

A gift of health in Kensington

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SecondBite's Hali Halphen (right) hands fruit and veggies to Faith Griffiths of the Flemington Tenants Association. Picture: TONY GOUGH N52MV208

FLEMINGTON tenants enjoy a fresh supply of free fruit and veggies, thanks to Kensington organisation SecondBite.

The not-for-profit organisation supplies 60-70kg of mixed fruit and veggies every week to Flemington Tenants Association, which redistributes the food to cash-strapped residents at the public housing estate.

Tenants association spokeswoman Faith Griffiths said the boxloads of fresh food were helpful to the community, feeding up to 20 families a week.

“We have residents line up two hours before the delivery is due on Monday mornings,” she said.

“They bring their own bag and they take what they need, one at a time.”

Ms Griffiths said pensioners and people on benefits struggled to buy fresh fruit and veggies with their limited incomes.

“We get a lot of elderly people from a mix of ethnic groups: Turkish, Asian, African and Aussies,” she said.

“Sometimes we’ve get families who are only on one income.”

Ms Griffiths urged shops and supermarkets to donate surplus food to SecondBite for redistribution to Moonee Valley residents doing it tough.

“Local businesses can really help a lot of people and stop good, fresh food going to landfill,” she said.

SecondBite food program manager Russell Shields said the organisation redistributed the food to charities, food banks and people who couldn't afford to buy fresh, healthy food.

“We support the workers of the agencies to manage the distribution of the food to people that they know are in the highest need,” Mr Shields said.

“They have the expertise at the frontline, and SecondBite knows that it's getting to the right people.”