



HEALTHY FOOD FOR ALL[®]

CASE STUDIES

CASE STUDY SCHOOLS

- Beckenham Primary School • North Balga Primary School
- South Newman Primary School • Albany Secondary Ed. Support Centre
- Bridgetown High School • Mount Magnet District High School
- Ngaanyatjarra Lands School (Warburton Campus)



ACKNOWLEDGEMENTS

Foodbank WA would like to extend their thanks to those involved in the *Healthy Food for All*[®] Case Study Storybook project:

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Department of Health
Department of Education
Department of Regional
Development and Lands



ROYALTIES
FOR REGIONS



Preface

Foodbank WA was established in 1994 to serve as a link between the food industry and community welfare agencies. In the late 1990's and early 2000's, schools began seeking support from Foodbank WA in response to increasing numbers of children who were arriving at school having had little or no breakfast. The *Foodbank WA School Breakfast Program* commenced in 2001 with 17 schools.

Healthy Food for All®

Eleven years on, the *School Breakfast Program* is now one of three initiatives under the *Healthy Food for All®* (HFFA) banner. Foodbank WA's *Healthy Food for All®* Program aims to address food insecurity and deliver nutrition (*Food Sensations®*) and physical activity (*Choose to Move*) health promotion initiatives to registered *School Breakfast Program* schools across Western Australia. Schools in regional and remote areas receive dedicated support through the *Regional Strategy Project*.

School Breakfast Program

As of November 2012 there were over 390 registered schools across WA, from Kalumburu in the North to Esperance in the South to several remote schools along the Northern Territory and South Australian borders. The aim of the Program is to assist in reducing food insecurity and to provide students with an equal opportunity to excel academically, emotionally and socially. Outcomes associated with the Program include improved health status, concentration levels, academic performance, behavioural and social skills, and improved relations with other students, school staff and the wider community.

Registered *School Breakfast Program* schools are eligible to access six core, non-perishable products: canned fruit in natural juice, wheat biscuits, vegemite, canned spaghetti, canned baked beans and UHT milk. Fresh bread, fresh fruit and vegetables, fresh milk, yoghurt and oats are also provided as needed and when available. Registered schools are able to access Foodbank WA's *Food Sensations®* nutrition education program and the *Choose to Move* physical activity program.

Foodbank WA's *Food Sensations®* in School sessions are highly interactive and focus on healthy eating and cooking skills, giving students, staff and parents the chance to benefit from hands-on learning. The *Choose to Move* physical activity program provides schools with sporting equipment, facilitating an increase in the amount of structured and unstructured play undertaken by students.

Based on interviews conducted in May 2012, the following case studies demonstrate the unique nature and diverse results of Foodbank WA's *Healthy Food for All®* initiatives in seven schools across metropolitan and regional WA. The flexible and practical nature of the initiatives delivered through the HFFA Program assist schools in fostering a healthier school environment, towards better health and wellbeing for students, staff and wider school community.



CASE STUDY:

Beckenham Primary School

Background

Beckenham Primary School is located 12 km south-east of Perth City. Awarded Independent Public School status in 2011, the school caters for approximately 487 students from Kindergarten to Year 7. The school is culturally diverse, with 9% of the student population identifying as being of Aboriginal descent, and 28% coming from a language background other than English.

How did Beckenham Primary School get involved?

When Joanne Harper the Deputy Principal of Beckenham Primary School first arrived in 2007, the School Breakfast Program was running 2 days a week. In 2008 she noticed that there were increasing numbers of students without breakfast or lunch and she decided to become the school's breakfast club coordinator and run the program every school day.

Unique aspects of the Beckenham Primary School Breakfast Program

Every now and then we organise a whole school breakfast to coincide with 'Walk to School' or 'Cycle to School' event days.

Results of the HFFA program at Beckenham Primary School

The School Breakfast Program improves their ability to focus on class activities instead of being distracted. There have been ongoing health benefits for students. As a result of the Choose to Move Program children now have greater access to sporting equipment, and they are now more active during recess and lunchtime.

Challenges and Limitations

One of the challenges our school faces is keeping or having enough volunteers. Teachers and Education Assistants are very supportive of the program.

