

EPPING FOOD SWAP

held on the 2nd Saturday of each month

at

**Epping Primary School - 805 High Street,
Epping
10am – 12noon**

Do you have lots of greens and no carrots?

A food swap aims to give people in our community an opportunity to come together and swap their excess home grown produce.

A food swap is a no/low cost way of sharing a variety of fresh, locally grown and often chemical free food while meeting like minded people. Food swaps often occur during a short time frame, say a couple of hours, in an easily accessible place within the local community enabling people to connect with each other.



What can I swap?

At food swaps, we swap anything that will help grow, produce and preserve local food eg. home grown vegetables, herbs and fruit, seeds and seedlings as well as sharing gardening tips, recipes and new gardening buddies can be made. No money changes hands. It is all about redistributing excess food and keeping the fresh food supply chain as local and as low cost as possible. We want to see more local food on local plates.

For further information contact: Elaine ☎ 9401 5392

or Jenny ☎ 9438 1909

Sponsored by Local Food Connect Inc.

FOOD SWAPS - 2012

14th January

11th February

10th March

14th April

12th May

9th June

14th July

11th August

8th September

13th October

10th November

8th December

