

THE MORNING TOAST

LINKING FOODBANK WA SCHOOLS ACROSS THE STATE

The Morning Toast is a quarterly newsletter to update Foodbank WA's *Healthy Food for All*[®] schools on the latest *School Breakfast Program*, *Food Sensations*[®], *Choose to Move* and *Regional Strategy* news and information!



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Healthy Food for All[®] - A Delicious and Healthy Way to Start the Day!



Welcome to the Term 2 edition of *The Morning Toast*!

This edition is full of interesting articles – feedback from the 2013 SBP Coordinator's survey, the launch of the Peel region's new *Garden to Plate* initiative, and the upcoming "School Breakfast Program Connect" professional development event!

The time has come to choose your 2014 *School Breakfast Program* Volunteer Awards

recipients! Nominations are now open, and close on Friday 30 May. Be sure to get your nomination in before the deadline – check out the article on page 4 for more details.

Thanks to the Regional *Food Sensations*[®] team for this edition's 'Winter Warmer' recipes – Lean Mean Chicken Curry and Toastie Flat Bread.

For more information about *School Breakfast Program*, please contact Miranda on 9463 3213 email miranda.chester@foodbankwa.org.au

School Breakfast Program – 2014 Counter:

- Total Schools: 399
- # Children involved: over 16,500
- # Breakfasts per week: over 53,200
- # Emergency meals per week: over 21,700

(Current as at 30 April 2014)

school breakfast program

2013 School Breakfast Program Survey Results

At the end of Term 3 last year, schools across WA were invited to take part in the 2013 *School Breakfast Program* Survey. This annual survey gives schools the opportunity to tell us what they think about the *School Breakfast Program*, including perceived benefits, what aspects they value and what could be improved. The information collected through the survey contributes to ongoing development and expansion of the program, and provides important data to support future program funding and sponsorship.

The 2013 survey had a response rate of 93%, with staff from 354 out of 380 schools returning data. Following are a number of key results from the survey:

- State-wide, on average, 18.2% of students in schools operating SBP accessed the program.
- State-wide, on average, 61 students per school accessed SBP.
- 92% of schools operated a weekly SBP, of which 60% run five days per week (this represents 55% of all schools surveyed).
- 77% of schools surveyed utilised SBP food products to provide emergency lunches or other meals to students.
- The vast majority of schools surveyed agreed or strongly agreed that the products provided through the SBP were of a high quality (96%) and that the selection of products was appropriate (95%).
- Almost all respondents agreed or strongly agreed that they were happy with the frequency of communication, quality of information and level of support received from Foodbank WA.

Benefits of the *School Breakfast Program*

School Breakfast Program were perceived to contribute positively with respect to the following factors:

Education

- Concentration (94%)
- Behaviour (91%)
- Punctuality (85%)
- Attendance (84%)
- Engagement with class activities (81%)
- Academic outcomes (81%)

Nutrition

- Awareness of healthy eating (89%)
- Student eating behaviours generally (88%)
- Student food selection and food preparation skills (76%)

Social and Environment

- Social relations between students and school staff (91%)
- Health promoting environment of the school (93%)
- Student social skills (91%)
- Social relations between students and community members (75%)

Wellbeing

- Physical health of students (97%)
- Mental health of students (90%)
- Harmful lifestyle behaviours (50%)

Respondents also provided a number of positive comments about various aspects of the *School Breakfast Program*.

The full version of the *School Breakfast Program* 2013 Evaluation Report will be made available for download from the 'SBP Research & Evaluation' section of the *Healthy Food for All*[®] website in the near future.

All schools that completed the survey before Friday 13 September were entered in the draw to win one of two \$200 VISA gift cards, courtesy of Foodbank WA and SAVANT Surveys and Strategies. We would like to congratulate **Hudson Park Primary School** and **Kellerberrin District High School** on winning the prizes.

We wish to thank everyone who took the time to complete the survey, and look forward to continuing to work with our *School Breakfast Program* schools in 2014!

