



# SecondBite

## Food For People in Need

Welcome to the first edition of *Bites* the information packed newsletter of SecondBite.

Inside you will find a selection of stories about what our supporters and volunteers have been getting up to along with some fun articles such as 'Second Course' our guest chef's recipe on how to make a delicious inexpensive meal from a few basic ingredients!

But before we get ahead of ourselves we should take a moment to introduce SecondBite to those of you who aren't familiar with who we are and what we do!

SecondBite is a dynamic, young charity that is committed to making a positive difference to people by sourcing surplus food and facilitating its safe and timely distribution to agencies and people in need.

Every day in Melbourne, thousands of kilos of high quality, nutritious food is thrown away while people go hungry. Last year we were able to collect and distribute enough

surplus food to provide in excess of 80,000 meals. At the start of this year, with the knowledge that a donated van was soon to arrive, we pledged to more than double this figure...

...and we are well on track! Thanks to the help of our invaluable volunteers from Jan'07 to Mar'07 SecondBite collected and distributed 16.5 tonnes of surplus fresh food, 2 tonnes of non-perishable goods and 950 litres of milk. That's enough food to provide over 68,000 standard meals and a fair few glasses of milk!



**"Camcare is really excited about being part of SecondBite"**  
Margaret Banks  
CEO, Camcare Inc

## Wasted Water Enough to Supply Melbourne

Despite the incredible results achieved by our volunteers and supporters the shocking truth is that the surplus food collected so far is only a fraction of what is needed.

The 2001 census recorded that 23,713 people are homeless in Victoria on any given night and thousands more live in disadvantaged circumstances every day.

In a report conducted by the Australian Institute in 2005 it was estimated that Australia's total food wastage was worth

\$5.3 billion a year and a study by the Australian Food & Grocery Council revealed that the amount of water needed to produce Australia's wasted food would be enough to supply all of Melbourne and Sydney for an entire year.

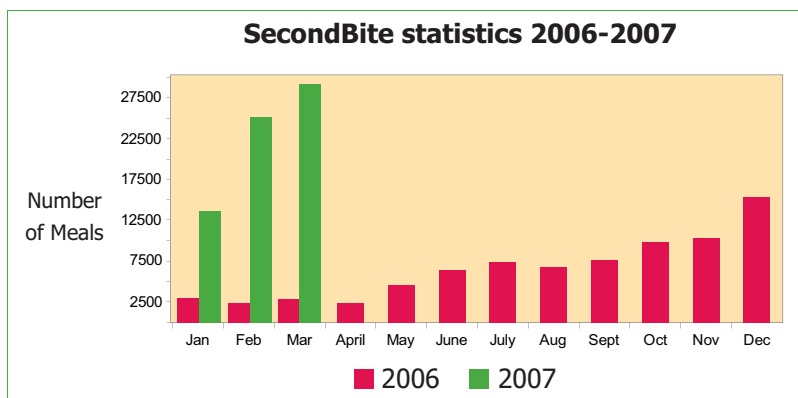
Yet thousands of men, women and children in

Australia went hungry in 2006!

SecondBite's vision, going forward, is to bridge this gap; we have the tools we have the experience, we have the volunteers, our only restriction is the funding.

**Our key objective is to provide food for 1 million meals by 2011**

Please see inside for details on some of the many projects planned for 2007/2008 and information on **how you can help**.



# Bites

SecondBite Newsletter  
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# The Road Ahead...

On Friday 23rd March SecondBite went to another level when we proudly took possession of a brand new



Mercedes-Benz Sprinter Van generously donated by DaimlerChrysler!

Campbell York and Zoe Cargill from DaimlerChrysler handed over the keys to Katy and Russell from SecondBite at the Mulgrave Depot 'I was relaxing at home

one weekend with the newspapers and the feature on the work of SecondBite really caught my attention, I asked myself "what can we do to help?" the answer was - the donation of a refrigerated van!" said Campbell York Senior Executive, Light Commercial Vehicles.

It was only a matter of time until we needed to find an alternative method of transport to distribute such substantial quantities of food. The volunteers have been so generous transporting fruit and vegetables in their cars, some weeks up to 10 cars would be filled to the brim from the Prahran Market alone. "The smell of onions in some of our cars, was beginning to get a little overwhelming" one volunteer laughed!

A huge thank you to DaimlerChrysler for their support and generosity

**"We value the support that you provide and look forward to a long association with you"**

**Bec  
Chef, Brotherhood of St Laurence**

## A Winning Team!

The Prahran Market collection on a Saturday has come along in leaps and bounds. From an idea developed by Simone Carson, an empty car boot, and a desire to make a difference, to a team of volunteers, a refrigerated van and anything up to - and over - a tonne of food every week!

