

Welcome to the October 2025 Newsletter from the Ballarat Wholefoods Collective! A particularly warm welcome to our new and newly-returned members.



Top tips

- We no longer accept empty jars. Call your local op shop to see if they need empty jar donations.
- Remember to **put your containers on the scales and press 'tare' until both screens read 'zero'** before you fill them. The scales **must be at zero** before you fill your containers or your Collective loses money, money that pays the rent and electricity bill! Remember: **zero before fills, pays the bills.**

Friendly Reminders

Open Times

- We are open during Victorian school terms:
 - o **Thursdays, 9am-1pm and 5-6.30pm**
 - o **Saturdays, 9am-12noon**
- **We re-open for term four on Thursday 9 October 2025** and close for the summer break on Thursday 18 December 2023.

Tips to get the most out of your visit

- Considering **using a shopping trolley/jeep to make your shop easier**. There are different types available so find one that works for you: narrow and upright to take on the bus, or sturdy with a basket that lifts off.
- We know **parking can be tricky but remember there are loading areas** near the Ballarat Tool Library, accessible via the parking on Princess Street South. If your groceries are too heavy to cart back to the car, leave your trolley or bags while you move your car to the loading zone, collect your groceries, pack the car and go.

Don't forget!

- **Wash your hands** before you enter the shop. There are bathroom facilities in the corridor on the right before you enter.
- **BYO bags and clean containers**. A sturdy bag or two to carry your groceries, a couple of produce bags for loose fruit and vegetables, and different sized containers or jars for bulk goods.

During your visit

- To ensure we pay correctly we must all **'tare' the scales and ensure they are at zero before filling our containers**. Put your container on the scales, push 'tare' until all the readings are at zero, then fill away! If you aren't sure, ask for help.
- Shopping lists: there are pens and clipboard in the bulk produce room, or you can make a list on your phone. Be sure to include your name, item details and weight in grams.
- Be patient! **Ballarat Wholefoods Collective is volunteer run**. If you see that someone needs help and you know what to do, give them a hand. If you see a job needs doing, do it!

What's on at Barkly Square?

- The **Barkly Square café is open!** Why not grab a coffee before your shop and enjoy a homemade pastry while you write out your shopping list?
- The next **Ballarat Preloved Fashion Sale** is happening on November 22nd, from 12-4pm. It's only \$5 to have a stall. Reach out to book a stall or help organise this wonderful community event.

Exciting changes at the Ballarat Wholefoods Collective!

- We have been very busy behind the scenes during the school holidays. Wendy and Alison have been busy giving the bulk rooms a refresh. This is largely due to our new sink, which is now in the back room and includes plumbing and hot water!
- We were able to make this upgrade thanks to a generous \$2,000 community grant from BGT Jobs & Training, the proceeds from our 2025 calendar sales and money raised through the Preloved Fashion events held this year.
- Big thanks also to Sylvia and Murray for sourcing the sink, and Astrid and Rick for assistance with the plumbing!



- You may have noticed our new website. A huge thank you to Adam for undertaking this project! We are planning some more tweaks, so keep an eye on www.ballaratwholefoodscollective.com.au over the coming months.
- This is the first edition of our new quarterly(ish) newsletter! We hope to get this out each term to updates members on changes and upcoming events. Thanks to Cat for taking this on! We will also send out the occasional newsletter on topics of interest to members. Keep an eye out for an upcoming newsletter about recycling as the Collective winds up its pop-up recycling education station.
- We are also on [Facebook](https://www.facebook.com/ballaratwholefoodscollective) and [Instagram](https://www.instagram.com/ballaratwholefoodscollective), so give Ballarat Wholefoods Collective a follow! Our thanks to Grace for continuing to manage the social media accounts.
- A new term means a new volunteer roster! Sign up on your next shop and keep an eye out for an upcoming newsletter with more information.

Who grows my food?



We only stock Australian sultanas, from Scott at Don't Mess with Mother Nature. Scott also provides us with fresh grapes and almonds, all sustainably farmed.

They are a certified organic producer based in Irymple in north-west Victoria. Established in 1997, Scott works with nature to grow and sun-dry their grapes, rather than rely on chemicals and pesticides. Check them out via

<https://www.facebook.com/dontmesswithmothernature>.