Our school is also facing the challenge of renovating the breakfast club room to make it a nicer place to come to each day as it is only just big enough. With growing enrolments and increasing attendance at the school breakfast club – now known as Becky Brekky – they may need a new home!



"I would say that students seem to start the day ready to learn!"

School Community Response

Teachers love the additional fruit that the school breakfast program coordinator has been collecting from Foodbank WA's warehouse in Welshpool each week. They have been using it as part of the schools promotion of Crunch'n'Sip®.

Furthermore, students loved the new sporting equipment provided as a result of being involved in the Choose to Move Program.

Where to from here?

Our school will continue to run the Healthy Food for All® programs, with continued support from Foodbank WA. It would be desirable to have more volunteers, but currently our volunteer roster system works without problems. The School Chaplain and the AIEO (Aboriginal and Islander Education Officer) help run the School Breakfast Program at the moment.

Final comments:

Twelve months after implementing Choose to Move the sporting equipment is still highly utilised. With a growing student population, it is great to have access to such an innovative program that provides students with opportunities to be active during recess and lunch breaks.

Food Sensations® workshops with year 6/7 students each year have proved highly popular. Beckenham Primary School students are highly motivated to make and eat food they have prepared themselves.

Since 2011 our School Breakfast Program has run 5 days a week. Students love the fresh fruit. They love it even more when the apple slinky machine comes out! We can be sure that most of our students are better prepared for learning each day as a result of attending the School Breakfast Program.



CASE STUDY:

North Balga Primary School

Background

There are 203 students currently enrolled at North Balga Primary School. The school community is diverse with a wide range of ethnic backgrounds from Indigenous Australians (both Aboriginal and Torres Strait Islander), Philippines, Malaysia, Thailand, New Zealand, Fiji, Ghana, India, Iran, Pakistan, Kyrgyzstan, Zimbabwe, Kenya, Tanzania, Burma, Congo and China. There are 29 different languages spoken at North Balga Primary school with 16 being African languages.

How did North Balga Primary School get involved?

North Balga Primary School first got involved with Foodbank WA through the School Breakfast Program in 2002. North Balga Primary School heard about the program and as a school community, we felt that we had a real need for this service. Many students

were coming to school without having breakfast, or the items they did consume for breakfast were not deemed as nutritious choices. Students were seen consuming cans of cool drink prior to coming into class in the mornings. We also felt that it would be a great way to get parents involved in the school and offer our students a safe, caring and nurturing start to the day.

Unique aspects of the North Balga Primary School Breakfast Program

The Breakfast Club provides a sound basis for social contact for students in the mornings before school. Older students are frequently seen helping younger ones and engaging in conversations over 'breakfast'. Students are also becoming more culturally tolerant of each other and are often excited about attending breakfast club because of not only the food but also the social experience. Students must wash their own plates and utensils, although some complain. The Program is designed to teach etiquette and manners to the students who attend. The Breakfast Club offers a safe, caring and nurturing environment where students have the opportunity to learn some important life and social skills. This is another positive way we can engage and involve our parents in the school community - work in partnership with each other. Some parents join in and the school is able to 'model' the importance of eating breakfast and show what a healthy breakfast looks like.

Results of the HFFA program at North Balga Primary School

Some of the positives that have come from this program are that those students who would come to school hungry now eat a nutritious breakfast as part of the program. They engage with other students with whom they may not normally interact with and are thus developing vital social skills. When students do attend the program they are more focused and enthusiastic about learning because they can think more clearly and their engagement has improved. The coordinators are very welcoming and students enjoy seeing them at the beginning of the day.

Challenges and Limitations

One of the challenges we faced initially was finding a place to run the Breakfast Club. Other challenges include: a lack of time to address all the needs of our students (e.g. social skills); inconsistencies around the availability of parent help; high rate of transience among the student population; and students arriving at school too late to take part in the program.

School Community Response

Students love going to Breakfast Club and will often prompt

teachers to remind new students about the Program. New students are then partnered up with a buddy who will then remind new students to attend. Many teachers will often remind students about attending Breakfast Club and encourage student attendance. In the past parents have offered their assistance to set up and clean up. As a whole, the school community have embraced the Program positively and have taken on ownership. Students see that they have an important role in making this a positive and successful part of the school culture

Where to from here?

