

HOW TO SHOP AT THE PANTRY

Shopping with us is easy. All our products are priced using a point system. The points system is used to help recover the costs of operating the pantry; however, the points allocated to an item don't necessarily relate to the actual cost of that specific item.

Points can be quickly converted into an equivalent dollar value. Each point is currently 20 cents.

POINTS READY-RECKONER

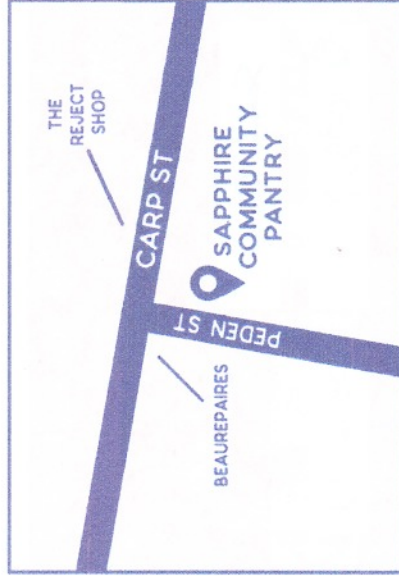
POINTS	COST
1	20 cents
2	40 cents
3	60 cents
4	80 cents
5	\$1.00
8	\$1.60
10	\$2.00
12	\$2.40
15	\$3.00
20	\$4.00

Note, pantry members also get a 5% discount for cash purchases.

With every purchase there will usually be an option of free bread, a selection of fresh fruits & vegetables or grocery items. Free items may be subject to limits and at times we may run out of free items.

LOCATION

We are located at 2 Peden Street, Bega – opposite Beaurepaires and next door to the rear entrance of Mitre 10. There is parking on the street or the nearby Bega Sports Centre carpark in Carp Street.



VOLUNTEERING & DONATIONS

Sapphire Community Pantry is a not-for-profit enterprise and part of Sapphire Community Projects Inc, a registered charity. We welcome donations of food, money and volunteer time.

Sapphire Community Pantry
2 Peden St, Bega NSW 2550

scpantry@gmail.com

Ph 0490 843 518



Like us on Facebook

Sapphire Community Pantry

WHO WE ARE

Sapphire Community Pantry is a not-for-profit enterprise which currently runs a small shop providing a limited range of groceries.

The purpose of the Pantry is to help people facing food insecurity feed themselves and their families by providing food at the lowest possible price.

The Sapphire Community Pantry is run by Sapphire Community Projects Inc, a not-for-profit organisation and registered charity whose purpose is to benefit people in need in the Bega Valley.

WHO CAN SHOP WITH US?

Anyone on a low budget can shop with us.

OPENING HOURS

We are open every Tuesday, Wednesday, Thursday and Friday from 11:00am to 2:00pm



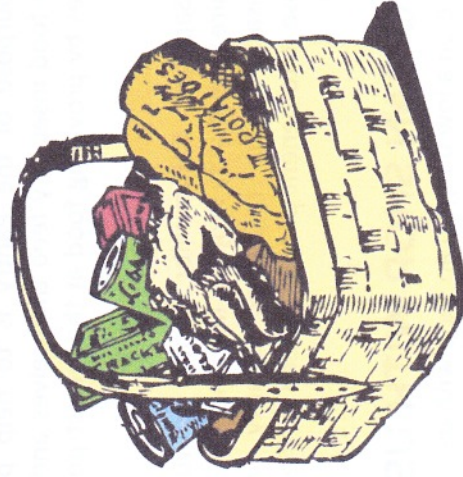
PANTRY MEMBERSHIP

Optional membership is offered for a yearly fee of \$2. Membership makes you a part of the Pantry community, 5% discount off your shopping, and access to special offers.

Every new member will receive a gift which makes membership even greater value.

WHAT WE SELL

Our Pantry has a range of grocery items on offer and with a weekly delivery, it's always changing. We normally have bread, long-life milk, eggs, cereals, tinned goods, pet food, personal items, cleaning items, as well as seasonal fresh fruit and vegetables.



Some of our food may be labelled past its 'best before' date but it will always be within its 'use-by' date. Sometimes this can mean that it has a lost a little of its quality, but it is still safe, fresh and tasty.



FOOD VOUCHERS

Local community service agencies can purchase food vouchers at a discounted price to give to their clients. Vouchers are provided by the community service agencies and cannot be purchased from the Pantry shop.



People with vouchers can select any items for sale up to the value of the voucher which is then presented to the cashier. Change is not provided, and it is recommended the whole value of the voucher is spent.

People using vouchers also receive the same free food choices as people paying with cash and additional free food items may also be available. If you are shopping with a voucher and are a member of the Pantry, you also get the membership discount.

Agencies can find out more by phoning the Pantry on 0490 843 518, or email scpantry@gmail.com



DATES ON FOOD

The "best before" date is not the same as the "use by" date.

BEST BEFORE DATE

A 'best before' date means the food is still safe to eat after the date if it is not damaged, deteriorated or perished.

Common 'best before' foods include canned foods, cereals, biscuits, sauces, chocolate, sugar, flour and frozen foods

Foods can be legally sold after a 'best before' date if it is not damaged, deteriorated or perished.

