

SecondBite

www.secondbite.org

Summer News 2009

Tasmania update

Operations are well underway in Tasmania with Pat Burton at the helm. The recent purchase of a refrigerated truck means regular pick-ups of approximately 1,000 kilograms a week are now in operation from five participating Woolworths stores around Hobart. Recipients of this food include 30 welfare agencies and community organisations providing food relief. SecondBite is extremely grateful for recently awarded and much needed funding from Newman's Own Foundation, the RA Parker Settlement, and the State Government to help with the ongoing Tasmanian operations.

Local support has been fantastic and includes the donation of a chest freezer by Sandy Bay Rotary Club; apples from the Salamanca Market; vegetables from the Peter Cundall vegetable patch in the Hobart Royal Botanic Gardens, apricots from QEW Orchards, and Moorilla Estate, who are providing a hearty nutritious meal once a week direct to an agency.

The volunteer program in Tasmania continues to grow. Discussions are in progress with Rotary clubs around the state with a view to have Rotary volunteers helping to collect food regularly on behalf of SecondBite from markets and supermarkets.

Find out more at http://www.themercury.com.au/article/2009/10/14/103225_food-wine.html



SecondBite
food for people in need

SecondBite Mission Statement

SecondBite is committed to making a positive difference to people by identifying sources of nutritious surplus fresh food and produce that might otherwise go to waste and facilitating its safe and timely distribution to agencies and people in need.

SecondBite members delivering food to Bethlehem House, from left, Bethlehem House chef Alistair Lang with SecondBite's Food Program Manager Pat Burton and volunteer Philippa Chong. Photograph Courtesy of *The Mercury*.

As we head towards the end of 2009 and celebrate our third year as a staffed organisation, we are on track to deliver over 600 tonnes of fresh food to relief agencies across Victoria and Tasmania. Our heartfelt thanks goes to everyone who has helped us achieve this: our dedicated army of volunteers; those who provide us with financial support or pro bono services; food donors; recipient agencies; our ambassadors; and all our partners who are committed to making SecondBite a success.

At SecondBite, we strive to address both food insecurity and food wastage by allowing one to serve as the solution to the other. We are not simply about moving food, we aim to couple education and awareness with the redistribution of fresh food to create a lasting impact on these issues.

So, how do we measure our success? We can measure the volume of food that we deliver to our recipient agencies each month and we can set ourselves annual goals, but this is only part of the story. We seek to understand the full impact of our service so we can continue to improve it. By talking to our recipient agencies, we can begin to understand that the simple act of redirecting surplus fresh food not only provides immediate relief for people in need, but also promotes better nutrition and allows agencies to reallocate vital resources. Head Chef at St Mary's House of Welcome in Fitzroy, Shane Pereira's feedback is testament to this type of impact:

'With SecondBite providing a regular supply of various meats, I have not had to order any meat, and because of this, I manage to save \$600 a fortnight.'

This equates to an enormous saving of over \$15,000 a year for their food program, and means these funds can be redirected to the core services that St Mary's offers to help people in other ways.

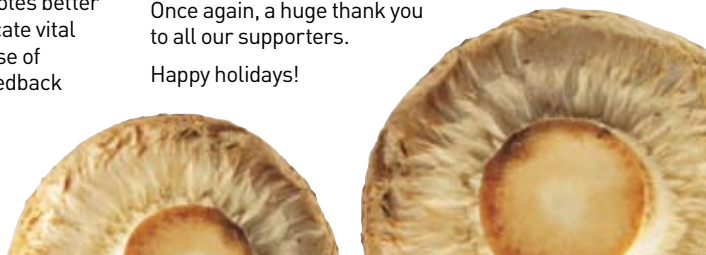
SecondBite strives to make food an instrument for change, a tool that takes a bite out of agency food program budgets; a means to create opportunities for new experiences; a focus point to bring people together; and, of course, the raw ingredients to encourage a more nutritious diet.

All these reasons keep SecondBite focused on making the biggest impact we can.

