

# SecondBite

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



**SecondBite**  
food for people in need



## SecondBite Mission Statement

SecondBite is committed to making a positive difference to people by identifying sources of nutritious surplus fresh food and produce that might otherwise go to waste, and facilitating its safe and timely distribution to agencies and people in need.

Sue Pearce from Maya Living Free Healing Centre accepts her weekly delivery of fresh produce from SecondBite.

## May 2009

### Tasmania Update

A big welcome goes to Pat Burton who has recently been appointed as the Food Program Manager in Tasmania.

Regular deliveries now operate and assist twelve established programs to help meet the nutritional needs of the many homeless and disadvantaged people in Hobart CBD, with the view of expanding services statewide.

A successful meeting was held with Mr Peter Heywood – General Manager, Woolworths Supermarket Support & Liquor – with the result that collections will be trialled throughout 2009 from a number of stores across the state.

SecondBite now seeks urgent funding for a refrigerated van to ensure that we have the resources to meet the ever increasing demand.

More than 250,000 people in Victoria and Tasmania will run out of food and be unable to buy more at some point in 2009. VicHealth statistics show that up to 10 per cent of Victorians are currently suffering from food insecurity.

These figures are set to increase during the current global economic downturn, and the demographic of those seeking help from food relief agencies and programs will continue to change dramatically.

Roseanne Murphy – Day Centre Manager at St Mary's House of Welcome – says 'The call on services at St Mary's has risen in an unprecedented way. It seems there is now no geographical area within Melbourne or greater Melbourne that is immune in the current economic climate. Increasingly, we are seeing more women and low income families seeking assistance'.

SecondBite currently serves in excess of 105 agencies, such as St Mary's House of Welcome, along with many local community programs that exist to ensure that individuals and families with limited or no access to fresh nutritious food can be provided with vital assistance in times of need.

With our monthly collections and deliveries now tipping the scales at approximately 50 tonnes of fresh food, enough to provide 100,000 hearty meals, we urgently require your help.

In order to maintain our level of service, and collect and store the fresh food, we use experts in food handling, produce rotation and quality control. We also have excellent in-house storage and fully refrigerated vans to deliver the food. To maintain this service, we need to raise an additional \$20,000 every month. Run predominantly by volunteers, our service is efficient and economical. We manage to maintain low costs as most of our equipment is donated. We also have a couple of wonderful major donors who have pledged long-term support and amazing volunteers who work tirelessly to ensure the best service is delivered at all times.

Your generosity is the only way we can continue to deliver our service, so please either complete the form on page three and return it to our postal address or simply log on to [www.secondbite.org](http://www.secondbite.org) to help us keep the wheels turning.

Thank you.





## Chairman's column

# The Role of Volunteers

The aftermath of the Victorian bushfires left many tragedies and appalling legacies.

We were all proud of the vital role SecondBite played responding to the emergency in providing nutrition to those most deeply affected.

This work displayed SecondBite at its best, with volunteers playing a crucial role in supporting the staff of SecondBite in this major crisis. After our first delivery of fresh food to the fire affected towns on the Monday following Black Saturday, it became apparent that there was limited coordination of food relief. Excess food was being donated and going to waste. SecondBite organised for volunteers to visit each of the towns every two days to gauge the actual needs and then arrange deliveries on the next day.

In almost all aspects of SecondBite's activities, volunteers play a major role, from food deliveries to preparing funding applications, organising functions, even preparing this newsletter and our annual report.

Wages are SecondBite's biggest cost; consequently, volunteers enable us to achieve significantly more than we would achieve otherwise and ensure we provide meals at the lowest possible cost.

We have a volunteer coordinator and a volunteer committee to facilitate opportunities for volunteers. Current opportunities include personal assistant for Katy Barfield, volunteer induction coordinator, donor proposals coordinator.

I particularly want to thank two of our outstanding volunteers, Barbara Guille and Amanda Roach, as well as many others who make SecondBite what it is.

Thank you to all our volunteers. Should you know anyone else who can assist, please let us know.

Ian Carson,  
Chairman

# ALDI and Woolworths Partner SecondBite

SecondBite is very excited to announce a new partnership with two major retailers, ALDI and Woolworths. We would like to thank both organisations for their support and progressive approach, and look forward to being able to provide many more recipients with much needed quality food relief.



Lisa Shaw and Barend van den Hoek (Biograde).