Upcoming 'School Breakfast Program Connect' Event!

The *Healthy Food for All*[®] team is excited to present the inaugural 'School Breakfast Program Connect' professional development event! The first event of its kind, *School Breakfast Program Connect* will provide the opportunity for SBP Coordinators to network; brainstorm recipe ideas using SBP product; share successes and how to overcome barriers; strategies to recruit/retain volunteers; find out more about Foodbank WA's other *Healthy Food for All*[®] services; and contribute to shaping future Program improvements!

'SBP Connect' will be held in conjunction with the School Canteen Conference (presented by the WA School Canteen Association) during the second week of the July school holidays.

Date:	Wednesday 16 July
Venue:	Perth Convention Exhibition Centre (Level 2, Meeting Room 8)
Cost:	\$30 (includes workshop, refreshments and lunch)
Time:	10.30am – 1pm (Workshop) 1 – 3pm (Lunch & browse Healthy Choice Food Expo)

Tea and coffee will be available upon arrival, as well as a Crunch&Sip[®] break and presentation from Sally Blane (Schools Nutrition Consultant, Cancer Council WA).

Registration for the inaugural 'School Breakfast Program Connect' event is limited to 60 participants, so get in quick to secure a place! To attend, please register through Eventbrite:

<https://www.eventbrite.com.au/e/school-breakfast-program-connect-tickets-11194441877>

For more information about 'School Breakfast Program Connect', please contact Miranda (Coordinator, *School Breakfast Program*) at Foodbank WA on 9463 3213 or via email miranda.chester@foodbankwa.org.au

Garden to Plate – up and growing in the Peel region

A new project to support the health and wellbeing of Peel residents was launched in April at Peel Foodbank. Officially opened by the City of Mandurah Mayor Marina Vergone, the *Garden to Plate* initiative will provide people with the skills to grow their own food and transform their produce into delicious and healthy meals.

Foodbank WA CEO Greg Hebble said that *Garden to Plate* is an innovative project that will improve the health of people and encourage people to become more involved in their local community.

"Foodbank WA is committed to encouraging healthy eating," Mr. Hebble said. "One of the simplest ways to improve your health is to increase the amount and variety of fresh vegetables in your diet. It is very satisfying to grow your own food and our partnership with the Mandurah Community Garden, and the City of Mandurah, will make a lasting and positive contribution to the health of many Peel residents."

The program consists of two hour workshops held on the 1st and 3rd Wednesday of each month. The workshops are offered to residents for free. The first workshop each month will be conducted by local gardening guru Jo Pepper at the Mandurah Community Garden. On the third Wednesday of each month, *Food Sensations*[®] workshops will be run by Foodbank's nutritionist Nicole Ingram. These hands-on cooking and nutrition workshop will be run in Peel Foodbank's new training room.

People can join the project at any time during the year. Course numbers are limited and bookings are essential. For further information contact Project Coordinator Nicole Ingram on 0419 208 048 or email Nicole.ingram@foodbankwa.org.au.



(Left to Right): Nicole Ingram (Garden to Plate Project coordinator), Marina Vergone (Mayor, City of Mandurah), Bronwynne Burton (Peel Foodbank Volunteer) and Grea Hebble (CEO, Foodbank WA)

2014 School Breakfast Program Volunteer Awards



Volunteers are critical to the existence of School Breakfast Programs across WA. Whilst Foodbank WA provides the 'food' component of the program free of charge to schools, the Program would not function on a school-level without the commitment and dedication of volunteers. On each school day, hundreds of volunteers across WA work to ensure that thousands of children can sit down in the classroom with a full stomach and ready to learn.

Foodbank WA invites schools to submit up to two individual or 'group' nominations for the 2014 School Breakfast Program Volunteer Awards. The initiative is aimed at helping schools to acknowledge and formally recognise the outstanding contribution that volunteers make to School Breakfast Programs across the state. It is also an acknowledgement that the effects of the *School Breakfast Program* go beyond the simple provision of food - the Program facilitates meaningful social and emotional interaction for all participants, both students and volunteers.

