



Second Bite sort deliveries.

Fresh aid for homeless

PARENTS everywhere implore their children to finish their vegetables.

But there are many hungry people who would happily eat fresh vegetables.

The Second Bite group wants to ensure they get them.

Second Bite delivers fresh food and vegetables to Victoria's 27,000 homeless.

Figures from The Australia Institute estimate that, in 2005, Australians threw away \$5.3 billion worth of food, of

“It is just such a simple idea . . . that is why it has worked

— Second Bite food program co-ordinator Russell Shields

which \$2.6 billion was fresh. Second Bite food program co-ordinator Russell Shields said volunteers collect vegetables,

fruit and meat from the Camberwell Fresh Food Market twice a week and pass it on to local charities Camcare and Salvation Army EastCare.

Mr Shields said volunteers would transport 140kg of fresh food after the Saturday market.

He said the 140kg was roughly equal to 190 standard meals.

“It is just such a simple idea,” Mr Shields said.

“That is why it has worked.”

— JAMES DOWLING

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