



# The Morning Toast



LINKING FOODBANK SCHOOLS ACROSS THE STATE

TERM 3, 2015

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!

## Connect 2015 a Success!

During the July school holidays, ten SBP Coordinators gathered to take part in SBP Connect 2015. The day commenced with a presentation on how Foodbank supports the WA community, followed by a guided tour of Foodbank's new Centre for Hunger Relief.



Miranda Chester (second from left) with SBP Connect 2015 participants

Participants learned how to make recipes healthier in the 'Recipe Renovation Challenge', followed by a *Food Sensations*® session in our brand new BHP Billiton Training Kitchen, preparing popular *Food Sensations*® recipes and some brand new SBP breakfast recipes!

The afternoon was spent eating together, networking, sharing experiences and brainstorming all things *School Breakfast Program*. Thank you to everyone who attended - we're already looking forward to the next *School Breakfast Program Connect*!



Above: Lucy Butcher (Foodbank) & Helen Richards (Spearwood PS)

Below: Martin Heffer (Kent Street SHS) and Tyrie Rose (CTEC)



## Reminder: 'Sign in/out' and SBP Orders

### 'Sign in/out'

It has come to our attention that some SBP school representatives are not correctly signing in/out when visiting Foodbank WA branches. Foodbank WA OH&S Policy requires all visitors to 'Sign in' (immediately upon entering the building) and 'sign out' (immediately before leaving the site).

### School Breakfast Program Orders (Metro/Regional)

Just a friendly reminder that Foodbank WA must receive all order forms for non-perishable SBP product at least one day before intended collection.

### School Breakfast Program - 2015 Counter (Term 2 2015)

Total Schools: 418

# Children involved: over 17,300

# Breakfasts/week: over 55,900

# Emergency meals/week: over 24,300



## Food Sensations® in Schools Update

It has been a busy first half of the year for the *Food Sensations*® in Schools team, having delivered 54 sessions to over 1,200 students across 31 metro schools. *Food Sensations*® sessions provide hands on nutrition education and cooking for both primary and high school students. If you are interested in arranging a *Food Sensations*® session we are now taking bookings for Term 4.

Foodbank's fantastic new BHP Billiton Training Kitchen is available for *Food Sensations*® workshops with your student group\*! A tour of Foodbank's new Centre for Hunger Relief is included in the experience, which is a great educational opportunity for students to learn about hunger relief in WA.

Westfield Park Primary School students visited us in May, with teacher Jade Bartholomew providing some fantastic feedback!

For more information, or to book a session, please contact Jenny Tartaglia on 9463 3210 or email [jenny.tartaglia@foodbankwa.org.au](mailto:jenny.tartaglia@foodbankwa.org.au).

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



"The kids really enjoyed seeing where the breakfast club food came from and loved going into the big freezer"

"It was a great excursion very informative and taught the kids a lot. One of our students was so inspired that she has ran her own food drive and is going to donate the food back to Foodbank"

## Food Sensations® Goes Bananas!

Australian Bananas continues to sponsor the supply of bananas, pencil cases and stationary to each student taking part in metro *Food Sensations*® in Schools sessions. Glenn Cardwell (past Australian Bananas ambassador) even took part in *Food Sensations*® sessions at Neerigen Brook PS, Thornlie PS & Australian Islamic College during 2014.



Thank you Australian Bananas for your support!

## Healthy Food for All® Staff Changes

The *Healthy Food for All*® team farewelled Claire at the end of Term 2. Claire worked with Jenny to deliver metropolitan *Food Sensations*® in Schools. Claire's contribution over the past six months has been invaluable, and she will be sorely missed by all at Foodbank WA. Lucy has joined Jenny on the *Food Sensations*® in Schools team, following 2 years working on Foodbank WA's Adult Food Literacy Program.

Miranda (SBP Coordinator) is excited to welcome both Lucy and Hazel to the newly created *School Breakfast Program* team! Lucy will be assisting with SBP one day per week. Hazel, following the conclusion of her AHPA scholarship placement, will continue to develop the *Superhero Foods* suite of resources and assist in the development and evaluation of resources to support the *School Breakfast Program*. Schools can expect to hear from Lucy and Hazel very soon!

To find out more about the *Healthy Food for All*® team, check out the staff profiles at [www.healthyfoodforall.com.au/about](http://www.healthyfoodforall.com.au/about).

## School Breakfast Program Milk Matters

We wish to advise that, due to budget constraints, fresh milk is no longer available 'free of charge' through the *School Breakfast Program*. Reduced-fat UHT milk continues to be available free of charge.

Foodbank WA's resident dietitians offer the following advice around the comparability of UHT milk to fresh milk:

*"UHT milk is a convenient and healthy alternative to fresh milk. UHT and fresh milk are very comparable nutritionally, containing similar amounts of calcium and protein. The difference between UHT and fresh milk is in the processing; UHT milk is pasteurised at a higher temperature than fresh milk, reducing the amount of bacteria and giving us a shelf-stable product. UHT milk does not contain any preservatives or additives."*

## Food Sensations® in Schools - 2015 Counter (End of Term 2, 2015)

# Schools: 55

# Sessions: 104

# Students: 2,034

## Fuel Your Future Goes Regional

The Fuel Your Future (FYF) team travelled to Bunbury in May for their first regional trip. The trip was a great opportunity to trial how FYF can be modified to run in regional areas and to promote Foodbank WA and *Healthy Food for All*<sup>®</sup> initiatives in the South West region.

