting Wodonga

Corner Beechworth Road and Nilmar Ave

Phone (02) 6048 6900

Interviews are done via social distancing measures in place for emergency food parcels

An emergency food cupboard is also placed outside

Open Mon to Fri 9.30am – 12.30pm

Albury Wodonga Regional FoodShare

Unit 1/10 Stead Street, West Wodonga

Phone (02) 6055 6979 or 0418 962 137

Free food and household needs supplied to all registered agencies and schools

Open Mon to Fri 8.30am to 12.30pm

Albury Wodonga Carevan

Phone 0429 406 499 or reach out via Facebook [@CarevanFoundation](https://www.facebook.com/CarevanFoundation) for a cooked meal.

Reference: Information provided by Albury Wodonga Emergency Food Relief Providers Network, coordinated by Uniting Wodonga

ALL VICTORIANS

Emergency relief packages are available to Victorians in mandatory 14 day self isolation or in need of extra support. Each eligible household will receive two weeks' supply of essential goods.

Visit www.dhhs.vic.gov.au/coronavirus or call 1800 675 398 for all enquiries, emergency food and essential relief packages.



FOOD OUTLETS

Open for business

There are still a range of places you can purchase food from, during COVID-19 restrictions. These businesses include:

- Supermarkets
- Fresh food retailers
- Convenience /corner stores
- Organics and whole foods shops
- Butchers
- Bakeries
- Farmers Markets /Farm gate stalls /online ordering
- Online produce and meal stores

Businesses continue to adapt to meet the current regulations and restrictions and this means evolving the way that they do business to continue to reach the community.

Many food businesses are offering delivery and takeaway services. Contact these businesses directly to find out their current services and options, and if they are offering delivery services to your address.

Here are some current sites and apps /platforms that provide the latest information on food outlets open across the Border:

- **Albury Wodonga & Surrounds** Facebook page, Instagram profile and website
A locally owned social media powerhouse that connects local businesses and community; developed to build connections as a response to the impacts of COVID-19
- **City Heart Wodonga** hosts the latest information for the region about businesses, including fresh food businesses and retailers.
- **Skip App /online platform** has a variety of Albury-Wodonga cafes and eateries listed, with their minute to minute menu available, allowing you to pre-order and pay for food and coffee for pick up.
- **MenuLog App /online platform** allows you to order meals from your favourite local restaurants.



LOCAL FRESH FOOD

Albury Wodonga Farmers Market (AWFM)

The Market continues to operate each Saturday 8am –12pm at Gateway Island, on the Lincoln Causeway, Wodonga.

Visit the AWFM Facebook page [@AlburyWodongaFarmersMarket](https://www.facebook.com/AlburyWodongaFarmersMarket) or online at www.alburywodongafarmersmarket.com to find out which stallholders will be attending the Market each Saturday. The Market will operate in line with the current Stage restrictions in place for North East Victoria at the current time.

Ripe Near Me Website

The website www.ripenear.me is all about community food in its best form. Grow, share and/or sell your own home grown food from your own backyard. Head to the website to add those extra lemons, carrots and zucchinis growing in abundance.

Albury–Wodonga is located in a rich food bowl. Food produced locally in the region is readily available, fresh and seasonal. There are several local, fresh food retailers that stock local produce daily and offer online orders for pick up and delivery to a variety of locations.

We Eat Local App /Online Platform

This app / online platform provides information on where local food can be purchased, enjoyed as meals, or from fresh food retailers, farmers market stallholders, eateries and producers themselves.

Visit weeatlocal.com.au to learn more and download the mobile app.



GROWING YOUR OWN

Even if you don't have a 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.

Here are some helpful websites to help get you started with some backyard growing.

Growing veggies & herbs without a garden

Growing vegetables all year in Australia

Growing from seed

How to make a wicking bed

The North East Planting Guide

This simple resource is an easy guide to when to plant, and what fruit, vegetables, and other plants to grow in our region.

