



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*[®] and *Regional Strategy* news and information!

SBP Workshop 'Connect'-ing Coordinators across WA

Foodbank WA's inaugural 'School Breakfast Program Connect' event took place during the July school holidays. Held in conjunction with the 22nd Annual School Canteen Conference, SBP Connect provided an opportunity for participants to network and share their unique *School Breakfast Program* experiences. There was strong representation from regional WA, including Kalumburu, Northam, Narrogin, Katanning, Brookton, Karratha, and Albany.

Highlights included the launch of Foodbank WA's new Superhero Foods Placemats (see article on page 4 for more details), followed by a panel discussion featuring presentations by Beckenham and Gwynne Park Primary Schools.

The *Healthy Food for All*[®] team would like to thank the workshop participants, and everyone who worked to make the inaugural SBP Connect a success!



Above: Thanking the Panellists (Left to Right): Jo Harper (Beckenham PS), Sue Newland & Kristyn Reedman (Gwynne Park PS), and Christal Sercombe & Miranda Chester (Foodbank WA)



School Breakfast Program Connect participants brainstorming creative recipe ideas using School Breakfast Program product

Below: Discussion time (Left to Right) David Ward (Chaplain, Ashfield & Belmont PS), Ian Coate, Zora Elliss (Brookman PS)



2014 School Breakfast Program Volunteer Awards

Thank you to the 80 schools who nominated worthy volunteers for the 2014 *School Breakfast Program* Volunteer Awards! A total of 111 individuals and groups were acknowledged for their outstanding contribution to *School Breakfast Programs* across the state.

Please [click here](#) to view the complete list of 2014 SBP Volunteer Award recipients, & some of the fantastic feedback we received.

School Breakfast Program - 2014 Counter: (Current as at 31 July 2014)

Total Schools: 425

Children involved: over 17,000

Breakfasts per week: over 55,100

Emergency meals per week: over 22,600

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.

Food Sensations® 2014 Educator Training Dates

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® workshops for Adult Groups

Since 2011, Food Sensations® has been delivering nutrition and cooking workshops to parent and community groups across WA.

The program focuses on providing skills to choose and prepare healthy foods through practical interactive workshops. Between 1-4 session/s are available per group and provides all resources (including ingredients and equipment) for the sessions. Regional communities can also participate via Video Conference sessions in September and October this year, through your local Community Resource Centre.

For more information about Food Sensations® for adults or parent groups, or to book in sessions, please contact Vanessa Bobongie (Coordinator, Food Sensations®) on 9463 3214 or email vanessa.bobongie@foodbankwa.org.au



Pingelly community members showing Foodbank WA staff (via Video Conference) the healthy food they have prepared.

2014 School Food Appeal creates over 4,700 meals!

The Foodbank WA Schools Food Appeal for 2014 is complete and we are very pleased to advise that a total of 3283kg - equivalent to around 4723 meals - was collected! Special thanks to the 24 schools who participated and congratulations to the following two schools who took out the top honours this year:

Highest Volume Collected per Student: White Gum Valley PS (= 0.8kg per student)

Highest Volume Collected Overall: West Leederville PS (338kg)

Your school can host a food drive at any time during the year. For more information, please contact Lee-Anne Ashley (Marketing & Fundraising Manager, Foodbank WA) on 9463 3223 or lee-anne.ashley@foodbankwa.org.au



Food Sensations® in Schools – 2014 Counter: (End of Term 2, 2014)

Schools: 35

Sessions: 118

Students: 2,488

Regional Strategy – Reflections of Parnngurr Adventures!

Travelling to remote communities is always an adventure! In June, the Regional Strategy team jet-setted 1553km from the city to Parnngurr (pictured below) in partnership with Stephanie Alexander Kitchen Garden Foundation (SAKGF), WACHS Pilbara Population Health and World Vision. The aim of the trip was to work with Parnngurr Community School to deliver important health and nutrition messages including *Food Sensations*[®] and provide support in creating a healthy food environment.

The students loved seeing Foodbank WA's Superhero foods and learning how to cook new recipes from their new Healthy Recipe for All 2 cookbooks. The visit to the community opened the door to meet and work with some amazing community members including; staff at the Home and

Community Care (HACC) centre, community food store staff and mothers at the community playground.

The highlight of the trip was the community cook up hosted by the school, where the students invited all community members to taste the healthy and delicious recipes they had cooked over the open fire pit.



(Left to Right) Marcelle Coakley (SAKGF), Steph Godrich & Leisha Aberle (Foodbank WA), Rose Murray & Kianna Barker (WACHS), & Jacqui Lanarus (SAKGF).

The (Fuel Your) Future is Here!

