



# FOOD ACCESS AND SUPPORT

The **Food Access and Support Directory** has been developed by the Colac Otway Food Alliance to raise awareness of where nutritious food is available in the Colac Otway region and how to access it.

The **Colac Otway Food Alliance** is a network of food stakeholders in the Colac Otway, working collaboratively to achieve food equality in the Colac Otway Region.

Our vision is that *'Everyone is the Colac Otway Shire regardless of socio-economic status can obtain nutritionally adequate, culturally acceptable, safe foods regularly through non-emergency sources.'*

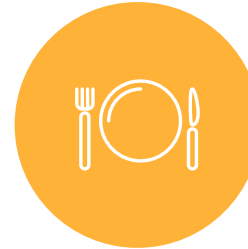
The Colac Otway community has identified knowledge as a barrier to accessing the food they need to be healthy. The purpose of this guide is to increase the community's knowledge of where nutritious food is available in the Colac Otway region and how to access it.

This **Food Access and Support Directory** aims to address food equality in the Colac Otway by outlining where nutritious food can be accessed by people experiencing food disadvantage.



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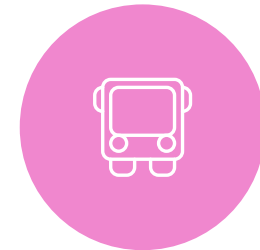
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# EMERGENCY FOOD RELIEF

## APOLLO BAY P-12 COLLEGE

Pengilley Ave Apollo Bay VIC 3233 <b>CONTACT</b> Student Wellbeing Team 03 5237 6843	Food and/or vouchers available to students of the school. Families are referred to Otway Health.	Students of Apollo Bay P-12 College only.
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## COLAC AND DISTRICT COMMUNITY FOODSHARE

6 Bath St Colac VIC 3250 <b>CONTACT</b> Erin McClusky 03 5232 5347 emccclusky@cah.vic.gov.au	Delivers fresh nutritious food hampers to food insecure families and friends of the school. Food is donated by Second Bite and packed and delivered by volunteers every Tuesday during school term.	Community organisations, welfare agencies, schools and churches. Not open to the public.
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## COLAC SPECIALIST SCHOOL

120A Wilson St Colac VIC 3250 <b>CONTACT</b> Jen Whitwell 03 5231 1055	Delivers fresh nutritious food hampers to food insecure families and friends of the school. Food is donated by Second Bite and packed and delivered by volunteers every Tuesday during school term.	Colac Specialist School community only.
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## OTWAY HEALTH

75 McLachlan St Apollo Bay VIC 3233 <b>CONTACT</b> Community Welfare Worker 03 5237 8500	Food vouchers available to use at the supermarket organised through appointment.	An appointment is needed to obtain a voucher.
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## ST VINCENT DE PAUL SOCIETY, COLAC CONFERENCE

40 Dennis St Colac VIC 3250 <b>CONTACT</b> Ring mobile phone between 10.30am and 1.00pm on Tuesdays and Thursdays 0400 181 779	Food vouchers available to use at the Supermarket organised through appointment. Also donated food. Tuesday and Thursdays 1-3.30pm.	An appointment is needed to obtain food.
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## SALVATION ARMY

100 Bromfield St Colac VIC 3250 <b>CONTACT</b> Sue Buley 03 5231 1178	Food vouchers available to use at the supermarket organised through appointment. Open three mornings a week: Monday, Wednesday, Friday, 9am-1.30pm. Food parcels can be accessed over the counter when in need.	An appointment is needed to obtain a food voucher.
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## SECOND BITE

<b>CONTACT</b> Ben Hill 0478 414 869 ben@secondbite.org www.secondbite.org	Redistributes healthy fresh food to agencies and community food programs. Second Bite 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. Delivers to Colac every Tuesday morning.	Not for profit emergency food providers.
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# COMMUNITY MEALS

## BIRREGURRA COMMUNITY HEALTH CENTRE

28-30 Strachan St  
Birregurra 3242

**CONTACT**  
Emily Mercer  
03 5236 4009  
emercer@cah.vic.gov.au

**COMMUNITY LUNCH**  
Lunch on Friday program; two course meal provided by our wonderful volunteer team.  
Fridays 12-2pm.

Target: Over 55's but all welcome.

