



EVERYONE IS WELCOME

You don't need to be producing fruit or vegetables come along!

THERE IS NO LIMIT TO WHAT CAN BE SWAPPED...

“A produce swap is a regular community event where people can trade excess home grown or homemade produce, or anything else food related”



Vegetables, herbs, seeds, seedlings, organic fertilizers, fruit, eggs, preserved or baked goods...

gardening tips, seasonal recipes, skills, empty jars, egg cartons, homemade craft goods or knowledge can all be shared.

Swappers bring their swap items and then 'shop' from the table of goods left by others with exchanges being a fair reflection of what has been given

SOME SWAPPING GUIDELINES...

- ⇒ Swap is money free and runs on an honesty system.
- ⇒ If trading eggs, the "*Producing safe eggs at home*" guidelines must be followed (these guidelines will be available at the swap)
- ⇒ No dairy or bean sprouts are to be placed on the swapping table
- ⇒ If baking or preserving goods, people must ensure they are following food safety guidelines including date made and a list of ingredients
- ⇒ Participants must be respectful to one another at all times
- ⇒ All produce swapped must be clean and void of animal matter



DATE AND INFORMATION ABOUT NEXT SWAP..

TO FIND OUT MORE VISIT

WEBSITE: <http://foodintheCOSregion.weebly.com>

FACEBOOK: "*Otways' local food swap*" page

PHONE: Brian or Joan Irving on 52376728