



## Healthy appetite for charity

Everyone hates to see good food go to waste, especially Russell Shields and Katy Barfield of Fitzroy-based charity SecondBite. Since 2005, the charity has been collecting surplus food from places like South Melbourne Market and giving it to homeless people with the help of agencies such as the Sacred Heart Mission. Last year, the charity used surplus food to provide more than 80,000 meals and in the next year it will prevent more than 140 tonnes of food going to landfill. SecondBite has two employees but relies on volunteers to distribute food. Director Katy Barfield says SecondBite needs to raise more than \$100,000 to continue its work. To donate, visit [www.secondbite.org](http://www.secondbite.org).