



The Morning Toast



LINKING FOODBANK SCHOOLS ACROSS THE STATE

The Morning Toast is a quarterly newsletter to update Foodbank's HEALTHY FOOD FOR ALL™ schools on the latest School Breakfast Program, FOOD SENSATIONS™ and Regional Strategy news and information!

School Breakfast Program Connect 2015!

The HEALTHY FOOD FOR ALL™ team are excited to present 2015 School Breakfast Program Connect!

SBP Connect 2015 will feature a tour of Foodbank's new Centre for Hunger Relief, networking with SBP representatives from across the state, the launch of new SBP recipes, learning more about the Superhero Foods concept and associated resources, and much more!

Date:	Thursday 9 th July
Venue:	Foodbank WA 23 Abbott Road, Perth Airport 6105
Cost:	\$30
Time:	10am - 3pm



Brainstorming SBP recipe ideas at Connect 2014

Entry is open to one attendee from metro schools and up to 2 attendees from regional schools. A total of 40 places are available, so get in quick to secure a place! To register, visit <http://sbpconnect2015.eventbrite.com.au>

To find out more about SBP Connect 2015, contact Miranda Chester (School Breakfast Program Coordinator) on 9463 3213 or email miranda.chester@foodbankwa.org.au

Foodbank Perth Official Opening & Home Open

The new Foodbank at Perth Airport will be closed for trade next Friday 1 May to celebrate our official opening.

As part of the day's events, we are throwing open the doors to Foodbank for all agency partners and the general public to enjoy a hosted tour of our new facilities. We invite you to come along and see our increased capacity and food stocks, talk to staff and view all our facilities from the agency floor to our new training and commercial kitchens.



Tours will commence every 15 minutes from 1.30pm to 4.00pm. Please wear closed shoes. Refreshments provided. To book your place in a tour group, please visit <http://foodbankwa-opensday.eventbrite.com.au>

Please note that the warehouse will not be trading (including SBP order collection) on Friday 1 May. We apologise for the inconvenience, and appreciate your support for us on this busy and important day, as we promote the fight against hunger to the WA community.

School Breakfast Program - 2015 Counter (Term 1 2015)

Total Schools: 387

Children involved: over 16,500

Breakfasts/week: over 53,500

Emergency meals/week: over 23,000



FUEL YOUR FUTURE™ Goes Regional

Over the past 9 months, the FUEL YOUR FUTURE™ team has worked with teens at numerous schools, youth centres and other youth organisations. FUEL YOUR FUTURE™ is for adolescents aged 12-16 years (18 years if not in the workforce) and consists of six, 2 hour, face-to-face workshops run by a Foodbank nutritionist. Each session includes nutrition education followed by preparing and eating a healthy meal.

FUEL YOUR FUTURE™'s online component features an active website full of recipes, activities and handy health tips. You can check it out at www.fuelyourfuture.com.au. FUEL YOUR FUTURE™ is also on Facebook and Instagram (@fuelyourfuturewa).

The FUEL YOUR FUTURE™ team are taking the program regional during May, visiting schools and youth centres in the Bunbury area. The trip will be a great opportunity to network and promote healthy eating in the South West.

FUEL YOUR FUTURE™ is now taking bookings for Semester 2. To book sessions, or for more information, please contact Stephanie Iffla on 9463 3218 or email stephanie.iffila@foodbankwa.org.au



Fuel Your Future participants at Mission Australia

FOOD SENSATIONS™ at Foodbank!

Foodbank's fantastic new BHP Training Kitchen is now available for FOOD SENSATIONS™ workshops with your school! FOOD SENSATIONS™ uses interactive activities and hands-on student cooking sessions to provide:

- A better understanding of basic nutrition
- Interactive lessons, tailored to your group
- A healthy cooking and food sharing experience!

Our 90 minute FOOD SENSATIONS™ sessions are run by qualified nutritionists, and are available FREE for any year group*, and can include a tour of Foodbank's brand new Centre for Hunger Relief! For more information, or to book a session, please contact Jenny Tartaglia on 9463 3210 or email jenny.tartaglia@foodbankwa.org.au.

(*Foodbank WA site visits open to students in Year 3 or above)



Garden to Plate Update

The Garden to Plate project is in its second year, offering free gardening and Food Sensations (nutrition/ cooking) workshops to the local community. Gardening workshops are held on the first Wednesday of each month at the Mandurah Community Garden. The Foodbank garden plot is flourishing with a variety of seasonal vegies. It won't be too long before the produce will be ready to use in the FOOD SENSATIONS™ workshops held at the Mandurah Foodbank.

Word about the FOOD SENSATIONS™ workshops has spread throughout

Mandurah, so 2 extra workshops per month have been added to allow more people to join in. These free interactive workshops are a fun way to learn about healthy eating, reading food labels, stretching your food budget, and the benefits of cooking at home instead of buying takeaway food. Participants prepare and share a variety of delicious recipes, and receive a free recipe book to take home.

Please visit <http://www.healthyfoodforall.com.au/food-sensations/garden-to-plate> for more information about Garden to Plate, including available session times. To book, please contact Nicole Ingram on 0419 208 048 or email Nicole.ingram@foodbankwa.org.au.

