



BARRABA COMMUNITY NEWS

FREE LOCAL NEWSPAPER

COMMUNITY OWNED AND EDITED

Wednesday 6th July 2022



MAJOR UPGRADES FOR BARRABA RUGBY CLUB

The Barraba Rugby Club is undergoing a major transformation thanks to \$678,073 from the NSW Government's Stronger Country Communities Fund.

Rugby is part of Barraba's identity and these upgrades will ensure that both men's and women's rugby has a future in the town.

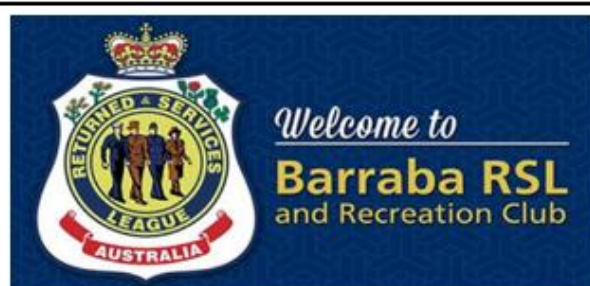
The clubhouse is used for so much more than rugby, hosting athletics days, junior rugby, sponsorship evenings and events like the drought relief event held in early 2020.

See page 10 for more details about the grant to the Rugby Club

Letter to Editor

Dear editor, thru your publication I would like to publicly thank the members of the council's sewer team who fixed a sewer overflow in my backyard last Friday afternoon at knock off time, by 600pm the issue was resolved. Myself and my neighbours were appreciative of this quick action especially on a Friday afternoon.

Regards Doug Hatch



BARRABA RSL & RECREATIONAL CLUB LTD

Phone: 67821379

For the information of members and guests

WE ARE A COVID-19 SAFE CLUB

ALL NSW HEALTH REGULATIONS APPLY

THIS WEEK:

THURSDAY: 11AM-
MULTISCREEN DRAW-SUSPENDED UNTIL FURTHER NOTICE

FRIDAY: 11AM-
MEAT/VEG RAFFLES 6PM
EXTRA DRAW AFTER EACH RAFFLE FOR A BONUS PRIZE
MEMBERSHIP DRAW \$1,700

SATURDAY: 10AM-
SUNDAY: 10AM-5.30PM
ANGLERS CLUB RAFFLES 1PM
MEMBERSHIP DRAW \$1,400

MONDAY: CLOSED

TUESDAY: 11AM-5.30PM
BINGO 11AM

WEDNESDAY: 11AM-5.30PM
HAPPY HOUR: 11am-1pm Wed & Fri
BISTRO HOURS

Phone 0427330808

CLOSED MON/TUES/WED

THURS/FRI/SAT: LUNCH 12-2PM DINNER 6-8.00PM
SUNDAY: LUNCH 12-2PM





Barraba Central School



Narrabri Arts Eisteddfod

Congratulations Joe Riley for winning First Place in the U11 Piano at the Narrabri Arts Eisteddfod. What a great achievement!



Premier's Debating Challenge

Our debating team had their first debate of the year against Warialda Public School today. They had a very interesting topic: "That schools should make their top students spend one afternoon a week helping a struggling classmate".

Each speaker did an amazing job with their rebuttals and putting forward persuasive arguments.

The adjudicator awarded Barraba Central as the winners for this debate. Congratulations Cassidy Graves, Riley Phillips, Jasmine Coombes and Ella-Rose Jobson-Gasnick!



Premier's Debating Challenge - Round 2

Congratulations to our Primary Debating team for their success in Round 2 of the Premier's Debating Challenge. These students work exceptionally hard during their recess and lunch breaks to be prepared for their debates. Well done!

Pictured L-R: Jasmine Coombes, Cassidy Graves, Jade Dipple and Ella-Rose Jobson-Grasnick.



School Multicultural Public Speaking Competition

Years 3-6 students participated in the School Multicultural Public Speaking Competition. All students spoke clearly and had well-prepared speeches that were enjoyable to listen to.

We commend you all for your efforts and courage. Congratulations to the following students that were selected to represent our school in the Multicultural Speaking Competition.

Year 3/4: Ali Coombes and Mylee Groth

Year 5/6: Jasmine Coombes and Cassidy Graves

Men's Shed



The Year 6 boys are hard at work at the Men's Shed working on a school project.