USE BY

A 'use by' date means the food must be eaten or thrown away by the date.

After this date, foods may be unsafe to eat even if they look fine because the nutrients in the food may become unstable or a build-up of bacteria may occur.

It is illegal to sell foods after a 'use by' date.

Common 'use by' foods include fresh milk, unfrozen meat and fish.

Some foods may be frozen BEFORE the 'use by' date to extend their life and remain safe to eat provided it is safely defrosted.





FREQUENTLY ASKED QUESTIONS VERSION 5.0

This document has been written to answer commonly-asked questions about food pantries, and the operation of the Sapphire Community Pantry.

- 1. What is a community pantry?** A community pantry is a not-for-profit shop which sells a limited range of groceries and other items on a cost-recovery basis. Its basic purpose is to help people experiencing food insecurity feed themselves and their families.
- 2. Why does the Bega Valley need a community pantry?** The Bega Valley has a large number of people (over 30%) living on some form of government benefit such as age pension, Newstart, disability support. It also has a large number of renters, high unemployment and limited public transport. Nearly 20% of children aged 0-14 live in poverty in the Bega Valley. The combination of these factors leads to a limited ability for people to feed themselves nutritiously, buy clothes, pay bills, pay for fuel, heating, electricity and other living expenses.
- 3. Where is the pantry?** The Pantry is located at 2 Peden Street Bega, in the former Radio Rentals building
- 4. When did the pantry start?** The Pantry opened on 28 September 2017
- 5. What days and hours is it open?** The Pantry is open on Tuesday, Wednesday, Thursday and Friday, 11am to 2pm.
- 6. Who runs the Pantry?** The Pantry is a project of Sapphire Community Projects Inc, which has charitable status, donations to the Pantry are tax deductible, and the Pantry is covered by public liability insurance.
- 7. How is the Pantry staffed?** The Pantry has one paid position in order to maintain continuity. We have over 30 volunteers who give their time on a regular basis, in a number of roles, from serving customers, running the coffee machine, stacking shelves, cleaning up, showing customers around, pricing goods, administrative tasks, managing memberships, leading cooking groups.
- 8. Who volunteers at the Pantry?** Anyone with a good heart. People who want to use or hone their skills. People who want to connect with others. People with disabilities who want to contribute to the community. People meeting their Centrelink obligations. Students. Pensioners. Generous people. But most importantly – people who don't judge others and are warm and welcoming.
- 9. Where does the food and the other items come from?** Food and other items for the pantry are purchased from Foodbank, the largest hunger relief organisation in Australia. Foodbank is a non-denominational, non-profit organisation which acts as a pantry to the charities and community groups who feed the hungry. It obtains its stock from the food and consumable industries' excess stock. Foodbank sells its stock at very low prices, and

some items are free. Donations of fruit, vegetables and bread are sourced from supermarkets, growers, bakeries and other businesses.

10. **Where does the money come from to run the Pantry?** The Pantry works on a cost-recovery basis so it can continue to buy stock and to pay its fixed costs of rent and power and consumables. Donations from service clubs, businesses, groups and individuals, as well as the provision of free labour and goods in kind enables us to buy freezers, trolleys, shelving, shopping baskets, stationery and other sundry items. We also from time to time apply for grants which help us for special projects and items. For example, in July 2020 we received \$70,000 from InnerWheel -Rotary - \$20,000 and the Commonwealth Bank - \$50,000. This allowed us to purchase a van and shelving which is used as a mobile pantry, visiting outlying villages in the area.
11. **Who can shop at the pantry?** Our primary customers are people suffering food insecurity. Customers do not have to provide a social security card or other forms of paperwork to access the pantry. By not requiring “*proof of poverty*” customers can have a dignified shopping experience, choosing the food and other items they need to care for themselves and their family. Many people who appear to be comfortably off may in fact be suffering food insecurity. People also suffer intermittent food insecurity due to illness, job loss, large bills to pay and other reasons. The pantry’s values include dignity and respect for the customer, so customers will not be expected to prove need.
12. **How much will it cost to shop at the pantry?** It is estimated that for each dollar spent at the Pantry, customers will receive around the supermarket equivalent of \$4 worth of goods
13. **You keep talking about “food insecurity”. What is food insecurity?** Food insecurity is inadequate access to food; inadequate supply; and the inappropriate preparation of food. Certain groups in Australia are more susceptible to food insecurity – including unemployed people, single parent households, low-income earners, rental households and young people. Indigenous, culturally and linguistically diverse and socially isolated people may also experience food insecurity at a higher rate. The reasons why people experience food insecurity include a lack of resources (including financial resources and other resources such as transport); lack of access to nutritious food at affordable prices; lack of access to food due to geographical isolation; and lack of motivation or knowledge about a nutritious diet. Food insecurity impacts negatively upon children’s academic ability and health outcomes.

The pantry is more than food. It builds community, develops people’s self-esteem, skills and knowledge, and helps them get out of the food insecurity trap. A certain percentage will remain customers out of need, but it is hoped that over time, people will not need the resources of the food pantry as their lives have improved.