# Biodegradable Plastic Bags

SecondBite would like to thank Biograde for supporting us with a generous supply of biodegradable plastic bags. SecondBite is absolutely committed to environmental sustainability principles. In 2009, over 400 tonnes of surplus food will not go to landfill because SecondBite exists. Now, with Biograde's support, we can further assist the environment by ensuring that even the bags we deliver food in can be composted. The bags are made from a resin based on cornstarch, a renewable material. They don't contain heavy metals and are harmless to plants and earthworms.

# ISPT Supports Secondbite

A massive thank you must go to ISPT (Industry Superannuation Property Trust) for their incredibly generous donation, committing \$100,000 per annum over five years. Long-term support is invaluable to SecondBite and its future success.

## Oven Baked Pumpkin and Herb Risotto

Serves 4

### Ingredients

- 1/4 cup fresh herbs, finely chopped (sage would be ideal, but you could use whatever is available)
- 1 large onion, finely diced
- 1 garlic clove, crushed
- 1.25 litres water, boiling
- 4 chicken stock cubes (or vegie stock cubes if you are vegetarian)
- 1 1/2 cups arborio rice
- 500g pumpkin, peeled, deseeded, cut into 2cm cubes
- 4 tsp olive oil
- Salt and freshly ground black pepper
- 25g finely grated romano cheese
- 1 tbs herbs, finely chopped, extra

Note: You could add 300g of chicken thigh fillets, diced, to this recipe. Add them when cooking the onion and garlic.

### Costs:

Herbs	\$1.00	Salt and pepper	\$0.10
Onion	\$0.50	Cheese	\$0.60
Garlic	\$0.10	Total:	\$6.25
Stock cubes	\$0.80	<b>Optional:</b>	
Rice	\$1.65	Chicken	\$3.00
Pumpkin	\$0.50	Total:	\$9.25
Olive oil	\$1.00		

### Method

Preheat oven to 200°C.

Place pumpkin on a baking tray. Drizzle with 2 tbsps oil and season with salt and pepper. Bake on top shelf of the preheated oven for 20 minutes.

Heat 2 tbsps olive oil in a large flameproof dish over medium-high heat until hot. Reduce heat, add onion and garlic and cook, stirring, for 5 minutes or until onion is soft, but not coloured. Remove from heat. Add water, stock cubes, pumpkin and rice. Cover with a tight-fitting lid or foil and bake on the middle

shelf of the preheated oven, stirring every 15 minutes for 35 minutes or until rice is tender and liquid is absorbed.

Remove from the oven, add romano cheese and extra finely chopped herbs to the risotto and stir until just combined. Taste and season with salt and pepper.

To serve, divide risotto evenly among serving bowls. Top with reserved sage leaves and serve immediately.





Arianne Spratt, Greg Green and Simone Carson.

## Opening Ceremony

On 18 February, SecondBite ambassadors, TV Chef, Arianne Spratt and VRC CEO, Dale Monteith and the Board and staff members, joyfully celebrated the official opening of our wonderful new premises in South Kensington. The generous office and warehouse space has been made available to us at a peppercorn rent by the Angel Foundation for 15 years. Whilst we have been operating from the new premises since July 2008, the erection of signage made it official and helped us to feel truly at home. Thanks to the Angel Foundation, we have been able to expand our operations. Thanks also to St Mary's House of Welcome for sharing their premises with us until we were able to find a more permanent home.



## SecondBite Supports Bushfire Affected Communities

After the recent bushfire tragedy, SecondBite immediately worked on providing food for the communities affected.

With a van full of fresh food, we were in the first escorted convoy allowed into Kinglake, and provided a constant source of food to the area in the week following the horrific events. Our efforts were not restricted by distance, as we sent vans to most areas affected, including Flowerdale, Kinglake West, Narbethong and Myrtelford. We combined resources with VicRelief FoodBank and the Red Cross to ensure that the right types of food in the right

quantities were delivered to the areas in most need. We are still providing weekly deliveries to the community kitchens and will continue to do so until the need subsides.

We received incredible support throughout this time, from food suppliers to financial donors. A special mention goes out to PFD Foods, Costas, LinFox, Dominion Auctioneers, The Lord Mayors Charitable Foundation and so many more – it would be impossible to mention them all.

At times of tragedy, the best comes out in people. This was evident in the support we,

and the communities and families involved, received and are still receiving. We also understand that as a result of tragedy, people end up relying on emergency relief and the community sector. Unfortunately, this is happening every day in Victoria. From domestic violence to job loss, there are any number of tragedies that lead to people relying on crisis services. We ask that you consider this and help to continue the enormous show of generosity, concern and care for community that flowed from the recent bushfire tragedy.