We are fast approaching our busiest period of the year, so please consider a donation, no matter how big or small. Or perhaps you would like to support us over the Christmas period by purchasing SecondBite Christmas cards from <http://www.christmascards4charity.com.au/secbite> or go to www.karmacurrency.com.au to buy a Christmas gift, your generous funds go to SecondBite. It is with your help that we can continue to support our agencies as their demand increases over the holiday season.

Once again, a huge thank you to all our supporters.

Happy holidays!





The frenetic demand continues

Congratulations to Katy who gave birth to a healthy baby boy in July. Both Katy and Archie are doing well, and we're all excited to welcome Katy back in March.

On another note, we recently received two letters of appreciation where SecondBite was seen as providing a light in a time of darkness, which has spurred us on to achieve even more.

More opportunities are arising every day through requests from organisations in need and offers from organisations that can give, and we continue to endeavour to bridge the gap between surplus and need.

It is with great excitement that Costco has come on board – giving quality fresh food daily from their Docklands location. With over 20 agencies on our waiting list, and our current efforts to build a regular sustainable service to Geelong, this type of new regular donation really makes a difference.

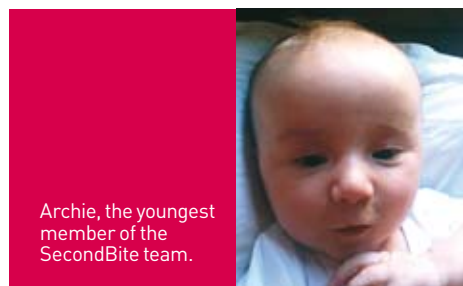
In addition to our Victorian and Tasmanian operations, SecondBite is in discussions with the Northern Territory Government, who are keen for us to start operating in Darwin. 'Aboriginal and Torres Strait Islander people experience significantly poorer health outcomes compared with other Australians,' reports VACCHO. Nutrition is an important risk factor, and insufficient intake of fruit and vegetables is highlighted as a specific issue.

We hope that once SecondBite begins in the NT we will provide some assistance to communities who face acute issues of food security.

The demand continues and our growth is testament to the fact that there is an unlimited need for food, and there appears to be unlimited surplus. With your funding we will be able to continue improving the SecondBite service.

Keep on SecondBiting!

Ian Carson,
Chairman



Archie, the youngest member of the SecondBite team.

The SecondBite team

SecondBite welcomed General Manager Zoë Whyatt in June. Patrick Coville was promoted to Warehouse and Logistics Manager in August. Two new full-time Food Delivery Coordinators, Greg Green and Dave Hart, commenced and we also welcomed Rebecca Lindberg in the role of Research and Development Coordinator and Lisette Worthing, Program Coordinator; The Big Picture.

Best wishes to Keryn Thomas, who moved on to new pastures in November. Thanks Keryn for all your efforts in making SecondBite what it is today. Emily Wild has stepped in to the role of Volunteer Coordinator & Office Manager and has hit the ground running – welcome Emily!



Yes Minister

SecondBite got a mention in Parliament on 28 July! Earlier in the month, Andrea Coote MP, Member for the Southern Metropolitan Region, visited our headquarters in Kensington after hearing of us through our involvement with the Prahran Market, and during the bushfire crisis earlier this year. Mrs Coote said she was particularly impressed with our simple, straightforward and efficient approach to getting fresh produce, in a timely fashion, to people who need it.

Super supermarkets

Every week, SecondBite collects several tonnes of food from ALDI and Woolworths stores in the Melbourne area. This food would otherwise go to landfill and we look forward to rolling out this program statewide.

SecondBite also welcomes Costco as a new food donor. Contributions from Costco are resulting in a significant increase in the total amount of food we collect. With this partnership and the arrival of a new eight-pallet truck, we anticipate a significant growth in the volume of daily pick-ups of fresh fruit and vegetables we are able to promptly deliver to recipient agencies.

The needs of agencies are increasing, with the economic downturn a factor, but whatever the cause, SecondBite continues to grow its response. In addition to our regular deliveries, we are maintaining our support of this year's bushfire affected communities. With a new bushfire season approaching, we are working with the Red Cross and various agencies in preparation, so we'll be well placed to again provide an appropriate and rapid response if needed.

