



Pictured: The Margaret River Community Pantry

# Food Support Practitioners Guide Margaret River & Augusta

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# **Acknowledgement of Country**

**We would like to respectfully acknowledge the Wadandi and Pibelmen People who are the Traditional Owners and First People of the land on which we created this guide. We would like to pay our respects to the Elders past, present and emerging for they hold the memories, the traditions, the culture and hopes of the Wadandi and Pibelmen People.**

# Food Security

Based on the World Summit in 1996, food security occurs when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy lifestyle.

(Food and Agriculture Organisation, 2024., & World Bank Group, n.d.)



S. L. Godrich, I. Chiera, M. Stoneham, J. Doe, A. Devine, and E. Humphreys, "Using Social Network Analysis to Visualise Place-Based Partnerships for Systems Change in Regional Australia," Health Promotion Journal of Australia 37, no. 2 (2026): e70150, <https://doi.org/10.1002/hpja.70150>.

**Aboriginal communities defined food security "when the food of our ancestors is protected and always there for us and our children. It is when we can easily access and afford the right nontraditional food for a collective health and active life. When we are food secure, we can provide, share and fulfil our responsibilities, we can choose good food knowing how to make choices and how to prepare and use it."**

(Menzies School of Health Research, 2010)

# Screening Tool

Adapted from the United States Department of Agriculture Food Security Safety Module (May 2024)

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This screening tool will be used to understand the extent and nature of food insecurity in our community. The information gathered supports informed planning, service delivery, and advocacy to better respond to community needs.

These next questions are about the food eaten in your household in the last 12 months, and whether you were able to afford the food you need.

**1. The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.**

Often true    Sometimes true    Never true    DK or refused

**2. (I/we) couldn't afford to eat balanced meals.**

Often true    Sometimes true    Never true    DK or refused

**3. In the last 12 months, since last (name of current month), did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?**

Yes    No (skip to Q5)    Don't Know (skip to Q5)

# Screening Tool

Adapted from the United States Department of Agriculture Food Security Safety Module (May 2024)

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4. (Only if yes to Q3) How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

Almost every month     Some months but not every month     Only 1 or 2 months     Don't Know

5. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

Yes     No     Don't Know

6. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

Yes     No     Don't Know

For further information and how to use the U.S. Household Food Security Survey Module: Six Item Short Form please visit:

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools>

and choose "Six-item Short Form Food Security Survey Module".

# Key



**Meals**



**Foodbank referrals**



**Food or hampers**



**Supermarket vouchers**

# Food Support Agencies:

**AGENCIES AND ORGANISATIONS THAT CAN PROVIDE MEALS, FOOD, AND SUPERMARKET VOUCHERS.**

- River Angels Food Drop
- Vinnies
- Margaret River Community Centre
- Second Bite
- Margaret River Community Pantry
- Feed it Forward



# River Angels Food Drop

**Eligibility:** applicants in the Augusta/Margaret River areas who have undergone treatment for cancer and experienced hardship

## SERVICES:



Financial support for food (IGA vouchers, school canteen account, vouchers for children's birthday) and other services, coordinate the making and delivery of food (small treats to meals).

## ACCESS:

Application for assistance through their website.

### Contact Details:

**Phone:** 0403 430 838

**Email:** [hello@riverangels.org.au](mailto:hello@riverangels.org.au)

**Address:** 13 Chuditch Place,  
Margaret River, WA, 6285

**Opening Hours:** Co-ordinated with client.

## WEBSITE:

<https://riverangels.org.au/application-for-assistance/>



## Vinnies

**Eligibility:** assistance from people in need

## SERVICES:



This might involve having a friendly chat or providing information, advocacy, food or food vouchers, clothing, furniture, budget support, assistance with utility bills or back to school costs.

## ACCESS:

Please call to arrange an appointment.