In acknowledgment of the benefits of volunteering to good mental health, Foodbank WA is happy to continue the partnership with Mentally Healthy WA's Act-Belong-Commit initiative as a supporter of the 2014 Awards scheme.

What is the School Breakfast Program Volunteer Awards scheme?

The Awards scheme is not intended as a competition, where one schools' nominees are competing against other nominees state-wide – there are no 'winners' and 'losers'. Rather, the purpose of the scheme is for Foodbank WA to materially assist School Breakfast Program schools to formally recognise the efforts of stand-out volunteers.

What are SBP Volunteers'?

School Breakfast Program volunteers come from a range of backgrounds, be they parents, community members or representatives from outside groups. Even the school staff who coordinate the program often do so voluntarily, over and above their usual duties.

The 'Group Nomination' option is a great way for schools to acknowledge more than two individuals or a collective group – 'The Breakfast Club Team', 'The Year 7 Leadership Group' and 'Cornerstone Church' are examples of past group recipients.

What sort of tasks do SBP Volunteers perform?

Volunteers perform various 'behind the scenes' and 'front line' tasks, including: ordering and collecting SBP product from the local Foodbank WA Branch; communicating with Foodbank WA; setting up, providing breakfasts and cleaning up; and talking to students during breakfast.

How will Award recipients be recognised?

For individual recipients, Foodbank WA will supply schools with a personalised cover letter (addressed to the recipient), a Certificate of Recognition (personalised with the recipient's name and awarding school), and a small gift. For group recipients, Foodbank WA will supply a certificate (personalised with the group's name and awarding school) and a personalised cover letter (addressed to the group). All recipients will also be listed on the *Healthy Food for All*[®] website.

The nomination form is available for download via the following *Healthy Food for All*[®] website link: http://www.healthyfoodforall.com.au/images/uploads/SBP_Volunteer_Award_-_2014_nomination_form.pdf. For more information, please contact Miranda (Coordinator, *School Breakfast Program*) at Foodbank WA on 9463 3213 or via email miranda.chester@foodbankwa.org.au

Nominations close on Friday 30 May (Week 5)

Food Sensations[®] Educator Training at Foodbank WA

Food Sensations[®] Educator Training Days provide school community members and staff, health professionals and other interested individuals with the confidence, knowledge, skills and resources to deliver hands-on nutrition and cooking activities with their own target group. Training includes:

- Basic nutrition concepts through fun, interactive, tried and tested nutrition activities
- Skills to budget, plan meals and read food labels
- Simple food preparation and healthy cooking ideas

The session also features a kitchen garden session with special guest presenter Jeremy Albertsen from Organic Solutions! At the completion of the training you will receive a participation certificate and a comprehensive resource file containing lesson plans, a resource CD and other useful information.



FoodSensations[®]

2014 Educator Training Dates

- Tuesday 10 June
- Tuesday 15 July (school holidays)
- Tuesday 12 August
- Tuesday 9 September
- Tuesday 7 October (school holidays)
- Tuesday 11 November

Time: 9am – 2pm

Venue: Foodbank WA

63 Division St, Welshpool

Cost: \$40 (includes training, morning tea, lunch & trainer's resource manual & CD)

BOOKINGS ARE ESSENTIAL

For more information, or to book, please contact Louise on (08) 9463 3220 or email louise.thorne@foodbankwa.org.au

Food Sensations[®] in Schools

2014 Counter:

Schools: 50

Sessions: 114

Students: 2,655

(End of Term 1, 2014)



“Winter Warmer” Recipes: Lean Mean Chicken Curry & Toastie Flat Bread

Many thanks to the Regional Food Sensations[®] team for providing the recipes for this edition of *The Morning Toast* – lean mean chicken curry and toastie flat bread.

Why not print out the recipes and file them in the ‘Recipes’ section (section 8.0) of the *School Breakfast Program Toolkit*? This will ensure that all recipes are located together for future use. Feel free to publish this recipe in your school newsletter, to share with your school community.

