



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!

Foodbank WA's New Home Nears Completion

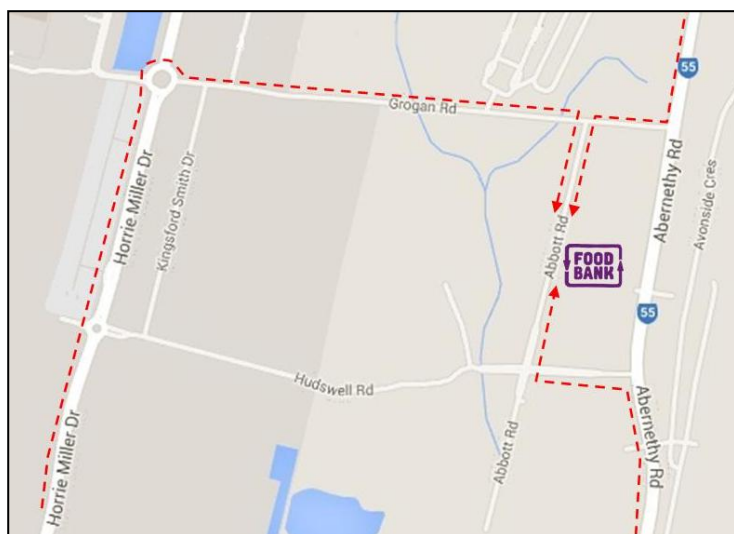
We are excited to announce that the new home of Foodbank WA is nearly complete!

Housed in the Perth Airport industrial precinct, this state-of-the-art multi-purpose facility will serve as Foodbank WA's head office, metropolitan branch and state-wide distribution centre from the start of 2015. The facility also includes leasable warehouse and office space, which will accommodate other organisations in the short-term, and facilitate the growth of Foodbank WA in the longer term.



The purpose-built Training and Commercial Kitchens are integral features of Foodbank WA's commitment to the supply of healthy food and nutrition education. The Commercial kitchen concept will involve corporate volunteer groups working alongside a chef to prepare healthy and nutritious meals using ingredients sourced through Foodbank WA's donor networks. Foodbank WA will then distribute the meals, through member agencies, to those in need across Western Australia. The Training kitchen will provide the opportunity for schools and community groups to experience *Food Sensations*[®] sessions onsite, with access to the new and improved kitchen garden.

School Breakfast Program representatives will have the opportunity to tour the new facility prior to the start of Term 1, 2015 – an invitation to join a tour group will be emailed to schools later this term.



School Breakfast Program - 2014 Counter: (Current as at 30 September 2014)

Total Schools: 432

Children involved: over 17,000

Breakfasts/week: over 55,700

Emergency meals/week: over 22,800

2015 School Breakfast Program Registration

All *School Breakfast Program* schools are required to re-register for the 2015 calendar year. The 2015 SBP registration form will be emailed to all SBP Coordinators in Week 5, as well as being available via the *Healthy Food for All*[®] website <http://www.healthyfoodforall.com.au/>

Remote Schools

Schools that receive SBP product in the form of 'remote packs' are asked to complete and return the 2015 registration (along with the Term 1, 2015 remote order form) *as soon as possible* before the end of Term 4, to facilitate product ordering and prompt despatch of packs at the start of next year.

Metro & Regional Schools

Schools who visit a Foodbank branch (metropolitan and regional centres) to access product are encouraged to submit the form before the end of Term 4. Early submission will mean there is one less thing to worry about at the start of next year! If early submission is not possible, registrations can be submitted at the start of 2015.

For more information please contact Miranda Chester (Coordinator, *School Breakfast Program*) on 9463 3213 or email miranda.chester@foodbankwa.org.au

Thank You!

The *Healthy Food for All*[®] team would like to thank Principals and *School Breakfast Program* coordinators across the state for completing the 2014 SBP Survey. Of the 419 schools invited to participate, 384 schools submitted at least one completed survey – a response rate of 91%. Your feedback contributes to continuous improvement and provides an evidence base for the positive impact of the *School Breakfast Program*.

Food Sensations[®] workshops for Adult Groups

Regional communities have been participating in *Food Sensations*[®] sessions this year via Video Conference technology. The next 4 sessions coming up are in **Nannup, Coorow, Cunderdin & Lake Grace**, October 16, 23, 30 & November 6.