### Contact Details

**Phone:** 1300 794 054

**Address:** Unit 4/40 Station Road,  
Margaret River, WA, 6285

# Margaret River Community Centre

**Eligibility:** all are welcome



## SOUP KITCHEN

### Contact Details

**Phone:** (08) 9757 3200

**Email:** [admin@mrcc.com.au](mailto:admin@mrcc.com.au)

**Address:** 33 Tunbridge Street,  
Margaret River, WA, 6285

**Opening Hours:** Mondays and  
Wednesdays from 5:00pm

## SERVICES:

Soup kitchen is open and welcome to everyone two nights a week. A great place to meet and eat.

## ACCESS:

Drop-in, and a donation of \$7 or whatever you can afford is welcome.

## SERVICES:

- Supermarket vouchers
- Food parcels
- Frozen soup kitchen meals
- Fuel vouchers, pharmacy support, bedding
- Referrals to other agencies

## ACCESS:

No appointments needed, come in during business hours or call.

## WEBSITE:

[www.mrcc.com.au](http://www.mrcc.com.au)

## EMERGENCY RELIEF

### Contact Details:

**Phone:** (08) 9757 3200

**Email:** [admin@mrcc.com.au](mailto:admin@mrcc.com.au)

**Address:** 33 Tunbridge Street,  
Margaret River, WA, 6285

**Opening Hours:** Monday,  
Wednesday and Friday 9:00am –  
2:00pm

## SERVICES:



Food rescue organisation that supports and partners with local charities across Australia. If you or someone you know is seeking food relief, we recommend using our food finder to locate services near you.

## ACCESS:

Access the Second Bite website to find the closest charity partner to you.

### Contact Details:

**Phone:** 1800 263 283

**Email:** admin@secondbite.org

**Address:** Dependant on the local charity

**WA Branch:** 7 Baldwin Street, Kewdale, WA, 6105

**Opening Hours:** Monday – Friday  
10:00am–2:00pm

## WEBSITE:

<https://secondbite.org/in-need-of-food/>

# Margaret River Community Pantry

**Eligibility:** community members experiencing food stress



### Contact Details:

**Phone:** 0448 717 098

### Email:

hello@margaretrivercommunitypantry.com.au

**Address:** 41 Clarke Road, Margaret River, WA, 6285

**Opening Hours:** Fridays, 10:30am–12:00pm.

## SERVICES:



Access to a variety of fresh fruit and vegetables, dry good staples, dairy and frozen meat.

## ACCESS:

Suggested weekly donation of \$10, but "give what you can, receive what you need" policy.

# Feed it Forward Incorporated

**Eligibility:** community members experiencing food stress  
(this is not an emergency relief service)

## SERVICES:

Access to a variety of fresh fruit and vegetables, dry good staples, dairy and frozen meat.

## ACCESS:

Suggested weekly donation of \$10, but "give what you can, receive what you need" policy.

### Contact Details:

**Phone:** 0499 376 635

**Email:** [FeeditForwardWA@outlook.com](mailto:FeeditForwardWA@outlook.com)

**Address:** In front of the Ecovillage Sales Office / Community Centre: 54 Mardo Drive, Witchcliffe, WA, 6286

**Opening Hours:** Tuesday 9:30am and Saturdays 10:30am.

## WEBSITE:

<https://feeditforward.org.au/>

## FACEBOOK:

<https://www.facebook.com/groups/577861689418823/>



*Feed it Forward inc*

Feeding our community. Zero waste

# Referral Services: Margaret River & Augusta

**AGENCIES AND SERVICES WHO CAN PROVIDE  
FOODBANK REFERRALS FOR BOTH THE SHOP AND  
MOBILE VANS.**

- Foodbank
- Financial Counsellors' Association of Western

Australia: Emergency Food Relief



# Foodbank Referrals

The Find Food tool on the Foodbank website below can be used to find charity partners who supply Foodbank referrals, or use the referral agencies in the following pages.

## Get a referral with a free call

To get a referral, you can free-call The [Emergency Relief and Food Access Service](#) on [1800 979 777](#). It's open 9.30am – 5.00pm Monday to Friday (closed on public holidays).

The call takes about 20 minutes and will involve a few basic questions.

