



Media Release

FIVER4FOOD CAMPAIGN TO RAISE FUNDS FOR LANYON FOOD HUB

20 June 2014: YWCA Canberra is calling on all Canberrans to get behind the *Fiver4Food* campaign to support its Tuggeranong emergency food relief service, the Lanyon Food Hub.

Executive Director of YWCA Canberra, Frances Crimmins said many Tuggeranong families are experiencing increased financial stress, especially in the colder months.

“With winter closing in, many families in Canberra are facing tough choices.

“Should they have to choose between paying their heating bill, taking a much-needed trip to the doctor and buying food? We don’t think so!”

“Our Food Hub is a pantry-like system where families can access free, healthy and nutritious food in times of need.

“In the last 18 months the demand for our service has doubled, which sees us servicing more than 100 Tuggeranong families each week.”

Last month we launched a community garden right outside the Food Hub, which provides a small amount of fresh produce to help stock our shelves. We’re always looking at new and innovative ways to keep this service viable in a tighter funding environment.

But this service is about more than just emergency relief. The Food Hub is a safe space for people to connect with our Lanyon Community Centre team, who help people access the services and programs they need.

YWCA Canberra has set a target of \$10,000 in food and financial donations that will help keep families fed and the Food Hub shelves stocked for another six months.

Secure financial donations can be made directly via the [YWCA Canberra website](#), non-perishable food donations can be delivered to V-Spot Café in Garema Place, and individuals are invited to host a pot-luck event, with 100% of all funds raised going towards supplying healthy, fresh food to families through the Food Hub.

Digital event kits containing posters and resources for pot-luck events are available for download from the [YWCA Canberra website](#).

Connect with YWCA Canberra via social media at:

Twitter: [@YWCACanberra](#)

Facebook: www.facebook.com/YWCACanberra

Instagram: www.instagram.com/YWCACanberra

Use the hash tag #fiver4food to share photos of your pot luck event, and contribute to the online discussion.

-ENDS-

YWCA Canberra Executive Director Frances Crimmins is available for interview.

Attached photos:

Community garden.jpg

CAP: YWCA Canberra launched its Lanyon Community Garden in May, to help stock the Food Hub shelves for needy Tuggeranong families.

Planting.jpg

CAP: YWCA Canberra Executive Director Frances Crimmins and Community Services Director Fiona MacGregor planting a lemon tree at the launch of the Lanyon Community Garden in May.

Cutting.jpg

CAP: Fresh food from the Lanyon Community Garden now supplements the Food Hub shelves, providing free and nutritious food for Canberra families.

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About the YWCA of Canberra: The YWCA of Canberra is a feminist, not-for-profit community organisation that has been providing community services and representing women's issues in the Canberra community since its establishment in 1929. The YWCA of Canberra employs more than 350 staff across the ACT, and delivers 30 quality programs in children's services, community development, housing, youth services, women's leadership, advocacy, and training. Represented in 122 countries, the YWCA has a global reach of 25 million women and girls. As part of this international movement, the YWCA of Canberra works for a world where reconciliation, justice, peace, health, human dignity, freedom and care for the environment are promoted and sustained through women's leadership. For more information visit: www.ywca-canberra.org.au