

Food Action Network May 2009

freedom from fear



PARTICIPATE

DONATE



An excerpt from the Refugee Week 2009 poster
(see below for the link)



EDUCATE



Hi everyone. It's time to celebrate International Day of Weblinks. Well okay, I just made that up, but looking back at this newsletter is a reminder of how much information there is out there relevant to any significant topic, especially something as significant as:

International Refugee Week 2009 - Freedom from Fear

In 2009, Refugee Week will be celebrated from Sunday, June 14 to Saturday, June 20, to coincide with World Refugee Day (June 20). The theme of Refugee Week this year is 'Freedom from Fear'. For more information (here comes my first weblink) from the Refugee Council of Australia visit: http://www.refugeecouncil.org.au/newsevents/rw_index.html

This is a great time to motivated about adding a little oompf (sp?) to your Foodbank donation program. If you have occasional food drives, then this is a great occasion for one. It's a particularly good time for schools to get into the swing of things as there is a world full of resources out there to help get the kids hooked into the whole concept. I'll list several of them here as they really are great resources.

From **National Geographic** we have:

www.nationalgeographic.com/xpeditions/lessons/01/g912/refugee.html

From the **UN**: www.un.org/works/goingon/refugees/lessonplan_refugees.html

UNH(igh)C(ommision for)R(efugees): www.unhcr.org.au/WorldRefugeeDaySchoolsPage.shtml

From Amnesty Australia: <http://www.amnesty.org.au/hre/comments/2308/>

I hope these resources prove useful. And if your not involved with a school, just putting up the official poster could be enough to get people thinking. And please, don't ever hesitate to contact us at the ASRC if you need some help/advice/resources related to your involvement with the ASRC. We're *always* happy to help.

Check out the poster: www.refugeecouncil.org.au/docs/news&events/RW_2009_poster.pdf

FEBRUARY STATS

No. of asylum seekers (including family) coming to Foodbank

353

Percentage of families with no work rights or welfare

79%

Total number of parcels distributed

438

Number of group or individual donations

41

Percentage of donations going to asylum seekers

100%

How to help

Get a group of friends/relatives/colleagues together



Drop them off at the ASRC



Check out the list of required foods and things below

Organise a way to collect donations



Foodstuffs we need

breakfast cereal
sweet biscuits/crackers
dried fruit
eggs
fresh fruit or vegies
honey, jam, peanut butter
long life (UHT) milk **X**
healthy school snacks
nuts
pasta sauce
tomato paste **X**
tinned fish
tahini
tinned fruit or vegies **X**
pasta **X**
tea/coffee
spices

Other stuff we need

dishwashing detergent
razor blades
pads and tampons
shampoo/soap
toothbrush/
toothpaste **X**
washing powder
toilet paper

Items we are really low on are marked with an 'X'

Items we have plenty of for the moment

baked beans
tinned spaghetti
tinned or packet soups

These dates may give you some ideas

Celebrations in 2009	Dates
Australia Day	Jan 26
Random Acts of Kindness Wk	Feb 9-15
Cultural Diversity Week (Vic)	March 17-23
Easter Sunday	April 12
International Refugee Wk	June 14-21
Ramadan	Aug 21- Sep 19
Internation Day of Peace (UN)	Sep 21
Anti-poverty Week (AUS)	Oct 12-16
World Food Day	Oct16
Christmas Day	Dec 25

Dropping food off is easy!

You can deliver food weekly, fortnightly or monthly. You can drop food off Monday to Friday 10am-5pm, Wednesday nights from 6pm-8pm or Saturday mornings (by prearrangement). Just come to 12 Batman Street, West Melbourne.

From 10am-12 midday every Thursday you can drop off NEXT TO the Girl Guides Hall, 107 Wingrove Street, Fairfield (off Station Street).

Please contact the Foodbank Coordinator (Patrick) directly if you have any questions:
email: food@asrc.org.au ph. 9326 6066 mob. 0438 414 467 or just stop by!

Asylum Seeker Resource Centre



Food Action Network

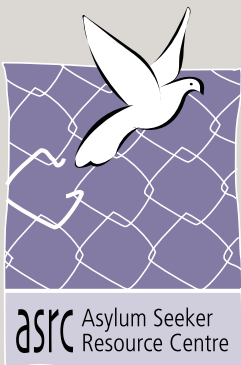
SHOPPING LIST

breakfast cereal
dried fruit, nuts
eggs, bread
fresh fruit or veg?
long life (UHT) milk
biscuits/chocolate
tomato paste
tinned fish
tinned fruit or veg
tea/coffee
spices
dishwashing detergent
shaving stuff
pads and tampons
shampoo
soap
toothbrush
toothpaste
washing powder
toilet paper
Use your imagination!

Donate food here

Your group is a branch of the Food Action Network, and your donations will better enable the Asylum Seeker Resource Centre to help its members, most of whom:

- have no work rights
 - receive no form of welfare.
- They have no income.



asrc Asylum Seeker
Resource Centre

How to donate: _____