## COLAC NEIGHBOURHOOD HOUSE

23 Miller St  
Colac VIC 3250  
**CONTACT**  
Beverley Rimmer  
03 5232 5368  
brimmer@cah.vic.gov.au

Andrew Edgar  
03 5232 5176  
ajedgar.cah@swarh.vic.gov.au

**COMMUNITY MEALS**  
Free nutritious main meal and dessert. Various options available.  
Last Friday of each month 5.30-7pm.

All welcome.

## COLAC SECONDARY COLLEGE

173 Queen St  
Colac VIC 3250

**CONTACT**  
Sue Ryan  
03 5231 9808  
ryan.susan.a@edumail.vic.gov.au

**BREAKFAST CLUB**  
Free breakfast every Tuesday during school term 8-9am.

All Colac Secondary College students.

## COLAC SOUTH WEST PRIMARY SCHOOL

283 Wilson St  
Colac VIC 3250

**CONTACT**  
Jenny Turner  
03 5232 1170

**BREAKFAST CLUB**  
Free breakfast 2 mornings a week during school term. Tuesday and Wednesday morning 8.15 – 9am.

All Colac South West students

## FORREST NEIGHBOURHOOD HOUSE

Forrest Public Hall  
14 Grant St  
Forrest VIC 3236  
**CONTACT**  
Gillian Brew  
03 5236 6591  
forrest.nh@gmail.com

**COMMUNITY LUNCH**  
2 course nutritious vegetarian meal; main and dessert (Winter: 3 courses including soup) \$6. Low cost coffee \$2.  
Thursdays 12.30-2pm during school term (check for holiday closures).  
Some free food items to take home when available from Second Bite.

All welcome.

## SOUTH WEST DO CARE

26 Murray St  
Colac VIC 3250

**CONTACT**  
Chris Modra  
03 5231 1747  
admin@southwestdocare.org.au

**LADIES LUNCH**  
A hot lunch at a local restaurant.  
Cost of meal: As per menu + service fee of \$4.  
Second Thursday of the month.  
Bus pickups and drop offs are available.

65+ year old ladies who are socially isolated.

## COMMUNITY MEALS

### SOUTH WEST DO CARE

26 Murray St  
Colac VIC 3250

#### CONTACT

Chris Modra  
03 5231 1747  
admin@  
southwestdocare.org.  
au

#### MEN'S LUNCH

A hot lunch is provided plus tea and coffee. Cost of meal: \$10 + service fee of \$4.

First Monday of the month.

Bus pickups and drop offs are available.

65+ year old men who are socially isolated.

### TIME FOR YOUTH

83 Ryrie St  
Geelong VIC 3220

#### CONTACT

Alyssa Huxtable  
03 5246 7500  
0434 240 354

#### CAFÉ MEALS

Café Meals card for eligible homeless young people enables access to 12x \$3 healthy meals at selected local cafes.

Homeless young people 15-25 years old who are food insecure or socially isolated.

## COMMUNITY KITCHENS

### BIRREGURRA COMMUNITY HEALTH CENTRE

28-30 Strachan St  
Birregurra VIC 3242

#### CONTACT

Emily Mercer  
03 5236 4009  
emercer@cah.vic.gov.  
au

Registered commercial kitchen available for hire. Birregurra Community Health Centre room hire process applies, for more information contact the centre coordinator on the contact details listed.

All welcome.

### COLAC NEIGHBOURHOOD HOUSE

23 Miller St  
Colac VIC 3250

#### CONTACT

Beverley Rimmer  
03 5232 5368  
brimmer@cah.vic.gov.  
au

Community kitchen available most days.

Members and volunteers. Hire available for community groups.

### FORREST NEIGHBOURHOOD HOUSE

Forrest Public Hall  
14 Grant St  
Forrest VIC 3236

#### CONTACT

Gillian Brew  
03 5236 6591  
forrest.nh@gmail.com

**FORREST VOLUNTEER CATERING**  
Preparation of community lunch and school lunch orders.  
Thursday 10am-2pm  
Catering for special events as required.  
Overseen by Food Supervisor Gillian Brew.

All welcome.

## COMMUNITY GARDENS

### APOLLO BAY P-12 COLLEGE

Costin St  
Apollo Bay VIC 3233

**CONTACT**  
Nicola Philp  
03 5237 7749  
0404 306 332  
nicandcraigphilp@gmail.com

Community vegetable garden located on the school grounds in Costin Street. The garden is open to the whole community.