Year 7 and 8 enjoyed a relaxing and informative day at the Living classroom at Bingara. Students were taken on a

guided tour of the facility which was a great way to finish our Geography unit 'Water in the World'. The highlight of the day was the lunch time visit to the awesome red river gum on the banks of the Gwydir (although the bakery was good too!).

It was nice to talk to Bingara resident Mr Johnston who dropped by to say hello.

Mr Maloney

HSIE teacher

PSSA Netball Quarter Finals



Our primary netball team braved the cold weather in Glen Innes today to play their Quarter-Final game. They had fun warming up to the Nutbush and cheering their team's chant. Every player had a great game and we had a win and now progress to the semifinals. Barraba: 24 Glen Innes: 10

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

**Published by Community College Northern
Inland Inc.**

Cnr. Alice and Fitzroy St Barraba

Contacts: Bronwyn 0447165008

Office: 02 67821662

Email news@barrabacommunitynews.org.au

Printed on site at the Community College. Free publication by email or collection from local Barraba main street businesses.



History Notes

This time of year seems to be “tracing family history time”.

There have been several requests, some for large families, but unfortunately some return home and then make a request. Hopefully we will see them in the spring.

As I write these notes it is unlikely there will be markets next weekend as everyone seems to be busy with school holidays – we have only 2 stall holders ready to go at this stage which is hardly enough. Be prepared to have a really good market in August on the Saturday before Ag-Quip – in nice spring weather.

Last week’s notes on the Cobbadah School created a renewed interest in country schools so I thought perhaps another countryside topic could be of interest.

Plenty of older Barraba residents will remember the names of paddocks and localities which have now largely disappeared. Our country was first settled into four or five big properties and then the smaller settlers selected land to grow enough food for their large families.

The next generation were able to purchase the smaller holdings and make money off the land. The paddocks in these holdings were larger and often held the name of the early settler – Perry’s, Cameron’s, Duncombe’s for example and some paddocks carried their original name before they became part of a bigger holding, Milldam is an example. The Brickiln, where the clay for Barraba’s early bricks came from, was part of Barraba Station. Perhaps some of our readers can come up with some more such names such as the School Paddock south of Barraba.

The two requests for family history last Friday – Jones and Carter – have included a few other families along the way. One of these is Duncombe family. Lewis Duncombe was born in NSW and his wife, Vasthi, was born in New Zealand, although she was not registered in either country.

Vashti’s parents had come originally from England about 1840, they lived in Sydney for a couple of years, then went to New Zealand and later returned to New South Wales – can you imagine the difficulty in sorting out this Smith family!

Eventually Lewis Winter Duncombe caught up with Vashti Smith and they married in Mr Lanagan’s house on Gineroi Station which is north of Bingara. The young couple had eleven children born in half a dozen places and we have marriages for ten of them including the Charles Jones marriage to Selina in 1885. Sometimes these requests take quite a lot of work to sort out!!

Letter to the Editor

Mrs Bronwyn Clinch
Barraba Community News

Dear Bronwyn,

Loved to read the reference to Blackfriars Correspondence School in this week’s History Notes. I also heard the discussion on ABC late night program.

I was schooled from 1944 to 1951, when we lived on a large sheep station in the Jerilderie district. In a way, home schooling was a lottery. Your whole education depended on the dedication of your mother. There were families where the children ran wild and never learned to read or write. Alan and I were so fortunate to have a wonderful teacher in our mum, who also cooked for men, who worked on the property, kept the garden watered, washed by hand – no electricity, only a 32 volt lighting plant for electric lights, which came later (after years of Tilley lamps and kerosene fridges). She had a never ending battle with red dust from a countryside competing with 10,000 sheep and rabbits, for every blade of grass.

Blackfriars was near Broadway, I can’t believe I cannot remember the address! On a visit to Sydney mum took me there to meet my teacher, Miss Irma G Herbert, who used to put lovely encouraging messages each week and once composed a very funny poem, in response to my apology for the family cat’s footprint on my work page.

As you will gather, the reference to Blackfriars has woken many memories! On the same visit mum also took me to the ABC studios to meet the presenters of the Children’s Session, Mac, Joe, Elizabeth and Dan, who were so friendly and kind to a very shy girl from Jerilderie in 1947.

Best wishes, keep up your wonderful work in keeping us connected with Barraba since the closing of the Gazette. Thank you to Brian Coote, sharing his photographs.