When you come to collect your referral at Foodbank WA, you'll need to bring some form of ID to confirm your address and details.

## Get a referral through a charity partner

To get a referral, you can also find a charity in your area using

- » our [Find Food tool](#) or
- » the [WA Connect](#) – on the website, click on "I am looking for assistance". Select "Food" in and enter your suburb. Click search for a list of charities in your area that might be able to help you.

## ACCESS:

Referral to access the supermarket and mobile van can be found through FCAWA Emergency Food Relief, or a charity partner.

**WEBSITE:** <https://www.foodbank.org.au/wa/who-we-help/individuals/>



## FWCWA: Emergency Food Relief

**Eligibility:** individuals struggling to keep up with rent and put food on the table

## SERVICES:

Foodbank referrals and renewals for the Foodbank supermarket and Mobile Foodbank services.

## ACCESS:

Have the following ready when calling in: Medicare card, driver's licence, overdue bills.

### Contact Details:

**Phone:** 1800 979 777

**Opening Hours:** Monday – Friday  
9:30am–5:00pm.

# Community Gardens: Margaret River & Augusta

**LOCALLY GROWN FRUIT AND VEGETABLES THAT  
PROVIDE SOME FOOD RELIEF WITH LITTLE TO NO  
COST.**

- Margaret River Community Garden
- Margaret River Organic Garden Trail
- Stephanie Alexander Kitchen Garden Program  
(Margaret River Primary School)
- Augusta Community Garden



Margaret River Regional Environment Centre

# Margaret River Community Garden

## Contact Details:

**Email:** mrcommunitygarden@gmail.com

See the blackboard on the Goods Shed for more information.

**Address:** 41 Clarke Road, Margaret River, WA, 6285

## SERVICES:



No joining fees and currently there are many projects underway to get involved in:

- Setting up of the compost bays
- Netting our fruit trees
- Planting a herb garden
- Planting an asparagus bed
- Planting a potato patch



# Margaret River Organic Garden Trail

## Contact Details:

**Phone:** Sharyn 0402 944 729

**Email:** sharyn.carroll1@bigpond.com

**Address:** 171 Bussell Highway, Margaret River, WA, 6285

**Opening Hours:** Monday – Sunday  
7:00am–8:00pm

## SERVICES:



You are invited to explore the gardens along the Organic Garden Trail. Each one uses natural, earth-friendly ways of growing food and plants. We hope your visit inspires you to try some of these ideas at home.



# Stephanie Alexander Kitchen Garden Program with Margaret River Primary School



## SERVICES:



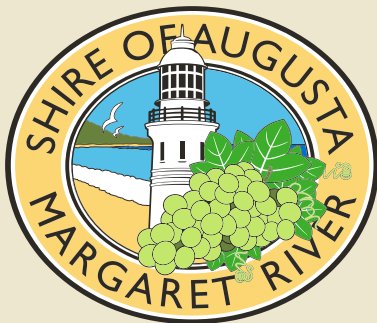
Education, training, preparing and sharing healthy fresh food through the garden program in Years 4 and 5, having one session every four weeks.

### Contact Details:

**Phone:** (08) 9757 8500

**Address:** 91 Forrest Road, Margaret River, WA, 6285

**Opening Hours:** Monday – Friday  
9:00am–5:00pm



## Augusta Community Garden

## SERVICES:



### Contact Details:

**Phone:** 0431 065 572

### Email:

[augustacommunitygarden@outlook.com](mailto:augustacommunitygarden@outlook.com)

**Address:** 68 Blackwood Avenue, Augusta, WA, 6290

A Community Garden created by local residents to provide an inclusive space where people can learn, grow plants, and help maintain a garden and seating area all year round. It is a place where people of all ages can come together and connect. Visit our Facebook page for more information.

