

Rutherglen & Surrounds



BEECHWORTH
HEALTH SERVICE

FRESH FOOD GUIDE

Your guide on where to access fresh,
healthy produce

RUTHERGLEN • CHILTERN •
BARNAWARTHA



To discover more fresh food
producers in North East Victoria,
visit the Mountains to Murray
Local Produce Guide website:
localproduceguide.com.au

Rutherglen & Surrounds

Fresh Food Guide

Each time we purchase food locally, we interact as a community - strengthening our social connections, improving our health and supporting a sustainable local food system.

Food consumption and food access practices are embedded in everyday life and social relationships.

This guide has been developed by the Beechworth Health Service and aims to support a vibrant regional food system where local people have access to fresh and healthy local food, profits stay in our local communities and community connections are nurtured.

The Rutherglen and Chiltern area offers a number of stores selling fresh groceries, and the wider area has local farms and producers of fruit, vegetables, meat, honey, olives and olive oil.

This guide also shares information about where to find healthy ready-made meals, as well as where you can access emergency food relief if you are experiencing hardship.

We have aimed to include all fresh food retail outlets, markets, producers and emergency food relief providers in this guide. If we missed you, please let us know so we can update this booklet!

Beechworth Health Service

☎ 03 5728 0200

✉ info@beechworthhealth.org.au

🌐 www.beechworthhealthservice.com.au



Retail Stores

The following local retail stores sell fresh grocery items.

*There may be variations in trading hours due to COVID-19 and many outlets have introduced online and home delivery services - call or check websites to confirm current details.



Barnawartha Post Office & Newsagency

Selection of vegetables, fruit, dairy products, eggs and smallgoods

📍 37 High St, Barnawartha VIC

☎ 02 6026 7202

🕒 Mon - Fri 6.00am - 5.00pm
Saturday 6.00am - 12.00pm



Barny Cafe & Shop

Selection of dairy products, eggs, smallgoods and honey

📍 34 High St, Barnawartha VIC

☎ 02 6026 7393

🕒 Mon - Fri 6.00am - 8.30pm
Sat - Sun 7.00am - 8.50pm





Chiltern Butchery

Meat, smallgoods, eggs and honey

📍 11 Conness St, Chiltern VIC

☎ 03 5726 1497

🕒 Mon - Fri 7.30am - 6.00pm
Saturday 8.00am - 12.00pm



Chiltern IGA Supermarket

Extensive range of all fresh food types.

📍 36 Conness St, Chiltern VIC

☎ 03 5726 1471

🕒 Mon - Sat 8.30am - 7.00pm
Sunday 8.30am - 5.30pm



Rutherglen Butchery

Meat, smallgoods, eggs and honey

📍 76 Main St, Rutherglen VIC

☎ 02 6032 7276

🕒 Mon - Fri 7.30am - 6.00pm
Saturday 8.00am - 12.00pm



Rutherglen IGA Supermarket

Extensive range of all fresh food types.

📍 95 Main St, Rutherglen VIC

☎ 02 6032 8535

🕒 Mon - Wed 7.30am - 7.00pm
Thurs - Fri 7.30am - 7.30pm
Saturday 7.30am - 7.00pm
Sunday 8.30am - 6.00pm



Rutherglen Wine Experience & Visitor Information Centre

Selected range of locally-produced olives, olive oil and honey.

