

# Croydon Food Swap FAQ

## Who can attend?

Everyone is welcome to come the food swap meets. The swap meet is family and kids friendly - we remind parents to please take extra care and attention to keep an eye on the kids (and pets) as they can get very excited with all the produce and interesting things on offer.

## What can I bring?

The usual things are excess home grown produce such as vegetables, fruits and herbs that are in season. But anything home grown, home baked, preserved or reared (and more) are good to swap. As long as it's good enough for yourself, it's good enough to swap. For example, at one swap we may have plums, pears, apples, lemons, limes, beans, tomatoes, potatoes, rhubarb, rosemary, sage, vietnamese mint, kale, zucchinis, chillies, milk kefir grains, kombucha, used coffee grounds, horse manure, worm tea, morning glory plants, basil plants, bread, muffins, chicken and quails eggs, jams and chutneys, pesto, magazines, plant pots, bamboo canes...the list goes on.

## How to label your produce?

For fresh produce, just a slip of paper with what it is, will do. For preserves and other processed food, it will be helpful to have the ingredients listed and preferably the date it was produced.

## What if there's nothing in season from my garden, can I still attend?

You might like to bake some muffins or make some sushi or a refreshing cordial on a hot summer's day! Or look around your home and yard, you never know you might find something useful that someone else can use. Please come even if you have very little to swap as we understand garden produce ebbs and flows with the seasons, sometimes you have a lot, sometimes a little. The swap is more than just a barter network, it is a grassroots based local community promoting permaculture and sustainable living. Come and have a chat and usually, we have plenty of excess from generous swappers. You will definitely make a few friends and exchange gardening tips and more.

## How many people usually attend?

From our experience, the number of people can vary from 5 to 50, seasonal like the produce!!!

### **Are the produce organic?**

We do not impose that home grown produce are to be organic. However, we do encourage growing organically and we share such information and experiences.

### **How to address health and safety issues?**

We have no guarantees as to the quality of food at the swap. Hence we recommend labelling all processed food (see “How to label your produce”). If you have any specific dietary requirements (nut free, gluten free, etc), please check with the person who brought the food you are interested in.

### **Are there any costs involved?**

This is a free event. As no money is involved, we are not governed by the Food Act.

### **Are there any rules for swapping?**

The food swap runs on an honesty system. Swappers bring their produce and take something else that is on offer on the table, based on what they feel is a fair exchange. There is no rule dictating the worth of any items. Please be mindful of other swappers and their needs. If there is excess of produce at the end of the swap, we are very happy for swappers to have them all.

### **Why do we have a food swap?**

“One gardener’s glut is another gardener’s lunch” - SGA. There are so many reasons why there should be more food swaps but here’s a summary of the ones that we’ve come to experience. Sharing delicious local food, reducing waste, encouraging sustainable gardening, building a connected local community and making friends. It is certainly a great alternative model of exchange that do away with money, which usually gets in the way!

### **How do we get connected?**

We have a [website](#) with regular weekly updates which you can subscribe to or just browse whenever you like. We also have a [Facebook page](#) that complements the

website. Please join in any of the discussions online or start your own. If you like to receive a reminder before each swap, you can contact us online (website or Facebook) or put your info on the signup sheet at the swap.

## **Can I help/volunteer?**

Yes please! There are many ways you can help. Just coming along with whatever you can share makes the swap viable. You can tell your family, friends and neighbours and encourage them to come to the swap. You can be part of the team that help at each swap meet. You can share your knowledge and experiences at the swap; we sometimes have mini workshops. You can contribute to the website or Facebook page in the same manner. And we always appreciate your feedback so we can better serve our community.

## **What is Transition Towns Maroondah Inc?**

The Croydon Food Swap started due to our need to share excess plums and the initiative and encouragement of the TTM team. TTM is part of a worldwide movement (Transition Network) whose aim is to create resilient and sustainable communities in response to climate change and shrinking resources.

## **What is Permaculture Victoria Inc?**

Formerly known as Permaculture Melbourne, PV is a member-based non-profit association that has become an umbrella organisation supporting a range of local and special interest groups across Victoria. The Croydon Food Swap is fortunate to be a local group of PV and hence our events are auspiced by Permaculture Victoria Inc. More than that, we practise permaculture values of care for the earth, care for the people and return of surplus.