Since early January we have been implementing a few minor changes to smooth the process and cope with the extra demand, these include:

- 🍏 the separation and sorting of the food prior to leaving the market
- 🍏 the use of crates to ferry the food - enabling stacking to save space
- 🍏 weighing all produce to provide an accurate net weight
- 🍏 the generous donation of a trolley by Rotary

It has been great to hear the positive feedback from volunteers and the Prahran traders who have noticed a marked improvement in both the quantity of food being collected and the efficiency of the operation.

Our industrious team of volunteers were instrumental in the set-up and running of the Prahran Market collections, and, as we hand over the reigns to Rotary, it is time to say a massive thank you to all who contributed so much. We'll see you soon when collections begin at the South Melbourne Market!

The Rotary Club of Melbourne have kindly offered to provide the volunteers on a regular basis for our Saturday

collection at the Prahran Market. We thought Lillie and Marsh worked well together, that was until we saw the Rotary teamwork on display! The implementation has been handled by the assiduous Bob Glindemann and his lovely wife Heather (with some very good lieutenant duties being carried out by Trevor Nink, Simon Price and Deb Yin Foo). Rotary also kindly purchased a trolley to be stored at the market and used for the weekly pick-up. Our sincere thanks go out to Bob and his team.



Heather, Simon and Bob from Rotary

And last but by no means least, special thanks to the people without whom none of this would have been possible - The Prahran Traders themselves - your kindness, generosity and support has helped turn boxes of mixed fruit, veggies, meat, fish and deli items into thousands of meals every week for people who really need it.



Brenda Connell



"Food Glorious Food", is something that we often take for granted. However, everyday all over Victoria extraordinary quantities of food is thrown away. At the same time people go hungry and have significant nutritional deficiencies in their diets. SecondBite uses one failure to improve the other. Since its inception, some 18 months ago, SecondBite has experienced exponential growth. So much so, that it is exceeding all targets that we set initially and subsequently revised. All people in the welfare and food sectors to whom we speak see the need for the work of SecondBite. Many welfare agencies are seeking our assistance.

Our Operations Manager, Katy Barfield and our Food Program Co-ordinator, Russell Shields have performed at exceptional levels. Each week, I am astonished at their progress.

Currently our major constraint is the finance to deliver all the available food. We currently have opportunities at the South Melbourne Market, the Victoria Market and the Footscray Wholesale Market as well as many others. We are working to gain extra funding. If you are able to assist in funding, please let us know.

In the meantime I want to thank Katy, Russell and the Board of SecondBite, as well as Melbourne Rotary, our hundreds of volunteers, food donors and all our sponsors including ANZ, AXA, Daimler Chrysler and Prahran Market who have helped us to significantly reduce hunger and improve nutrition, as well as reducing waste in Victoria.

**Ian Carson**  
Chairman - SecondBite

# Moving Forward

So what does the future hold? The next projects on the horizon are the start of collections from the South Melbourne Market, Camberwell Market (Saturday collection), The Queen Victoria Market and the Footscray Wholesale Markets. We are pleased to report that over 60% of the food providers at South Melbourne have already expressed their interest in becoming donors on a weekly basis as have the stallholders at Camberwell Market who already so generously donate on a Wednesday. Our estimates show that an additional 400kgs of fresh produce will be collected from these two markets every week. A massive thank you in advance to all the stallholders that have shown such enthusiasm to date.



supporters, Trusts & Foundations to continue our work.

As mentioned before the only obstacle that stands in the way of SecondBite and quite literally, mountains of food currently going to waste, is the restriction of funds. SecondBite is 100% self funded relying solely on the generosity of individuals, corporate

Collecting surplus food is an extremely economical method to provide healthy nutritious food to people who really need it!

*Our current statistics show that for every \$1 donated, SecondBite can collect and distribute enough fresh produce to provide 4 standard meals!*

Every day we are approached by agencies, organisations and individuals who desperately need our help.



Sacred Heart Kitchen

Through these enquires we have been able to identify a substantial number of not-for-profit organisations that are sometimes forced to buy food, with generously donated funds, at the expense of much needed programs and activities. At present SecondBite distributes food to over 25 agencies.

Please help SecondBite bridge the gap between surplus and need. To donate or sponsor one of the many projects currently in development please contact Katy Barfield on 0448 513556 – Thank you.

