



## MEDIA RELEASE

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### Green Connect says food is best eaten fresh, in season and local

Illawarra-based social enterprise Green Connect is encouraging residents looking for home-delivery options during lockdown to get behind local food producers that offer both health and environmental benefits.

Green Connect General Manager Kylie Flament says food is best eaten fresh and in season and would love more people to commit to buying local.

“Food that is produced locally has lower food mileage and lowers both packaging waste and the cost to get it from the farm to the plate,” she said.

“There are over 300,000 people living in the Illawarra, but only three market gardens, so I’d love to see our community get behind more local growers and also reap the health benefits of fair food.”

Food that is produced on the Green Connect farm in Warrawong is fresher, healthier and better for the environment because it spends less time in transit and is grown without the use of chemicals. Less time in transit also means less carbon emissions and associated packaging waste.

The Green Connect farm is an 11-acre urban farm that uses permaculture and organic principles to produce fruit, vegetables, herbs, eggs, honey and free-range meat. The social enterprise sells weekly fruit and vegetable boxes to the local community, and it is staffed mostly by young people and former refugees.

“There used to be more local producers and for different reasons they’ve stopped farming. So it’s more important than ever to get behind the Illawarra’s local market gardens,” Ms Flament said.

“Our fruit and vegetables might not always look perfect, but our produce is picked as close as possible to when we deliver it to your door and it’s chemical free.”

“There are many ways you can support local food producers - at markets, through veg box systems or at local co-ops. When you buy locally produced fruit and vegetables, you’re not only making a healthier choice, you’re helping to create jobs in our community for those who really need one.”

To find out more visit [Green Connect](#) or the [Food Fairness Illawarra](#) website.

## FOR MEDIA ENQUIRIES CONTACT

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Green Connect is a social enterprise based in Wollongong, NSW. We create jobs and employment pathways for young people and former refugees in work that helps the planet and the community. We run a farm and an op shop, provide zero waste services at events, and staffing solutions to businesses and councils.

[www.green-connect.com.au](http://www.green-connect.com.au)