Regards

Vivienne Mulley



Thanks to Brian Coote for these historical pictures

CENTRAL HOTEL BARRABA (now the Playhouse Hotel)



Barraba to Bingara Motor Coach outside Central Hotel Barraba. Photo ex Ted King.

The Barraba to Bingara Motor Coach ready to leave outside the beautiful old Central Hotel Barraba.

This must have been after 1908 as this coach took passengers off the train on to Bingara I believe. A truly classic image of our history. The vehicle had solid rubber tyres and huge drum brakes on the rear wheels only. It must have been pretty hair-raising going down the Devil's Elbow up Bingara way. Perhaps the passengers got out and walked down. Rear wheel only brakes are not particularly efficient.

The vehicle must have had a pretty big motor also to shift all that weight properly over the two mountain ranges between here and Bingara. The ride

had to have been pretty rough but a lot better than the previous cramped stage-coaches. There are 14 people on or against this coach, mostly in waistcoats looking like they are going to a gangster convention in Bingara. There are other copies of this image I believe but my everlasting thanks to the late Ted King for allowing me to copy this.

BARRABA SCHOOL – KINDERGARTEN CLASS 1966



This photo is the first image from Catherine King's schooling in Barraba stretching from 1966 to 1978. Catherine bought all her class photos together with what names she & others have been able to compile.

The names below. As you can see we are missing three names and want to obtain those missing names if possible, as well as resolving any disagreement on identified kids listed here.

Rear: Robert Irwin, Warren Northey, Paul Hodges, Ronald Jennar, Bill Stobie, Richard Fox, David Jennar, Rodney Hogno, Malcolm Brodbeck.

3rd. Row: Desmond Jones, David Urquhart, Mark Sawyer, Chris Akers, Clint Nicholls, Wayne Riley, Peter Chalmers, Tony Smith, Fred Grant.

2nd Row: Glen Gauntlet, Peter Simpson, David Matterson, Marlene Taylor, Anne-Maree Bottrell, Debbie Baldwin, Guy Ratliff, Rodger Cramp, Lyall Munro.

Front Row: Tracey Peacock, Ann Nixon, Catherine King, Fiona Faulkner, Bronwyn Firman, Amanda York, ????, Sandra Freestone, Donna Currell. The Teacher is: Ruth Dornan.

Our thanks to Catherine for sharing these great photos.

SUNDAY SCHOOL PICNIC



The Methodist Sunday School Picnic circa 1908.

Another great historic local photo bought in by an unrecorded person for temporary display.

I find it amazing how many people on this picnic and as usual at that time they are very well dressed for casual dining in the bush.

Probably a fair few good singers in that bunch also.

IGA BARRABA



Yet another unknown customer's photo of the earliest stage of the Dean & Smith business now the IGA.

I think this must have been taken very soon after 1900 and was apparently taken by J E Brodbeck. Possibly one of the Brodbeck family bought it in but as usual at that period I haven't recorded it.

Snippets from St Laurence's

Who were the wise people who installed a wood burner in the Youth Centre? We had our service there on Sunday morning and everyone seemed to enjoy the cosier surroundings. Our sermons have left Israel's history again and we are exploring Paul's letter to the Galatians.

Next Sunday we have a baptism on Saturday 16th July. There will be a working bee, Parish Council meet after the service on 17th, and on Monday 25th we are hosting a night with Hans Kunnen, a gifted speaker. That starts at 6.30pm in the Youth Centre and will be accompanied by food and fluid refreshment.

Our normal country services will be held and our AGM is coming up in August. All these events need to be kept in our prayers.

So, think about Paul's words in Romans, chapter 15, verse 13: "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

St Laurence's Barraba

Sunday service at 10.00am

Woodsreef: 2nd Sundays

11.30am

Bereen: 4th Sundays 11.30am

Uniting Church Notices

Sunday 10th July

services return to 8.45am

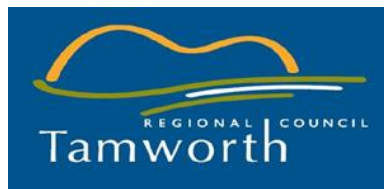
CATHOLIC CHURCH NOTES

Barraba—1st & 5th Sunday, 5pm
Saturday evening

2nd 3rd & 4th Sunday 9am

Upper Horton 3rd Sunday 11am

Weekday Mass Wednesday
10am



Here is an overview of outcomes from Tamworth Regional Council Ordinary Meeting on Tuesday 28th June 2022:

Councillors adopted the 2022/23 Annual Operational Plan which sets out the service delivery, projects and works council will carry out in the coming year along with the schedule of rates, fees and charges. Tamworth Regional Council will spend a total of \$276 million across its general, water and sewerage funds in 2022/23 while collecting \$79.4 million in income from rates and annual charges and delivering a \$128.4 million capital works program to improve local facilities and infrastructure. The overall income from Ordinary Rates will increase by 2 per cent in 2022/23 including the Additional Special Variation of 1.3 per cent approved by the Independent Pricing and Regulatory Tribunal.