The first stop on the trip was Bunbury Senior High School, where the team assisted at Breakfast Club before working with 'Shedworks Program' students for two mornings of cooking and nutrition activities.



Above & Below Left: Nutrition and cooking activities with the JSW Training & Community Services students



A group of students from JSW Training and Community Services travelled from Busselton to take part in two sessions, where they learnt about healthy eating and cooked a number of healthy meals. Newton Moore Senior High School was the last stop on the trip, where a small group of students took part in short nutrition education sessions.

While in Bunbury, the FYF team stopped by Foodbank Bunbury to meet with staff and volunteers. Meeting the WACHS South West team provided a great opportunity to learn about their work in the South West and to promote Fuel Your Future.

## Regional Strategy Adventures

Term 2 has been another great term for the regional team, stepping back into the Pilbara and Kimberley regions to visit Newman, Jigalong, Marble Bar, Nullagine, Billiluna and Halls Creek. The team had a ball in the schools delivering *Food Sensations*<sup>®</sup>, however this term has been marked by the reality of travelling challenges when in remote locations.

The team experienced plane malfunctions, weather, flooding, tyre blowouts and other vehicle complications, all reminders of the difficulties people face when living in remote WA. A big shout out to WACHS Pilbara Population Health, World Vision, YMCA, PAMS, WASCA and Cancer Council WA for their support of Foodbank in the regions.



Above: Flooding between Marble Bar & Nullagine  
Below: A tyre blowout on the Tanami Road



### Regional Strategy - 2015 Counter (End of Term 2, 2015)

**Regions Visited:** Midwest, Wheatbelt, Pilbara, Kimberley

**Towns/Communities Visited:** 11

**Distance travelled:** 15,906 km

**Number of Schools Visited:** 14

**FS<sup>®</sup> School Sessions:** 49 (805 participating students)

**FS<sup>®</sup> Educator Training Days:** 8 (45 educators trained)

## Amazing Response to 2015 School Food Appeal

Foodbank WA is thrilled with the amazing response to the 2015 School Food Appeal. Over 5,364kg of food - the equivalent of 7,152 meals - was collected by 38 schools, 15 of which are located in regional WA.

We wish to thank both the 22 *School Breakfast Program* schools, and the other schools that jumped on board to support the cause. Congratulations to the following schools who took out the top honours this year:

Highest Volume Collected per Student

Kewdale PS (1.4kg per student)

Highest Volume Collected Overall

North Perth PS (498kg)

Your school can host a food drive, collection or fundraiser at any time during the year. For more information, please contact Karla Cavalli (Marketing & Fundraising Officer) on 9463 3232 or [karla.cavalli@foodbankwa.org.au](mailto:karla.cavalli@foodbankwa.org.au).



Above: Isabel presents the proceeds of her Food Drive

Below: Foodbank WA's Fruit Truck collects the food



Foodbank received a donation of over 170kg of food from Isabel, a Year 5 student from Westfield Park Primary School. Following a visit to Foodbank WA, Isabel was inspired to hold her very own food drive, raising enough food to provide over 230 meals for people in need.

Through her tremendous efforts, Isabel has shown it doesn't matter how old you are, everyone can get involved and help Foodbank Fight Hunger in WA!

### Questions? Contact Foodbank!

**PERTH CENTRE FOR HUNGER RELIEF**

School Breakfast Program Coordinator: Miranda Chester

☺ 23 Abbott Road, Perth Airport WA 6105

✉ PO Box 143 Cloverdale WA 6985

☎ 9463 3213 (SBP Direct)

☎ 9258 5177

☺ Mon to Wed: 9am - 3pm  
Thursday: 7.30am - 3pm  
Friday: 9am - 3pm

🌐 [www.healthyfoodforall.com.au](http://www.healthyfoodforall.com.au)  
[info@healthyfoodforall.com.au](mailto:info@healthyfoodforall.com.au)

**ALBANY**

Manager: Rod Pfeiffer

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

☎ 9842 6645

☎ 9842 6645

☺ Mon to Fri 9am - 3pm

**GERALDTON**

Manager: Pat Hodges

☺ 11 Box Street  
Geraldton WA 6530

☎ 9964 8011

☎ 9964 8022

☺ Mon- Thurs 7.30am - 2.30pm  
Friday 7.30am - 1pm

**BUNBURY**

Manager: Carol Hearn

☺ 5 Clifford St  
Bunbury WA 6230

☎ 9726 2362

☎ 9726 2363

☺ Mon to Fri 9am - 3pm

**KALGOORLIE-BOULDER**

Manager:  
Sandy Lee King

☺ 175 Forrest Street  
Boulder WA 6430

☎ 9093 0284

☎ 9093 0284

☺ Tues to Fri  
9.30am - 2.30pm

**PEEL**

A/Manager: Peter Retallack

☺ Unit 1, 68 Reserve Drive  
Mandurah WA 6210

☎ 9581 9200

☎ 9581 9211

☺ Mon to Fri 9am - 3pm

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

Supported by:



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