

SecondBite

www.secondbite.org



SecondBite
food for people in need



'SecondBite's weekly food donations to The Choir of Hard Knocks are invaluable. Thank you to SecondBite and all those involved with the organisation – sensational!'

Esther Hawkins
Choir of Hard Knocks

November

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January to November 2007, SecondBite distributes

98 tonnes of food

This figure is all the more amazing when compared to last year's total of 20 tonnes. And we expect the yearly total to be close to 130 tonnes, with December and Christmas our busiest times. That's over a 600% increase – enough fresh food to provide 260,000 hearty, nutritious 500g meals.

Thank you to all our volunteers, staff, food donors and supporters who have made this phenomenal result possible.

There has been no time to rest at SecondBite in 2007. As well as collecting fresh food, we've been updating our reporting and volunteer procedures. The most noticeable change for 2008 is our increased meal weight, from 250g to 500g, in effect halving our meal count. Why would we do that?

The simple answer is SecondBite takes nutrition and food security seriously, so we commissioned two Monash University Nutrition & Dietetics students to conduct a report and investigate the true meal weight of a nutritious main meal for an average adult using surplus fresh food. After two weeks of data collection and food analysis whilst on the road with our driver, the students' report concluded that 500g would provide the average adult with the correct amount of protein, vitamins

and minerals needed to constitute a well-balanced meal. SecondBite is proud to be the first agency in Australia to commission a report of this type, and we are sharing the findings with a wide range of not-for-profit agencies and organisations.

Another major development has been within our volunteer program. It is now SecondBite's policy that every volunteer opportunity is offered to agency clients in the first instance. This has been a very successful initiative, with clients helping our Food Program Coordinator with the day-to-day deliveries and learning more about how the organisation works. Two of our most enthusiastic volunteers are Craig, who was introduced to us through The Brotherhood of St Laurence, and Sheree from 'The Choir Hard Knocks' – one of our more famous recipients. SecondBite provides the Choir with lunch every Wednesday at their weekly rehearsals.



Chairman's column



Sustainability for SecondBite

Profound growth has occurred at SecondBite over the last year due to extraordinary efforts of the staff, financial donors and volunteers.

These combined efforts have built upon the base to achieve much. We have seen new:

- standards of food handling, to minimise effort and waste;
- recipients;
- ideas, including involving clients at SecondBite.

Innovation occurs almost every week. It is a very exciting period for the organisation.

Our benchmarking shows that we provide food cheaper than any other organisation of which we are aware in Australia. Our food also frees up resources of major charities to provide many other welfare services needed by their clients.

At the same time, the Board is very strongly focused on building an organisation that achieves its goals in the long term. To do this, we have, amongst other initiatives, recruited additional Board members, staff and volunteers to carry the load and support our growth.

There are almost unlimited sources of surplus food available. The only real constraint on our growth is finance. Hence, we are searching for major sources of funding, both in the short term and in the long term, so that SecondBite will be funded in perpetuity. \$500,000 will fund us for three years.

Thank you to Katy Barfield and her team, as well as all our volunteers and donors. All of you are fundamentally improving people's lives.

If you can assist us financially, we can do much more.

Sincerely

Ian Carson, *Chairman*



Melbourne's markets

Since our last newsletter, SecondBite has expanded to include weekly food collections from the *South Melbourne Market, Footscray Wholesale Market, and the Queen Victoria Market.*

We have added a Saturday collection to our regular weekday pickup from the *Camberwell Market.* Yes, we have been very busy!

South Melbourne Market – Help Yourself Project
Since April 2007, SecondBite has been working in collaboration with the City of Port Phillip and the South Melbourne Market to promote the 'Help Yourself' project.

Through this project, SecondBite provides access to fresh, nutritious food to local health and welfare agencies who are invited to 'Help Yourself'. Every week, the food collected from the South Melbourne Market by SecondBite volunteers is redistributed through a collection program to a variety of agencies within the City of Port Phillip, free of charge.

Fitzroy Police kicking goals

SecondBite is proud to be involved with and support an innovative program run by Yarra Youth Resource Officers at Fitzroy Police that aims to encourage children living in local housing estates in Fitzroy, Collingwood and Richmond to run, jump and play towards a better future.

The program, based around soccer, runs for two hours every Monday during school term, and the session caters for up to fifty 5-14 year old children. SecondBite provides over 20kg of fresh fruit each week for the children to enjoy before and after their activities. This program promotes the health benefits of nutritious food



'We are really grateful for the support we get from SecondBite.'

Mary Campbell
of Sacred Heart

These agencies are often forced to buy food with generously donated funds, sometimes at retail prices, at the expense of other much needed programs and activities.

The 'Help Yourself' project allows these agencies to better serve the community by offering programs, courses and training, which in turn help build confidence and knowledge for the participants. A simple cooking class can build vital skills for clients, so they can 'help themselves' too.

