



Fruit & Vegetable Swap

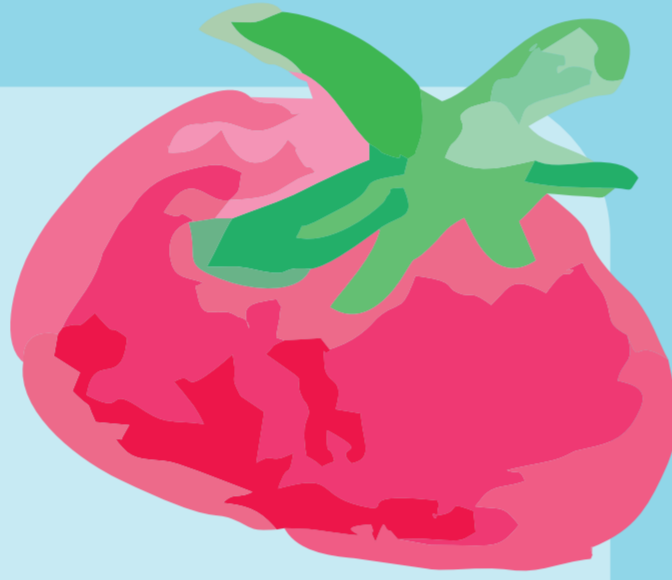
Come and Swap!

What is the Fruit and Veggie Swap?

The Fruit and Veggie Swap has been running since 2009 on Saturday mornings on the verandah outside the Mount Gambier City Library

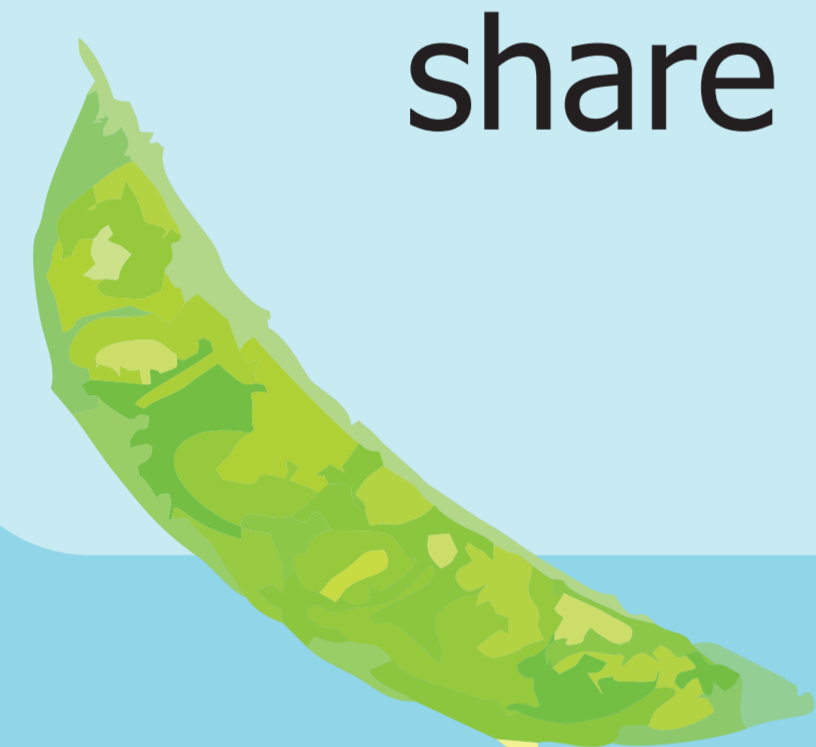
Every second week in the Summer months and once a month in the colder part of the year, a swapping table is underway

Who



Who can Swap?

- Anybody in the community
- People bring along produce they may have grown or cooked
- They are then welcome to take anything that others have brought along to share



How

How can I Swap?

