



# Food for Thought

## Coming together while 'social distancing'

In an uncertain time, as the COVID-19 crisis escalates in Australia, we are being asked to 'social distance' ourselves.

So how can we come together as community to support each other?

Here are some great ideas around food:

### 1. Shop local

More than ever small business needs our support. Buying fresh local produce is great for our health and the health of our economy.

Try:

- Willunga Farmers Market - All produce is sourced locally from the Fleurieu Peninsula and sold by the growers and producers. Some even have farm gate sales:  
[www.willungafarmersmarket.com.au](http://www.willungafarmersmarket.com.au)
- The Pick a Local, Pick SA! An initiative supporting South Australian produce from farmers to retailers. Find your local here:  
[pickalocalpicksa.com.au/find-your-local](http://pickalocalpicksa.com.au/find-your-local)
- Buy from your local butcher, baker or greengrocer. Some are offering home delivery.

### 2. Sharing is caring!

- Buy a few extra cans of food and donate it to Foodbank, Oz Harvest or other food relief agency
- Volunteer - Food relief agencies are looking for helpers and have adapted their way of working to ensure safety is paramount. Find out about [Emergency food relief services in the area](#)
- Share excess produce with your neighbours and friends – if you are concerned about physical closeness, why not leave it on their doorstep
- Write "free" or "help yourself" on a piece of card and put a laundry basket of home grown produce outside the front of your house
- Create your own pop up 'front gate' stall with home essentials, condiments, preserves and even crafts and soaps
- Share healthy, low cost recipes that can be made with staples that most of us have in our pantries already
- Letterbox drop your neighbours to see how you can help.

### 3. Use social media and other platforms

To request help, offer it or ask a question.

Check this out:

- [Love your neighbour south australia: covid-19 inspired local connections](#)

Post about excess food and these groups will do their best to connect it with those who are in need:

- [Onkaparinga Food Security Collaborative](#)
- [Adelaide Community Food Network](#)

Join the Grow Food, Grow Love, Grow Community group:

- [Grow Free](#)

### 4. Start a food garden

Plan that veggie garden, teach the kids where food comes from, learn about what to plant in different seasons, options for pest control and how to harvest and seed save.

For online resources and support, connect here:

- [Magic Harvest](#)

### 5. Think long term

This crisis will subside and has highlighted we can all play a role in the future of our food.

Consider:

- Joining a group:

[SA Urban Food Network](#)  
[Sustainable Communities SA](#)

- Being informed. Join a course and learn how to become a food citizen:

[Food Matters by The Food Embassy](#)

- Growing in a public space – your front garden or verge – ask your neighbours to join you
- Joining or starting a veggie swap
- Starting a seed saving club
- Learning how to cook with different ingredients
- Setting up a share network
- Joining a local community garden.

For more information or to share your ideas, please contact Linda Enright, Healthy Lifestyle Officer on [linda.enright@onkaparinga.sa.gov.au](mailto:linda.enright@onkaparinga.sa.gov.au) or 0414 647 711 (on Tuesdays and Wednesdays).