

# THE TRIANGLE FOOD OP SHOP

## WHAT IS IT?

The Triangle Food Op Shop is a not for profit organisation auspiced by Alexandra District Health.

We operate just like an Op Shop but with fresh food.

We welcome donations of excess homegrown vegetables, fruit, eggs, plants and seedlings. We also take donations of preserves and currently on Wednesdays we very kindly receive day old loaves of bread from the Marysville Bakery.

All of the produce is available to everyone at below market prices making it very affordable.

## WHERE IS IT?

At the Taggerty General Store in the front room off the verandah. It can be accessed from the street up the path from the A frame sign or from the general store.

## WHEN IS IT OPEN?

The Triangle Food Op Shop is completely volunteer run and currently our operating hours are Monday to Friday 10am to 4.30pm.

## HOW CAN YOU BECOME INVOLVED?

We always welcome volunteers to help work in the shop one day a month. There are two shifts a day available: 10am to 2pm and 2pm to 4.30pm Monday to Friday. No skills required and training is provided.

We are in the process of setting up a communal vegetable garden so you may like to join the gardening team.

You can also help by donating any of your excess homegrown produce that you have in abundance. We have a drop off point in Alexandra at Alexandra District Health and produce can be dropped off any time at the Taggerty General Store.

If you have trouble picking your own produce or being able to get to us please call and we can arrange to pick up from you.

Or you can simply help support us by purchasing produce from the shop.

## FIND US ON FACEBOOK

The Triangle Food Op Shop has a Facebook site. Provided the volunteer is able to, a post will be put up listing the produce available that day. There are also recipe links showing different and interesting ways to use fruit and vegetables when they're in season and also some gardening information and ideas.

For any enquiries please contact Anna Birtchnell on 0423018051.