She congratulated Chairman, Ian Carson, Executive Director, Katy Barfield, and all the staff and volunteers involved. SecondBite thanks Mrs Coote MP for raising the issue of food security at this high level.



Salvation Army Melbourne Project 614

Project 614 has been helping people living on the inner city streets since 2003. The Kitchen at Project 614 prepares approximately 1,400 meals per week across a number of outreaches during the day, night and on Sundays.

For this issue of *bites*, Project 614 Hospitality Co-ordinator Andrea Bashfield has chosen a healthy family favourite meal for four. This affordable main course is enjoyed by Andrea's family, as well as those who eat at the Life Centre at Project 614.



Mediterranean Roasted Vegetables with Chicken and Cous Cous

Ingredients

2 chicken thighs – diced
2 cups potatoes – cut into large cubes
2 cups pumpkin – cut into large cubes
2 cups kumera – cut into large cubes
3 carrots – diced
2 onions – quartered
1 tablespoon crushed garlic
Olive oil
Oil spray
Natural yoghurt/tzatziki

Method

1. Preheat oven to very hot
2. Spray roasting pan, add a little oil and heat
3. Toss vegetables in the hot oil and roast until tender
4. Cook diced chicken separately in frypan with oil spray
5. Cook 2 cups cous cous
6. Serve roasted vegetables and fried chicken on bed of cous cous and top with yoghurt dip

Serves 4

NB: Use any vegetables you have that are suitable to roast



Supporters step up

In August, SecondBite received a major grant thanks to the Lord Mayor's Charitable Foundation. The funding is over two years, and will enable us to expand our food program. With new donors coming on board and a waiting list of recipients, this expansion is critical in assisting us to meet the needs of the ever-increasing number of people facing food insecurity.

In 2009, Social Ventures Australia (SVA) invited SecondBite to join its portfolio of venture partners. SVA provides multi-year funding and tailored support to a carefully selected portfolio of non-profit ventures led by outstanding social entrepreneurs. The support provided by SVA will assist our strategic planning, help build our financial sustainability and develop our governance, performance measurement and evaluation frameworks. Additionally, through this partnership, SecondBite will be able to leverage SVA's significant networks to help us meet our growth, infrastructure and communication demands. To be included in the program, SecondBite had to demonstrate, among other things, the potential to bring about a significant and lasting benefit for a substantial number of people, clear evidence of results and a model for change that has excellent potential to grow to a significant scale. Our selection is a robust endorsement of our approach.



Students get behind SecondBite

A group of first year students studying Event Management at Swinburne University did a marvellous job of arranging two cocktail parties for SecondBite's supporters and volunteers in June. Not only did the organisation of these events provide great hands-on industry experience for the students, they were also brilliant

opportunities for SecondBite to thank its supporters and volunteers. For a full list of all of SecondBite's wonderful supporters, who made these events possible, please see the article 'SecondBite Supporter Events' on the news and events page of the website.

Grand Final fever bites

IWIRC, an association that supports and trains people interested in insolvency, holds a grand final luncheon every year to profile its network and raise money for a chosen charity. We were again thrilled that the chosen charity was SecondBite.

The luncheon, held at the Palladium at Crown on 18 September, was hosted by an engaging Brian Taylor, with Matthew Richardson as guest speaker and was attended by over 700 guests.

The event raised an impressive \$7,800 for SecondBite and provided a fantastic afternoon of entertainment. Thank you to the IWIRC team and Gray's auctioneers.



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Donations of \$2.00 or more are tax deductible.

I would like to make a donation to the work of SecondBite:

Donation amount: \$50 \$100 \$200 Other \$ _____

YES, I want to become a monthly supporter NO, I'd prefer to make a single donation

I would like to make a one-off donation to the SecondBite Foundation to provide funds in perpetuity Donation amount: \$ _____

Name/organisation _____

Address _____

Suburb/City _____ State _____ Postcode

Email _____ Telephone _____

Payment details: Cheque (enclosed)

Credit Card MasterCard Visa Name on card _____

Card no. _____ Exp. date _____

Please send my receipt by: mail email

Please detach and send to Zoë Whyatt, SecondBite, Unit 51, Lloyd Street Business Estate, 50 Lloyd Street, Kensington, VIC 3031, or to donate securely online, please visit www.secondbite.org

