

MEDIA RELEASE



FOR IMMEDIATE RELEASE

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Supporting Charity Cuts Cost At The Cash Register

While the floodwaters in Brisbane have long since receded, the ripple effect is still being felt by many. The price of fresh fruit and vegetables took a sharp turn for the worse during the natural disaster and they haven't shown any signs of coming back down.

But now, Corinda based charity MontroseAccess is helping residents in the south western parts of Brisbane to beat the price hikes through a program which also helps young adults with physical disabilities learn vital work skills. On one day of the week only, they're selling boxes of fresh produce gathered from local markets. It's part of the charity's Lifestyle and Leisure program, which assists 18-30 year olds with life, social and work skills.

MontroseAccess Occupational Therapist, Lyndal McPhail, said: "The Pre-work Skills program has eight young adults involved who are developing work readiness skills including grooming, food handling skills, teamwork, communication skills, phone etiquette and money handling. These skills are then practically applied by producing and selling boxes of fresh fruit and vegetables to staff, client families and the community.

The boxes contain various produce gathered each Tuesday from fresh food markets at Rocklea. Selling for only \$17, the same quantity of produce at the supermarket now would cost more like \$30. Adding extra flavour to the deal, the clients also use internet research to find tantalising recipes that use the box contents from that week; the recipes are included with the boxes.

Annette Forrest is the mother of a MontroseAccess client and has become one of the most religious supporters of the program: "I buy five of the boxes every week. You can't match the quality or the price at the supermarkets and the best part is someone does all of the sourcing for you. Not to mention that it helps a great cause at the same time, by supporting young Queenslanders with a physical disability."

Lyndal went on to say: "The priority for us is to get our clients work ready and teach them the basics they will need in the workforce and increase confidence through a valued role in the community."

Despite the enthusiasm of some supporters, the program requires greater community participation to remain sustainable. MontroseAccess is calling on the community to help simply by purchasing some of the finest fresh produce through the program, and in turn help young adults with physical disabilities.

Orders for the veggie boxes need to be emailed to Jennifer Macpherson each Monday by 3pm. Early on Tuesday morning, Jennifer then heads to Rocklea's fresh food markets to buy various produce based on what's in season and the best deals available. The clients then prepare the boxes, which need to be collected from MontroseAccess head office at Corinda on Tuesday's between 2 and 3pm.

MontroseAccess head office can be found at 54 Consort Street, Corinda. If you'd like to place an order or find out more about the program, please contact Jennifer Macpherson on 07 3717 1192, 0439 538 936 or email jmacpherson@montroseaccess.org.au

If you would like high res images or to arrange a photo shoot or interview, please feel free to contact MontroseAccess Communications Manager, Adam Harper, on (07) 3717 1184 or 0404 871 360 or email aharper@montroseaccess.org.au

Disability care for kids

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