

Meals in a can needed to warm winter

Winter is a time when people who are struggling to make ends meet find it the most difficult.

"We see this happen each year," said CEO of Foodbank Doug Paling, "and we want to be well prepared for the greater number of people we believe will need food support this year."

"By the time the cold weather sets in the effects of the economic downturn and rising unemployment will also be fully apparent.

"Therefore Foodbank is appealing for canned meals that can be easily heated to make sure there is a simple, hot meal on the table every day for those who need it."

Cans of stew and other meals, spaghetti, soup, and baked beans, preferably with a flip top for easy access would be greatly appreciated. Canned desserts such as rice pudding and canned fruit will be welcomed too.

The PR secretary for the Salvation Army Warren Palmer, reinforced that it is well-recognised that the shortage of public housing and rental prices staying high means that the people who didn't benefit during the boom will now be worse off.

"People tend to pay rent as their first expense and everything else is secondary, so the need for access to food will increase dramatically". (See story page 4)

Please help us make a difference, donations of canned food or funds to procure them.

Cash donations are well utilised by Foodbank to access food, turning a dollar into the value of up to \$1.50.

Cash donations can be made on our website www.foodbankwa.org.au or contact us on (08) 9258 9277 or fax (08) 9258 5177 if you have cans to be collected.



Australian television personality Ernie Dingo and the Seven Network have teamed up with Foodbank Australia, calling on all Australians to 'stop hunger in our backyard' in a series of TV and radio Community Service Announcements. (more on page 3)



Foodbank volunteers Barbara and Victor George with canned meals needed for the Foodbank winter appeal.

- Half of Australian households survive on less than \$60,000 per year.
- 2 million people throughout Australia are in need each year.
- 1 million children go to school each day without breakfast and sometimes without dinner the night before.
- Foodbank feeds over 30,000 people each week.
- 18% of deaths occur in WA due to poor diet each year.
- One in four families in WA lives under the poverty line of \$710 per week's income for a family of 2 adults and 2 children. (Henderson Poverty Line, March 2008)

Celebrating 15 years and looking ahead

In July this year Foodbank WA will have been in operation for 15 years.

Since its simple beginnings, the organisation has grown in all directions:

- From 0 – 2.2 million kilos of food collected and distributed annually.
- The size of the central warehouse has tripled.
- Regional Foodbank Centres operate in Albany, Bunbury, Peel and Geraldton.
- A small core of staff and over 100 volunteers support our service around Western Australia.
- Over 600 Agencies withdraw food from Foodbank each week.
- The School Breakfast program is established in 290 schools around the State.
- The Food Sense nutrition and physical activity programs operate in many of those schools.

“We are particularly proud of the relationships we have developed over the years, enabling us to position Foodbank as the primary food provider in Western Australia to the welfare and community sector,” said Chairman Denis Ryan OAM.

“It is an important milestone and pleasingly Foodbank WA is in a solid position. However, our current capacity will soon be reached and our vision is now fixed on Foodbank 2030.