On the look-out for new recipes? Visit <http://www.healthyfoodforall.com.au/food-sensations/recipe/> to access tasty savoury and sweet recipes from our *Healthy Food for All*[®] website. Different recipes are uploaded periodically, so be sure to check it out!

If you would like to share a recipe for a future edition of *The Morning Toast*, please email us at info@healthyfoodforall.com.au.

Thank You to Foodbank WA Volunteers!

National Volunteer Week (12-18 May) is a time for us to reflect on and acknowledge the invaluable support of volunteers.

Foodbank WA is mostly staffed by a group of dedicated volunteers. Over 180 volunteers help in a number of ways at Foodbank WA's branches across the state. Some help with office work and invoicing. Others are the weigh out staff you see at the branches. Our warehouses also have a number of volunteers who help sort donated stock and pack up your *School Breakfast Program* orders ready for pick up, or to be transported to regional and remote schools across Western Australia.

Without our volunteers Foodbank WA wouldn't be able to do the work we do. So don't be shy - say thank you to any of the volunteers you see on your next Foodbank visit. We'll be giving them a big Thank You during National Volunteer Week!

Lean Mean Chicken Curry

Serves: 6

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- 1 onion
- 1/2 small pumpkin (butternut is ideal)
- 1/4 cauliflower
- 1-2 chicken breasts
- 400g can chickpeas, drained and rinsed
- 375g can light coconut or evaporated milk
- 2 tablespoons curry
- 1 tablespoon chicken stock
- Handful of coriander

Method:

1. Wash your hands - you are now ready to cook!
2. Dice onion. Peel pumpkin and chop into cubes.
3. Break cauliflower into small florets. Chop any other vegetables.
4. Cut chicken into bite sized pieces.
5. Place onion in frypan. Cook until brown.
6. Add chicken to frypan with onion. Chicken is cooked when completely white.
7. Add pumpkin, cauliflower and chickpeas to frypan. Add 1 cup of water and bring to the boil.
8. Add coconut/evaporated milk and bring to boil. Add curry powder and stock. Stir to combine.
9. Chop coriander and stir into rice.
10. Serve with curry or Toastie Flat Bread



Equipment:

- | | |
|-----------------|------------------|
| Electric frypan | Measuring spoons |
| Chopping boards | Knife |
| Can opener | Wooden spoon |

Tips and Variations!

- Add other vegetables such as zucchini, tin corn or frozen veg at Step

Toastie Flat Bread

Serves: 8, as a snack

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 2 cups self raising flour
- 2 tablespoons mixed herbs
- 1/2 teaspoon pepper
- 2 cups natural yoghurt

Method:

1. Wash your hands - you are now ready to cook!
2. Combine flour, mixed herbs and pepper together in a bowl.
3. Add yoghurt and mix until it forms a dough. If dough is too wet, add more flour.
4. Dust bench and hands with flour. Place dough on bench and knead until smooth.
5. Break dough into small balls and roll out into flat discs with rolling pin.
6. Place on BBQ or frypan and cook until a nice brown colour. Flip over and cook other side.
7. To serve, cut into triangles for dipping.

Equipment:

- Chopping boards
- Knife
- Bowl
- Rolling pin
- Measuring cups
- Tongs
- Spoon
- Electric frypan



Regional Food Sensations® Finalist in Community Service Excellence Awards

Covering an area of 2,526,786 km², or twenty times the size of England, and only two staff working with some of the most isolated communities in the world, Foodbank WA's *Regional Strategy* team identified the need to avoid working in silos and proactively forged partnerships with likeminded organisations to increase the quality, reach and sustainability of its work. The partnerships were acknowledged when the *Regional Food Sensations®* initiative was recently announced as a finalist in the 2014 Community Service Excellence Awards. The awards showcased the contribution that individuals, programs, organisations make to the West Australian community, particularly disadvantaged groups.

