



Pictured: Manjimup Produce Swap

Food Support Practitioners Guide

Manjimup, Pemberton & Northcliffe

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Acknowledgement of Country

We would like to respectfully acknowledge the Bibbulmun, Minang and Kaniyang Peoples 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 Bibbulmun, Minang and Kaniyang Peoples.

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)

These questions 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. It is not intended to determine your eligibility for food relief services.

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)

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



Foodbank referrals



Food or hampers



Supermarket vouchers

Food Support Agencies: Manjimup, Pemberton & Northcliffe

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

- Vinnies
- Northcliffe Family and Community Centre
- Manji Pantry



Vinnies

Eligibility: individuals and families experiencing disadvantage

SERVICES:   

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

ACCESS:

Call the number for further assistance.

MANJIMUP:

Phone: (08) 9777 1014

Opening Hours: Monday – Friday
9:00am–12:30pm

PEMBERTON/NORTHCLIFFE:

Phone: 1300 794 054

Opening Hours: Monday – Friday
9:00am–12:30pm.



Northcliffe Family and Community Centre

Eligibility: individuals and families experiencing disadvantage in Manjimup local government area

SERVICES:   

Aid can include food vouchers and referrals to other services, clothing, linen, bedding and laundry. Some transport services available. Please note that although open to the Shire of Manjimup, supports are only accessible from Northcliffe.

ACCESS:

Call or go into the centre for more information.

Contact Details

Phone: (08) 9776 7221

Email: info@northcliffefamily.org

Address: 58 Zamia Street,
Northcliffe, WA, 6262

Opening Hours: Tuesday – Friday
8:00am–1:00pm.



Manji Pantry

Eligibility: registered individuals and backpackers

SERVICES:

Foodbank, pantry items and op-shop for a minimal cost.

ACCESS:

Register on site or show your foreign passport for entry. Contact the number or access Facebook for more details.

Contact Details

Phone: 0456 757 719

Address: 33 Highfield Street, Manjimup, WA, 6258

Opening Hours: Second and fourth Thursday of the month 10:00am-11:30am.

FACEBOOK:

<https://www.facebook.com/p/Manji-Pantry-100064109888478/>



Referral Services: Manjimup, Pemberton & Northcliffe

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

- [AnglicareWA](#)
- [Financial Counsellors' Association of Western
Australia: Emergency Food Relief](#)

AnglicareWA



Eligibility: individuals and families experiencing financial difficulties

SERVICES:



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

ACCESS:

Have the following ready when calling in: Medicare card, drivers licence, overdue bills. Phone lines are open 8:30am–4:30pm to make appointments.

Contact Details:

Phone: (08) 9845 6666

Email: albany.reception@anglicarewa.org.au

Address: Manjimup Library, 57 Rose Street, Manjimup, WA, 6258

Opening Hours: By appointment only.



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, drivers' licence, overdue bills.

Contact Details:

Phone: 1800 979 777

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

Community Gardens and Produce Swaps: Manjimup & Pemberton

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

- Manjimup Community Garden
- Pemberton's Community Garden
- Stellar Violets
- Manjimup Produce Swap



Manjimup Community Garden

SERVICES:

Education about gardening, water use, nutrition, seed raising and weed control. Access training opportunities for low or no cost.

ACCESS:

Open to the public, including visitors to Manjimup.

Contact Details

Address: 33 Edwards Street, Manjimup, WA, 6258

Opening Hours: Monday – Friday 9:30am–4:30pm. Garden Gathering is on Saturdays 1:00pm–3:00pm.

Pemberton's Community Garden



Contact Details:

Phone: (08) 9776 1745

Email: office@pembertoncrg.org.au

Address: 2 Dean Street, Pemberton (next to the Uniting Church), WA, 6260

Opening Hours: Tuesday, Wednesday and Fridays 9:00am–4:00pm, Thursdays 9:00am–5:00pm.

Members of the Garden meet every Sunday at 11:00am.

SERVICES:

Community based garden created by the people of Pemberton, who are members. They are currently running monthly workshops from the garden as part of their 'Learn-In-The-Garden' initiative.

ACCESS:

Open to the public who have joined as garden members (\$15 of individuals, \$25 for families).



Stellar Violets

SERVICES:

Short-stay accommodation. Living Museum with heritage, food and nature exhibits. Mixed sensory food gardens and nut orchard are used as educational resources to showcase a healthy and diverse eco-system, and therapeutic spaces for wellbeing experiences. Gardens are tended by Stellar Violets Garden Club members. Excess produce is swapped and offered via Manjimup Produce Swap.