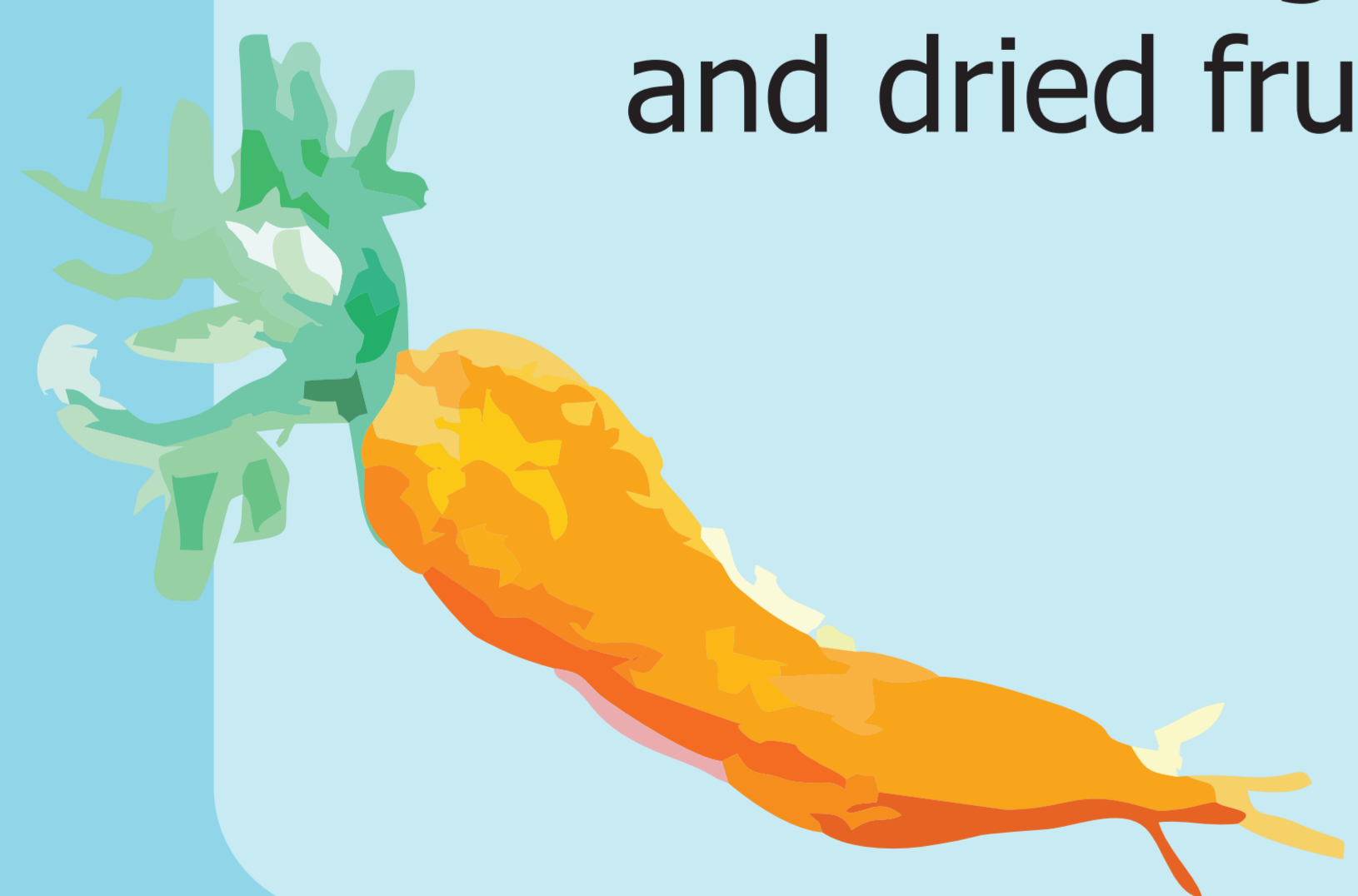
- Swappers sign the register so that we are able to track numbers
- Information flyers regarding dates for the Swap are available at the stall



What

What can I Swap?

