

# Finding Healthy Food in Frankston

**Helping our communities access healthy food  
during the Coronavirus (COVID-19).**

In Australia people are currently worried about food access and availability.  
This has resulted in an increase in panic buying and less food on the supermarket shelves.

Australia is not in danger of running out of food.

If we all take some simple steps there will be plenty of food available for everyone.



Peninsula  
Health



## Supermarkets

Major supermarkets have responded to the Coronavirus by offering priority access for certain groups within our community.

Some supermarkets can deliver your grocery shopping to your home or you can arrange contactless pick up through their Community Pick Up Box.

Check your local supermarket or grocer to see what delivery options, priority access or other helpful options they are offering.



## Alternatives to shopping at the supermarket

Supermarkets are not the only option when food shopping. You can shop for food locally with small businesses.

Great local places to buy food from include:

- Green grocers/ fruit and vegetable shops/produce markets
- Smaller grocery shops
- Butchers
- Bakeries
- Local food hubs.



## Online food subscriptions

In line with Stage 3 restrictions, now is the perfect time to access vegetable boxes and food subscriptions. Better still support local farmers and businesses and get their products delivered to your door, such as these links:

- [Red Hill Fresh](#)
- [Fruits From the Ridge](#)
- [Heritage Farm](#)
- [100 Mile foodie](#)
- [Tender Loving Cuisine](#)
- [Choice Fresh Meals](#)



## Grow your own

In Australia we grow a lot of fruits and vegetables which are available to buy from a range of shops. But if you are concerned about the ongoing availability of fresh food over the coming months, why not grab a shovel and start growing you own?

Even if you don't have big garden (or any garden at all) you can still grow herbs, tomatoes, beans, salads and other leafy greens such as spinach in pots.

Learn more about growing your own food from these links:

- [Growing from seed- any garden size](#)
- [Gardening Australia Seed raising 101](#)
- [Growing food at home](#)
- [Growing vegetables without a garden](#)
- [Growing vegetables Australia](#)
- [Winter planting guide](#)

## Community Gardens

Community gardens are a great place for growing and harvesting fruits and vegetables. Community gardens are a fun way to get involved in food production, especially if you are unsure about where to start. Please see the list below of the community gardens in Frankston that you could join.

- The Backyard Community Garden
- Garden for Life
- Down's Estate Community Project
- Groundswell Community Garden
- Joy of the Earth Community Garden
- Kananook Community Garden
- Langwarrin Community Garden
- Pines Patch Community Garden
- Seaford Food Forest.

For locations and contact details go to: [Community Gardens](#)

*\*Please note gardens may not be accepting new members at this time, but expressions of interest and contact details are being taken. Please contact your local garden for more information.*





## Emergency Food Relief

Victorians in mandatory self-isolation running short on food and unable to have any dropped-off by friends are now eligible for a [food and personal care package](#), with a two-weeks supply of essential food items. People wishing to request a pack should call Victoria's dedicated Coronavirus hotline on 1800 675 398.

Please view the links below to learn more about the Emergency Food Relief services available in Frankston.

- [Community Support Frankston](#)
- [Where to Find Assistance brochure](#)

## Donate to a Local Charity

If you have non-perishable food items taking up room in your pantry, consider donating them to an emergency food relief charity.

Please remember to only donate packaged long-life food items such as canned food (ring pull preferred) and packets of pasta within the Best Before date.

Unfortunately, fresh food items with a short shelf life or any other non-food items cannot be accepted.

Frankston City Council has organised five central and suburban drop-off points for long-life food donations. Look out for the bins with the purple lids when you do your next grocery shop. For location details follow the link below:

- [Community Support](#)

Alternatively, individual charities are also accepting and relying on food donations to feed those in need. For location details follow these links:

- [Theodora's Cheerful Givers](#)
- [Salvation Army - Carrum Downs](#)
- [LifeGate Inc](#)





## What to do with excess food?

If you suddenly find yourself with excess food, don't let it go to waste! There are many options available that will ensure you have plenty of food that can be safely stored and used as needed.

### Preserving

Preserving excess food is a simple way to extend the storage life of fresh foods such as fruits, vegetables, and event meat.