If you live in these towns and would like to participate, contact your local Community Resource Centre for more information.

To find out more about *Food Sensations*[®] via video conference, please contact Vanessa Bobongie (Coordinator, *Food Sensations*[®]) on 9463 3214 or email vanessa.bobongie@foodbankwa.org.au



Foodbank's Festive Pursuit!

Foodbank WA invite you to join us for a fun night of trivia as we raise much needed funds to help people and families doing it tough to put food on the table this festive season.

Test your knowledge of all things trivial with lots of questions, games, auctions, raffles and much more! There will also be a silent auction, so make sure to arrive before the 7pm start time to give you time to check out all the items on offer.

So organise seven friends, book your table online and get set for an evening of Festive Pursuit!

The Not-So-Trivial Details!

Date: Friday 14th November

Time: starts 7pm, doors open from 6.15pm

Where: South Perth Community Hall
(Cnr Sandgate St & South Tce, South Perth)

Cost: \$160 per table (strictly tables of 8 only)

Tables are limited, so get in quick! Book online at www.trybooking.com/104709

Please note that this is an 18+ event

Food Sensations[®] in Schools – 2014 Counter: (End of Term 3, 2014)

Schools: 60

Sessions: 184

Students: 3,778



Launch Off for Fuel Your Future

The WA Department of Health funded Fuel Your Future program was officially launched on Tuesday 7 October at the office of the Commissioner for Children and Young People WA. The event highlighted the success of the program and the partnership between Foodbank WA and Diabetes WA.

Guests were treated to a number of delicious Fuel Your Future recipes and heard firsthand about the impact of the program from youth worker Olivia Fogarty – whose group of youth at Community Youth Training Services, Beechboro were integral in the piloting of the program.

Please see the [Fuel Your Future Facebook page](#) for photos of the event. To find out more about Fuel Your Future, please visit the website www.fuelyourfuture.com.au

(From left): Greg Hebble (CEO, Foodbank WA) with Andrew Wagstaff (CEO, Diabetes WA) at the Fuel Your Future launch event

Regional Strategy: Dust Up Adventure!

Foodbank WA joined forces once again with Diabetes WA for Desert Dust Up 2014. Leisha and Christal (Foodbank WA) and Sally and Asha (Diabetes WA) travelled thousands of kilometres via Alice Springs to deliver 9 cooking sessions with all the Dust Up participants.

Desert Dust Up is a sports carnival and festival event which brings 8 Ngaanyatjarra Lands school campuses together in the Ngaanyatjarra Lands for a fun and educational experience.

Dust Up continues to be a great opportunity to promote the healthy eating message. The team worked with students, teachers, Healthy Lifestyle Workers and community members from Warakurna and Warburton, providing an informative and entertaining nutrition education and cooking experience!

Such a successful, enjoyable trip would not have been possible without the assistance of the Ngaanyatjarra Schools, Ng Health, NPY Women's Council, Department of Sport and Recreation. We are grateful for their partnership and ongoing support.



Regional Strategy – 2014 Counter (End of Term 3, 2014)

Regions Visited: Great Southern, Pilbara & Wheatbelt, Kimberley, Goldfields

Towns/Communities Visited: 17

Distance travelled: 29,338 km

Number of Schools Visited: 28

FS[®] School Sessions: 90 (1,461 participating students)

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

FS[®] Educator Training Days: 11 (52 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.

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.

Feedback Required!

Has your school been using the Superhero Foods Placemats? If so, we would love to hear your feedback about the Superhero Foods concept, the placemats (how they have been utilised, quality, etc.) and student's engagement with the health messages. The 10 minute survey can be accessed by clicking on the following link: <https://www.surveymonkey.com/s/superherofoods>



Comments? Queries? Contact Foodbank WA:

| | | | |
|------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------|
| PERTH (HEAD OFFICE) | | | ALBANY |
| 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 |
| GERALDTON | BUNBURY | KALGOORLIE-BOULDER | PEEL |
| Manager: Pat Hodges | Manager: Carol Hearn | Manager: Sandy Lee King | 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 9.30am – 2.30pm | ⊕ 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

