## **CERES** Fair Food

## Key Messages

CERES Fair Food is a community of farmers, gatherers and food hosts. The farmers grow the food locally, the gatherers bring the food to a central point and the food hosts distribute to eaters across the community.

The urban distribution centre employs disadvantaged people to provide them with real skills based around environmental and social principles. With the help of this dedicated team and the extended community we reduce packaging, recycle and reuse as much of our waste as possible.

Our mission is to bring locally grown fresh produce to Melbourne's communities for a fair price. We grow the produce on our city farms in Brunswick East and Coburg, and across a network of local farmers, which means our produce travels less meaning the food miles - or the carbon footprint associated with food distribution – is reduced.

Using a network of food hosts across Melbourne we distribute fresh produce boxes. Our boxes are filled with seasonal fruit and vegetables. The volunteer Food Hosts connect urban and rural communities, and are the backbone of an efficient distribution system that upholds the values of CERES Fair Food.

All profits generated from CERES Fair Food support the programs and activities of CERES Community Environment Park.