

HUNTER GATHERER



AUTUMN 2017

FARM GATE TO DINNER PLATE: FARMS TO FAMILIES

From farm gate to dinner plate you're helping put food on the table for families like Asha's.

As Asha makes her way through our Farms to Families market she can see a wonderful selection of fresh fruit, vegetables, she even notices the dairy products like milk.

Asha says "I come from Ethiopia and we cook vegetables a lot. We love vegetables with our injera. At the market, I like the silverbeet, potatoes, and tomatoes. I have four teenage kids. The food I get, they finish in two or three days! The market has changed things for me a lot. It's small, but I save money, because the food I have from here I don't need to buy, and I can use that money for other things. I appreciate it a lot.

I've told some people in my community about the market. When I have leftover food, I take it to them. You have to share food with people. Everyone helps each other. You have to work together, you can't do it by yourself.

Thank you very much to Foodbank for providing this food. It's a great thing."



My friend said to me, 'Where did you get that fresh mandarin – is it from your garden?' and I said, 'No, it's from Foodbank.'

Thanks to the generosity of many individuals and organisations, this fresh food is sourced directly from farmers and each week it is delivered directly to struggling families through our farmers' style markets. For families like Asha's, she can access the healthy food she needs to help keep her family healthy.

If you'd like to see a Farms to Families market in action, head to our website to watch the video. You can also read more stories like Asha's and how your help has supported people across Victoria in our new Annual Report. It is available to download from our website.

Our Farms to Families® program ensures that foods of high nutritional value are delivered to the most disadvantaged people more consistently. The program provides people with direct access to fresh produce through a farmers' market style environment within their community.

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ABOUT US

OUR PATRON

The Hon. Linda Dessau AM,
Governor of Victoria

OUR BOARD

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Stuart Costa, Director

David Harris, Director

Meg Montague, Director

June Wilson, Director

Ben Pratt, Director

Niamh O'Malley, Director

Tass Mousaferiadis, Director

Justin Madden, Director

OUR VISION

Healthy food for all Victorians

OUR PURPOSE

To source and distribute healthy food
to assist Victorians.

GET IN TOUCH

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EDITORIAL DETAILS

If you would like to subscribe to
our newsletter, have any story
ideas, or feedback, please email:
comms@foodbankvictoria.org.
au or call 03 9362 8388.

We would love to hear what
you think about your Hunter
Gatherer newsletter's new look.

A MESSAGE FROM OUR CEO - DAVE MCNAMARA

The world at the moment feels like a very uncertain place. A place where a reasoned voice is not heard, where individual and community diversity is no longer celebrated and where as individuals we may feel powerless to change this.

Fortunately for us, you are not one of those individuals. Here at Foodbank Victoria, you make a difference in people's lives. Just this past Christmas you made sure that 1,000 dairy farming families had a hamper in their hands for Christmas and through your generosity many other Victorian families received over 1 million meals over the Christmas period.

I had the great pleasure of meeting a number of our new supporters, this February at our hosted morning teas. It was great to be able to thank you personally. I would like to extend this invitation to all of our Foodbank Victoria friends. We would love to meet you in person and show you first-hand how your kindness is being put to work every day.

In the coming year we plan to keep you informed and up to date on all the amazing work you are doing in your communities. For instance, with you, we will be ensuring that 25,000 breakfasts are available to our children before school, no matter where they live in Victoria.



We will continue to provide as much fresh fruit, vegetables and dairy to whomever needs it and we will do all we can to make sure that fridges, freezers and pantries are full.

We will work tirelessly to remind all Victorians that good food is both a human right and a human need.

With your help, Foodbank Victoria will continue the work we started in 1930. We will provide that help, with dignity and respect, regardless of who you are or what your story may be. We will provide the opportunity for everyone to tell and celebrate their story. Because everyone deserves to be heard and everyone matters.

MEET OUR PEOPLE

The strength of any organisation is its people. They are the heart and soul of all great organisations; this is where we introduce our people to you.

Whether it's driving a forklift, ensuring the delivery of essential food to our community partners, or making decisions in the Boardroom, our people work tirelessly to provide the right support at the right time. Together we are all playing our part in fighting hunger in Victoria.

DOROTHY COOMBE, OUR CHAIR

Dorothy has been a Director of Foodbank Victoria since 2013 and stepped into the role of chair in 2015. As Chair of Foodbank Victoria Dorothy also sits on the board of Foodbank Australia.

"I came onto the Foodbank Victoria board as a representative of the Country Women's Association of Victoria. In that role I have interfaced with the most dynamic, passionate and enthusiastic people who work and volunteer for this organisation and who all have a focus to help those in need in the best way we can. How can you not get involved when you see first-hand the food coming in, being packed and going out direct to those

who need it. When you are in the field and talking with agencies who give out the food and look into the grateful eyes of those who receive food you cannot help but feel your work makes a difference."

Dorothy lives in Melbourne, and since retiring from a long career in sales and marketing, has focused on giving significant time to charity. Dorothy is a wife, mother and grandmother who delights in spoiling her grandchildren at every opportunity. She is passionate about all things sport especially her beloved "Bombers". When she is not spoiling her grandchildren she loves reading a good biography and has a keen interest in both horse breeding and racing.



FROM WARRNAMBOOL TO WONTHAGGI YOU DELIVERED 1000 SMILES

Thank you for answering our call to get 1,000 much needed hampers to our struggling dairy farmers at Christmas.

As your donations began to arrive, so too did the empty hamper boxes. Not long later, Ford Motor Company, volunteered to pack every one of the 1,000 hampers. The hampers were filled with a mix of everyday essentials that all families need to have in their pantry. The generosity of so many Victorians also meant each hamper included an extra special treat of Ferrero Rocher chocolates and sweet biscuits to enjoy!