ACCESS:

Email hello@stellarviolets.org for more information.

Contact Details:

Email: hello@stellarviolets.org

Address: 21 Middlesex Road, Manjimup, WA, 6258

Manjimup Produce Swap

Eligibility: anyone can join to swap their abundance in produce.

SERVICES:

A fortnightly group which shares excess produce that would go to waste.

Seedlings, veggies, fruit, baked goods, preserves and more.

ACCESS:

Join the Facebook group to attend.

FACEBOOK:

[Manjimup Produce Swap](#)

Contact Details

Address: The Gateway Hotel: Lot 1 Street, Manjimup, WA, 6258

Opening Hours: Sunday afternoons fortnightly.

Food Access Map: Manjimup

**A VISUAL AID TO HELP ACCESS FOOD ACROSS
MANJIMUP.**

Food Access Map: Manjimup

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.

Manji Pantry

0456 747 719

Second and third Thursday every month, 10.00am-11.30am

33 Highfield St, Manjimup WA 6258

Manjimup Community Garden

0456 747 719

Manjimup Heritage Park, near Graphite Rd, Manjimup WA 6258

Vinnies

(08) 9777 1014

*Call to enquire about services



Emergency food relief

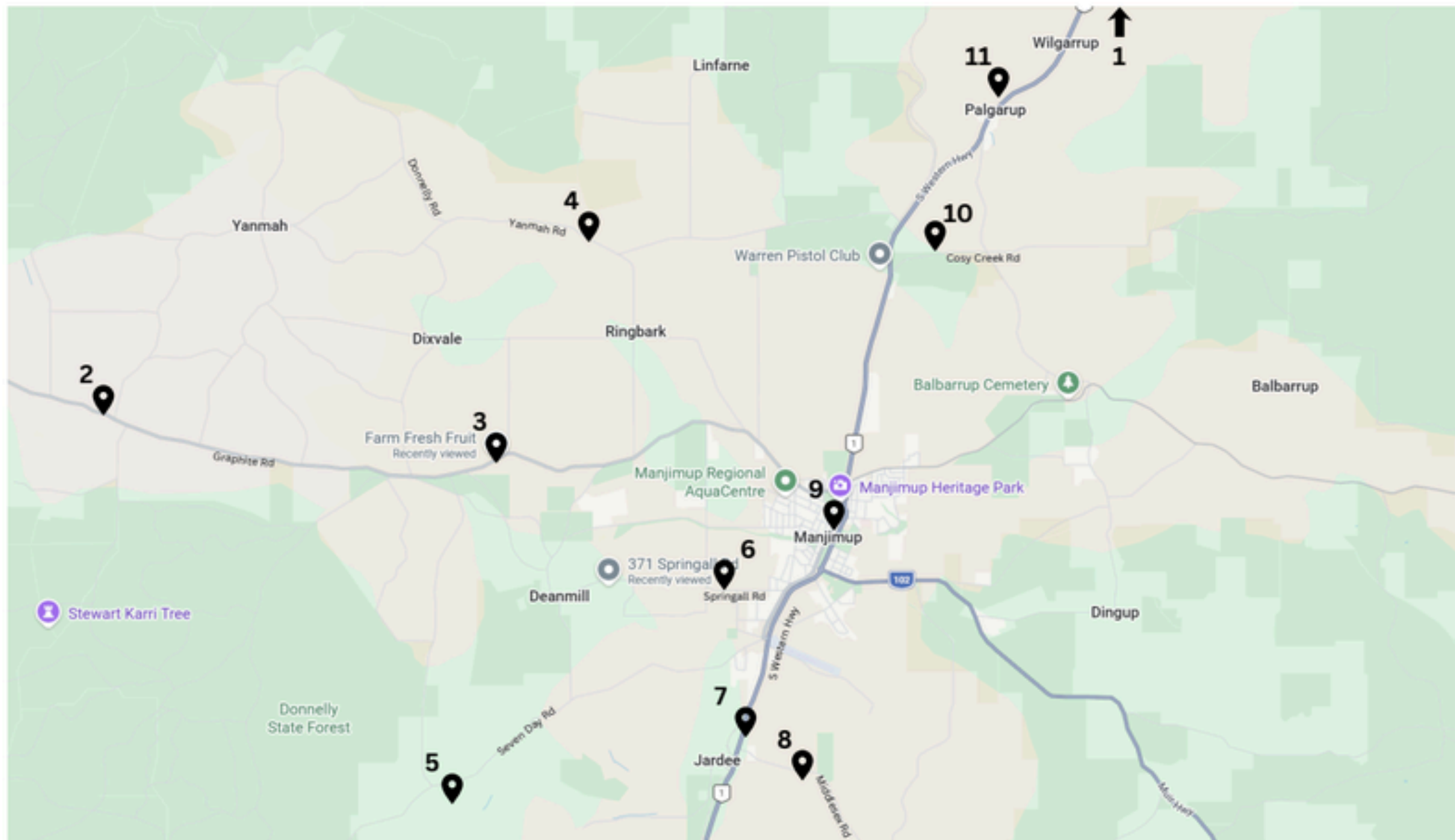


Community garden/food swapping group

Please note, this map was developed in 2025.


Roadside Stall Map: Manjimup


**A VISUAL AID TO HELP ACCESS FOOD ACROSS
MANJIMUP AND SURROUNDS.**



Please note, this map was developed in 2026.

1. Galloway Springs*

 25270 South Western Hwy,
Bridgetown WA 6255


 **Open Wednesday - Sunday**
Seasonal produce

2. Glenoran Valley Produce*

 1667 Graphite Rd, Glenoran WA 6258

 Seasonal produce

3. Farm Fresh Fruit*

 Graphite Rd, Manjimup WA 6258
(near Burnside Rd)


