

A conceptual image featuring a white outline of a lightbulb. Inside the bulb, a small green seedling with two leaves is growing out of a mound of dark brown soil. The background is a soft-focus green, suggesting a garden or field. Several white lines radiate from the top and sides of the bulb, symbolizing an idea or inspiration. The text 'Food for Thought' is written in a white, sans-serif font across the middle of the bulb.

# Food for Thought

How to find Local,  
Affordable and Healthy Food  
in Mitchell and Murrindindi



“Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”.<sup>1</sup>

The 2017 Victorian Population Health Survey results reported that there were many households across Mitchell (9.7%) and Murrindindi (4.0%) that ran out of food and could not afford to buy more.<sup>2</sup> In 2020, more people were food insecure for the first time.<sup>3</sup>



# Created for the Community

This booklet will help local communities to find local, affordable, and healthy food, as well as learn healthy tips along the way.

It was created by Health Promotion Staff at Seymour Health and Nexus Primary Health.



With the support of:



1. World Food Summit - Rome Declaration on World Food Security 1996
2. VHISS - Victorian Population Health Survey Report 2017
3. Foodbank - Food bank Hunger Report 2020

## Food Relief

Food relief helps our community members who need some support to access food. Below is a list of organisations to contact if you are needing food relief. Please contact your local provider to find out what types of food are available and if delivery is an option.

For community members who would like to support these organisations, they can do this by donating extra food.

## Mitchell Shire

| Food Relief Organisation                           | Facebook or Website   | Contact Details  |
|--|---|--|
| Broadford Living and Learning Centre               | <a href="#">Broadford Living and Learning Centre Facebook</a>                                       | 156-158 High St, Broadford<br>Ph: 5784 4006  |
| Freedom Care                                       | <a href="#">Freedom Care Website</a>  | 127C Northern Hwy, Kilmore<br>Ph: 0422 599 735                                       |
| Love in Action Broadford and Wallan                | <a href="#">Love in Action Broadford Facebook</a><br><a href="#">Love in Action Wallan Facebook</a> | 0473 845 808 - Broadford<br>0436 457 154 - Wallan                                    |
| Rotary Seymour                                     | <a href="#">Rotary Seymour Facebook</a>   | 44 Emily St, Seymour   |
| Salvocare / The Salvation Army Corporation Seymour | <a href="#">Salvocare Website</a>   | 8-10 Victoria St, Seymour  |
| St Vincent De Paul Conference Kilmore and Seymour  |   | 0428 546 328 - Kilmore<br>5792 4167 - Seymour  |
| Wallan Gateway                                     | <a href="#">Wallan Gateway Website</a>  | 7 Commercial Drive, Wallan<br>Ph: 5783 2777 - Gateway<br>Ph: 0491 075 404 - Foodbank |