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

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

I would like to make a donation to the work of SecondBite:

Donation amount: \$50  \$100  \$200  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, or to donate securely online, please visit [www.secondbite.org](http://www.secondbite.org)



## Food Angels

In March, six families received their first delivery of fresh fruit and vegetables, deli items, menu ideas, recipes and storage tips at the Inner South Community Health Service in South Melbourne. The families are participating in the second six-week Food Angels Pilot to be conducted in the area. The program is designed to be preventative and targets young families in need. It encourages participants to cook and prepare meals with the ingredients supplied by SecondBite, at the same time building their longer-term skills in providing low cost nutritious food for families. An extensive evaluation of the program will include follow-up interviews with each of the participants by a nutrition and dietetics student from Deakin University.

## Melbourne Markets

On Wednesday, 11 February, following Victoria's devastating bushfires on Saturday, 7 February, David Fussell, Marketing Manager for Melbourne Markets and a team of Melbourne Market Authority staff collaborated with SecondBite and VicRelief Foodbank to collect fresh produce for the communities affected by the bushfires. The concern expressed for the bushfire victims by the market traders and the wonderful support they provided was overwhelming. A massive 26 tonnes of fresh high quality produce was collected in two days and passed on to relief centres, where it was gratefully received.

SecondBite first joined forces with VicRelief Foodbank to collect fresh produce from Melbourne Markets in November 2008. This collaborative effort has been highly successful

and clearly demonstrates the results that can be achieved when organisations within the not for profit sector combine skills and resources. SecondBite would like to thank Phillip Hunt (CEO) and David McNamara (Operations Manager) from VicRelief Foodbank for their innovation and cooperation.

The key component of this collaborative effort has been the incredible support of the Melbourne Market Authority, who have generously provided highly sought after space on the market trading floor as a permanent collection site for excess quality produce. This collection site is currently manned three days a week and has the enormous advantage of making us highly visible to market vendors. As a result, regular donations are growing steadily. Approximately 20 tonnes per month is currently being collected from the market, and this is expected to rise substantially over the coming months. SecondBite thanks the Melbourne Market Authority and the market traders for their amazing generosity and support.



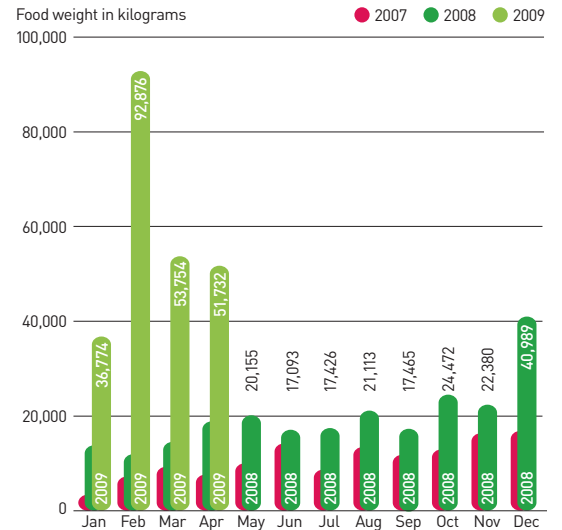
## Board Movements

The Board would like to thank James Stewart for his contribution to the growth of SecondBite and wishes him the best in future endeavours. We would also like to welcome the appointment of Elana Rubin to SecondBite. Elana's wealth of experience in funds management, community organisation and management will be of great value to the SecondBite Board.

## The Stats

The new year heralded a huge expansion in our operations. In January, our food deliveries more than doubled, and in February, we broke all records, with deliveries topping a massive 90 tonnes. On average, approximately 50 tonnes of fresh produce is redistributed every month. SecondBite is on track to exceed its original target of 400 tonnes in 2009. With your support, we may even make it to 600 tonnes, which is enough food to provide 1.2 million hearty and nutritious meals to people in need.

Food weight in kilograms



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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**, Group Managing Director, Commercial Banking, ANZ

**Dr Cate Burns**, Senior Lecturer, Deakin University

**John Simpson**, General Manager, Group Corporate Affairs, National Australia Bank

**Alister Paterson**, Chief of Staff, Office of the Lord Mayor, City of Melbourne

**Simone Carson**, Director, SecondBite

**Katy Barfield**, Executive Director, SecondBite

**Bob Glindemann**, Company Director

**Elana Rubin**, Chair, Australian Super Fund