

# One Person's Glut - Another Person's Dinner

## Narooma and District Community Food Share/Crop Swap

Inspired by the success of Food Shares on the South Coast, and Australia wide, Narooma and district now has its own. These monthly gatherings bring together like-hearted people who are interested in sharing, and promoting community food security.

*The next food share will be held on:*

**Sunday 18th August, 10am to 12 noon**





**at**

**6 Jerimbut Street, Bermagui**



### ***What's it all about?***

Community food shares/Crop Swaps have been popping up all over the country. They are local gatherings where people exchange excess home grown produce and gardening extras, such as fruit, vegetables, herbs, eggs, seeds, seedlings, manure, worm juice, preserves, cuttings, bulbs, tubers, gardening books/magazines, pots, honey...etc.

***The shares provide an opportunity to:***

-  share abundance within the community
-  reduce food miles and waste
-  promote food security and resilience in the community
-  share friendship, skills and knowledge

### ***What to bring...***

-  your excess produce and/or other related items . If you don't have anything to share just at the moment, bring your interest and enthusiasm!
-  a small plate of food to share for brunch

Tea and coffee will be provided. Children are welcome as long as they are supervised at all times by their responsible adult. If weather is bad, ring first to check share is still on.

### ***Questions?***

Contact: Tara M: 0414 527 481 or Join our FB group @ [Foodshare/Crop Swap Narooma](#)

Start sharing/swapping today!