## WEBSITE:

<https://www.facebook.com/Grow.your.own22/>

# Farmers' Markets:

**LOCAL PRODUCE FROM FARMER'S MARKETS CAN OFTEN COME AT A SMALLER COST THAN AT RETAIL SUPERMARKETS TO AID FOOD RELIEF.**

- Margaret River Farmer's Market
- Caves House Twilight Market
- Town Square Market



# Margaret River Farmers' Market

**Contact Details:**

**Phone:** 0448 414 503

**Email:**

info@margaretriverfarmersmarket.com.au

**Address:** Lot 272 Bussell Highway, Margaret River, WA, 6285

**Opening Hours:** Saturdays 7:30am-11:30am

**SERVICES:**



Real farmers from the Margaret River Region or just beyond selling seasonal fresh farm produce and artisan food producers selling food they've manufactured directly to consumers.

## Caves House Twilight Market

STARTING SEPTEMBER 17TH  
EVERY WEDNESDAY  
FROM 5:00PM



LIVE MUSIC JEWELLEY GIFTWARE HOMEWARES BAKED GOODS  
ART FASHION BOOKS & SO MUCH MORE

SHOP & SUPPORT LOCAL CAVES HOUSE HOTEL, YALLINGUP

LEARN MORE // WWW.CAVESHOUSEHOTEL.YALLINGUP.COM.AU/WHATS-ON/TWILIGHT-MARKETS/

**Contact Details:**

**Phone:** (08) 9750 1888

**Email:** reception@ychh.com.au

**Address:** 18 Yallingup Beach Road, Yallingup, WA, 6282

**Opening Hours:** Wednesday evenings from 5:00pm

**SERVICES:**



The perfect midweek escape with live music, gift wares, baked goods, artworks, fashion, jewellery, woodwork, and so much more from local sellers.

# Town Square Market

## SERVICES:

These markets consist of a wide variety of stalls, including arts and crafts, woodwork, jewellery, fashion, photography, preserves, sausage sizzle, gift wares, live music and more.

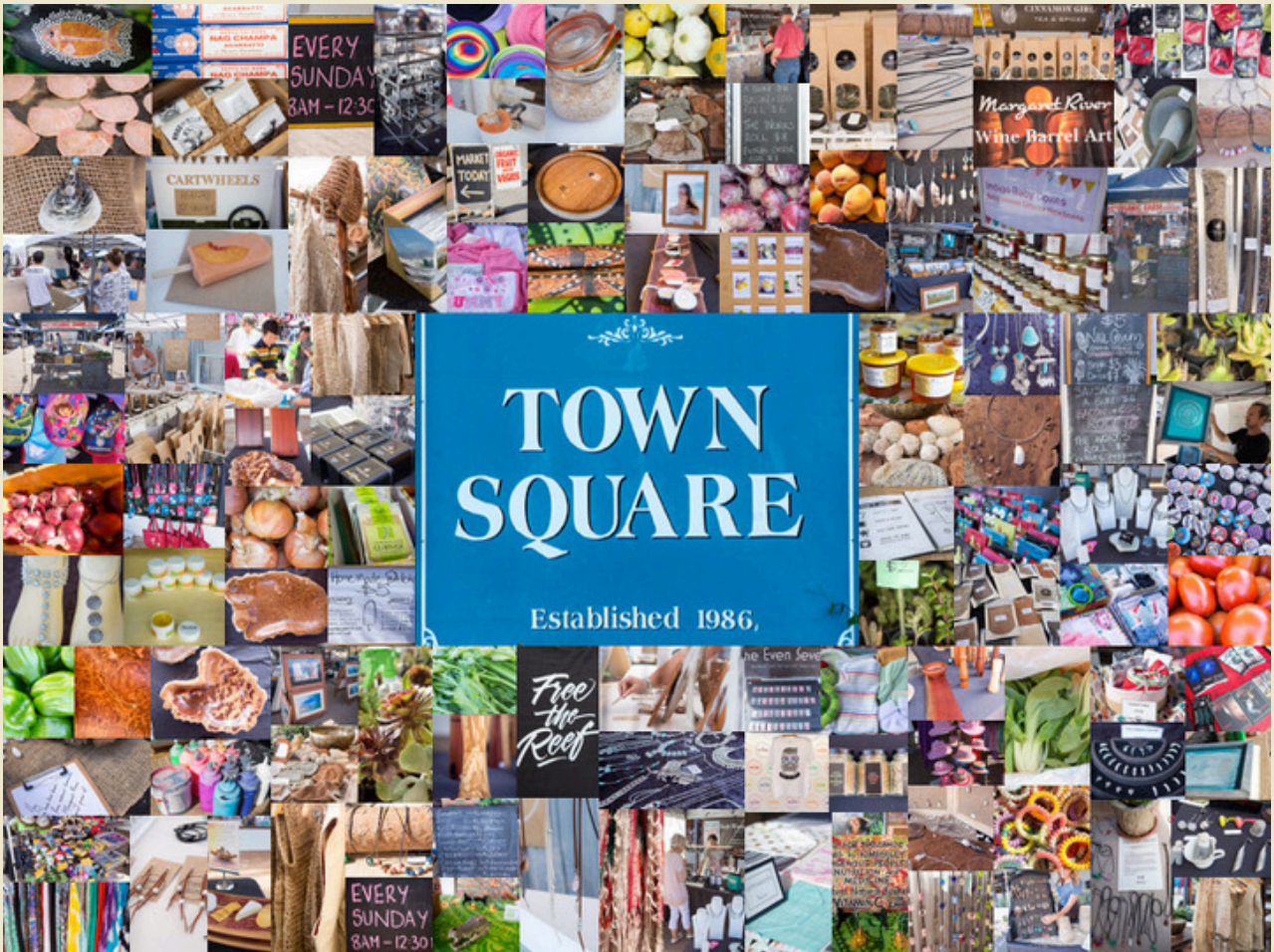
### Contact Details:

