

WANGARATTA & SURROUNDING AREAS COMMUNITY FOOD ACCESS GUIDE

COMMUNITY RESOURCE
FEBRUARY 2021
(UPDATED)



FOOD SECURITY DURING THE 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.

Gateway Health has compiled this resource to support community members to access local food, maintain a healthy diet and stay safe.

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.

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 – available from www.centralwestgippslandpcp.com/covid-19-coronavirus-resources

Produced by Gateway Health with additional information and support provided by Alpine Health and Benalla Health.

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EMERGENCY FOOD RELIEF

Loaves & Fishes (based at Anglicare Wangaratta) Phone (03) 5723 7900 between 10am – 12noon (Monday to Friday) to book a phone appointment. A worker will phone you at the appointment time for an assessment. You will be allocated a time to collect food that day from the rear car park of Anglicare (39 Ovens Street, Wangaratta).

Open Door Neighbourhood House (Yarrunga): Phone (03) 57219175 between 10am– 2pm (Monday to Friday) to organise a time to collect food, from the rear of the house (61 Bourke Street, Wangaratta). Please call first.

Vinnies Wangaratta: Call (03) 5722 4959 between 1pm– 3pm to book a phone appointment. A worker will phone you at the appointment time for an assessment. You will be allocated a time to collect supermarket vouchers from the rear of Vinnies (36–38 Rowan Street, Wangaratta).

King Valley Learning Exchange (Moyhu): Call 57279548 or 0428 279 349 between 9.30am – 3.30pm Monday, Wednesday or Friday to organise a time to collect food from the learning centre at 2533 Wangaratta–Whitfield Road, Moyhu.

ALL VICTORIANS: Emergency relief packages are available to Victorians who are in mandatory 14 day self isolation, who have little to no food and no network of family or friends to support them. Each eligible household will receive 2 weeks' supply of essential goods. This program is coordinated by DHHS and Red Cross. Call 1800675398 for all enquiries and essential relief packages.

Visit www.premier.vic.gov.au/emergency-relief-packages-for-victorians-who-need-it-most



FOOD OUTLETS

You can buy food at supermarkets and many other local food outlets (both in store and online), including:

- Fruit and vegetable shops
- Smaller grocery shops
- Convenience/general stores
- Organics & whole foods shops
- Butchers
- Bakeries
- Farm gate stalls
- Online produce stores

Many food businesses and supermarkets are currently offering delivery services – please contact local businesses directly to find out if they are offering delivery services to your area.

You can find and order produce from local food producers (including those that are usually at the Wangaratta Farmers Market) by using the Open Food Network website at <https://openfoodnetwork.org.au> or through the link on the Wangaratta Farmers Market website:–
<https://wangarattafarmersmarket.com.au/>



MEAL DELIVERY

Meals on Wheels

The Meals on Wheels service is available for older local residents and is coordinated locally by Northeast Health Wangaratta.

To find out if you are eligible to receive Meals on Wheels you must have an assessment done through My Aged Care.

Please go to the website: www.myagedcare.gov.au or phone 1800200 422 (free call).

The federal government has provided additional funding for Meals on Wheels and similar services to support older people requiring prepared meals during this difficult time.

Meal Delivery Services

Many local cafes and restaurants are offering meal delivery services. Please call or find Facebook pages for local cafes & restaurants who have revised their business models to cater for takeaway & delivery options.

The Whats On Wangaratta face book page has further information about local cafes and restaurants

<https://www.facebook.com/whatsonwangaratta>

Some online businesses offer meal delivery services or meal preparation kits (including ingredients) that are delivered to your door – search online for these.



COMMUNITY GARDENS & FOOD SHARE GROUPS

Community gardens and food share groups are a fun & supportive way to get involved in growing food and sharing produce.

At this time, food share gatherings and working bees are highly restricted (no more than 2 people gathered at one time). However, it can still be 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.

Listed below are some existing initiatives in our area. Click on the links to see what is currently happening and how to get involved.

Wangaratta Community Garden

<https://www.facebook.com/wangarattacommunitygarden>

Community Garden at the King Valley Learning Exchange (Moyhu Campus)

http://www.kingvalleylearningexchange.org.au/community_garden

Wangaratta Food Share

<https://www.facebook.com/groups/507471882962185>

Eldorado Food Share

<https://www.facebook.com/groups/547107958819393>



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.

Start planning and preparing now – to enjoy a food harvest during the coming months.

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

<https://www.abc.net.au/life/growing-vegetables-herbs-without-a-garden/9745752>

<https://www.abc.net.au/life/how-to-eat-from-your-garden-vegetable-patch-all-year/11096242>

Search for a local community garden or gardening group online and get connected with other local growers who can support you on your journey!



STORING & PREPARING HEALTHY FOOD

Visit Sustainability Victoria's website, Love Food Hate Waste, for information on planning, shopping, cooking & recipes, food safety, using up leftovers & storage.

<https://www.sustainability.vic.gov.au/campaigns/love-food-hate-waste>

It is really important to eat a healthy diet for both physical and mental health, particularly when we are feeling stressed or anxious. For lots of great healthy recipes and tips on healthy eating go to these websites:

- www.eatforhealth.gov.au
- <https://livelighter.com.au>
- <https://nutritionaustralia.org/>

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

These vegetables can be swapped for each other:

- Broccoli, cauliflower, cabbage, green beans, brusselsprouts
- 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 fillets



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 up to date information about Coronavirus from the Victorian Department of Health and Human Services, call the Coronavirus Hotline 1800675 398 or visit the website:

<https://www.dhhs.vic.gov.au/coronavirus>

For mental health and wellbeing support call the Beyond Blue Coronavirus Mental Wellbeing Support Service on 1800512348 or visit the website:

<https://coronavirus.beyondblue.org.au>

