

MEDIA RELEASE

Tuesday 13 June 2023

CASTERTON LITTLE FREE PANTRY ON THE MOVE

To amplify its impact within the community, the Little FREE Pantry (LFP) of Casterton has found a new home.

Originally established in 2021 at Casterton Primary School, the LFP has recently undergone a strategic relocation, now residing amidst the vibrant greenery of the Casterton Community Garden.

This decision, driven by a shared vision of fostering greater community support and accessibility, promises to strengthen the invaluable role of the pantry in addressing the pressing needs of individuals and families.

The concept of *"Give what you can, take what you need"* has proven to be not only popular but also essential within the community, especially as interest rates increase and the cost of living puts pressure on individuals and families.

Situated on Murray Street, the LFP serves as a valuable resource, providing basic necessities and essential household goods to the people of Casterton.

One of the key advantages of the pantry is that it operates without judgment, questions, paperwork, or registration for its users.

As Nicole Carr, Executive Officer of United Way Glenelg, explains, "The pantry ensures that access to food is always available. If someone is in need of food, they can rely on the pantry until other services become available."

The relocation of the pantry was facilitated by Kane Forbes, the Hands Up Casterton Community Engagement Officer, along with the support of the Rotary Club of Casterton, who have taken on the responsibility of stewardship for the pantry.

The construction of the pantry was carried out by Heywood Men's Shed and has been adorned with artwork by local artist Julie Kent.

Everyone in the community is encouraged to contribute or take items from the pantry as they please or according to their needs.

If you wish to donate, simply purchase one of the following items [making sure all items are non-perishable, unopened & within best-before/use-by-date] and place it in the pantry.

- Long-life milk & fruit-juice (200mL & 1L)
- Rice, pasta, pasta sauce
- Non-perishable meat (Eg Jerky, Tinned Chicken/ Tuna/ Sardines/ Spam/ Ham)
- Tinned Fruit and Vegetables
- Breakfast items (Eg Instant Oats Sachets, Kellog's variety packs, breakfast biscuits etc)
- Peanut butter and vegemite (small plastic jars preferred)
- Sachets of Sugar, Tea & Coffee
- Snacks (Eg non-perishable dip and biscuits, salsa, muesli bars, multi-packs of chips/savoury biscuits,)
- Biscuits (Eg Salada's, Vita Weet, breakfast biscuits)
- Feminine hygiene products
- Toiletries (Eg toothpaste, toothbrushes, deodorant, sunscreen, combs, soap, cotton buds, body wipes, 2-in-1 shampoo/conditioner)
- First-Aid supplies (eg travel first-aid-kits, band aids, insect repellent, sanitiser)
- Baby supplies (eg formula, nappies, wipes)

People requiring food, crisis & supported accommodation can visit St Vincent de Pauls 32 McPherson St Casterton
Wed - Fri 10am - 4pm Sat 10am - 12noon or telephone 5581 2161

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