A revised draft Smoke-Free Environmental Policy will go on public exhibition in the coming weeks to seek community feedback about a proposed one-block extension of the smoke-free zone in Tamworth's CBD and the addition of new smoke-free zones in Kootingal and Nundle. Councillors also endorsed the provision of a recurrent annual \$5,000 budget to fund ongoing promotion and maintenance of Smoke-Free signage and advertising.

Waste facilities at Niangala and Watsons Creek will be converted to small vehicle waste transfer stations and be staffed when they are open.

Three of the region's smaller communities will share in the

benefits of funding through the 2021/22 Facility Improvement Fund. Councillors supported a recommendation to allocate \$10,000 to the Limbri Public Hall and Recreation Reserve Local Committee to cover the cost of adding a unisex and disabled access flushing toilet, \$1,996 to Weabonga Hall and Recreation Reserve Local Committee to cover the cost of a storage shed and \$4,105 to Woolbrook Hall and Park Committee to buy and install a barbecue in the park.

For more information, see the full reports at

www.tamworth.nsw.gov.au/business-papers

Watch the video report at

www.facebook.com/TamworthRegionalCouncil

Combat the boredom these Winter school holidays

With schools on break in the coming weeks, Tamworth Regional Council has curated the ultimate line-up to beat the holiday boredom. A fantastic calendar of events and activities has been announced to keep the kids busy between Tuesday, 5 July and Saturday 16 July.

Some events require booking, so find out more and secure a spot today by visiting

<https://www.tamworth.nsw.gov.au/live/community/children-and-families/school-holiday-programs>

Tamworth Regional Council's Winter Holiday Program is funded by NSW Government Office for Regional Youth's Holiday Break Program.

For more activities and experiences to excite the kids, head to the Destination Tamworth Website where you can find details of all other events on in the region.

Youth Council meeting update

Here is an overview of the outcomes from Youth Council meeting on 30th June 2022:

Council's Manager of Communications, Karlee Cole presented an overview of the Communications Strategy to the Youth Council, which is on public exhibition for feedback until Monday 4 July, 2022. Young people engage with Council communication channels and messaging in differing ways, and they are encouraged to complete the survey by visiting the MyTRC Online Community at haveyoursay.tamworth.nsw.gov.au.



GET ACTIVE, STAY CONNECTED AT THE 65TH SENIORS FESTIVAL

Local organisations and community groups are invited to apply for their share of grant funding to host events and activities as part of the 2023 NSW Seniors Festival.

Member for Tamworth Kevin Anderson said "Our seniors built the community we live in and enjoy today throughout their professional and voluntary careers," Mr Anderson said.

"A range of grants are on offer for local organisations and groups who are looking to host an event or activity and now is the time to submit an application."

Organisations can apply for grants up to \$10,000 to help see their event be part of the largest celebration of seniors in the Southern Hemisphere. The Seniors Festival will run from 1 to 12 February 2023. Applications for grants are open from 4 July to 1 August 2022. To apply and for more

information about the grants, visit www.nsw.gov.au/seniors-festival

LOCAL ORGANISATIONS INVITED TO TAP INTO CLUBGRANTS

Organisations right across the region have been invited to apply for funding to support community projects thanks to the NSW Nationals in Government's Clubgrants program.

Member for Tamworth Kevin Anderson said the clubgrants program had been delivering great outcomes for communities in the region and encouraged organisations to get an application in before the 18th of July.

"Clubgrants invests in the projects that matter and I want our community to take advantage of the \$12.5 million that is on offer in this round," Mr Anderson said.

Mr Anderson said that funding can be used for spaces like halls and meeting rooms, lights for sporting grounds, spaces for storing and exhibiting cultural artifacts, community transport, and infrastructure that supports youth, disability, mental health, homelessness, and domestic violence services.

