

COMMUNITY



FRUIT & VEG SWAP

Mount Pleasant Natural Resource Centre

MEMBER ETIQUETTE

What can be swapped? Any produce may be swapped including: fresh and dried fruit and vegetables, eggs, preserves, jams, honey, flowers, produce seedlings etc. Non-produce items can also be swapped including: knowledge, recipes, gardening books, compost, garden stakes etc.

Follow safe food handling practices at all times: The MPNRC has fact sheets on various safe food handling practices that we are happy to provide you with. **Further information on safe food handling practices can be found at:** <http://dh.sa.gov.au/pehs/Food/kit-charities-community.htm>

Labeling: It is good for swappers to know exactly what they are getting. Please fill in our produce labels (or create your own with the same details) for any foods that you are bringing to the swaps. This will not only mean that swappers can make informed decisions on what they select, but by adding interesting facts about the item or its use, will mean that swappers can use foods that they wouldn't normally take home.

Processed items must be labeled: e.g. Jams, dried fruits, baking etc. This is not only due to legislation but also so that people with allergies can select items appropriately and with confidence.

Food labels need to follow the example outlined in the Food Standards fact sheet entitled 'Labeling' (included in your info pack).

Eggs: Please write the date on the individual egg or carton when it was collected and keep refrigerated.

Compost / Worm Castings / Mulch etc: Please ensure that bags are completely sealed and are airtight and labeled (see sample compost/ mulch label). Legionnaires' disease is a serious and sometimes fatal form of pneumonia caused by the bacteria *Legionella*. These bacteria are found naturally in the environment and are commonly found in soil, compost and potting mix. People can get Legionnaires' disease by breathing in fine droplets of water containing *Legionella* bacteria.

Canned/bottled vegetables: Items preserved with high levels of sugar and or vinegar such as pickles, relishes, chutneys and sauces are fine to bring. However, plain bottled vegetables are **not to be brought to the swaps** due to the potential risk of foodborne botulism. *Clostridium botulinums* causes a severe type of food poisoning, which although has a low incidence, has a high mortality.

Meat: We ask that meats are **not brought to the swaps** due to the potential health risks associated with meat products.

If you have any questions or need clarification on any of the above points, please contact the Mount Pleasant Natural Resource Centre.



I have read and understand the guidelines above and know it is my responsibility to follow them. I understand that the Mount Pleasant Natural Resource Centre Community Fruit & Veg Swap is facilitating the sharing of produce and is not responsible for production processes of the produce, and that it is my responsibility to select produce on offer at the Swap accordingly and appropriate for me.

Name:

Signature:

Date:/...../.....

Member Number:

Mount Pleasant



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