**Phone:** 0407 570 430

**Email:** [mrtownsquaremarkets@gmail.com](mailto:mrtownsquaremarkets@gmail.com)

**Address:** 137 Bussell Highway, Margaret River, WA, 6285


**Opening Hours:** On Sundays and public holidays until the 12th July 2026, 8:00am-12:30pm.




# **Food Access Maps:**

**A VISUAL AID TO HELP ACCESS FOOD ACROSS  
MARGARET RIVER.**

## FCAWA Emergency Relief and Food Access Service


 1800 979 777




 Mon - Fri, 9.30am - 5.00pm


\*Call to be connected with your local support services.

## Margaret River Community Centre - Emergency Food Relief

 (08) 9757 3200



 Mon, Wed and Fri, 9:00am - 2:00pm


 33 Tunbridge Street, Margaret River WA 6285

## Margaret River Community Centre - Soup Kitchen

 (08) 9757 3200



 Mon and Wed, from 5.00pm

 33 Tunbridge Street, Margaret River WA 6285

# Food Access Map: Margaret River



Emergency food relief



Regular food relief



Food parcels/hampers



Community garden/food swapping group



Food vouchers

*\*See attached page for a map of these services.*

## Margaret River Community Garden





 41 Clarke Rd, Margaret River WA 6285

## Margaret River Community Pantry

 0448 717 098



 Fri, 10.30am - 12.00pm


 41 Clarke Rd, Margaret River WA 6285

\*Suggested weekly donation of \$10.

## River Angels – Food Drops

 0403 430 838



 Food dropped and delivered once per month.

\*Call to enquire about services.

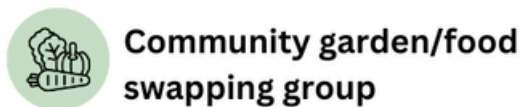
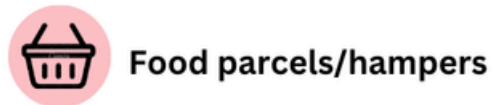
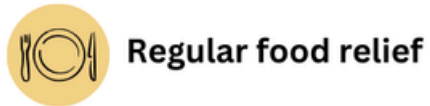
## Vinnies

 1300 794 054



\*Call to enquire about services

# Food Access Map: Margaret River



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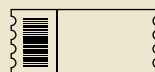
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