"This program is about investing in our community, connecting us and fostering growth in sport, recreation and the arts, while boosting social inclusion and disaster resilience."

Funding is available for infrastructure projects in four key areas:

- Arts & Culture
- Community Infrastructure
- Disaster Readiness
- Sport & Recreation

Applications for the first round of funding for 2022/23 are open now and close on 18 July. To find out more information or to apply, please visit nsw.gov.au/grants-and-funding/clubgrants-infrastructure

NSW GOVERNMENT HELPING REGIONAL COMMUNITIES DEVELOP NEW IDEAS AND OPPORTUNITIES

Organisations, councils, not-for-profits, and Aboriginal community groups across our region with great ideas for infrastructure or regionally significant opportunities can help make them a reality, thanks to the NSW Government's new \$24 million Regional NSW – Business Case and Strategy Development Fund.

Member for Tamworth Kevin Anderson welcomed the new program which would help local organisations to engage experts when developing business cases for new project ideas.

Mr Anderson said "From the small projects to the big picture ideas, the Regional NSW – Business Case and Strategy Development Fund will help local organisations get great projects off the ground, providing jobs and opportunities for our people while building a better region."

Funding will be available under two streams, with up to \$19 million for regionally significant economic and community development projects, and up to \$5 million for business cases that create opportunities for economic and community empowerment of Aboriginal people. The Regional NSW - Business Case and Strategy Development Fund is part of the \$3.3 billion Regional Growth Fund and will help organisations build a pipeline of investment-ready projects for future funding opportunities.

For further information about the NSW Government's Regional NSW - Business Case and Strategy Development Fund, including program guidelines and eligibility criteria, go to www.nsw.gov.au/BusinessCaseFund

For full details of the information from Tamworth Regional Council and Kevin Anderson go to www.barrabacommunitynews.org.au

STATE SHOWJUMPING CHAMPIONSHIPS



Looking for a weekend activity?
Come along and watch the State Showjumping Championships in Bingara on Saturday 9 July and Sunday 10 July 2022.



Entries for the 2022 Friends Photo and Poetry Competition are now open!

Entries close on 15 July 2022.

Through photographs and poetry, this competition aims to showcase the beauty of rural and remote Australia and celebrate the strength and character of our vibrant rural communities.

For more information please visit <https://www.ruralhealth.org.au/.../friends-photo-and...>

From Adam Marshall's Facebook page



🐝 Support our honey bee industry from Varroa mite

🐝 Varroa mite threatens the entire honey bee industry in NSW, worth about \$50 million each year.

🐝 To protect our State's bee industry and eradicate Varroa mite, NSW Department of Primary Industries has issued an emergency order which bans the movement of bees and hives across the state.

If you see hives or bees being transported around the State, report them to the NSW Policy Emergency Assistance Line on 131 444.



Rugby Union

The Barraba Rugby Club has been successful in gaining a substantial grant under the NSW Government's Stronger Country Communities Fund which was pushed by Kevin Anderson after much time and effort by Brianna Mack as the Club Secretary to fill in the requirements for these grants. As anyone who has to fill them in knows it is very time consuming and technical.

The grant is \$678073 and a presentation was made to Club President, Simon Koopman, at the Barraba Show in May. This grant will allow the Club to erect 2 women's changerooms, a room for the referees, a store room and a rumpus room for the younger brigade. A starting date has not been decided upon at this time, but at the conclusion of this year's competition would be suitable for the builders.

As the ground is used by the rugby and the school for the boys under 16s, girls under 14s and the big junior carnival each year which is one of the largest in the north of the state. Schools use the grounds for sports carnivals, cross country runs, while cricket in summer season for seniors and juniors when the parents are found to run the games. When Touch Football was in full swing, games were played under lights as well as some rugby matches as the ground is well lit up. Some functions are held in the Clubhouse when organisations or families wish to hire the facilities for a specific reason.

A mistake in last week's game score against Narrabri reported as 24-7 should have been 24-17, or after a late try by Barraba/Gwydir would have ended in a drawn game. Reports of a hard tussle for a result saw a big improvement in the local team after a 46-0 loss in round one of the comp. Ladies Day on Saturday started with a flop as the Gunnedah girls failed to turn up for the game, but the ladies who showed up for the day seemed to have a good time.