FOOD SENSATIONS™ in Schools - 2015 Counter (End of Term 1, 2015)

Schools: 19

Sessions: 60

Students: 1,229

Calling on Schools to Join the Fight Against Hunger

It's School Food Appeal time again! We are asking all schools* to host a Food Drive for Foodbank to kick start our 2015 Winter Appeal. Last year, schools collected the equivalent of 4700 meals - how many meals can we collect this year?

Demand for food relief remains high with over 51,000 Western Australians seeking help each month - around 16,000 are children. Winter is always a time of extra demand, so your help collecting canned foods will make a big difference to many lives over the colder months.

The School Food Appeal will run from **Tuesday 2nd June to Friday 19th June 2015.**

All schools involved in the Appeal have the chance to be awarded a special trophy for the "Highest Volume Collected per Student" and the "Highest Volume Collected Overall" (based on weight of product collected). Last year's winners were:

Highest Volume Collected per Student:

White Gum Valley PS (= 0.8kg per student)

Highest Volume Collected Overall:

West Leederville PS (338kg)

This year we will also have a special award for regional schools.

To register, please complete the *Expression of Interest* form (attached to email) and **return by Friday 8 May 2015.**

Please help us and join the fight against hunger.

* Schools in the Perth metro, Peel, Bunbury (South West), Geraldton, Albany (Great Southern) and Kalgoorlie-Boulder are all welcome to participate. Food collected regionally will go directly to your local Foodbank.



Regional Strategy Term 1 Adventures

The *Regional Strategy* team kicked off 2015 in the Midwest region, working with students in partnership with Fair Game at Pia Wadjarri Remote Community School, and Goldfields-Midwest Medicare Local at Geraldton Primary School. The students at Pia Wadjarri loved playing with the Superhero Collector cards and cooking tasty recipes. The team also delivered a session with Geraldton parents talking about healthy lunchboxes and cooking delicious recipes.

Our second trip involved working in collaboration with WACHS Wheatbelt and Cancer Council WA in the Wheatbelt region, with students at Merredin College and Wagin District High School. A highlight of the trip was student's excitement in discovering Foodbank WA's Superhero Food Characters and the awesome fun had cooking tasty Superhero recipes from our new cookbook!

The adventure continues in Term 2 with trip to the Pilbara and Kimberley including:

- Newman and Jigalong
- Marble Bar and Nullagine
- Halls Creek and Billiluna



Wagin District High School students cooking up a storm during the Food Sensations session!



Regional Strategy - 2015 Counter (End of Term 1, 2015)

Regions Visited: Midwest and Wheatbelt

Towns/Communities Visited: 4

Distance travelled: 2,286 km

Number of Schools Visited: 4

FS[®] School Sessions: 21 (419 participating students)

FS[®] Parent Sessions: 0 (0 participating parents)

FS[®] Educator Training Days: 3 (13 educators trained)

Order Superhero Placemats for your School!

Superhero Placemats available!

Did your primary school receive Superhero Foods SBP Placemats in 2014? If not, you are 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 - the placemats are to remain as school property and not given to students to take home. The [Information Sheet](#) and [Order Form](#) are available from the HEALTHY FOOD FOR ALL™ website.



To confirm whether your school received placemats in 2014, please email miranda.chester@foodbankwa.org.au.

Thank You to Superhero Teachers!

Thank you to those teachers who participated in the Superhero Foods E-Resource focus groups. Your input and ideas are much appreciated and we look forward to working in partnership with you to create a fantastic online nutrition resource.

For more information about Superhero Foods, please contact Jenny Tartaglia on 9463 3210 or email jenny.tartaglia@foodbankwa.org.au.

Thank You to Foodbank and School Breakfast Program Volunteers

National Volunteer Week (11-17 May) is a time for us to reflect on and acknowledge the invaluable support of volunteers. Foodbank WA has over 150 dedicated volunteers, without whom the organisation would not function. This includes office work, sorting and presentation of stock and packing *School Breakfast Program* orders ready for collection or transport. 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!

Most importantly, don't forget to thank the school staff and community members who coordinate and run the *School Breakfast Program* at your school!

Questions? Contact Foodbank!

PERTH CENTRE FOR HUNGER RELIEF		ALBANY	
School Breakfast Program Coordinator: Miranda Chester		Manager: Rod Pfeiffer	
☺ 23 Abbott Road, Perth Airport WA 6105	☺ Mon to Wed: 9am - 3pm	☺ Unit 2a 5-7 Cockburn Rd	Mira Mar Albany WA 6330
✉ PO Box 143 Cloverdale WA 6985	☺ Thursday: 7.30am - 3pm	☎ 9842 6645	
☎ 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	☺ 5 Clifford St	☺ 175 Forrest Street	☺ Unit 1, 68 Reserve Drive
Geraldton WA 6530	Bunbury WA 6230	Boulder WA 6430	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	🕒 Mon to Fri 9am - 3pm	🕒 Tues to Fri 9.30am - 2.30pm	🕒 Mon to Fri 9am - 3pm
🕒 Friday 7.30am - 1pm			

The HEALTHY FOOD FOR ALL™ team would like to acknowledge the following Sponsors:

