



## David Dunn

### Volunteer Story

David was introduced to us through another of our volunteers – Craig Williams, and the Brotherhood of St. Laurence Coolibah Centre on Brunswick Street. Dave first helped us with some newsletter alterations about a year ago, and has since been a regular in the SecondBite van, going out on the road on average twice a week. Anyone who has seen the SecondBite van at the weekend markets will most likely have seen Dave helping with the collections and barking orders from the sidelines. In Dave's own words, he decided to jump on board 'as soon as they said food was involved'. Fast forward to today and Dave is one of our most regular van assistants, and a real core member of our team. 'I like helping SecondBite out because I have a big heart for food. Now I've got food in the fridge, not booze!'

Above L to R: Dave Dunn, Linda Levy, Andrew Williams, Keryn Thomas and Craig Williams

## Lovely Linda!

SecondBite would like to take this opportunity to recognise the incredible time and effort Linda Levy has volunteered to our organisation.

Linda has been with us for a year and in this time has seen huge growth and change at SecondBite, and has played an integral role in our development. Linda created, designed and set up our database, which has given us invaluable confidence in our administration. With a successfully managed client database, we can now generate accurate reporting and measuring of our food program as well as other key areas of our organisation.

Linda has not only contributed to improving the administration here in the office, she has also regularly participated in collections at the South Melbourne Market and the Soup Kitchen in North Melbourne, engaging her family in the SecondBite community.

Good luck in the future and thank you so much for all your support, from all the team at SecondBite.

### Board Movements

**Ruth Rosh** SecondBite would like to sincerely thank the contribution of Ruth Rosh over the past two years. As an integral member during our formative years, SecondBite says a huge thanks and wishes Ruth all the best in her future endeavours.

**Dr Cate Burns** SecondBite would like to welcome Dr Cate Burns to the team as our newest Board member. As the highly regarded Senior Lecturer in the area of Public Health Nutrition at Deakin University, a member of the World Health Organization Collaborating Centre for the Prevention of Obesity and with a Vic Health sponsored Research Fellowship, Cate has an extensive and distinguished background in the area of public health and nutrition. Cate's research is primarily concerned with understanding the link between social exclusion and poor diet by looking to identify the social, economic and cultural determinants of obesity in populations living on low income, in poverty and at risk of food insecurity. With this level of expertise and genuine care for our community, SecondBite is looking forward to Cate's contribution. Welcome Cate!



Mayor John So and Katy Barfield

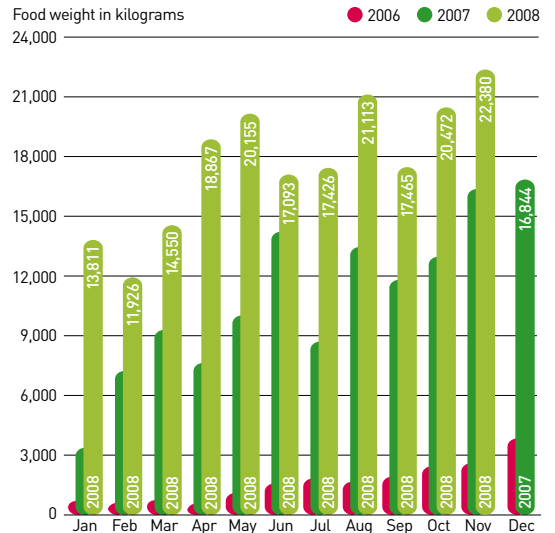
## Melbourne Awards

SecondBite was thrilled and deeply humbled to receive the Melbourne Award for 'Contribution to Community' at this year's prestigious Melbourne Awards, held at the Melbourne Town Hall.

The award honours individuals and organisations that go beyond the call of duty and inspire others to work towards a better future for our city.

## The Stats

Things are looking good with some very solid figures over the last few months. Our market collections – even with a slight downturn during the cooler months – have still been coming through with a good consistent supply of fresh produce. Some great support from Montague Fresh and Addamo has also boosted our weekly fruit and vegetable supply, and our relationship with Epicure Catering is really taking off. We are on track for the upcoming silly season, kicking off with a successful Spring Carnival – a very healthy 2.6 tonnes of surplus nutritious food being collected and redistributed.



Unit 51  
Lloyd Street Business Estate  
50 Lloyd Street  
Kensington, VIC 3031  
Tel: 03 9376 3800  
Fax: 03 9376 3822  
ACN 116 251 613  
ABN 66 116 251 613  
admin@secondbite.org  
www.secondbite.org

So who is behind all of this? May I take a moment to introduce you to the SecondBite Board...

**Ian Carson** (Chairman), National Chairman, PPB Chartered Accountants  
**David Hisco**, Managing Director, ANZ Commercial Banking  
**Dr Cate Burns**, Senior Lecturer, Deakin University  
**John Simpson**, General Manager, Group Corporate Affairs, National Australia Bank  
**Alister Paterson**, Director, Paterson Media  
**Simone Carson**, Director, SecondBite  
**Katy Barfield**, Executive Director, SecondBite  
**Bob Glindemann**, Company Director  
**James Stewart**, Partner, Ferrier Hodgson

# SecondBite

[www.secondbite.org](http://www.secondbite.org)

## November 2008

### Tasmania Update

After a recent visit to Hobart, SecondBite Tasmania is up and running with its first official food run. The weekly collection of surplus food from Moorilla Estate will be delivered directly to Bethlehem House. Considering the incredible support we have had from food providers, community groups, government, media, etc. this is only the beginning of creating a surplus food redistribution network across the state.

### Website Launch

It's time for a change and we are pleased to announce the launch of our 'new look' website, the design and build of which was generously donated to us by Amanda Roach Design.

Apart from the fresh look to the website, there is a lot of new functionality behind the scenes that we are really pleased with. Keep on checking in as there will be regular story updates/media news hot off the press and up to the minute stats and figures.

And there are tailored contact forms for all areas: food donations, recipient enquiries and also if you are interested in volunteering.

Thank you Amanda and your terrific team – this is an amazing tool that will help drive SecondBite into the future.



**SecondBite**  
food for people in need



## Food for Thought...

The Festive Season should see the SecondBite total of fresh food tip the scales at a massive 250 tonnes redistributed to our rapidly growing recipient base of 70+ agencies.

Left to Right: Kenny, Pili and Bertie

So it is time to say thank you to the people who have made this possible...our generous volunteers, financial supporters, pro-bono service providers, food donors, recipients, partners and to all the wonderful agencies that provide delicious meals with the ingredients we provide – what can we say? Amazing – thank you! However, whilst this result is impressive, it's just the tip of the iceberg...

Food for thought...due to the current economic climate, more families this year than ever before will struggle to sit down and share a hearty fresh Christmas lunch. Rising food costs, uncertain employment prospects and a shortage of rental accommodation and the corresponding increase in rental rates mean that some families just can't make ends meet. Food is the part of the family budget that is first to be cut when purse

strings tighten, and often the basics like fresh fruit and vegetables are struck from the shopping list.

The mounting economic pressure is resulting in an ever growing demand for SecondBite services. So this Christmas as you put your groceries in your basket, please take a moment to think about the individuals and families that can't afford fresh food.

On page 3 to give you an idea of just what it costs to provide a hearty lunch/dinner, we have created a virtual SecondBite shopping list. Simply select your virtual item for the shopping basket. This money will then go directly to helping us redistribute fresh food to the numerous agency and community kitchens preparing Christmas lunch for people this year.



## Chairman's column



# Preparing for a Downturn

With an economic downturn imminent, SecondBite is preparing for the consequences.

I was reminded first hand of the profound need in our community for healthy food when I recently visited the Prahran Mission, the Prahran Housing Commission Garden and St Mary's House of Welcome. I was helping with collections and deliveries in one of our SecondBite vans.

Due to limited resources, we have only been able to provide a fraction of their food needs to date. For example, discussions with Trevor Rhodes, Chef at the Prahran Mission, indicated he purchases substantial quantities of meat to feed the clients of the Mission.

With growing economic storm clouds and job losses increasing in frequency, the Board of SecondBite has set in place a strategy to be proactive in catering for the additional needs in the community resulting from the economic downturn.

SecondBite has commissioned research through Deakin University to understand the potential increase in needs for SecondBite's services over the coming year. This research is being overseen by Dr Cate Burns, who has recently joined the SecondBite Board.

SecondBite is not prepared to be reactive. On the contrary, we are preparing to respond to the projected increase in people's needs for basic nutrition. As part of this strategy, we have approached the Victorian Government and other supporters for financial assistance to ensure that we are able to meet these increasing needs.

We hope that our friends will join with us in planning for this need. In this regard, we would be pleased to hear from anyone who can help.

Ian Carson,  
Chairman



Imagen filling boxes for Food Angels



Arianne Spratt

## Food Angels Pilot

On Monday 20th October the first of six weekly deliveries of fresh fruit and vegetables, deli items, menu ideas, recipes and storage tips were dropped off to the Inner South Community Health Service in South Melbourne. These nutritionally balanced and informative bags of goodies were then passed on to the six families who registered for food support. This preventative program aims to assist families in the provision of healthy nutritious meals for their families, whilst educating and offering support in the areas of food handling, cooking, storage, etc.

This pilot program will be evaluated and if found to be successful, rolled out across several municipalities. We must express our thanks to the RACV Foundation for their generous support in making Food Angels a reality.

## New Ambassador

We have a new ambassador at SecondBite. Arianne Spratt is best known as the TV Chef on Mornings with David and Kim with her down to earth approach to preparing nutritious meals for the family. Arianne has volunteered for SecondBite, using her knife skills and our surplus veggies to prepare nearly 80 litres of soup for the Mathew Talbot Soup Van. A passionate foodie with a heartfelt commitment to social inclusion and the community at large, Arianne is warmly welcomed by the team.