For your free copy to download, visit:

<https://www.necma.vic.gov.au/Solutions/Sustainable-Agriculture/Planting-Guide>

Local Groups and Community Gardens

Follow the links below, for a list of local community gardens or gardening groups online and get connected with other local growers who can support you on your journey!

Albury Wodonga Local Food Network

www.awlfn.com.au/index.php/community-gardens

Grow Free Albury-Wodonga

www.facebook.com/groups/167517033953115

If you are interested in developing a community garden for your neighbourhood, contact AWLFN at info@awlfn.com.au



STORING, PREPARING AND COOKING FOOD

Love Food Hate Waste, NSW Government

This is a handy online resource that helps your household reduce your food waste and save money, create better use of your fridge and reduce any headaches over grocery shopping and meal planning.

Visit lovefoodhatewaste.nsw.gov.au to find out more.

It is really important to eat a healthy diet.

Below are some links to reputable, fun, delicious (and simple) recipes for all ages. Tips are included as well to keep you on track.

www.eatforhealth.gov

www.livelifter.com.au

www.healthyfoodguide.com.au

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.

Substituting ingredients

- **Flour (wheat based):** 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



FOOD SUBSTITUTES

Below are some quick, simple food swap suggestions to help make your weekly meal planning and shopping easy and healthy.

These vegetables can be swapped for each other

- Broccoli, cauliflower, cabbage, green beans, brussel sprouts
- Potato, sweet potato, pumpkin, carrots
- Snow peas, sugar snap peas, green beans, asparagus, runner beans
- Red onion, white onion, brown onion, shallots/spring onions
- Zucchini, squash, eggplant
- Cabbage, spinach, pak choy
- Parsley, coriander, basil, thyme, rosemary

These fruits can be swapped for each other

- Green apples, red apples, pears
- Grapes, strawberries, cherries, berries
- Lemon, lime, orange, grapefruit, mandarin
- Watermelon, honeydew melon, rockmelon, kiwifruit
- Sultanas, dried apricots, dried apples, mixed dried fruit

These meats can be swapped for each other

Stews and casseroles: Chicken drumsticks, chicken thigh, chicken marylands, chuck steak, oyster blade, gravy beef, lamb necks, lamb forequarter chops, lamb shoulder, lamb chump, mutton chops, pork forequarter chops, kangaroo tail

Grilled: Chicken breast, chicken thigh (bone removed), lamb forequarter, minute steak, rump steak, boneless fish fillets, kangaroo fillets

Bake/Roast: Blade roast, Beef silverside, whole chicken, chicken marylands, chicken thigh, pork shoulder, lamb shoulder, mutton leg roast, whole fish, boneless fish fillet

Healthy Eating Advisory Service (HEAS)

(Victorian branch of Nutrition Australia)

HEAS is a wealth of information on the topic of healthy eating across a variety of community settings. Click this link for some further food swap ideas:

www.heas.health.vic.gov.au/early-childhood-services/healthier-ingredients/healthy-food-swaps



FOOD SAFETY

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

For the latest information about Coronavirus from the Victorian Department of Health and Human Services, call the Coronavirus Hotline 1800675 398 or visit the website:
www.dhhs.vic.gov.au/coronavirus.

For mental health and wellbeing support call the Beyond Blue Coronavirus Mental Wellbeing Support Service on 1800512 348 or visit the website: www.coronavirus.beyondblue.org.au.



KEY MESSAGES

Supporting and staying connected to our local food economy is important more than ever.

Supporting a local eatery, is also supporting their local supplier, whether it is the meat from the local butcher, who sources meat from local farms, or other fresh produce grown in our region.

Keep connected with the Albury Wodonga Local Food Network for all things local food!



FROM LITTLE
THINGS, BIG
THINGS GROW

SUPPORT OUR LOCAL
FOOD SCENE

Buy your food from
a local producer

Shop at your local fresh food
grocer

Buy seasonally. eat fresh

Choose local eateries that use
local food in their menu

Grow your own food

Reduce food waste



STAY CONNECTED AND GET INVOLVED

WLFN.COM.AU

local_food_network_wodonga @wedongalife
#wedongalocalfood