The highlighted partnership included working with WA Country Health Service (WACHS) Population Health Unit dietitians, nutritionists, health promotion and Aboriginal health workers across the entire state to deliver holistic health messages via uniquely tailored food literacy programs. The 'virtual teams' that have been formed allows Foodbank WA's initiatives to impact groups in a far greater way than the two *Regional Strategy* staff could ever have on their own, thus enabling disadvantaged and food insecure communities to develop lifelong and sustainable food skills for better health. Through the WACHS partnerships, Foodbank provides Professional Development opportunities, either face-to-face or via videoconferencing, cooking equipment kits, innovative educational resources and where possible, access to food from Foodbank WA branches. These partnerships build capacity, assist experienced WACHS staff to reach their own target groups, and equip the often time-poor workers with ready-to-deliver resources for ongoing food literacy work tailored to each community, in many occasions increasing the likelihood of food literacy work to occur in remote towns. Outcomes have included reduced service duplication, minimised 'bombarding' of communities and significantly reduced the expense of regional and remote travel.



Foodbank WA's *Regional Strategy* team (left to right): Stephanie Godrich and Christal Sercombe

Unfortunately Foodbank didn't win on this occasion, but we were honoured to be chosen as finalists alongside the other organisations conducting inspirational programs, and congratulate Avon Youth Community and Family Services Inc on winning the 'Partnerships' category for their *6510 Youth Program*. All award category winners can be found at <http://www.wacoss.org.au/CSEA2014/Winners.aspx>

Important Notice: 100% unsweetened UHT Juice

Nearly 170 *School Breakfast Program* schools are located in areas too far from a Foodbank WA branch to access fresh fruit and vegetables, and where access to affordable, quality fresh produce is a major concern.

For students in these areas, UHT 100% unsweetened juice represents the difference between getting some essential vitamins and minerals, and missing out completely.

Eligible remote schools are able to access up to 10 cartons (6x 2L cartons, 120 litres) of 100% unsweetened UHT Orange juice through the *School Breakfast Program* each term.

The nutrition label on each 2L box of juice suggests a serving size of 250mL, or 1 cup (8 servings per package).

In line with the *Australian Guide to Healthy Eating*, the *Healthy Food for All®* team suggests a smaller serving size of 125mL, or ½ cup (16 servings per package),

For further information about the *Australian Guide to Healthy Eating*, or the *Australian Dietary Guidelines*, please visit <http://www.eatforhealth.gov.au>



Regional Strategy – 2014 Counter (End of Term 1, 2014)

Regions Visited: Great Southern & Wheatbelt

Towns/Communities Visited: 5

Distance travelled: 1,764 km

Number of Schools Visited: 6

Food Sensations® School Sessions: 27 (508 participating students)

Food Sensations® Parent Sessions: 0 (0 participating parents)

Food Sensations® Educator Training Days: 4 (11 educators trained)

20 Schools Signed Up to Eradicate Hunger this Winter

We are pleased to have 20 metro school sign up to join us help fight hunger this Winter by holding a school food drive during Second Term. With double the number of schools over last year, we are hoping to significantly increase the volume of food collected that can be distributed to families and children in need.

In addition to running Australia's largest School Breakfast Program, Foodbank WA's core business is to rescue food that would otherwise end up in landfill and also procure food from a variety of sources, to meet the rising demand in our community.

During 2013, Foodbank WA distributed some 2.75 million kilograms of food, creating almost 4 million meals for people and families in need. But research from Foodbank Australia's 2013 *End Hunger Report* shows that there are at least 16,000 more people in WA seeking food relief each month who unable to be adequately assisted – nearly half are children.

Food drives like the Schools Food Appeal can help us to increase the type and variety of food on our shelves. We look forward to bringing you an update of the results in the Term 3 *Morning Toast*.

If you missed the Schools Food Appeal this term, you can hold a food drive at any time during the year. We can help you promote the event with posters, stickers and collection bins and come out to share Foodbank at a school assembly. For more details, please contact Lee-Anne Ashley (Marketing & Fundraising Manager) on 9463 3223 or lee-anne.ashley@foodbankwa.org.au.