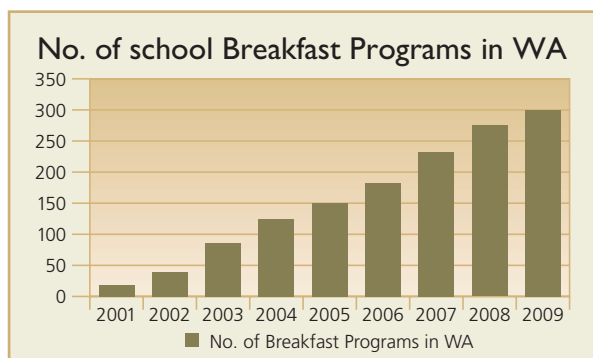
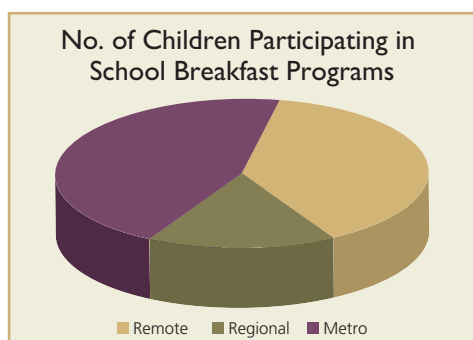
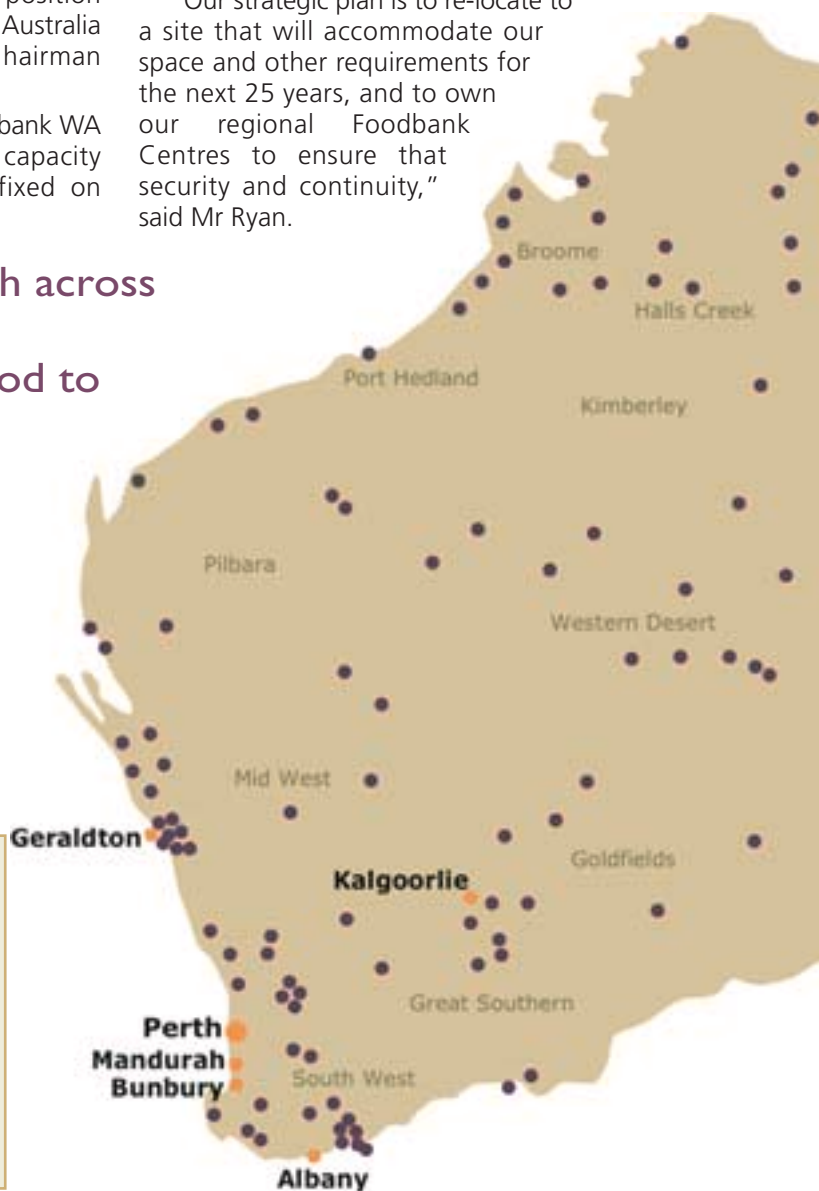
“We are looking to create a long term infrastructure to guarantee the future of Foodbank in this State and provide food security to those who rely on us on a daily basis.

“Our strategic plan is to re-locate to a site that will accommodate our space and other requirements for the next 25 years, and to own our regional Foodbank Centres to ensure that security and continuity,” said Mr Ryan.



