




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”.¹

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.² In 2020, more people were food insecure for the first time.³



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



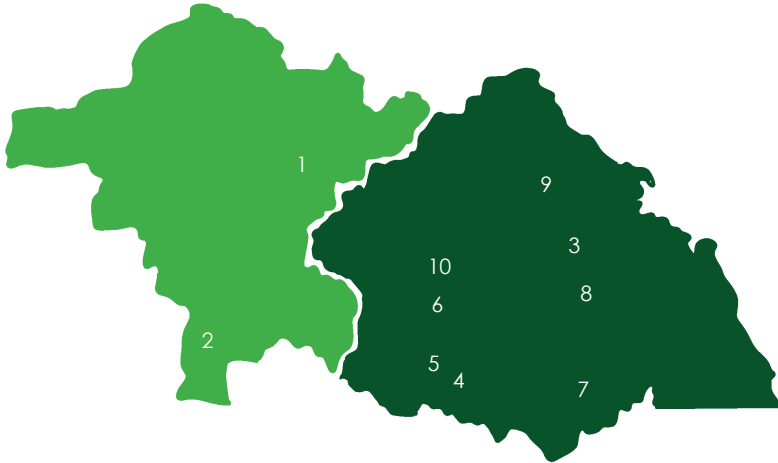
St Matthew's Church Eildon

Murrindindi Shire

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