There are many ways to preserve food including:

- Drying and dehydrating
- Freezing
- Fermentation
- Pickling
- Olive Oil

To learn about the different ways you can preserve food please click these links:

- [Food preservation ideas](#)
- [What is fermenting?](#)
- [Pickling 101](#)

### Bulk Cook-ups

A great option if you have the freezer space is to plan a bulk cook-up. Cooking in bulk allows you to use up any fresh food that you have too much of; creating delicious meals for another time.

Bulk cook-ups are great for those days where you don't have time to prepare a decent meal. It saves time (when you're busy you can just grab some out of the freezer!) and reduces food waste.

For more great tips and a few simple recipes see these links:

- [Handling food at home](#)
- [What foods can I freeze?](#)
- [Delicious bulk cooking meal recipes](#)



## Reducing food costs

Tips for reducing your food costs are:

- Plan your meals in advance and buy only what you need.
- Buy seasonal produce, for more information [see here](#).
- Call and ask a farmer about mail order/home delivery service options. (See details for local providers on page 2).
- Reduce the number of times you buy take away each week.



## Throw away the packaging

Coming into contact with any surface carrying Coronavirus can place you at some risk.

It is important to remove packaging your food comes in as soon as possible and wash your hands straight after.

It is also important to wash or sanitise your hands after doing the grocery shopping.



## Take away and home delivered meals

### Practice social distancing

Avoid meeting food couriers in person. It is possible to let them know online where they can safely leave your food. This is usually done in the delivery instructions section of your order.

### Contactless food and other items delivery

When eating delivered food it is best to use your own plates and cutlery. Do not eat out of the container and clean your counter and table before and after eating.

Throw away the packaging the food came in and wash your hands as soon as possible.

There are options for contactless delivery of essential items, medicine and food. They use a GPS to track delivery of your items.

13cabs offers this service, check out their website [13 things](#).





# What if I can't find the foods I usually cook with?

You may have trouble finding the foods you usually buy, but there are plenty of alternatives available.

Get a little creative and swap your standard ingredients with some delicious alternatives.

Below are a few handy tips on foods you can use in place of other ingredients that might be unavailable.

## Substitution

**White flour:** swap with almond flour, coconut flour, spelt flour, rye flour, or quinoa flour.

**Eggs:** swap with mashed banana, egg replacer (commercial), yoghurt, buttermilk, or 1 tablespoon of chia with 3 tablespoons of water (leave for 5 minutes until it thickens).

**Pasta (wheat based):** swap with rice pasta or noodles, quinoa pasta or try vegetable noodles, such as zucchini noodles.

**Baked beans:** you can make your own with almost any kind of beans including; cannellini beans, kidney beans, butter beans or black beans to name just a few.

**Canned vegetables:** there is no shortage of fresh food available, so ditch the cans and enjoy a variety of fresh produce.

**Fresh garlic:** swap with minced garlic, garlic powder, garlic flakes or granulated garlic.

Check if your neighbours have the ingredients you need and arrange a swap. Be mindful of social distancing and arrange to leave products at the front door.

## Online Groups

There are lots of online community groups you can join, to keep social, connected to your community and learn some new skills. Some local groups are listed below:

- [Frankston Food Access Network](#)
- [Frankston community noticeboard](#)
- [Frankston Noticeboard](#)



# Food Handling and Safety

Although the spread of Coronavirus through food is very unlikely, you should always practice good hygiene when handling and preparing food.

Food Safety Standards Australia and New Zealand (FSANZ) has provided the following advice when handling and preparing food:

- Wash your hands between handling raw and cooked foods
- Thoroughly cook all meat products
- Cover your mouth and nose when you cough or sneeze
- Avoid close contact with people showing symptoms of respiratory illness, such as coughing and sneezing
- Avoid preparing food for others if you have symptoms of respiratory illness.

Other useful links:

- [Latest COVID-19 updates](#)
- [World Health Organisation](#)

**To access a copy of this document electronically, please visit:**  
[Frankston City Council](#)

## Acknowledgement

This fact sheet was adapted from the Central West Gippsland Primary Care Partnership Fact sheet, developed in partnership with Food For All Latrobe Valley, the Latrobe Health Assembly, and Baw Baw Food Movement, available [here](#).

And the Finding Food in Casey, Cardinia and Greater Dandenong resource, adapted by Enliven Primary Care Partnership and the South East Prevention Leadership Group, available [here](#).

## References

1. Food Safety Standards Australia and New Zealand. Novel Coronavirus and Food Safety. 2019. [updated 2020 Mar; cited 2020 Mar 23]. Available [here](#).

