

The Omeo Region Food Network invites you to the:

# Omeo Region HARVEST EXCHANGE and Project Launch



**SATURDAY 20th FEBRUARY, 10am-12noon**  
**ALBION HOTEL, SWIFTS CREEK**

**We welcome all community members and food providers from across the region to come along and see how they can get involved.**

## HARVEST EXCHANGE

Do you have an excess of summer garden produce? Or do you simply enjoy sharing your produce with other people?

The Omeo Region Harvest Exchange is an informal food share opportunity where produce is pooled together- inviting everyone to access the produce they need.

Home grown and homemade produce welcome. Whether its fresh fruit and vegetables, herbs, eggs, honey, homemade preserves, baked goods, gardening goodies or a copy of your favourite recipe or garden tips, bring it along.

Everyone welcome– even if you don't have or don't need produce at the time of the harvest exchange please come along and support it.



For a copy of the Harvest Exchange guidelines please go to:  
<http://odh.net.au/>  
or for a hard copy please contact us on the details below.

## LAUNCH

Help us celebrate the official launch of the Omeo Region Healthy Food Futures Project.

This community-based project works towards improving the consumption of and access to healthy food locally as well as creating a more supported and connected food system within the Omeo Region.

**Come along to hear about the great initiatives coming your way and how you can get involved.**

**For more information or to register your interest in participating please contact:  
Lou-anne Mooney, Health Promotion Worker, Omeo District Health  
Phone: (03) 5159 0100 | Email: [health.promotion@omeoohs.com.au](mailto:health.promotion@omeoohs.com.au)**