



YWCA CANBERRA

## Media Release

### A FRUGAL FEAST FOR CANBERRANS

**17 November 2014:** This week YWCA Canberra is launches its Christmas appeal, *The Frugal Feast*, with a goal to raise \$10,000 in funds and food for its emergency food relief service, the *Food Hub* in Lanyon.

But this is no ordinary fundraiser, as part of the appeal, Canberrans are encouraged to participate in a smorgasbord of fun and interesting activities, in exchange for a note donation

Highlights of the week include:

When:	What:	Where:
Monday 17 November, 12.30 – 1.30pm	Self Defence Workshop	Dark Carnival Gym, Level 3 Cosmopolitan Building, 1 Bowes Place, Phillip
Tuesday 18 November, from 6pm	Launch of <i>The Frugal Feast</i> recipe book, with an evening of story-sharing and sandwich-making with: <ul style="list-style-type: none"><li>• Minister Shane Rattenbury MLA</li><li>• YWCA Canberra's Executive Director Frances Crimmins</li><li>• Canberra Times Food &amp; Wine Editor Natasha Rudra</li><li>• Live music by The Cheeky Violets.</li></ul>	ANU Food Co-op, Kingsley Street, Acton
Thursday 20 November, 12-1pm	Hour of Power Advocacy Seminar	YWCA Canberra, Level 5 Bright Consulting Building, 161 London Circuit, Canberra City
Friday 21 November, 12-1pm	Frugal Feast Cooking Demonstration	Belconnen Market Kitchen, Belconnen Markets, Lathlain Street, Belconnen
Friday 21 November, from 6pm	Poetry Slam	Tree Eighty3 Café, Bailey's Arcade, Canberra City

In addition, work places around Canberra have been encouraged to host their own *Frugal Feast* morning tea or lunch.

Christmas is a time for connecting to the community, which is why YWCA Canberra wanted to create a series of low-cost fun and interesting activities for everyone to share in.

At the same time, these events will raise much-needed funds for food relief in Canberra.

The festive season can put increased pressure on vulnerable families.

YWCA Canberra's Food Hub in Tuggeranong faces greater demand at this time of year. The *Frugal Feast* will give generous Canberrans a chance to provide for those in need while enjoying these community activities.

Executive Director of YWCA Canberra, Frances Crimmins said, "Unfortunately, many families in Canberra face tough choices at Christmas.

"Should they have to choose between buying presents, stocking the fridge, or paying their bills? 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. At this time of year, we also put together Christmas hampers for our Food Hub clients.

"But, as well as raising cash and food donations for the Food Hub, we wanted to give Canberrans a way to get together and participate in activities that didn't break the bank – it's our way of sharing *The Frugal Feast*."

Entry to most events is by a note donation. There is a \$10 entry fee for *The Frugal Feast* recipe book launch, or \$25 including a copy of the book.

*The Frugal Feast* recipe book features festive budget recipes from prominent and every day Canberrans, such as Chief Minister Katy Gallagher, food bloggers *The Merrymaker Sisters*, and Irene Scott, one of our Food Hub volunteers. It can also be purchased via our website, [www.ywca-canberra.org.au](http://www.ywca-canberra.org.au)

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**Frances Crimmins is available for interview.**

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**About YWCA Canberra:** YWCA 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. YWCA 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, YWCA 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](http://www.ywca-canberra.org.au)

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