📍 57 Main St, Rutherglen VIC

☎ 1800 622 871

✉ info@explorerutherglen.com.au

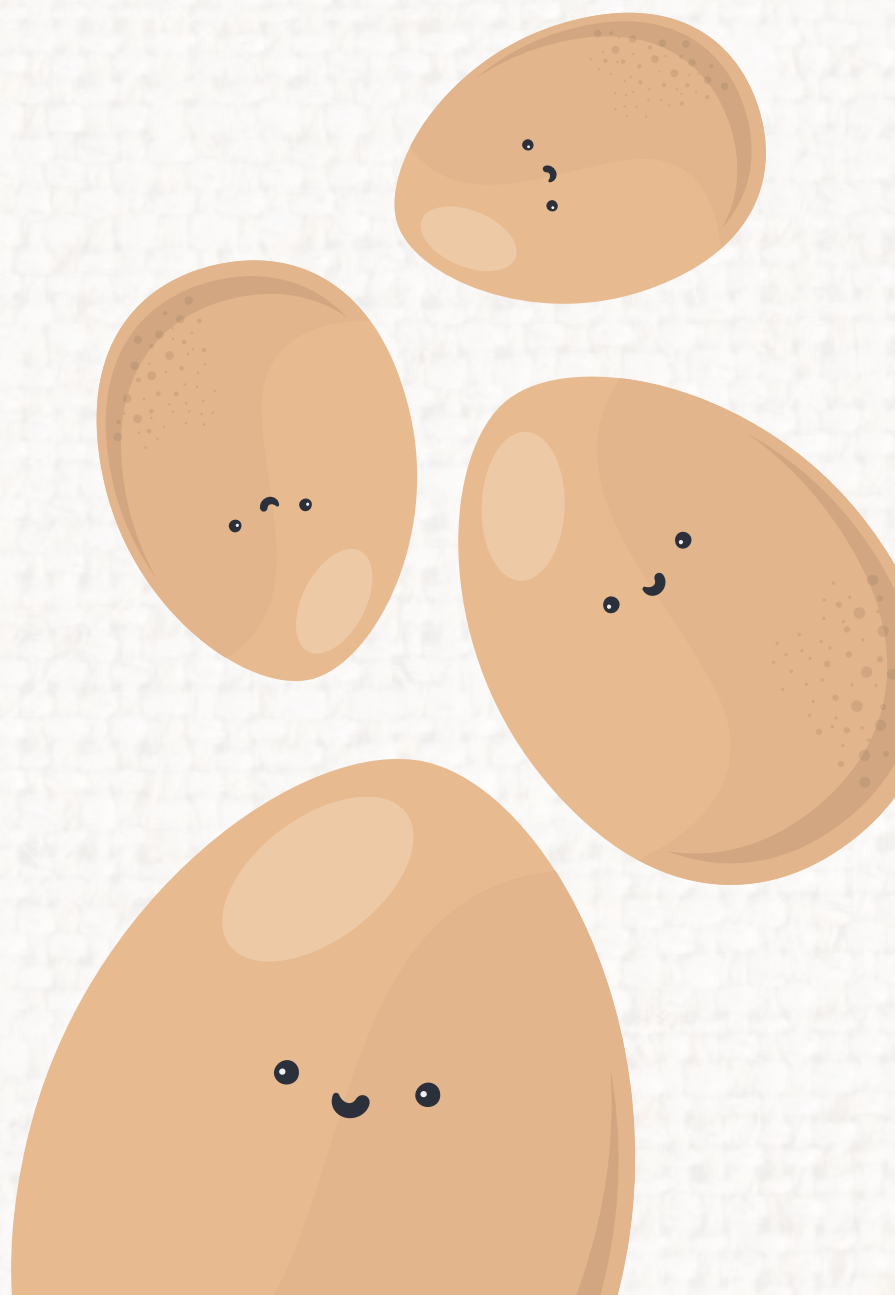
🕒 Mon - Fri 9.30am - 4.30pm
Saturday 9.30am - 4.30pm
Sunday 10.00am - 4.30pm

🌐 www.explorerutherglen.com.au



Local Farms & Producers

The following list includes primary producers who have fresh produce available for sale in the Rutherglen and Chiltern area, either at the farm gate, from retail outlets in Rutherglen or Chiltern, or via home delivery.





Chiltern Honey Farm (Chiltern)

100% locally-produced honey.

📍 76 Conness Street, Chiltern

☎ 03 5726 1286

✉ chfarm@netc.net.au

📘 facebook.com/lavenderandknowles

Locally available from:

- Farm gate sales
- Barny Cafe & Shop
- Chiltern IGA supermarket
- Chiltern Bakery
- Chiltern Butchery
- Chiltern Visitor Information Centre
- Rutherglen Visitor Information Centre
- Rutherglen Butchery



Gooramadda Olives (Gooramadda)

Olive oil, olives and capers

📍 1468 Gooramadda Rd, Gooramadda

☎ 02 6026 5658

✉ shop@gooramaddaolives.com.au

📘 facebook.com/gooramaddaolives

🌐 www.gooramaddaolives.com.au

Locally available from:

- Farm gate sales (Saturday - Sunday)
- Campbell's Winery, Rutherglen
- Rutherglen Wine Experience and Visitor Information Centre, Rutherglen
- The Pickled Sisters Cafe, Wahgunyah
- Order via website for delivery to your home



Earthcare Farm (Browns Plains)

Seasonal fruit and vegetables

📍 1462 Chiltern-Howlong Rd, Browns Plains

☎ 02 6026 8194

✉ earthcarefarm@gmail.com

📘 facebook.com/earthcareenterprises

🌐 www.earthcarefarm.com.au

Locally available from:

- Farm gate sales (All year)



Hotson's Cherries (Chiltern)

Seventeen different varieties of cherries

📍 143 Cemetery Rd, Chiltern

☎ 03 5726 1358

✉ hotson@westnet.com.au

📘 facebook.com/hotsonscherries

🌐 www.hotsonscherries.com

Locally available from:

- Farm gate sales (November - December)
- Chiltern IGA supermarket
- Rutherglen IGA supermarket





Joel Chambers (Rutherglen)

Pasture-raised lamb

☎ 0409 632 770

✉ joelchambers@outlook.com

Locally available from:

- Order via email or phone



Indigo Valley Lamb (Indigo Valley)