Gunnedah turned up for the men's game and were behind early after a Rafter penalty 3 minutes into the game. It was the only time the locals were in front on the day, as Gunnedah attacked with forwards and backs charging up the field to add 2 converted tries for a 3-14 score. Barraba were having troubles with their lineouts but with some good runs from Mellor, Zac Mallise and Will Robinson got close enough to the line for Sweeney to charge over and Rafter to convert to 10-14. Just before half-time Gunnedah had a penalty shot which hit the posts and failure to gather the ball saw Gunnedah score beside the posts for a further try 10-19 at the break.

The second half saw Gunnedah score early and convert for a 26-10 lead. Barraba replied shortly after with a try to Will Robinson which was converted by Rafter for 17-26. Rafter

was sin-binned for 10 minutes shortly after. Barraba were having trouble at the back of the scrums and rucks with Preston being caught on a number of occasions failing to get the ball away quickly. The service improved when Spencer was moved to the scrumbase, he now needs to turn up for training.

A try each to both teams saw the final score 22-33 to Gunnedah, but they knew they were in a game with Zac and Jack Mallise, Jack McCarthy and Will Robinson making some strong runs to gain metres. They put some starch in defence as well.

Gunnedah are on top of the 1st Grade and 3rd in Reserve Grade, so not a bad result Barraba are 5th.

Player's Player Zac Mallise

3rd Will Robinson

2nd Jack Robinson

1st Nick Sweeney and Jack Ward

This coming weekend Barraba has a bye before playing Scone on the 16th July.



Golf Notes

Form player Campbell Tonkin with a net 68 won last week's stroke event, sponsored by Kerrie Smith, from Sam Faint in a tight countback. Craig Ruttley was next best with 70, Bill Simpson and Paul Grigg 72 and Peter York and Kerrie with 73 all winning balls. Campbell also defeated David McMurtrie in matchplay 2and1. There were no NTP's claimed.

One group found themselves looking at each other around the green on the 7th and one proposed a chipping challenge. The proposer ultimately collected much to the chagrin of the others!

This week we play a Verses Par for a trophy donated by Daniel Anderson and the following week our Foursomes Championship.

Happy Golfing.

The Rifle Club report from Saturday 2nd July will be printed in next week's edition of Barraba Community News

How to save \$50 off your food bill and still eat tasty, nutritious meals

Clare Collins, Laureate Professor in Nutrition and Dietetics, University of Newcastle

Megan Whatnall, Post-Doctoral Researcher in Nutrition and Dietetics, University of Newcastle

Grocery prices have taken a hike upwards for a host of reasons, including the rising costs of petrol, fertiliser and labour. You could “shop around” for cheaper groceries, but that would cost you more in fuel or travel, not to mention time.



Research shows a healthy diet costs low-income households 20 to 30% of their disposable income. But a healthy diet remains cheaper than one dominated by highly processed foods and drinks. Cutting your grocery bill takes planning and flexibility – and knowing your budget.

So how do you do it?

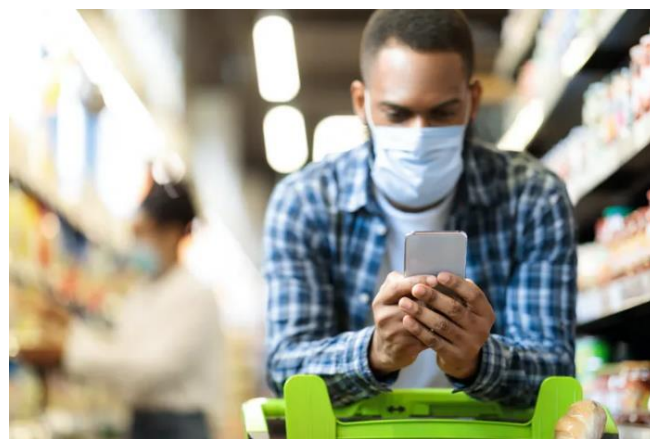
Start by checking which vegetables and fruits are in season, and find recipes that include these. Swap some fresh veggies and fruit with canned and frozen varieties, and substitute very expensive items for cheaper alternatives. Have a meat-free meal at least once a week.

Next, create a grocery list. This helps save money by reducing in-store impulse buys. Look at what you already have in the pantry, fridge and freezer, and only buy what you need. This will reduce food waste. Check online catalogues for specials before heading to the shops. Once in store, compare prices and choose brands that are cheaper. This makes nutritious meals more affordable.

How much do households spend on groceries?