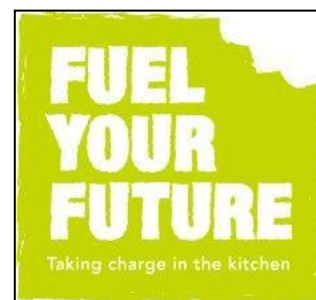
Foodbank WA, in conjunction with Diabetes WA, has recently developed and launched the Fuel Your Future program. The program's purpose is to engage with, and arm, at-risk adolescents with the tools and information to make good food choices, thereby limiting their chances of developing chronic diseases later in life.

Fuel Your Future involves the delivery of six face-to-face sessions by a Foodbank WA nutritionist. Guided by the nutritionist, youth make and eat healthy, delicious food and

take home the recipes to try again later. There is also a complementary online component featuring an interactive website full of recipes, activities and handy health tips. You can check it out at www.fuelyourfuture.com.au

The program is being rolled out from August, after being piloted at the Stand By Me Youth Centre in Beechboro. Initially, it is being rolled out in youth centres and schools across the Perth metro area with plans for it to eventually spread to regional locations. If you'd like to find out more about the program or enquire about booking it in for your youth centre or school, please email info@fuelyourfuture.com.au

You can also find Fuel Your Future on Facebook and Instagram (@fuelyourfuturewa).



Regional Strategy – 2014 Counter (End of Term 2, 2014)

Regions Visited: Great Southern, Pilbara & Wheatbelt

Towns/Communities Visited: 11

Distance travelled: 13,409 km

Number of Schools Visited: 14

FS[®] School Sessions: 58 (974 participating students)

FS[®] Parent Sessions: 2 (5 participating parents)

FS[®] Educator Training Days: 7 (42 educators trained)

Superhero Foods join the Healthy Food for All[®] Team

The *Healthy Food for All[®]* team is excited to introduce their new team of Superhero Foods buddies! Foodbank WA's new range of Superhero Foods comic book style characters have been developed to promote healthy eating among primary school aged children.

The inspiration behind the Superhero Foods message is that we don't need to eat fancy, expensive foods to enjoy good health. Everyday foods that are inexpensive and readily available can be Superhero Foods. The Superhero Foods live in Healthy Town and battle their arch villains Decay, Illness and Obesity and an army of Zombie foods.

Four double sided placemat designs have been developed. Three of the placemats have a fun simple activity on the reverse side which has been designed to be played without the use of marker pens or counters. The Superhero Foods placemat includes a catalogue of characters on the reverse.

Any *School Breakfast Program* school catering for primary school aged students is invited to place an order for up to 6 sets of placemats (24 in total). Please note that the supply of placemats is a one-off occurrence. The Superhero Foods placemats are to remain as school property and not given to students to take home.

Please access the [Information Sheet](#) and [Order Form](#) from the *Healthy Food for All[®]* website.



Comments? Queries? Contact Foodbank WA:

<u>PERTH (HEAD OFFICE)</u>			<u>ALBANY</u>
SBP Coordinator: Miranda Chester			Manager: Rod Pfeiffer
☺ 63 Division St Welshpool WA 6106		⊕ Mon to Wed: 9am – 3pm	☺ Unit 2a 5-7 Cockburn Rd
✉ PO Box 143 Cloverdale WA 6985		⊕ Thursday: 7.30am – 3pm	Mira Mar Albany WA 6330
☎ 9463 3213 (SBP Direct)		⊕ Friday: 9am – 3pm	☎ 9842 6645
☎ 9258 5177		🌐 www.healthyfoodforall.com.au	☎ 9842 6645
		📧 info@healthyfoodforall.com.au	⊕ Mon to Fri 9am – 3pm
<u>GERALDTON</u>	<u>BUNBURY</u>	<u>KALGOORLIE-BOULDER</u>	<u>PEEL</u>
Manager: Pat Hodges	Manager: Carol Hearn	Managers: Annie Viviers Sandy Lee	Manager: Caroline Cox
☺ 11 Box Street Geraldton WA 6530	☺ 5 Clifford St Bunbury WA 6230	☺ 175 Forrest Street Boulder WA 6430	☺ Unit 1, 68 Reserve Drive Mandurah WA 6210
☎ 9964 8011	☎ 9726 2362	☎ 9093 0284	☎ 9581 9200
☎ 9964 8022	☎ 9726 2363	☎ 9093 0284	☎ 9581 9211
⊕ Mon - Thurs 7.30am – 2.30pm Friday 7.30am – 1pm	⊕ Mon to Fri 9am – 3pm	⊕ Tues to Fri 9am – 3pm	⊕ Mon to Fri 9am – 3pm

The *Healthy Food for All[®]* team would like to acknowledge the following Sponsors:

Supported by:



Department of Health
Department of Education
Department of Regional
Development