To lift the spirits of the farmers your Christmas messages of hope and encouragement were also packed into each and every hamper.

The hampers went far and wide, from Warrnambool to Wonthaggi, Swan Hill to South Gippsland, from Koroi to Katunga. With the help from a number of community organisations, all 1,000 hampers were hand delivered to dairy farmers' doorsteps across the state.

But, just because Christmas is over doesn't mean our work is. If you would like to make a donation to help feed people across Victoria, including farming families, please call our Fundraising Team on 03 9362 8388 or complete the tear-off coupon and return it in the provided reply envelope.

"We went to Torrumbury and Gunbower Island where we discovered some wonderful dairy farmers. Word quickly spread that there were people driving around with goodies...The bush telegraph certainly works well up here! Some really great smiles and laughs, and as always a thank you to be passed onto the donors that made it happen."

JENNY, NORTHERN VICTORIA
FARMER RELIEF



DID YOU KNOW?

Foodbank Victoria has been feeding farming families in times of crisis since we were established in 1930.

Foodbank Victoria was there during the millennial drought helping farmers struggling to make ends meet.

Leanne Welsh was one of these farmers. She knows what it's like to be on the receiving end of emergency assistance. She and her husband run a cattle farm at Calivil in the Loddon Mallee region, one of the worst affected drought areas in Victoria at the time. Her situation had become desperate. There was no money in the bank, no cattle to sell and the bills were piling up.

An unexpected visit to Leanne's property by a local emergency relief agency proved a turning point. Not only did her family receive much needed assistance, Leanne decided to give back to her community, the support and compassion she received.

"I'm very aware of how the drought has impacted on the lives of our local people. I'm not embarrassed about anything that has happened or the long term benefits of the things we have been able to achieve... None of these activities could have been undertaken without the assistance of an organisation like Foodbank. Their ability to distribute aid throughout Victoria, even to small communities like our own, is testament to their commitment to provide support where it is needed most."



LEANNE WELSH, FARMER,
CALIVIL, VICTORIA

STILL HUNGRY FOR MORE?

JOIN TEAM FOODBANK

Although it's a few months off, we've dusted off our runners and started training for Run Melbourne 2017. Whether you're a seasoned runner or casual walker, it is a great opportunity to keep yourself fit, healthy and at the same time you will be helping to feed hungry Victorians.

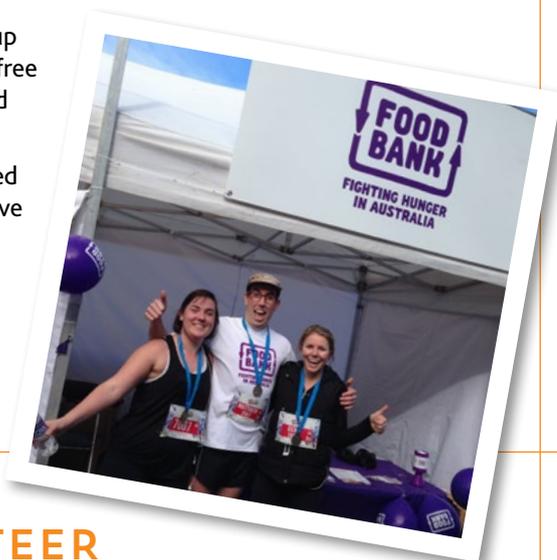
We would love it if you, your colleagues, friends and family joined Team Foodbank to Run Melbourne on Sunday, 30 July 2017. You can choose to walk or run 5km, challenge yourself with 10kms or push yourself to the limit with a half-marathon.

This year we are aiming to raise \$25,000 – all funds raised will go towards the 1 in 10 Victorians who don't know where their next meal is coming from. \$25,000 is enough to feed 1,000 Victorian families for a week.

Join us on the day at our marquee where we will have prizes, ample water and refreshments to give away. As an added incentive, once you fundraise \$500 or more we will reimburse the cost of your registration. Sign up today to get your free running singlet and show bag!

If you are interested in signing up or have any questions just call our team on 03 9362 8388.

Happy Running!
(or walking)



VOLUNTEER AT A SCHOOL BREAKFAST CLUB NEAR YOU

As the school year gets into full swing, we are calling on your support to help feed hungry children at disadvantaged primary schools across the state. By volunteering your time at a breakfast club in your area you can help give children the best start to their school day.

This year, the government-funded School Breakfast Clubs program will provide an estimated 1.8 million breakfasts to hungry children throughout Victoria. If you would like to volunteer at one of our School Breakfast Clubs, please contact the team on 03 9362 8300.



HOLD A FOOD DRIVE

Food Drives are another great way for you, your school, workplace, community group or friends to help support Foodbank. By donating non-perishable pantry items, we can pack them into hampers to help fill the cupboards of struggling families across Victoria.

All you need to do is get a group together (or by yourself) and start collecting the items that we are in most need of, including:

- Pasta
- Rice
- Canned fish
- Canned vegetables
- Canned fruit
- Cereal
- Canned soup
- Baked beans
- Canned spaghetti

If you get in touch with our team on 03 9362 8300 we can

also provide you with posters, collection containers and other promotional material. And, depending on where you are and how much you've collected we might be able to come and collect it from you too.



SPREAD THE WORD

Are you part of a community group that is looking for a speaker at an upcoming meeting?

Get in touch and we can arrange to have a Foodbank representative come and speak to you and your group. It's a great way to learn more about Foodbank and the issue of food insecurity.

Please call our community engagement team for more information on 03 9362 8388.