All welcome.

### COLAC NEIGHBOURHOOD HOUSE

23 Miller St  
Colac VIC 3250

**CONTACT**  
Beverley Rimmer  
03 5232 5368  
brimmer@cah.vic.gov.au

Community garden with various raised and ground level garden beds available for use, excess produce shared with users of the house. Orchard of over 15 varieties of fruit trees.

Volunteers and members.  
New members always welcome.  
Membership is \$10 or \$5 concession.

## FOOD SWAPS

### COLAC NEIGHBOURHOOD HOUSE

23 Miller St  
Colac VIC 3250

**CONTACT**  
Beverley Rimmer  
03 5232 5368  
brimmer@cah.vic.gov.au

Informal food swap of local community home grown garden produce and excess community garden fruit and vegetables.

All welcome.

### GELLIBRAND FOOD SWAP

Gellibrand River Store  
16 Main Rd  
Gellibrand VIC 3239

**CONTACT**  
Julia Malcolm  
0417 948 522 (Mon)/  
03 5235 8348 (Tues & Thurs)  
jmalcolm@swarh.vic.gov.au

Swap your excess garden produce or anything related to food production (jars, egg cartons, recipes, garden tools, re-usable shopping bags etc.).

Second Saturday of every month at 10.30am.

All welcome.

### LAVERS HILL FOOD SWAP

The Shoppe Lavers Hill  
30-32 Great Ocean Rd  
Lavers Hill VIC 3238

**CONTACT**  
Julia Malcolm  
0417 948 522 (Mon)/  
03 5235 8348 (Tues & Thurs)  
jmalcolm@swarh.vic.gov.au

Swap your excess garden produce or anything related to food production (jars, egg cartons, recipes, garden tools, re-usable shopping bags etc.) in a friendly environment.

Third Monday of every month at 1.30pm.

All welcome.

## FOOD SWAPS

### OTWAY'S LOCAL PRODUCE FOOD SWAP

Community Garden  
Costin St  
Apollo Bay VIC 3233

#### CONTACT

Otway Health  
03 5237 8500

Join us each month to swap excess produce from your garden or pantry as we discuss new ways to use and grow your home garden.

Third Friday of every month at 5.30pm for a 5.45pm start.

All welcome.

## PRODUCE MARKETS

### APOLLO BAY COMMUNITY MARKET

Foreshore  
Great Ocean Rd  
Apollo Bay VIC 3233

#### CONTACT

Market Committee  
apollobaymarket@gmail.com

All goods locally made, baked, grown and laid.  
Every Saturday morning on the foreshore.

All welcome.

### APOLLO BAY FARMERS MARKET

Youth Club  
19-21 Moore St  
Apollo Bay VIC 3233

#### CONTACT

0488 377 299  
otway.farmers.market@gmail.com

Fresh Produce Market held on the third Sunday of every month from 9am-1pm.

All welcome.

### BIRREGURRA SUMMER MARKET

Birregurra Park  
Birregurra Rd  
Birregurra VIC 3242

#### CONTACT

Vicki Jeffrey  
0419 367 994  
marketinfo@birregurra.com

Local produce as well as handcrafts, books, and plants.

Second Sunday of the month over Summer 9am-2pm.

Stallholders welcome.

All welcome.

## PRODUCE MARKETS

### LIONS SUNDAY MARKET

Memorial Square  
Colac VIC 3250

#### CONTACT

Jan Dowie  
03 5231 4235  
lionsclubcolac@gmail.com

Fresh produce, preserves, garden plants, food, refreshments and sausage sizzle.

Third Sunday of each month 9am-2pm.

All welcome.

### SOUTHERN OTWAYS FOOD COOPERATIVE

Apollo Bay Farmers Market  
19-21 Moore St  
Apollo Bay VIC 3233

#### CONTACT

For more information or a current product and price list:  
Sophie  
0447 325 075  
otwaysorganicfood@gmail.com

Bulk buying to reduce packaging and lower the costs of purchasing high quality organic, biodynamic and fair trade food products. No public sales due to health regulations - members only food purchases.

Open once per month in conjunction with the Apollo Bay Farmers Market. Third Sunday of every month 9am-1pm.

