

NEWS

# Fresh idea helps out hungry souls

Kate Bruce-Rosser

MORE than 700kg of left-over fruit and vegetables is rescued from the rubbish bin at Prahran Market each Saturday.

But hundreds of kilos of fresh food are still going to waste in Melbourne every week.

Windsor resident Liz Muir works for SecondBite, a not-for-profit group that collects surplus fruit and vegetables and delivers them to welfare agencies.

She said SecondBite gave food to about 44 agencies.

"It is food that, if left over at the weekend, would not be of saleable quality, but is still fresh," she said.

"Most traders do not want to see their food go to waste."

Last year about 3.78 million tonnes of edible fruit and vegetables were thrown out, while 312,000 Victorians ran out of food.

Ms Muir wants to raise awareness about the waste. Winning a salary grant from Vodafone allowed her to "donate" herself for a year.

"Our key goal is to provide enough food for a million meals by 2011," she said.

"There's no shortage of food, just the infrastructure to collect it."

Ms Muir has studied nutrition and health. Providing the raw ingredients of a meal gives people the dignity of deciding what to make, she said.



Liz Muir at Prahran Market.

» Details: [www.secondbite.org](http://www.secondbite.org) or phone 8415 1194

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