The Breakfast Club will continue and encourage the whole school community to participate in promoting the Program. Sustainability is part of our long-term plan and we are currently training up a new coordinator. Our students need a safe, caring and nurturing start to the day to help them succeed at school. We are constantly looking for ways to improve and promote the Program so that we can offer our students some of the social, emotional and life skills that they need.

Final comments:

The school is committed to implementing a healthy approach to school life as a priority area. With the combination of these three important Programs, teachers have reported seeing a significant improvement in concentration levels of students in class thus producing far better standards of work. Behavioural data shows more acceptable levels in the classrooms and in the playground. The introduction of the Food Sensations® and Choose to Move Programs have been very welcomed in our school to supplement the good work of the Breakfast Club and offer all students an opportunity to learn and develop good eating habits, healthy lifestyles, social graces and positive interaction with each other. The school has gladly embedded these three valued and worthwhile Programs into our whole school Strategic & Operational plans.

"The 'Breakfast Club' offers a safe, caring and nurturing environment where students have the opportunity to learn some important life and social skills"



CASE STUDY:

South Newman Primary School

Background

South Newman Primary School is situated in the mining town of Newman, 1,200 km from Perth in the inland Pilbara region. The town population is approximately 8,000 people and approximately 500 students attend South Newman Primary School. The school's student population is culturally diverse with students identifying as Aboriginal, Thai, Brazilian, African and Maori.

How did South Newman Primary School get involved?

South Newman Primary School has been involved in the School Breakfast Program for a number of years. The school saw the need for the Program as many students were arriving at school hungry. The Program is open to all students throughout the school.



“The students are taught how to make their breakfast and become responsible for looking after their bodies and minds”

Unique aspects of the South Newman Primary School Breakfast Program

The School Breakfast Program at South Newman Primary School is run every day of the school week and any student can attend. The Program is run in a home room called Little Room 9. Students know that they can go to Little Room 9 and feel comfortable and safe. This creates a welcoming and warm atmosphere for many students.

Little Room 9 is often the first port of call for many Indigenous students who also access the Uniform Bank in the home room. The students are taught how to make their breakfast and become responsible for looking after their bodies and minds.

Many teachers have taken an interest in whether the students in their class have had breakfast. This has led many teachers to monitor and provide breakfast in their rooms, which also gives students an option to eat their breakfast in a familiar environment without embarrassment. This is particularly important for our older students.

Results of the HFFA program at South Newman Primary School

“We’ve seen a real increase in the attendance and engagement of all students who attend the Breakfast Program. Their minds are more active and they get a chance to interact with many different students over many different age groups in the morning.” Marilou Rogers, Attendance Officer.

The school receives periodic visits from Foodbank WA’s Regional Strategy team, who deliver Food Sensations® sessions to students. Sports equipment supplied through the Choose to Move program is utilised by each class for daily fitness, in addition to allotted Physical Education time.

Challenges and Limitations

Little Room 9 definitely lives up to its name. The small space often fills to capacity and some children have to sit in a different area to eat their breakfast. Fortunately, the bus drops kids off in the morning at different times throughout the morning, staggering their arrival times, which helps relieve this overcrowding.

School Community Response

The Breakfast Program is accepted as a core Program in the school and is greatly appreciated by the school community as a worthwhile and beneficial Program that not only sates hunger but also increases attendance and teaches the students to be responsible and self reliant.

The students enjoy coming to the room in the morning and having a proper start to the day. It grounds them and prepares them for their day of learning and also allows them to talk about their night and weekend activities to other students.

Where to from here?

South Newman Primary School will continue the Program as it is beneficial for the students and also serves as a good contact point between the students and the Breakfast Coordinators. This has given those students more confidence as they know there is always someone at the school they can talk to.

South Newman Primary School is working on trying to increase awareness among families of the importance of healthy eating and having a good breakfast before school.

Final comments:

“A good breakfast certainly makes a difference in the classroom and playground” Leonie Jones, AIEO.



CASE STUDY:

Albany Secondary Education Support Centre

Background

Albany Secondary Education Support Centre currently has 43 students enrolled across Years 8 to 13. All students have a diagnosed intellectual disability as well as a number of students who also have physical disabilities. The majority of our students are from a lower socio-economic area and we also have a wide range of cultures represented in our student population including Filipino, South African and Aboriginal.