New members are always welcome and you can sign up on the day.

All welcome.

Annual household membership is \$20 or \$15 for concession.

## FOOD EDUCATION

### LAVERS HILL COMMUNITY HOUSE

43-47 Great Ocean Rd  
Lavers Hill VIC 3238

#### CONTACT

Julia Malcolm  
0417 948 522 (Mon)/  
03 5235 8348 (Tues & Thurs)  
jmalcolm@swarh.vic.gov.au

#### GROWN, LEARN, EAT, REPEAT

Various community cooking and food production (veggie garden) events for the whole community in partnership with staff and students at Lavers Hill College.

All welcome.

### PATHWAYS

Colac Neighbourhood House  
23 Miller St  
Colac VIC 3250

#### CONTACT

Helen Lawrence  
0417 171 299  
helenl@pathways.org.au

#### HEALTHY LIFESTYLES PROGRAM

Tuesday, 10am-1pm.

Learn to cook healthy meals, enjoy together and clean up.

Mental health participants with group hours included in their NDIS plan.

### THE PLACE OF WONDER

2133 Cobden-Port  
Campbell Rd  
Port Campbell VIC  
3268

#### CONTACT

Kylie Treble  
0417 781 343  
info@theplaceofwonder.com.au

Sustainable monthly cooking and gardening workshops (see [www.theplaceofwonder.com.au](http://www.theplaceofwonder.com.au)) and open afternoons on the first Sunday of each month at 2pm.

All ages welcome.



## DELIVERED MEALS

## COMMUNITY TRANSPORT

### COLAC OTWAY SHIRE

2-6 Rae Street Colac VIC 3250 <b>CONTACT</b> Older Persons Ability and Support Services (OPASS) 03 5232 9420	<b>MEALS ON WHEELS</b> Delivered meals prepared by Community Chef.	HACC Clients.
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### FOOD A ROMA

96 Pound Rd Colac VIC 3250 <b>CONTACT</b> Melissa Benallack 03 5231 2333 0428 521 534 mbenallack@ skillsconnection.org.au	<b>LUNCH DELIVERY SERVICE</b> Provides healthy, cost effective delivered lunches to your home or workplace in Colac. Menu changes daily. Also deliver "heat and eat" evening meals to stock your fridge or freezer with healthy, time saving options.	All welcome.
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### OTWAY HEALTH

75 McLachlan St Apollo Bay VIC 3233 <b>CONTACT</b> Otway Health 03 5237 8500	<b>HOME DELIVERED MEALS</b> Home delivered meals for people who are unable to prepare nutritious meals in their home.  Hot 3 course meals delivered to your home by volunteers Monday to Saturday.	HACC Clients.
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### BIRREGURRA COMMUNITY HEALTH CENTRE

28-30 Strachan St Birregurra VIC 3242 <b>CONTACT</b> Emily Mercer 03 5236 4009 emercer@cah.vic.gov. au	Weekly community shopping bus to Colac every Thursday excluding public holidays. This bus service will make your weekly shopping trip much easier and more fun.  It costs \$5.60 and leaves from the Birregurra Community Health Centre at 10am. You can also arrange to have the bus pick you up and drop you off directly to your home!	Home and Community Care eligibility criteria apply.  Service users must be over the age of 65 years.
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### COLAC OTWAY SHIRE

2-6 Rae St Colac VIC 3250 <b>CONTACT</b> Older Person's and Ability Support Service (OPASS) 03 5232 9420	<b>ASSISTED SHOPPING</b> Assisted grocery shopping for eligible people on a one-on-one basis provided by OPASS community care workers.	Home and Community Care and Community Transport eligibility criteria apply.
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### SOUTH WEST DO CARE

26 Murray St Colac VIC 3250 <b>CONTACT</b> Chris Modra 03 5231 1747 admin@ southwestdocare.org. au	<b>SHOPPING SUPPORT</b> Our Do Care bus, driven by a Do Care volunteer driver and facilitator, will collect passengers from their own home, then collect Year 10 student helpers from the Colac Secondary Schools, drop everyone to either Safeway or Coles, then return them to the school/home again - a round trip of 2 hours, fortnightly on a Wednesday.	65+ year old clients who are socially isolated and able to board our Do Care bus.  A service fee of \$4 is charged for each trip. Shopping at own cost.
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