The program is accessed by twelve community organisations and provides over 600 healthy, nutritious meals every week. The model is simple and the results immediate and vital. SecondBite is now looking to replicate the model in partnership with other local councils.



and promotes the building of relationships within Victoria's diverse community.

A big thank you to Senior Constables Chris McGeachan and Tony Brewin, Yarra Youth Resource Officers with the Fitzroy Police.

We asked... **David McNamara, Food Program Manager** from Sacred Heart Mission to provide us with a tried and tested favourite.

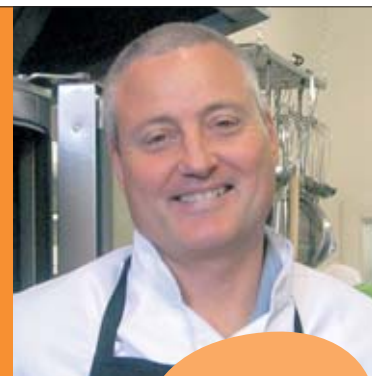
Linguine with chicken livers, sage and onion

Ingredients

400g linguine
2 tsp extra virgin olive oil
2 small red onions (sliced)
250g chicken livers (trimmed and chopped)
2 tbsp sage leaves (chopped)
1 cup pouring cream
1 beaten egg
salt and pepper

Method

Cook 400g linguine in a saucepan on lightly boiling water until al dente. Drain. Heat 2 tsp extra virgin olive oil in a large frying pan over medium heat. Cook 2 small red onions (sliced) for 3-4 minutes. Add 250g chicken livers (trimmed and chopped) and cook gently for 2-3 minutes until they just change colour. Add 2 tbsp sage leaves (chopped) and 1 cup pouring cream and stir over low heat for 1-2 minutes until slightly thickened. Remove from heat and add 1 beaten egg, stirring quickly to combine. Season with salt and pepper. Pour the sauce over the drained pasta, toss gently and serve.
Serves 4. Total cost under \$5.00



second



It was a win...win...win at Flemington for SecondBite, the caterers and the agencies. One tonne of delicious surplus food, including some exotic ingredients such as caramelised oranges was collected over the four race days of the Melbourne Cup Carnival and distributed to a variety of local agencies and people in need. Thank you to James Reid, Fleur Ritchie and Amber Sheldon from the VRC for their enthusiasm and support of the project.



Melbourne awards 2007

The Melbourne Awards take place in August each year and are designed to celebrate the courage, innovation and diversity upon which the city of Melbourne is founded.

SecondBite was honoured to be selected as a finalist from over 80 nominees in the 'Contribution to Community' category, alongside some very distinguished nominees such as St John Ambulance, the Melbourne Fringe and the Royal District Nursing Service. The worthy winner of the Contribution to Community category was the ANZAC Day Commemoration Council.

After six months of hard work and a massive effort by volunteers and staff, everyone in the SecondBite team was delighted to receive such terrific recognition. Thank you to the Melbourne Awards.

SecondBite and guests enjoyed an evening of celebrity entertainment and dynamic performances from Melbourne based artists, including a standout performance from the Choir of Hard Knocks. Fingers crossed for 2008!

IWIRC

SecondBite would like to take this opportunity to recognise and thank the International Women's Insolvency and Restructuring Confederation (IWIRC) for their support and for inviting us to be the nominated charity at their Grand Final luncheon.



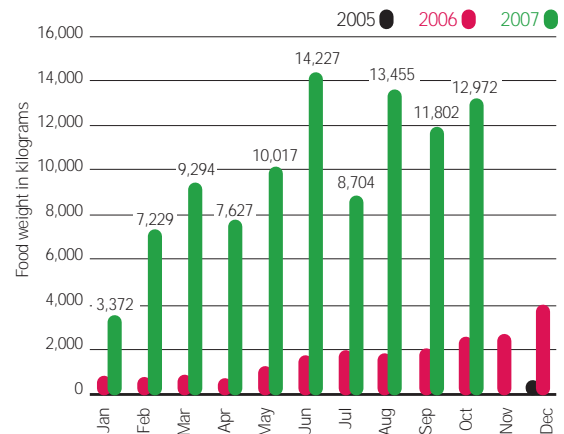
James Stewart and Katy Barfield address over 700 guests at the IWIRC luncheon.

The event held the week before the AFL Grand Final was a fantastic success, raising awareness and invaluable funding. A massive \$13,775 was received in auction bids and donations on the day. With a Geelong and Collingwood guernsey up for auction a week before the Grand Final, there was guaranteed to be some strong bidding.

Thank you again to IWIRC for inviting SecondBite to take part in the fantastic event, and we look forward to working together in 2008 to continue helping people in need.

The stats

Despite the weather cooling and drought conditions affecting the amount of surplus food available, the volumes have remained consistent throughout winter and spring. This is largely due to the addition of the Camberwell and Footscray Wholesale Markets in June 2007. We expect volumes to rise significantly throughout summer as the Queen Victoria Market comes online and the warmer weather means fresh food has less shelf life.



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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, Managing Director, Esanda
Ruth Rosh, Head of Development, 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