 Strawberries and seasonal produce

4. Smith Family Farms*

 267 Yanmah Rd, Ringbark WA 6258


 Sunflowers, corn and spuds

5. Fontanini Nut Farm*

 745 Seven Day Rd, Jardee WA 6258
Open during nut season

 Nuts


6. Springall Street Fruit and Vegetables*

 88 Springall Rd, Manjimup WA 6258
Open 8:30-11:00am Saturdays

 Seasonal produce

7. Lyster Orchards*

 28327 South Western Hwy, Manjimup
WA 6258


 Fruit and vegetables


8. Middlesex Road Farm Stall*

 118 Middlesex Rd, Middlesex WA 6258

 Seasonal produce

9. Southern Forest Flowers*

 Pick-up at Waypoint Cafe, Gibblett
Street, Manjimup WA 6258

 Sunflowers, native strawflowers,
zinnias and flowers

10. Bella & Bryn's Produce Stall*

 93 Cosy Creek Rd, Balbarrup WA 6258

 Seasonal produce

11. Rob Walker's Stall*

 Northern exit of Palgarup, WA 6258

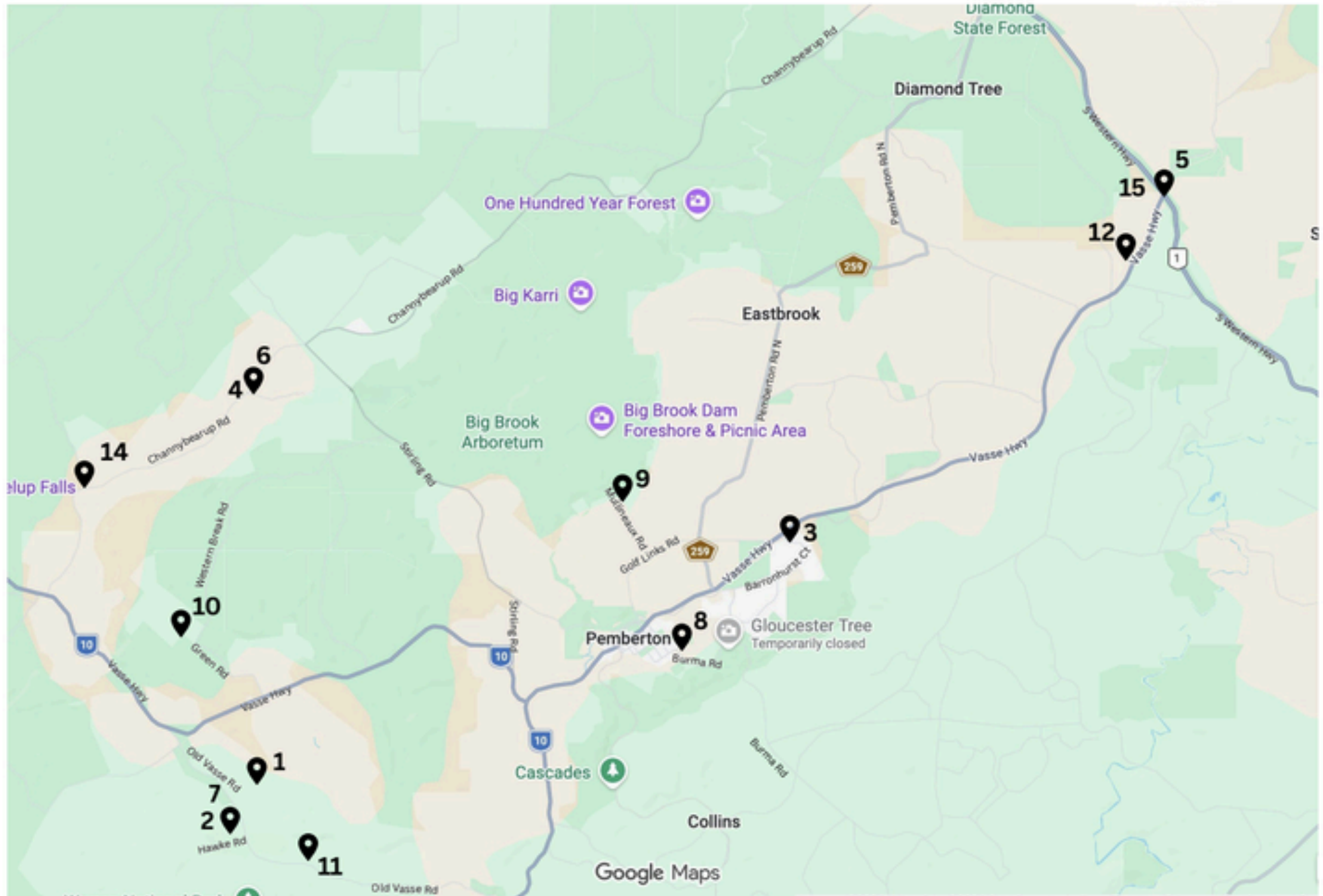
 Seasonal produce

**Payment method is often honesty boxes, with cash.
Some stalls may have a direct deposit options.**

*Unconfirmed by the Food Community team

Roadside Stall Map: Pemberton

**A VISUAL AID TO HELP ACCESS FOOD ACROSS
PEMBERTON AND SURROUNDS.**



Payment method is often honesty boxes, with cash. Some stalls may have a direct deposit options.


Please note, this map was developed in 2026.


1. Avonova*

 203 Old Vasse Road

 Avocados

2. Backhouse's Avos*

