



## **SUSTAINABLE FOOD SUPPLIES**

### **Home gardens**

Growing food at home reduces packaging, transport and storage and contributes to independence and a sense of satisfaction and achievement. An alternative to a home garden is to participate in shared backyard gardening, for which Sustainable Communities has an active program. Another alternative is to join a community garden – grow food, get exercise and meet other people. To find information about community gardens see [www.communitygarden.org.au](http://www.communitygarden.org.au)

If chemicals are necessary in the home garden it is preferable to use organic products that carry the label of the National Association for Sustainable Agriculture (NASAA).

Other sources of supply of home-grown food:

- Food Cooperative at Clarence Park Community Centre, first Saturday of the month at 10am
- Friends of the Earth Urban Orchard also at Clarence Park Community Centre first Saturdays 10:30am – 12:30pm.
- Farmers' markets eg Adelaide Showgrounds Farmers Market on Sundays.
- Organic greengrocers; see the Yellow Pages under Organic Products.
- Community supported agriculture: see [www.foodconnectadelaide.com.au](http://www.foodconnectadelaide.com.au)

### **Building a sustainable community**

Localised food production in backyards and in community gardens not only produces food but also strengthens and develops communities. When we have a surplus of vegetables and fruit, we can share by offering our surplus to our neighbours – deliver it personally or place a basket by the front fence inviting people to take what they can use. Sharing without expectation of a swap, exchange or trade is especially valuable as a community building activity. We can swap by bringing produce to a meeting and swap for something we would like. Alternatively we can barter by offering people something in exchange or we can trade through LETS – Local Exchange Trading System which operates on the Community Exchange System at [community-exchange.org](http://community-exchange.org). Contact Sue Andrews, coordinator of Adelaide LETS at [adelaidelets@hotmail.com](mailto:adelaidelets@hotmail.com), tel. 8266 2757.

## **What you can do**

Assess yourself against each of the following recommendations and plan how you will carry them out and by when:

- Buy food which has been produced as close as possible to where you live
- Buy food produced in Australia by Australian-owned enterprises
- Support small local shops that source their goods locally
- Buy food in season; storage results in loss of vitamins and refrigeration is costly in energy and greenhouse gas emissions
- Buy food certified as organic
- Ensure the food you buy is GE/GM free
- Buy smaller quantities more often so food is fresh and to reduce waste
- Select products with as little packaging as possible
- Reduce consumption of meat and dairy foods
- Buy goods labelled Fair Trade

For the supermarkets – purchase from Sustainable Communities and use the booklet Guide to Ethical Supermarket Shopping or visit [www.ethical.org.au](http://www.ethical.org.au)