Foodbank centres and outreach across Western Australia in 2009.

This includes distribution of food to communities and 290 schools.



NEWS Update

Cecelia and Alby make history

2009 marks the 10th year of employment for Cecelia Bakonya and Alby Homewood, two of Foodbank's dedicated staff members who came to us through the Rocky Bay Employment Service.

Foodbank CEO Doug Paling said that back then, it was the first time in the State that people with such profound disabilities had been employed in this capacity.

"Their employment subsequently became a catalyst for many other companies to offer work opportunities to similarly disabled individuals. Cecelia and Alby have been an inspiration to staff and volunteers.

"Congratulations to both of you and we look forward to another 10 years of working with you."



Ernie Dingo Campaigns for the needy

The thought-provoking national awareness campaign spearheaded by the popular icon has already aired on the east coast and commenced on Channel 7 in Perth in March. It will stay on until the end of May and aims to draw much-needed attention to the deepening problem of hunger in Australia.

"In one of the richest economies in the world it's difficult to imagine two million people not having enough to eat, and it's an absolute disgrace that over one million children go to school without breakfast everyday or go to bed without dinner every night," said Ernie.

"Kids who go hungry suffer from anxiety as well as diminished capacity to learn."

Foodbank Australia CEO, Bronwyn Boekenstein said urging businesses and individuals to give time or money, and to help spread the word is vital to the success of the organisation.

"Raising awareness of hunger will help remove the stigma associated with 'asking for help', Foodbank is convinced 'an Australia without hunger' is possible, provided everyone plays a part," she said.

To view the community service announcement online go to www.foodbank.com.au



"This is the MCG, capacity crowd 100,000. Now just imagine 20 of these filled to the brim, that's 2 million people. That's the number of Aussies who rely

on food relief each year, and half of those are children. In the lucky country its a bloody disgrace that 1 million kids go hungry every day."

2 million people = 10% of Australia's total population.

Board welcomes back Mark Crumby

The Board was sorry to lose member Mark Crumby when he departed to take up the position of State Director with ANZ Bank in Melbourne two years ago. Now we are delighted to welcome him back on his return to Perth.

Mark's background has been in banking, the last 20 years with the ANZ Bank. This is of great assistance in financial planning for our organisation. He is currently Chief Operating Officer of Wallis Drilling Pty Ltd.



Mark is a family man with a great interest in sport, particularly at international level. He is a keen member of the West Coast Eagles football club and a golfer,

"I'm delighted to be joining the Board again. Foodbank has a major positive influence on the WA community and is now a key part of the welfare infrastructure in WA. The present economic climate will place even greater demands.

"I am looking forward to working with other board members and our dedicated staff to meet these challenges and grow our support and commitment to the wider Foodbank family in WA," said Mark.

VALE Mavis Bridge

The Board would like to extend deepest sympathies to Director Ernie Bridge OAM and his family on the passing of his wife Mavis. She was renowned in the North West for her service as a nurse, working in missions and communities around Halls Creek since the 1950s. She was an inspiration and will be remembered by many people.

Key Agencies working with Foodbank

The Salvation Army, St Vincent de Paul and Anglicare are three of the best-known welfare agencies people turn to when they are in need. This issue we are featuring the Salvation Army and their work.

They have in the past run their own emergency food pantries and still do in some form, but consistent supply, storing large quantities of food within the organisation, and the cost for appropriate outside storage are an issue for them today.

Foodbank WA has been able to assist with storage and supplies of food as needed.

This happened recently with an unusually large donation of food to the Salvation Army. If stored in containers, much of it would have perished before being fully used.



Salvation Army public relations secretary, Warren Palmer said having Foodbank's support was a big help and they were pleased to be able to share the food supply with other agencies through Foodbank.

"We didn't have the capacity to house such a large amount of tinned food, so working with Foodbank helped to ensure the food got to those who need it most," he said.