Pasture-raised lamb

✉ suse.campbell@gmail.com

f facebook.com/indigovalleylamb

Locally available from:

- Order via Facebook page for delivery to your home



Rutherglen Premium Lamb (Londrigan)

Pasture-raised lamb

☎ 0427 251 657

✉ rutherglenlamb@gmail.com

🌐 www.rutherglenlamb.com.au

Locally available from:

- Order via website, email or phone for delivery to your home



Milawa Cheese Company (Milawa)

Cow and goat milk cheeses

☎ 03 5727 3589

✉ orders@milawacheese.com.au

f facebook.com/milawacheese

🌐 www.milawacheese.com.au

Locally available from:

- Rutherglen IGA supermarket
- Order via website, email or phone for delivery to your home



The Wicked Virgin

Olive oil and olives

📍 165 Hopetoun Rd, Rutherglen

☎ 02 6032 7022

✉ info@thewickedvirgin.com

f facebook.com/thewickedvirgin

🌐 www.wickedvirginrutherglen.com.au

Locally available from:

- Farm shop outlet (Thursday - Sunday)
- Order via website for delivery to your home

Farmers Markets



Rutherglen Farmers Market

Second Sunday of the month

📍 Rutherglen Lions Park, Douglas Street, Rutherglen VIC

☎ 0418 549 749

🕒 9.00am - 1.30pm

🌐 facebook.com/rutherglenfarmersmarket

Ready-made Meals



FoodDIRECT

Healthy, heat-at-home meals locally-made with fresh ingredients. (NDIS meal package compliant.)

☎ 0408 321 822

✉ info@fooddirect.net.au

🌐 www.fooddirect.net.au

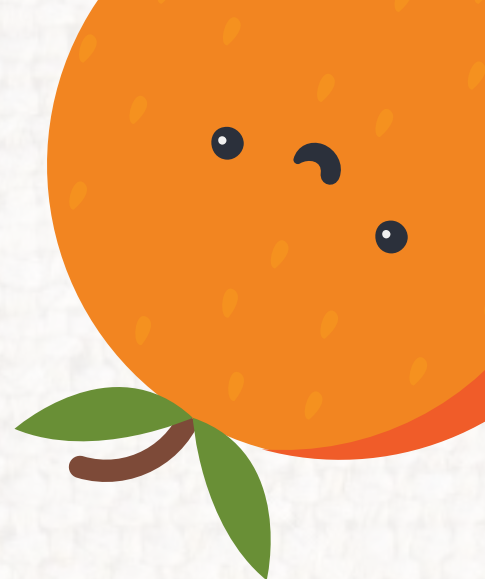
Locally available from:

- Order online or by phone for home delivery to Rutherglen and Chiltern every Wednesday

*For availability of healthy meals from other local food outlets please check with businesses directly.



Emergency Food Relief



Food relief and other support services are available to anyone in the local community in times of need - this may be those in financial difficulty, families or individuals experiencing grief, loss, trauma or illness or people recently discharged from hospital.



St Vincent de Paul

Food Support Services

- 📞 0407 565 230 (Rutherglen & Wahgunyah)
- 📞 02 6024 3493 (Chiltern)
- 🕒 Mon - Fri 10.00am - 3.00pm

Vinnies can provide supermarket food vouchers and other support services for local community members who are experiencing financial hardship.



Chiltern Neighbourhood House

FoodShare Service

- 📍 11 Main St, Chiltern VIC
- 📞 03 5726 1405
- 🕒 Mon - Fri 8.30am - 5.00pm

Chiltern Neighbourhood House, part of Indigo North Health, provides fresh and packaged food and other groceries from Albury-Wodonga Regional FoodShare, to anyone in need. For families at the primary schools, food boxes can also be collected from the school.



Salvation Army Wodonga

Community Services

- 📍 210 Lawrence St, Wodonga VIC
- 📞 02 6024 2886
- 🕒 Wed - Fri 9.00am - 12.30pm

The Salvation Army provides packaged food and other groceries from Albury-Wodonga Regional Foodshare, to anyone in need. They can also provide supermarket food vouchers.



FoodBowl Corowa

Amaranth Foundation

- 📍 Old Corowa Railway Station, John St, Corowa NSW
- 📞 02 6033 1738
- 🕒 Mon - Fri 10.00am - 12.30pm
2.00pm - 4.00pm


FoodBowl provides food donated by Woolworths Corowa and Albury-Wodonga Regional Foodshare, including fresh produce and packaged goods, to local community members in need.

The background features several stylized, cartoonish illustrations of fruits and vegetables, each with a simple face consisting of two dots for eyes and a curved line for a smile. In the top left, a slice of orange is partially visible. In the top right, there is a slice of avocado and a carrot. In the bottom left, a large strawberry is prominent. In the bottom right, there is a red apple and a purple eggplant. A purple speech bubble is positioned in the upper left quadrant, containing text.

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