How did Albany Secondary Education Support Centre get involved?

In 2004, our school Principal was approached by the manager of Foodbank in Albany.

Our Principal saw the opportunity for the School Breakfast Program to be of significant benefit for our students in providing breakfast for those students who may not have had breakfast prior to coming to school in the morning. The Breakfast Program also provides the opportunities for the use of appropriate social skills and developing friendships. The students immediately took to the idea of being able to have breakfast and have now made the Breakfast Program their first stop of the school day.

Unique aspects of the Albany Secondary Education Support Centre SBP

Each morning an Education Assistant organises the School Breakfast Program for the day. They are also on duty during our lunch and afternoon break times when the Program is run. The organising task is determined by a rostering system. The students are able to make their lunch and have fruit for an afternoon snack with the food product supplied by Foodbank WA.

The same room is used in the breakfast, lunch and afternoon breaks to enable the students to enjoy a quiet place and have their meal. It is nice and warm in the winter, cool in the summer and is a great place for all the students to hang out with their friends. There is a strong focus on the development of social skills including conversation and appropriate eating.

Results of the HFFA program at Albany Secondary Education Support Centre

Over the duration of the School Breakfast Program, student attendance has improved. Students recognise that punctuality and eating breakfast is a good way to start the day. The students have demonstrated improved concentration and are more alert. They know that the School Breakfast Program occurs routinely every day and is a safe place where they can meet up with friends first thing in the morning. Student friendships have flourished over a meal and it is seen as a social event.

Challenges and Limitations

The school needs to increase the number of staff involved in the School Breakfast Program, due to the number of students who enjoy the program.

School Community Response

Our school's involvement in both Programs (School Breakfast and Food Sensations®), is seen by our school community as an amazing resource that we are extremely fortunate to be involved in. The students appreciate that the Breakfast Program is available every day at the same time and same place providing a structured, safe environment for them to have something to eat and develop friendships.

Where to from here?

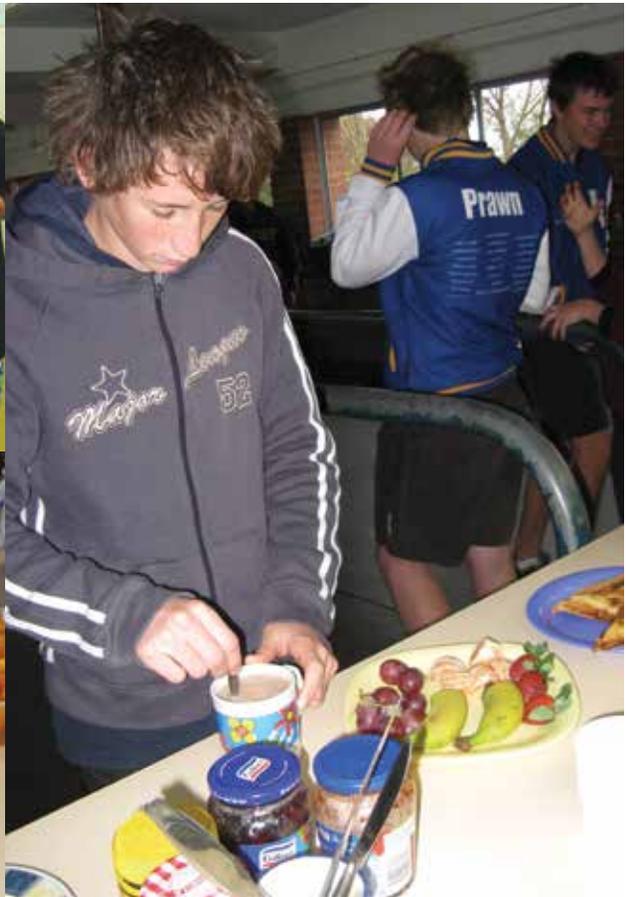
Our school will continue to run the Programs in our school according to the needs of the students as with all of our learning programs..

Final comments:

Albany Secondary Education Support Centre staff have seen the benefits of the program in our students. The students have accepted the School Breakfast Program, and more recently Food Sensations®, as a constant in their life at school.