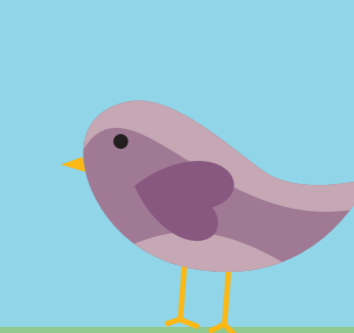
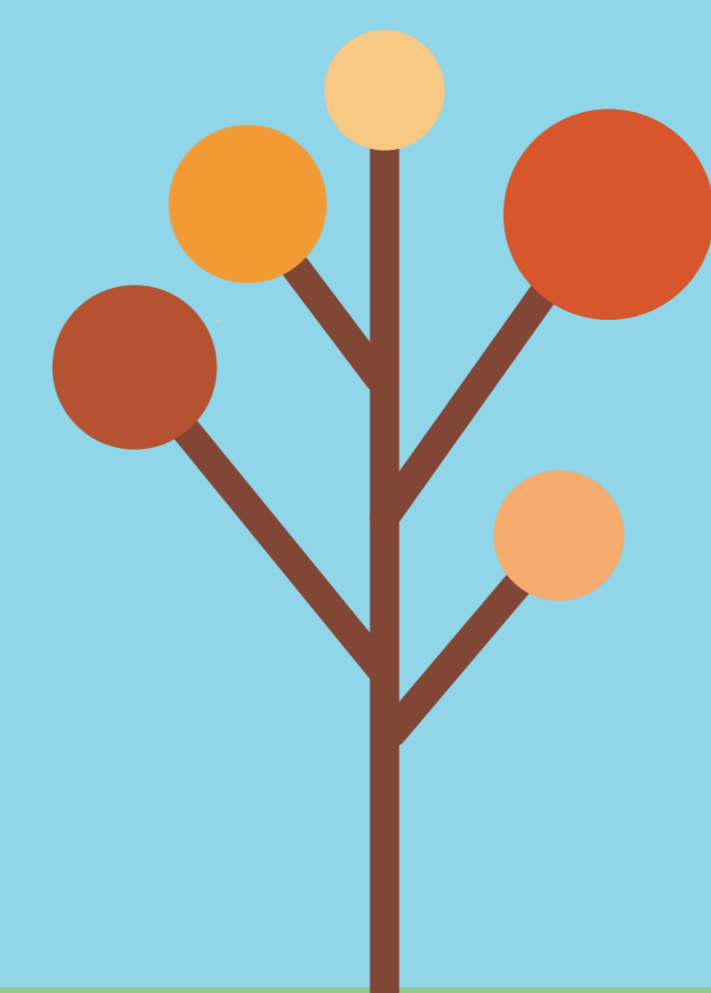
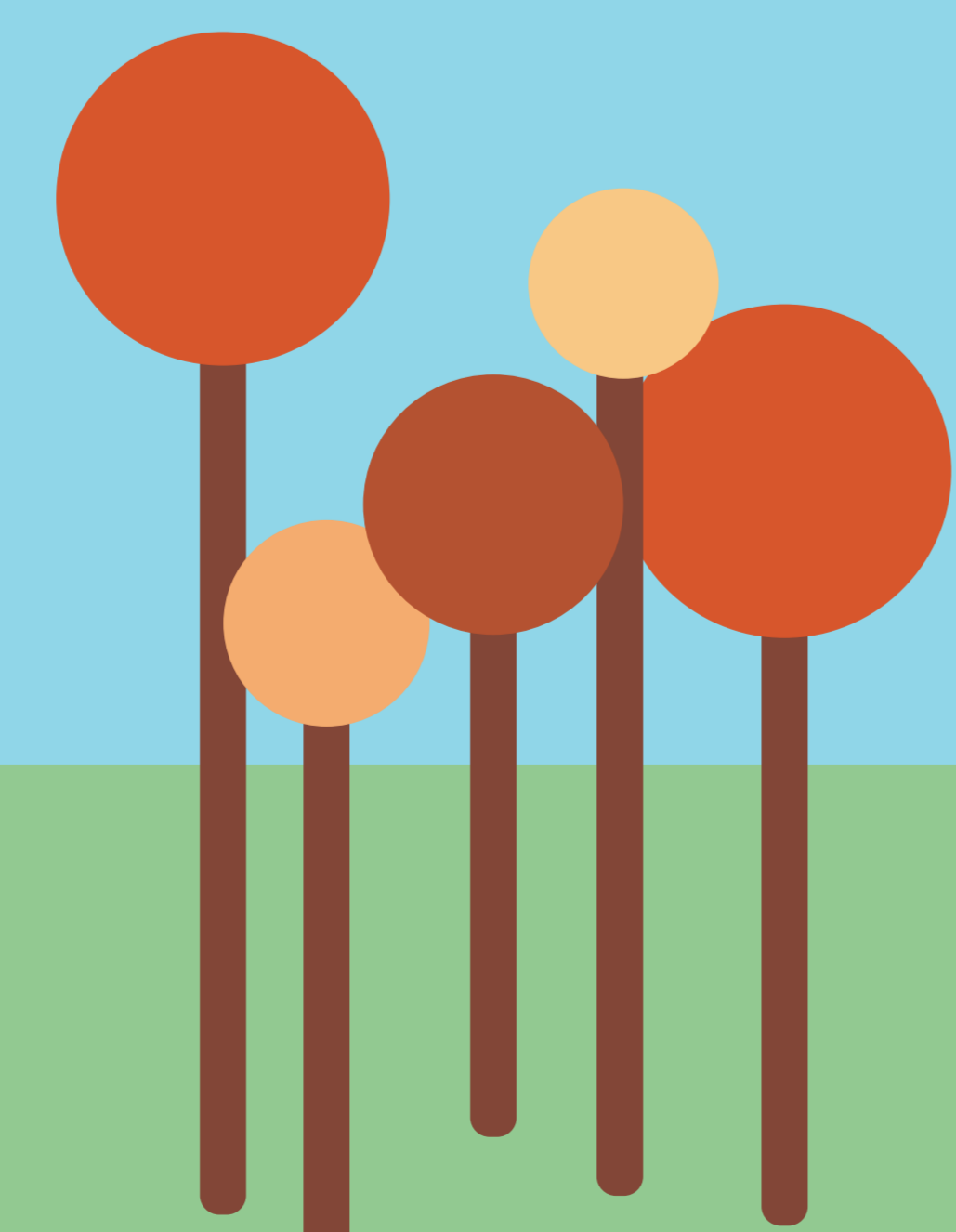
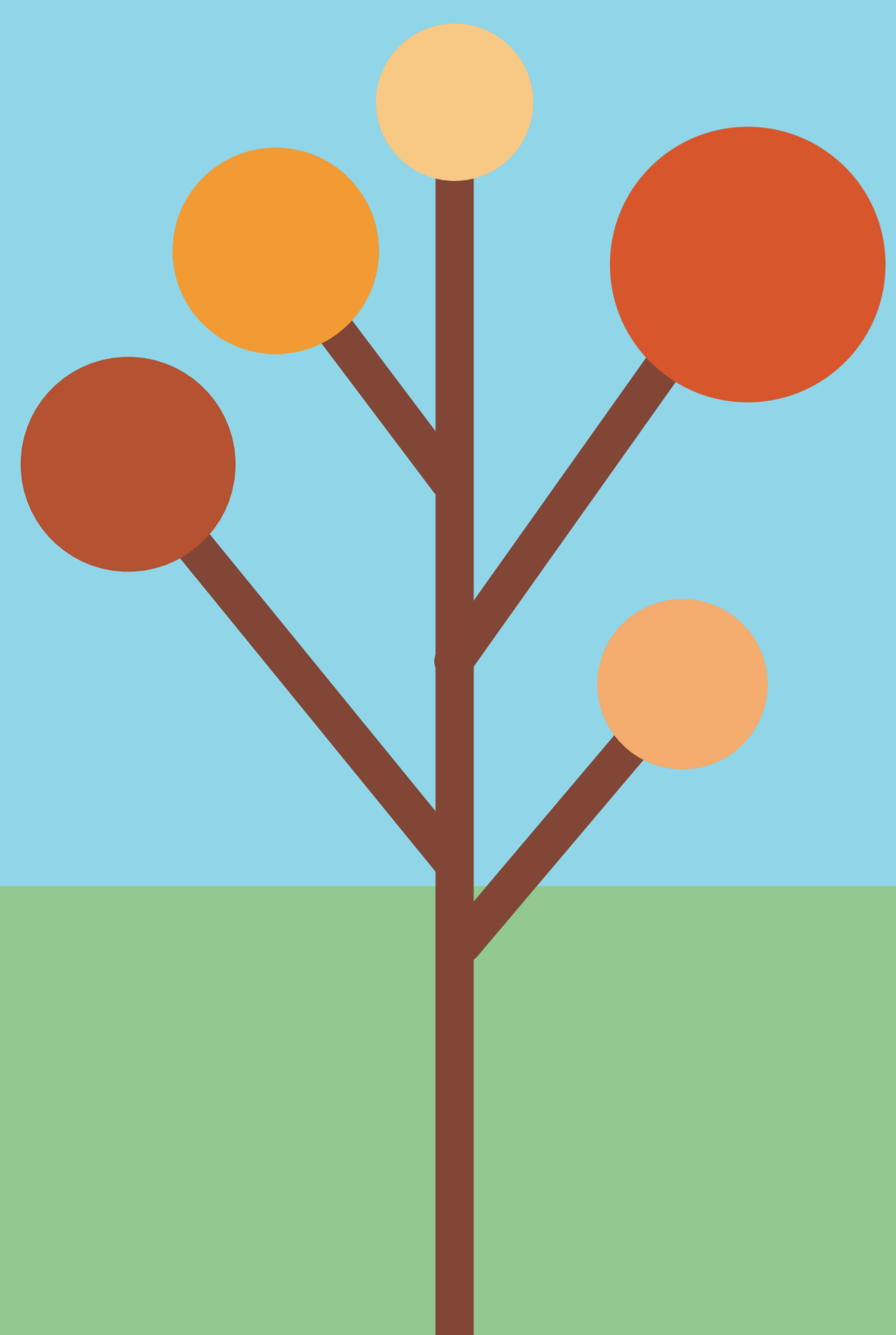
- All types and quantity of fruit and vegetables, from a single zucchini to a box of peaches, also seeds and seedlings, preserves and dried fruits



Benefits

Who benefits from the Swap?

- Any excess produce is donated to the Sunset Community Kitchen through the Tenison Woods College Stephanie Alexander Kitchen Garden Program
- Other community bodies also benefit from excess produce



More Information?



City of Mount Gambier



The Swap is always looking for people to support the stall. Brochures are available at the stall, pop in for a chat or join the Facebook Group 'Mount Gambier Fruit and Vegetable Swap' for updates and information