Comments? Queries? Contact Foodbank WA:

PERTH (Head Office)

☺ 63 Division St Welshpool WA 6106

☎ 9258 9277

🌐 www.healthyfoodforall.com.au
info@healthyfoodforall.com.au

✉ PO Box 143 Cloverdale WA 6985

☎ 9258 5177

Mon to Wed: 9am – 3pm

☺ Thursday: 7.30am – 3pm

Friday: 9am – 3pm

ALBANY

Manager: Rod Pfeiffer

☺ Unit 2a 5-7 Cockburn Rd
Mira Mar Albany WA 6330

☎ 9842 6645

☎ 9842 6645

☺ Mon to Fri 9am – 3pm

BUNBURY

Manager: Carol Hearn

☺ 5 Clifford St
Bunbury WA 6230

☎ 9726 2362

☎ 9726 2363

☺ Mon to Fri 9am – 3pm

GERALDTON

Manager: Pat Hodges

☺ 11 Box Street
Geraldton WA 6530

☎ 9964 8011

☎ 9964 8022

☺ Mon to Thurs 7.30am – 2.30pm
Friday 7.30am – 1pm

KALGOORLIE-BOULDER

Manager: Butch Lassey

☺ 175 Forrest Street
Boulder WA 6430

☎ 9093 0284

☎ 9093 0284

☺ Mon to Fri 9am – 3pm

PEEL

Manager: Caroline Cox

☺ Unit 1, 68 Reserve Drive
Mandurah WA 6210

☎ 9581 9200

☎ 9581 9211

☺ Mon to Fri 9am – 3pm

Hot Topic

Is sugar to blame for Australian's expanding waistlines?

In recent years, sugar has been labelled as toxic and poisonous; some claims have even gone so far as to call sugar the sole cause of obesity and Type 2 Diabetes. Is sugar really responsible for all of our health woes? The HFFA team investigates.

Table sugar (sucrose) is made up of glucose and fructose. Fructose is at the centre of many of the claims against sugar. The American food industry uses a product called High Fructose Corn Syrup to sweeten soft drinks, cakes and other foods. There is some research suggesting that High Fructose Corn Syrup may negatively affect health, but this research is in its early stages and has not been investigated fully. The Australian diet is low in fructose and High Fructose Corn Syrup is rarely added to Australian food. Fructose is neither poisonous nor a 'death sentence'. Fructose from fruit is not harmful and is accompanied by vitamins and fibre.



Sugar has been blamed for the obesity epidemic in developed nations. In 1874 taxes on sugar in England were removed leading to a huge increase in consumption. By the 19th century the amount of sugar eaten in England was similar to modern intakes in Western countries. However, the current rates of obesity and Type 2 Diabetes are a lot higher than they were in 19th century.

Are some types of added sugar better for health? Fact or Fiction



Fiction: Brown sugar and honey are often thought to be a healthier option than white sugar. All sugar—whether it is honey, white sugar, brown sugar, maple syrup or molasses provide energy (kilojoules) and no significant amounts of other nutrients. Any food containing added sugar, if eaten in excess, will lead to weight gain. Natural and artificial sweeteners are an alternative to sugar and are lower in energy, but a healthy diet is still needed for weight loss. Fruit, vegetables and milk contain natural sugar as well as vitamins and minerals. Eating recommended amounts of these foods (see Australian Dietary Guidelines) will help to maintain a healthy weight and reduce the risk of developing lifestyle related diseases.

What does it all mean?

Sugar isn't poisonous, but many Australian's waistlines would benefit from reducing their intake of sugar sweetened food and drinks. Sugar sweetened food and drinks tend to be high in energy and have few vitamins. Diets high in sugar may also lead to tooth decay. To lose weight or to maintain good health, the best advice is to follow the Australian Dietary Guidelines.

For further information please see:

www.healthyfoodforall.com.au
www.eatforhealth.gov.au