“The School Breakfast Program has provided a great structure for the school to provide good nutritional food and also an opportunity to develop appropriate social skills.”

The Food Sensations® course enables our students from a lower socio-economic area to develop sound budgeting, nutrition and cooking skills that they may not previously have had the opportunity to develop.



CASE STUDY:

Bridgetown High School

Background

Bridgetown is located inland in WA's South West region. Our school currently has 130 enrolled students, from mainly European backgrounds.

How did Bridgetown High School get involved?

The School Breakfast Program commenced in 2004, when a need was identified to create an opportunity for all students to have access to a healthy breakfast to ensure they were best placed for learning. Prior to our Program commencing, one of our staff members noticed that some students were falling asleep in morning classes and after seeing a breakfast program running in another school, thought that it could be of benefit to our students also. Staff also applied for funding grants to purchase a toaster, blender, fridge and supplies and so our 'Brekky Club' was born.

Unique aspects of the Bridgetown High School Breakfast Program

Our Program runs as a 'walk-up and help yourself' breakfast as we have found this eliminates any 'shame' aspect to having breakfast at school.

Results of the HFFA program at Bridgetown High School

The morning gets off to a cheerful and friendly start and students feel welcome and cared for. It has encouraged students to come earlier to have breakfast which has also helped with punctuality. Being located in the South West region of WA, our mornings, for 3 terms are very cold, so warm food is a great way for the students to start their day.

The Health and Home Economics teachers held a Food Sensations® incursion for the year 9 and 10 classes, following a suggestion from the breakfast club coordinator. Our health teacher was extremely impressed with the Food Sensations® presentation and cookbooks supplied to the students. She is currently seeking to be trained in the delivery of Food Sensations®, so that she can offer it to our students on an annual basis.

Challenges and Limitations

It can be a challenge to juggle paperwork, purchasing supplies, receiving and unpacking orders, sorting, cooking and serving students when there is only one staff member running the Program. The school gardener will often come in and offer some assistance when there is an opportunity.

"Overall, the 'Brekky Club' is very positively received by all."

School Community Response

Staff say, "It's a great start to the school day for students and we wouldn't want to lose this vital Program".

- Students' comments include: "You spoil us Miss";
- "Brekky Club is brilliant"; "We love Brekky Club";
- "The food is always so yummy";
- "I don't like eating when I first get up so, by the time the bus gets to school, I'm really hungry so it's great we have it here";
- "If I get up late, I don't have to worry about fitting in breakfast or going without breakfast because I know I can get breakfast at school".

Where to from here?

Depending on funding, the school wishes to continue its Breakfast Program because of the wonderful results we have had.

Final comments:

"I think that without Foodbank, our Breakfast Program would find it extremely difficult to continue to run at the capacity we do now. Foodbank and community donations allow us to offer a varied and healthy breakfast for students throughout the week" Angela Nicholas, Laboratory Assistant & Breakfast Club Coordinator.



CASE STUDY:

Mount Magnet District High School

Background

Mount Magnet District High School caters for approximately 132 students enrolled from Kindy to Year 12. Approximately 70% of students identify as being of Aboriginal descent. The languages spoken by the students include Aboriginal, English, Standard English, and Filipino.

How did Mount Magnet District High School get involved?

In various capacities the HFFA Program has been running for over 10 years. There was a need to provide food to our students before they could become involved in their learning.



Unique aspects of the Mount Magnet District High School Breakfast Program

The Aboriginal Islander Education Officers and Education Assistants prepare breakfast for the students who come to breakfast club each morning. Most students are related to the AIEO's and EA's in some way. This helps students to feel comfortable about coming to breakfast each morning, which in turn gives them a positive start to the day.

Results of the HFFA program at Mount Magnet District High School

Some students are reluctant to attend school due to not having food to eat. Staff noticed that students who are unsettled, after been provided with food, are able to commence their learning. The School Breakfast Program allows teachers, AIEO's and EA's to have informal chats with students to monitor their progress and how they are feeling that particular day. This discussion often intercepts potential behaviour issues.

Challenges and Limitations

We currently require more volunteers to support this Program on a daily basis.

We look forward to attracting caregivers to assist us with the Program. Our students love fresh fruit, however this is not available on a regular basis due to the remote location of the school.