A 2021 survey found the average supermarket grocery bill was A\$98 per week for a single person, \$145 for two, \$168 for three, \$187 for four and \$255 for five or more people. An older survey from 2016 found the average household (2.6 people) spent \$269 per week across all food (\$237) and alcohol (\$32) purchases, both at the supermarket and other outlets. About half the money was spent was on “discretionary” items such as meals out or fast food (\$80),

with \$20 spent on lollies, chocolate, savoury snacks and potato crisps, and \$10 on cakes, biscuits and puddings. At the supermarket, \$26 was spent a week on fruit and vegetables.



Sticking to a shopping list means you're likely to spend and waste less. Shutterstock

A 2019 survey found the average person spent \$300 a week for all food and drinks. This included groceries (\$135), eating out (\$52), alcohol (\$31), take-aways (\$22), barista coffee/tea (\$13), food delivery services (\$12), supplements (\$12) and health foods (\$11).

These surveys show it's common to spend more on foods and drinks consumed away from home than on groceries and more on unhealthy items than healthy ones.

What about saving \$50?

5 tips to help you save

Putting all this together, here are five key tips to keep in mind when planning food for your household:

1) Have a food budget

Total food budget dollars will be influenced by how many people you need to feed, their age and your household income. A rough rule of thumb is it shouldn't cost more than one-third of your total household disposable income. Allocate target amounts in your budget for both core, nutritious foods and discretionary foods and drinks (softdrinks, chips, biscuits, cakes, lollies, pies, pastries and deli meats) and on foods away from home (coffees, fast food, pubs, clubs, bottle shops and restaurants).

2) Make a weekly plan for breakfast, lunch, dinner and snacks

Write a matching grocery list. Check the pantry, fridge and freezer to see what you already have or whether any ingredients can be swapped to save a purchase.

Continued page 12

Continued from page 11

3) Pack your lunch

Buy a lunch box and pack it the night before. Put it in the fridge so you can grab and go in the morning. For ideas, see our \$5 make-at-home lunches. If your mornings are too busy, pack in breakfast foods too.

4) Cook more meals at home

Cooking more meals at home might include cheaper and healthier versions of some of your take-out favourites such as pizza and burgers. A study from the United States found those who cooked more at home spent half the amount of money on food eaten away-from-home than those who cooked infrequently. They also spent 17% less on food overall. Interestingly, both groups spent the same on groceries suggesting that infrequent home cooks either wasted more food, ate more, or both.

5) Cook double batches

Cook greater quantities of meals like curries, soups and casseroles, and either freeze them or have the same meal twice.

For those needing to shop on a significantly restricted budget, we've developed a \$60 a week meal plan on our No Money No Time website. This free resource contains a meal plan with inexpensive recipes, designed to meet key nutrients needed for health.

If you need help getting food right now, try the Ask Izzy website. By submitting your postcode, it shows support services, such as free meals, near you.

**Your friendly
local professional**

Rod Bonner
Your local Plumber, Drainer,
Gasfitter
and Handyman
Lic No. L8791
Text is best 0447 052 140

PHIL DENYER
MECHANICAL REPAIRS
Ph (02) 67 821 107



Lic No. 306630C

- Plumber
- Drainer
- Gasfitter
- Polywelder
- Roof Welder

Ph0408117358

wardsplumbing@bigpond.com

Ethan Smith
Rural and residential mobile welding and fabrication
Email: Ethan.smith15@bigpond.com

SMITH'S MOBILE FABRICATIONS

ABN: 92 591 302 965

PH: 0455304966

Where Quality and professionalism matter

Barraba 7 day Forecast from the Bureau of Meteorology

Wednesday 6 July

Summary Max 17

Showers

Chance of any rain: 95%



Thursday 7 July

Summary Min 6 Max 16

Possible shower

Chance of rain: 40%



Friday 8 July

Summary Min 0 Max 15

Morning frost, partly cloudy

Chance of any rain: 10%



Saturday 9 July

Summary Min -2 Max 14

Morning frost, partly cloudy

Chance of any rain: 20%



Sunday 10 July

Summary Min -1 Max 16

Morning frost, partly cloudy

Chance of rain: 20%



Monday 11 July

Summary Min 0 Max 17

Partly cloudy

Chance of any rain: 10%



Tuesday 12 July

Summary Min 0 Max 16

Shower or 2

Chance of any rain: 60%



Regional Dam Levels from Water NSW

Chaffey 100.2%

Copeton 99.6%

Keepit 99.3%

Split Rock 73.4%