He said the Federal Government's first stimulus package before Christmas and the current package have given some breathing space to people struggling financially.

"However, the effects of unemployment and high rents are really starting to impact, and we are seeing a 25 per cent increase in demand to Salvation Army services, especially access to food.

The Salvation Army operates 23 centres across Western Australia, which provide emergency relief and support services to more than 87,000 people, Foodbank currently works with six of the major metropolitan centres.

Yulella communities and Foodbank a great team



Many of Foodbank Geraldton's clients are from indigenous communities and Manager Pat Hodges says that working with the Yulella Aboriginal Corporation based in Meekatharra and Mt Magnet is truly rewarding.

"Their Manager Keith Bone does a superb job for the two towns, giving indigenous people work, education and the ability to live from day to day," said Pat.

Foodbank sends a tonne of food a week to the communities for the Bush Breakfast Program and other groups. In addition to the special breakfast food items, shipments include flour, pasta, rice, and SPC pasta pronto and beancuisine cans.

One special shipment was 300 delicious pre-packed meals to each community, a donation of excess meals prepared for the Pope's visit to Australia.

"All our participants benefit greatly from regular shipments of donated food items from Foodbank in Geraldton," said Keith.

"We have an Aboriginal cook out at Coglea Downs who prepares great tucker from these items and fresh fruit. Her damper is tops!

"We have two kitchens in town, one at Junjar Mudar Mia and the other at the Yulella training rooms."

However, fresh vegetables and fruit are always in short supply, so Yulella now has a Bush Foods garden growing Australian Native bushes and trees that have significance to their Aboriginal heritage.

"We also have a large established vegetable garden with a wide variety of plants. Here participants work and then eat the produce for free! This assists in providing some good nutrition for our people," said Keith.

Yulella owns and operates a 550,000-acre cattle station, a store in town, a fully equipped garage and run Junjar Mudar Mia (camp of little children) a playgroup where parents and their pre-school children come and enjoy various activities.

Ladies in the 'Bundy Club' who have a flair for art also run a small shop and Yulella is a CDEP provider.



Long table lunch raises 'truck load' for Foodbank SW

Bunbury's annual charity event, the Chefs' Long Table Lunch, which this year supported Foodbank South West, was another huge success raising more than \$36,000.



Photo courtesy of the South Western Times

Chef Don Hancey and Mojos' master chef Dave Allen fry up pork loin to perfection at Bunbury's long table luncheon.

The gourmet food and wine event, sponsored by the South Western Times, showcased some of the South West's finest chefs who prepared an extravagant feast for 500 guests.

The annual event's success due to the drive of organisers Ray Frisina, Gary Fitzgerald from the City of Bunbury, chef Don Hancey and event organiser Leonie Kershaw.

The funds raised will go towards buying a new 2-tonne van that fits two pallets of food for distribution to local agencies and Foodbank Central.

Foodbank SW Manager Rob Prestage said the day was outstanding and lots of fun. It couldn't have been done without the support of the community and the people working behind the scenes.



Prominent local Artist, Joyce Hatchett, also donated a Foodbank-themed painting for auction, which was bought by Foodbank SW volunteers, Lynne and Jim Wilkinson. They graciously donated the painting back to Foodbank to display at reception.

"Heartfelt thanks go to all the committee members, chefs and more than 60 volunteers who worked tirelessly to make this event a runaway success," he said.

"We also sincerely thank Joyce Hatchett and Mr and Mrs Wilkinson for their marvellous support."

Energy boost for the day

With a donation from Bendigo Bank, food supplied by Foodbank WA and hands on help from volunteers in the Retirees WA Forrestfield High Wycombe branch, students at Dawson Park primary school look forward to a nutritious breakfast before school every Tuesday and Thursday morning.

It is the seventh year running that retiree volunteers have supported the Dawson Park breakfast club, helping to provide a sit-down breakfast of cereal, toast and juice, while enjoying the company of up to 35 primary school students.