School Community Response

The School Breakfast Program is received positively by the community. The students who attend the breakfast club arrive at school early to participate and enjoy the opportunity to have breakfast with their peers. They also enjoy conversing with the staff member on duty.

Where to from here?

We will continue running the HFFA School Breakfast Program. This program is currently run by the AIEO's and EA's at Mount Magnet District High School. We are currently in the process of arranging to prepare and serve a cooked hot lunch for the students at least one day a week during winter. This will involve drawing on community participation and parental support. In term three, we anticipate completing a bus run each morning to collect students for the Breakfast Program and in turn they will commence school on time.

Final comments:

“Foodbank provides an invaluable service to the school and community. The Breakfast Program would be extremely restricted due to limited funds if Foodbank was not available. The impact on student learning and behaviour without the Breakfast Program would be significant”

Steve Anaru, School-based Attendance Officer.



CASE STUDY:

Ngaanyatjarra Lands School, Warburton Campus

Background

There are 95 kids enrolled at the Warburton Campus of the Ngaanyatjarra Lands School ("Warburton School"). Most of the kids who attend the school identify as Ngaanyatjarra, which is their first language, however all speak English as a second language. The Warburton School Breakfast Program is part of a bigger cooking program at the school called the Milyirtjarra Kuurl Mirka Palyalpayi Program - this means 'Making Good Food at Warburton School'.

How did Warburton School get involved?

The School Breakfast Program started in Warburton in November 2008, due to community concerns around low school attendance. Supported by the School and the Ngaanytjarra Council, the first workers were four local grandmothers. Since then, the grandmothers have trained many younger women in making school breakfasts. To date over thirty mums, aunties and grandmothers have been involved preparing breakfast for the kids every day.

Unique aspects of the Warburton School Breakfast Program

The School Breakfast Program has produced great outcomes for the kids (increased attendance and concentration), as well as positively impacting the community. Due to the Program being initiated at a local level, it has seen long-term engagement of a number of local women in Warburton who proudly identify as “Warburton Breakfast Minyma (women)”. It has delivered a great opportunity for the women to practice self-governance and each week they have a meeting to plan and evaluate how their program is going. This has opened many doors to other opportunities for the women as the breakfast work has prompted growing confidence in other areas including working in the classrooms, doing formal presentations at workshops and conferences, and undertaking relevant training. The School Breakfast Program has demonstrated potential for developmental community driven projects in remote Aboriginal communities.

Results of the HFFA program at Warburton School

The presence of the breakfast ladies at the school has had a number of positive benefits. Through the PACE (Parent and Community Engagement) Program they have started to do regular presentations in the school classrooms about their work. They also act as a consultative group to the school principal. At the beginning of last year one of the Breakfast Minyma became an AIEO in the school.

Although the women are still fondly known as the Warburton Breakfast Minyma, they now do many other activities including cooking daily meals for the elderly, catering for school and community events, and seven of them now have their Certificate One in Kitchen Operations.

Challenges and Limitations

It can be hard sometimes doing breakfast if it's very hot or very cold – the extremes we get in the desert! If it's hot the work can be exhausting and if it's cold it's hard for kids

to get up early in the morning and come for breakfast. On days when funerals take place, or there are other cultural engagements for families, breakfast doesn't take place.

School Community Response

Some comments/quotes from the Warburton Breakfast Minyma about the breakfast club:

- “It makes the kids go to school so they have good healthy breakfast so they can keep going to school and be ninti walykumunu” (smart and good);
- “When they have a feed they feel good, they get full and warm to keep them going for school”.

Families are happy that there is breakfast at school for their kids. It means they know their kids have a full tummy when they go to class. It's also been a successful meaningful employment opportunity for local women.

Where to from here?

The Warburton Campus intend to continue School Breakfast Program on a daily basis. The workers are continually recruiting new women to assist them with their work and train them 'on-the-job'. It is hoped that the Warburton Breakfast Minyma can continue to assist with school attendance through making breakfast, and that they might also one day be able to be work as official attendance officers for the school.

Final comments:

“A growing number of students are attending the School Breakfast Club and this is a very positive encouragement for them to remain at school. I am very pleased with the effect the breakfast club has on our students.” Steve Maric, School Principal.