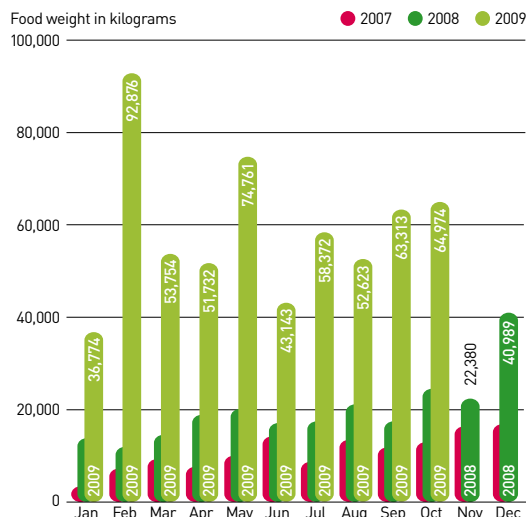
Volunteer zone

Volunteers are vital to the success of SecondBite, contributing over 700 hours each month to support us. Thank you to everyone who gives up their time to help.

There are many faces to our volunteer program, there is no such thing as a typical volunteer, and we love that! Volunteers may be students volunteering time towards study, Rotary members organising weekend market collections, people delivering food on our behalf to agencies and projects

or people with office skills helping with administration. Volunteers also ride the van with the SecondBite drivers and provide assistance in the warehouse. There are countless events throughout the year where SecondBite needs your help. Volunteering can help you connect, meet new people and support the community. To learn more about the different ways to get involved, please go to the volunteer zone on the website www.secondbite.org.

Food delivered by SecondBite to recipient agencies per month



Volunteer spotlight Jan Gielnik

Jan Gielnik is the type of person who thrives on continuous activity and engagements. One of Jan's many commitments is filling the position of Volunteer Induction Coordinator at SecondBite. He enjoys this volunteer role because it allows him to engage personally with new volunteers. During the week, he also drives the community bus for the City of Port Phillip and on the weekends he works as a civil celebrant. Jan's employment background also includes extensive work in the banking and finance industry and previous volunteer work. Jan feels that he has been an extremely 'lucky person' because he has had such an eclectic employment experience and the opportunity to meet many interesting, exceptional people. Such life experience has equipped Jan with a great knowledge and understanding of humanity, a strong sense of empathy, and a friendly and engaging manner. He says volunteering at SecondBite is simply a 'pleasure' because its employees and volunteers are a 'very noble and caring group'. Thanks Jan.

Footy 4 food

Twenty-five SecondBiters braved windy conditions to man collection stations at the Collingwood v Sydney match at the MCG on Sunday, 23 August. The volunteers looked fantastic in their hats and shirts. They collected 280 kilograms of food, on top of the 400 cases of food already donated by Heinz Foods. SecondBite would like to thank the Collingwood Football Club, the AFL, the MCC and Heinz Australia. See you next year at the annual SecondBite Winter Food Drive.



At the races!

Throughout the Melbourne Cup Carnival, SecondBite collected surplus food after each race day and delivered it directly to agencies around Melbourne. Over a tonne of food was collected, and we thank the Victoria Racing Club and the caterers for making this possible. SecondBite is also part of the Flemington Green Fields program, which aims to reduce the environmental impact of one of Australia's largest events, the Melbourne Cup Carnival. To achieve this goal, large groups of enthusiastic SecondBite volunteers were on site each race day to promote the benefits of recycling and sustainability to patrons enjoying the day.



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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), Managing Partner Melbourne, PPB
- David Hisco**, Group Managing Director, Commercial Banking, ANZ
- Dr Cate Burns**, Senior Lecturer, Deakin University
- John Simpson**, Strategic Adviser, Office of the CEO, National Australia Bank
- Alister Paterson**, Chief of Staff, Office of the Lord Mayor, City of Melbourne
- Simone Carson**, Director, SecondBite
- Katy Barfield**, Executive Director, SecondBite
- Bob Glindemann**, Director, SecondBite
- Elana Rubin**, Chair, Australian Super Fund