 Hawke Road #2, Springfield
(Pemberton)


 Avocados, persimmons in season

3. Backhouses'*

 Barronhurst Court, Pemberton


 Eggs, fruit & vegetables in season


4. Berry Sweet*

 Cnr Pimelea Road and Channybearup
Roads


 Berries

5. Falci Spuds*

 Cnr South Western Hwy and Vasse
Hwy, Smithbrook


 Potatoes


6. French's Avocados*

 Across the road from Berry Sweet (#4)


 Avocados


7. Ian's Stall*

 Hawke Road #1, Springfield
(Pemberton)


 Macadamias most of the year round


8. Jamie & Pippa's Fresh Produce*

 Kennedy St, Pemberton

 Eggs, tomatoes, assorted fruit and
veggies in season

9. Mr P's Produce Stall*

 141 Mullineaux Road, Eastbrook


 Eggs, avocados, citrus, figs, apples &
seasonal produce


10. Pemberton Honey*

 Green Road, Channybearup

 Honey

11. Ralph's Stall*

 Old Vasse Road, Springfield
(Pemberton)

 Seasonal Produce


12. Rice's Fruit and Veggies*

 14913 Vasse Highway

 Citrus, avocados & seasonal produce


13. Stirlings *

 Vasse Highway Fruit Stall, Springfield
(Pemberton)


 Apples, oranges – various in season


14. Stirling's Stall*

 Cnr Channybearup & Stirling Track,
Pemberton

 Seasonal Produce

15. Warren Grange Fruit & Veggie Stall*

 Cnr South Western Hwy and Vasse
Hwy, Smithbrook

 Squashes, citrus, other fruit / vegies
in season

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