**"Sacred Heart has come to rely on the weekly donations of food from the various markets and restaurants around Melbourne provided by SecondBite"**

**David McNamara**

**Food Program Manager, Sacred Heart Mission**

## ANZ and AXA 'step up to the plate'

How do we begin to thank the two major supporters of SecondBite who helped us begin to turn this vision into a reality.

Scott Veenker and Brad Gravel delivered the fantastic news in November last year that ANZ were generously committed to funding \$50,000 pa over the next three years. This enabled us to employ our first full-time member of staff at SecondBite and collections began to rise dramatically

Hot on their heels were the Board of Trustees at AXA who after an initial donation of \$20,000 in May 2006 committed \$50,000 to help fund a full-time driver and additional van costs. Thanks also to Michelle Hayward, Deanne

Jones and all the Hearts in Action team for all their amazing enthusiasm.

In addition both ANZ and AXA staff regularly volunteer at various SecondBite initiatives. We are also pleased to announce that ANZ recently placed piggy banks in twelve local branches raising an amazing total of \$780 in April.



What an amazing contribution!

THANK YOU!

I would like to donate towards the work of SecondBite

Donation amount:

Donations of \$2.00 or more are tax deductible

\$100  \$200  \$50

other (please specify)

\$

Name/  
Organisation

Address

Suburb/City:

State:

Postcode:

Email:

Phone Number:

Send my receipt by:

email  mail

My payment details:

Please find enclosed

cheque:

Credit Card :

Visa  Mastercard

Card Number :

Expiry Date : /

Name on Card:

Deborah Powell

Volunteer

Second Bite

34 Brunswick Street

Fitzroy VIC 3065

# Where It All Began...

Over a lengthy discussion at Becco late one evening, Ian Carson put the idea of taking food to the homeless to Simon Hartley, Becco co-owner, who embraced it immediately.

"Simon was very keen on the concept of helping people directly and as a result, Becco became the first donor to SecondBite" said Ian.

Becco now prepare between 20 - 40L of soup and freshly baked Ciabatta bread every fortnight which, for understandable reasons, is highly sought after at Sacred Heart Mission in St Kilda.

Ian added "It is possible, that if Simon had not seen the potential of SecondBite, the charity may never have got off the ground."

As the first food donor, we thought it highly appropriate that Becco Head Chef Domenic

Pipicelli provide the first 'Second Course' recipe.

Once again thank you to Richard Lodge, Elizabeth Egan and Simon Hartley, the joint owners of Becco, for their enthusiasm and support of SecondBite right from the very beginning.



*Chef Domenic Pipicelli at BECCO*

## Second Course - Pasta with Broccoli

### Ingredients

serves 4

500g broccoli

90ml olive oil

2 garlic cloves – finely chopped

1 small chilli – optional – finely chopped

500g pasta eg: penne/spaghetti or any shape you like

Salt

Total Cost - Under \$5.00

### Method

- 🍷 Cook the broccoli in lightly salted boiling water until tender, then drain
- 🍷 Put oil in pan over low heat then add the garlic and chilli (optional) and cook gently for a few minutes until softened, add

broccoli and mix well, season with salt.

- 🍷 Cook pasta in boiling water until ready- approx 12-15 minutes (read the packet as it will provide exact timing requirements)
- 🍷 Mix the pasta with the broccoli and serve hot

### *Domenic's Helpful Hints*

- 🍷 Pasta is inexpensive; you can buy a 500g home brand packet for less than \$2.00 a packet
- 🍷 Shop at your local fruit shop and ask for 'seconds' it might be a little bruised but there's nothing wrong with the broccoli and it will be discounted.
- 🍷 You can also use other green vegetables; again ask at the shop for discounted stock.

## SecondBite at Melbourne's Longest Cake

On Sunday 25th March, on a glorious Melbourne day by the river, SecondBite collected the surplus from Melbourne's Longest Cake, an event aimed at raising money for The Cerebral Palsy Support Network. In total we collected over 900kgs of cake and distributed this to all of our current recipients. Pretty good cake it was too (yes I thought it best to sample the cake in the name of food quality!).



## STOP PRESS >>>STOP PRESS>>>STOP PRESS

The Drought and change in weather has dramatically effected the amount of surplus fresh produce available.

Urgently needed are Fruit, Vegetables, Meat and Dairy donations. To donate food please contact Russell Shields, Food Program Coordinator on 0400 939234 – Thank You  
Please visit [www.secondbite.org](http://www.secondbite.org) for more information