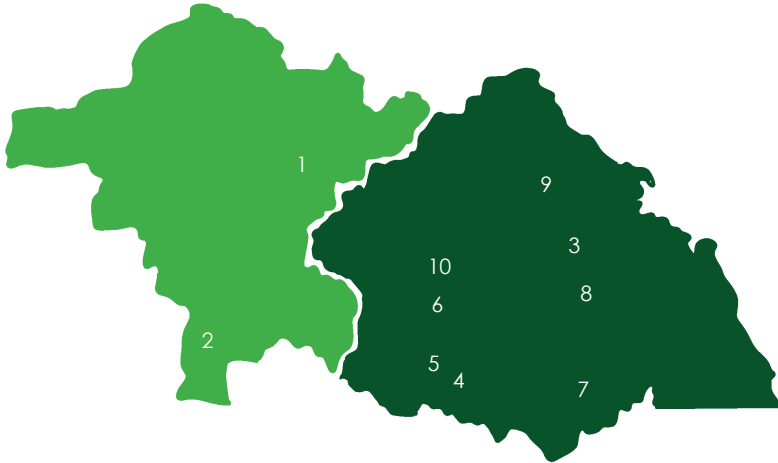


## Murrindindi Shire

| Food Relief Organisation         | Facebook or Website                                   | Contact Details   |
|----------------------------------|---|---|
| Alexandra Community Hub          | <a href="#">Alexandra Community Hub Facebook</a>      | 38A Downey St, Alexandra<br>Ph: 5772 1238                             |
| Community Hub at Taggerty (CH@T) | <a href="#">CH@T Website</a>                          | 19 Taggerty-Thornton Rd,<br>Taggerty<br>Email: taggertychat@gmail.com |
| Embassy of Ideas                 | <a href="#">Embassy of Ideas Website</a>              | 3 Bayley St, Alexandra<br>Ph: 0422 225 801                            |
| Flowerdale Community House       | <a href="#">Flowerdale Community House Facebook</a>   | 36 Silver Creek Rd,<br>Flowerdale<br>Ph: 57802664                     |
| Kinglake Food Share              | <a href="#">Kinglake Food Share Website</a>           | 6 McMahons Rd, Kinglake<br>Ph: 5786 1301                              |
| Kinglake West Food Share         |   | 1050 Whittlesea-Kinglake Rd,<br>Kinglake West<br>Ph: 5786 5661        |
| Marysville Church                | <a href="#">Murrindindi Council Dindilink Website</a> | Ph: 5772 0333<br>Council's Dindilink service                          |
| St Matthews Church Eildon        | <a href="#">Murrindindi Council Dindilink Website</a> | Ph: 5772 0333<br>Council's Dindilink service                          |
| Yea Community House              | <a href="#">Yea Community House Website</a>           | 15 The Semi Circle, Yea<br>Ph: 5797 3070                              |

# Markets

Farmers markets are another way to find local, fresh food. Below is a list of markets in the area. Please note operating times may change.



## MITCHELL SHIRE

- 1 Tallarook Accredited Farmers Market\*  
First Sunday of each month 8:30am - 12pm  
[Tallarook Farmers Market Website](#)
- 2 Wallan Olde Time Market  
Hadfield Park  
Second Saturday of each month 8am - 2pm

## MURRINDINDI SHIRE

- 3** Alexandra Market  
Railway Station  
Second Saturday of each month 9am - 1pm  
[Alexandra Market Website](#)
- 4** Bollygum Community Market  
Bollygum Park  
Second Sunday of September - May 10 am - 2pm
- 5** Kinglake Market  
94 Whittlesea-Kinglake Road  
Fourth Sunday of each month 10am - 2pm  
[Kinglake Market Website](#)
- 6** Flowerdale Community Market  
Flowerdale Community Hall  
Third Sunday of each month 9am - 1pm  
[Flowerdale Community Market Facebook](#)
- 7** Marysville Market  
Murchison Street  
Second Sunday of each month 9am - 1pm  
[Marysville Market Facebook](#)
- 8** Taggerty 4 Seasons Market  
Taggerty Village  
Saturday of Australia Day, Easter,  
Queen's Birthday and Melbourne Cup 9am - 1pm
- 9** Yarck Country Market  
Yarck Hall  
Third Saturday of each month 9am - 1:30pm
- 10** Yea Railway Market  
Yea Railway Reserve  
First Saturday of each month 9am - 1pm

See also here for contact details of Murrindindi Markets:  
[Murrindindi Market Contact Details](#)

\*An Accredited Farmers Market is for farmers who grow or raise produce in Victoria and for specialty makers who process goods with their main ingredients from Victoria. For more information on Accredited Farmers Markets - [Click Here](#)



Alexandra Community Hub Food Share

## Food Programs

Neighbourhood Houses offer different food programs, such as food swaps/tables, composting and preserving workshops, and community meals. Some are also lucky enough to have a community garden! Community gardens are places where people get together to grow and harvest fresh fruit, vegetables, and herbs. They are a great way to get involved in your local community and meet new people.

Click the links below to contact your local Neighbourhood House to see what is available:

### Mitchell Shire

- [Neighbourhood House Finder](#)
- [Mitchell Council Neighbourhood House List](#)

### Murrindindi Shire

- [Neighbourhood House Finder](#)



# How to Eat Seasonally

Seasonal produce is fruit and vegetables that are ready to eat at certain times of the year. For example, cherries are best eaten in summer. When fruit and vegetables are in season, they are cheaper and tastier.