### Recipe from Prahran Mission

Prahran Mission has been helping people for over 50 years with lunches and their winter breakfast program. For this issue of *Bites*, Chef at Prahran Mission, Trevor Rhodes, has chosen a simple and satisfying meal for four.

### Beef and Vegetable Triangles

#### Ingredients

- 2 tablespoons of olive oil
- 1 small brown onion, finely chopped
- 200g lean beef mince
- 420g Heinz Condensed Minestrone Soup
- 1 sheet of puff pastry
- 1 egg, beaten
- 1 tablespoon of sesame seeds

#### Method

Heat oil in a large non-stick pan over medium heat. Add onion, cook for 3-4 minutes or until soft. Add mince and cook, breaking up with a wooden spoon for 5-6 minutes. Remove from heat and allow to cool completely. Add soup and stir until well combined.

Preheat oven to 200°C. Line a baking tray with baking paper. Cut pastry sheet into four squares and divide mixture into four servings, placing one serve in the centre of each pastry square. Fold pastry over filling to form a triangle, then press edges together and seal with a fork. Repeat process with remaining ingredients.

Place triangles on tray, brush with beaten egg and sprinkle with sesame seeds. Bake for 15 minutes or until golden brown. Serve with a green salad.

Above Left: Prahran Mission; Above Right: Trevor Rhodes





# Melbourne Cup Carnival

**A whopping 2.6 tonnes of top quality tucker was collected from this year's Melbourne Cup Carnival. Talk about from the 'Paddock to the Plate'!**

Everything from decadent imported Viennese Sacher Torte and home made gnocchi to fresh olive encrusted Atlantic salmon with roasted tomato and caper salsa was driven direct from the venues, such as the Emirates Marquee, to a host of food relief agencies across Melbourne – a pretty impressive menu by any standard.

Leigh Neville, Executive Chef at Epicure Catering had this to say...

'Being a part of SecondBite means we can take our food philosophy to a new level by supporting local and needy communities with food that cannot otherwise be used in our business. A restaurant can run a list of specials to minimise wastage. If we have a corporate function for 500 guests and 80 guests do not attend, we will not know until they are seated and the food is in the oven. Thankfully, the Good Samaritan legislation allows us to pass it on to SecondBite, and they can meet the needs of disadvantaged people.

SecondBite to me is an incredible organisation. It has proved that a large city like Melbourne can have the same community spirit that is

normally heard of in country towns. The way SecondBite is set up, it takes minimal effort from our end for such a positive result. I take my hat off to the team at SecondBite and all those that make it happen.'

We were also proud to be selected as a Sustainability partner of the VRC and formally invited to be part of 'Flemington Green Fields'. The partnership also includes AGL and Cleanevent and will result in a 'greener' and 'more sustainable' Flemington future.

Over 80 SecondBiters signed up to be Recycling Ambassadors promoting the 'Green Fields' initiative over the four race days, which helped Cleanevent to rescue over 10 tonnes of recycling from this year's carnival.



## Christmas Donations

### Fundraising

Christmas is the time of year where the social divide seems more apparent than ever, and as we mentioned on the front cover, there are tough times ahead for families and individuals on low or no income.

As you jing jing jingle your way through your own family shopping list, we've put together a 'virtual shopping' list to help you help those

in our community who have little or no access to fresh nutritious food this year.

Simply select your 'virtual' item, donate the corresponding amount and we will ensure that your donation goes to work right where it is needed most. Either fill out the donation slip and send it to us with your donation or visit [www.secondbite.org/](http://www.secondbite.org/) and go to 'Donate Funds'. Thank you.

#### I would like to purchase the following virtual item for SecondBite's Christmas appeal

- Family Festive Dinner \$150  Ham and Turkey \$70  Fresh Fruit and Veggies \$50   
 Plum Pudding \$30  Nuts and treats \$20  Bon Bons, for wishes \$10

The actual item will not be bought; the funds go directly to ensuring fresh food gets to the people who need support this Christmas.

Other \$ \_\_\_\_\_

YES, I want to become a monthly supporter  NO, I'd prefer to make a single donation

I would like to make a one-off donation to the SecondBite Foundation to provide funds in perpetuity **Donation amount:** \$ \_\_\_\_\_

Name/organisation \_\_\_\_\_

Address \_\_\_\_\_

Suburb/City \_\_\_\_\_ State \_\_\_\_\_ Postcode

Email \_\_\_\_\_ Telephone \_\_\_\_\_

**Payment details:** Cheque (enclosed)

Credit Card MasterCard  Visa  Name on card \_\_\_\_\_

Card no. \_\_\_\_\_ Exp. date \_\_\_\_\_

Please send my receipt by: mail  email

Please detach and send to Keryn Thomas, SecondBite, Unit 51, Lloyd Street Business Estate, 50 Lloyd Street, Kensington, VIC 3031

Send to:  
**Keryn Thomas**  
 SecondBite  
 Unit 51  
 Lloyd Street Business Estate  
 50 Lloyd Street  
 Kensington, VIC 3031  
[keryn@secondbite.org](mailto:keryn@secondbite.org)

**Donations of \$2.00 or more are tax deductible.**