***The kids all say
“Walkumunyu breakfast pa!”
meaning breakfast is good!***

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Healthy Food for All[®]

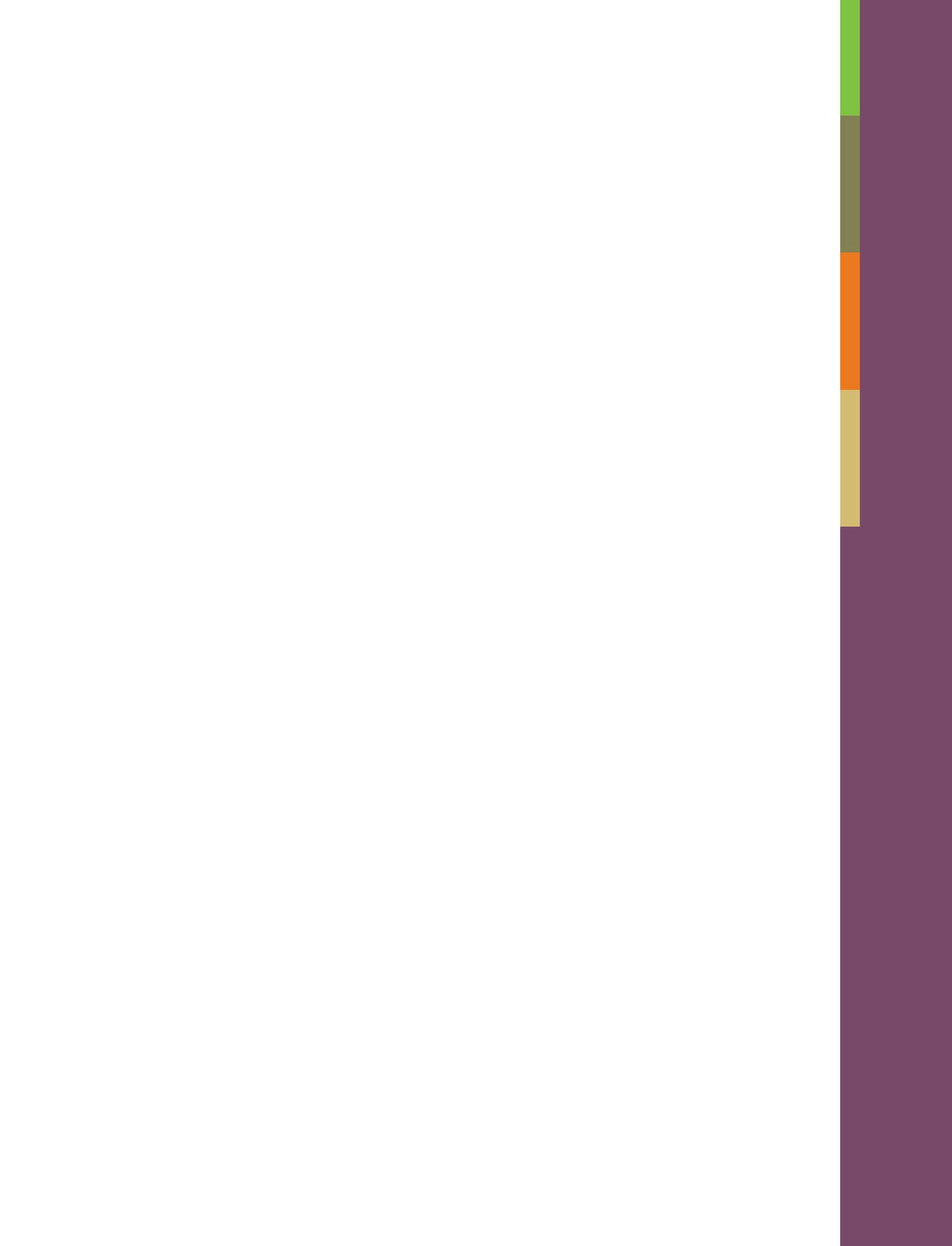
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“ It is not unusual to find a queue of children at the canteen in the morning waiting for a “feed please miss”.

Being able to feed the children ensures they have a reasonable start to the day and are able to concentrate on learning tasks far better than if they had an empty stomach. **”**

Principal, St Joseph's School, Kununurra



An initiative of:



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