Below are links to guides on what fruit and vegetables are in season (times may vary depending on the climate of your local community):

## [Sustainable Table Seasonal Produce Guide](#)

## [Seasonal Food Guide Australia](#)

# How to Find Local Produce

## **Open Food Network**

### [Open Food Network Website](#)

Open Food Network is an online platform for finding and buying local, seasonal food. The map shows food suppliers in the Mitchell and Murrindindi communities. Food can be purchased to pick up or for delivery directly from the supplier. They also have information and workshops to help community food projects.

## **We Eat Local**

### [We Eat Local Website](#)

We Eat Local is a free App for finding food businesses that provide locally grown and/or sourced food. Eat local, check in and rate these businesses to show your support.



# Reducing Food Waste

There are many ways to use up food instead of throwing it out - such as bulk cooking and freezing, composting, and donating to local food relief organisations or community groups. By not wasting food, you will also be helping the environment.

## **Bulk cooking**

Have some extra time on the weekend? Bulk cooking will use up any extra food and makes lunches and dinners easier over the week. You can also freeze meals if you have space and save them for later! Here are some healthy bulk recipe ideas:

[Healthy Freezable Recipes](#)

## **Composting**

Add any food scraps you really don't want into a compost bin or worm farm. If you don't have your own at home, talk to your local School or Neighbourhood House to see if they have a compost bin. There are some other creative ways you can use up food scraps here:

[Food Scrap Uses](#)

## **Donating**

If you find yourself with excess healthy food in your pantry or fridge, please consider donating it to your local food relief organisation or community group. There is a lot of pressure on our local food relief organisation and community groups to support people that need some extra help. Food relief can be a shared effort if everyone does their small part.



# Ingredient Substitutions

We all run out of ingredients sometimes and these can be swapped with other foods. Below are some simple ingredient swaps and a helpful article: [VicHealth Ingredient Swap Article](#)

**Food that you may not have**



**Simple swaps**



**Meats including mince meats**

Chickpeas, kidney beans, black beans, baked beans, and lentils



Canned and frozen fruit and vegetables or check out your local community garden for fresh fruit and vegetable

**Fresh vegetables and fruit**



**Fresh Milk**

Powdered milk or UHT/long life milk



Dried herbs or minced version or check out your local community garden to find some

**Fresh herbs**



**Breadcrumbs**

Crushed crackers or make your own from stale bread



Overripe fruits such as bananas

**Sugar or sweeteners**



**Pasta, rice, noodles and other grains**

These ingredients can all be swapped





## Lowering the Grocery Budget

There are many ways to lower the food budget. Here are some tips:

### **Cook at home**

Cooking at home instead of takeout or eating out is great for the wallet. Involve the family or friends for a fun, social activity. Here are some easy, healthy recipes: [Cook Well Eat Well Recipes](#)

### **Choose frozen produce**

Frozen fruit and vegetables are just as nutritious as fresh, and they are cheaper!

### **Buy in bulk**

BEAM Mitchell Environmental Group and the food eXchange have a bulk food scheme for community members in Mitchell and surrounds. When buying in bulk, make sure you store food correctly for a long shelf life - use airtight containers. For more information: [Bulk Food Scheme Details](#) or [Food Exchange Details](#)

### **Buy what you need**

Having a shopping list and sticking to it will make things easier. Shopping when hungry can also lead to buying food that was not on the list.

### **Compare similar products**

Look out for specials and try switching to generic brands.

### **Swap out meat**

Replace meat with other proteins such as canned fish, beans (baked beans, kidney and black beans), chickpeas, lentils, tofu and eggs.

### **Swap out sugar drinks for tap water**

Sounds simple, but this will do wonders for our health and food budget.



Bulk Food Scheme in Mitchell Shire

## We are here to support you

Seymour Health and Nexus Primary Health's Health Promotion staff can help community members, groups and organisations with healthy eating and food security projects. Please contact us by using the below details and asking for the Health Promotion Officer.



**Seymour Health**  
5793 6100



**Nexus Primary Health**  
1300 77 33 52