The School Breakfast Program encourages healthy eating and a good start to their day.

Photo courtesy of The Echo Newspaper



Dawson Park primary school students and volunteers from Retirees WA enjoying a nutritious start to the day.

Fresh fish on the menu

Foodbank South West received a highly unusual food donation when more than a tonne of fresh fish was donated from the National Spearfish Championships.

Entrants aged between 15 and 68 years free-dived in the waters between Cape Naturaliste and Cape Leeuwin to catch the widest variety of fish.

Foodbank South West Manager Rob Prestage said the contribution enabled Foodbank to offer a more balanced diet.

"Fresh fish is something different for us and it is a staple food that's great for your health, so we were over the moon."



Photo courtesy of the South Western Times

Foodbank South West volunteer Wayne Miller delivering fresh fish to welfare agencies in the South West.

Saving Wyndham's fruit nutrition program

Following the closing of Wyndham District High School's fruit nutrition program due to lack of funding, Foodbank recently stepped in to fill the gap by providing the students with fruit as part of the School Breakfast program.

The fruit nutrition program provides students with fruit, while educating them about healthy lifestyle and food choices.

School Breakfast program project officer, Miranda Infanti said it was great to see schools taking the initiative.

"Due to the perishable nature of fruit, we at times have to dispose of unused produce, so when we were contacted by the school, we were happy to help," she said.

Wyndham District High School Foodbank Coordinator, Danielle Matthews said the program was an important education tool and vital to maintaining student health.

"As many students at the high school do not have access to fruit or even a steady supply of food, the fruit nutrition program is fundamental to maintaining student health, particularly in indigenous students," she said.

"Since the program's inception, we have seen a reduction in the number of boils and skin rashes in students and are secure in the knowledge that the students are receiving at least one piece of fruit per day."



Wyndham District High School employee, Jan West preparing fruit for the student's fruit nutrition program.

Kitchen Caravan gets a makeover

The Foodbank WA Kitchen Caravan is on the road again and cooking, thanks to the generosity of United Way and The Good Guys, who strongly support our School Breakfast and Food Sense Programs.

The Caravan has been given a makeover and fitted out with additional cooking equipment and resources for the Food Sense nutrition and budgeting sessions.

The Caravan is currently on the road in the Pilbara and Marcelle Coakley, the Leaping Lizards Coordinator in Onslow, described it as "the caravan of their wildest dreams!"

It is being used in school and community settings to promote healthy eating and the enjoyment of preparing and eating delicious healthy food.

If you would like to register your interest to use the van in future, please email irene.verteramo@foodbankwa.org.au or vanessa.bobongie@foodbankwa.org.au at Foodbank WA.

Marcelle reports that the caravan was a hit at its maiden event in Onslow's Harmony Day celebrations.



Primary school students taking part in the Harmony Day celebrations.



"I am over the moon at being able to use such a fabulous training space. It was a great day and kids and adults alike really loved having it at the festival. I am looking forward to doing some Foodcents training out of it and hopefully we will be able to get some additional funding for all the training we are wanting to run. Thanks to everyone at Foodbank for this fantastic van."

Good Guys help out again

The Good Guys who came on board to support Foodbank last year, have provided cooking appliance packs to the 31 Perth schools that participated in various Food Sense workshops and professional development sessions.

These assist schools to continue making the recipes from the sessions, further promoting the message that healthy eating is easy, delicious and enjoyable.

Foodbank of WA

63-67 Division Street • Welshpool WA 6106 • T: 9258 9277 • F: 9258 5177

Email: wa.info@foodbankwa.org.au • Web: www.foodbankwa.com.au

REGIONAL CENTRES • Foodbank Albany T: 9842 6645 • Foodbank South West T: 9726 2362

Foodbank Peel T: 9581 9200 • Foodbank Geraldton T: 9964 8011

