



# The Morning Toast



LINKING FOODBANK SCHOOLS ACROSS THE STATE

TERM 4, 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!

## 15 Years of the School Breakfast Program!

2015 marks 15 Years of Foodbank WA's School Breakfast Program (SBP), and we are inviting all of our schools to help us celebrate! We invite up to two individuals from each School Breakfast Program school to attend our celebration event on Tuesday 10 November.

Please join Her Excellency the Honourable Kerry Sanderson AO, Governor of Western Australia, the Honourable Peter Collier MLC (Minister for Education; Aboriginal Affairs; Electoral Affairs), other member schools and invited guests in commemorating this milestone event. Highlights include the presentation of recognition awards to 10+ year member schools, and the launch of our School Breakfast Program 15th Anniversary Case Study Storybook.



WHERE	23 Abbott Road, Perth Airport
DATE	Tuesday 10 <sup>th</sup> November
TIME	10am to 11.30am
RSVP	Bookings are essential - to secure your places, please register via our Eventbrite link: <a href="http://sbp15years.eventbrite.com.au">http://sbp15years.eventbrite.com.au</a> <b>RSVP's close Tuesday 3<sup>rd</sup> November</b>



The official ceremony will be followed by refreshments and an opportunity to network with member schools and invited guests. Tours of Foodbank WA's new Centre for Hunger Relief are also available - for your safety, enclosed shoes are required to access the warehouse facilities.

To find out more about the SBP 15 Year Celebration Event, please contact Miranda Chester (School Breakfast Program Coordinator) on 9463 3213 or via email [Miranda.chester@foodbankwa.org.au](mailto:Miranda.chester@foodbankwa.org.au).



### School Breakfast Program - 2015 Counter (Term 3 2015)

Total Schools: 427

# Children involved: over 18,000

# Breakfasts/week: over 58,200

# Emergency meals/week: over 24,900



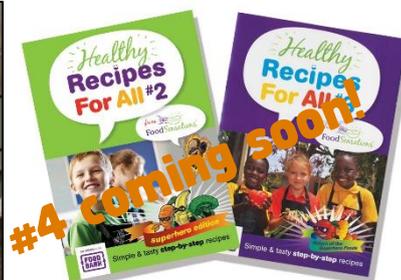
# Food Sensations® - Healthy Recipes For All #4

The *Healthy Food for All*® team recently spent a fun filled day shooting recipe photos for their annual *Healthy Recipes for All* cook book. The new cook book, which will feature in 2016 *Food Sensations*® sessions, contains 10 delicious, easy, affordable and healthy recipes for all!

After weeks of recipe planning, development and testing, the team entered the BHP Billiton Training Kitchen for a full day of shooting. Our wonderful photographer, Rob, makes the job run smoothly and always creates a fun, positive working environment.



(From left) Rob and our hand model, Bec, in action. HFFA team with Rob on the other side of the camera



## Nutrition Education Resources!

Calling all teachers! Are you on the lookout for fun, fresh and exciting nutrition education resources for your 2016 teaching plans? Foodbank WA is releasing a suite of curriculum-linked resources in Term 1, 2016. These resources will cater for Foundation - Year 10, featuring lessons including 'Homemade Vs Takeaway', cooking lessons and 'Sugar in Drinks'.

We are currently working hard to create a one-stop shop website where you can download these lesson plans and accompanying resources for **FREE** with the option of purchasing hard copy resources.

To stay updated, 'LIKE' us (Foodbank WA) on Facebook or alternatively watch this space!



## Healthy Food for All® Staff Changes

The *Healthy Food for All*® team farewelled Stephanie Iffla in August. Steph worked with Bec to deliver our adolescent program Fuel Your Future. Steph's contribution over the past year has been invaluable, and she will be sorely missed by all at Foodbank WA.

Please [click here](#) to learn more about the *Healthy Food For All*® team.

## 2016 School Breakfast Program Registration

All *School Breakfast Program* schools are required to re-register for the 2016 calendar year. The 2016 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 2016 registration (along with the Term 1, 2016 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 2016.

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

**Food Sensations® in Schools - 2015 Counter** (End of Term 3, 2015)

# Schools: 55

# Sessions: 104

# Students: 2,034

# Garden to Plate: Little Victories = Fabulous weight loss!

Regular Garden to Plate participant Stuart Anderson has shed an amazing 30 kilos since joining the Garden to Plate project in May last year. Around that same time, his GP advised him that he was pre-diabetic, so Stuart took action to improve his health in a bid to avoid diabetes.

Stuart attributes his weight loss to cutting out snacks between meals, making healthier choices when eating out (e.g., a ham and salad sandwich with water, instead of a pie and coke), and walking for over 1 hour per day. Stuart won the mid-year Garden to Plate prize for his weight loss efforts, and continues to use his new electric frypan to cook the healthy recipes he learned during his Garden to Plate experience.



Stuart's amazing effort: Before (left) and After (right)

*"Every time I make a better choice, or dodge an unhealthy option like sugary drinks - it's a Little Victory for me."*

# Gary & the Superhero Foods head to Desert Dust Up!

Gary Goanna & the Superhero Foods joined forces for a *super Desert Dust-Up adventure* at the end of term 3, trekking out to Warburton to join in the festivities! Taking Leisha & Louise (Foodbank WA) and Sally & Lauren (Diabetes WA) along for the action packed carnival. They enjoyed the 3 day event packed with fun, sports, games & learning with the 9 Ngaanyatjarra Lands campuses.

Gary learnt an important lesson while at Desert Dust Up, and shared it with all 170 students. Gary was so excited to participate in the Dust Up adventures, but instead of fuelling up with Superhero Foods, Gary had chosen Zombie foods which left him feeling lazy & tired! Lucky Gary's Nan & the health team were there to help Gary CHOOSE SUPERHERO FOODS, so he had the energy to join in all the amazing Dust Up fun! An important, healthy lesson for Gary and the students, for a STRONG MIND & HEALTHY BODY!

This was the 5<sup>th</sup> year Foodbank WA have attended Dust Up and next year's adventure is already on the calendar! We would like to thank Diabetes WA, NG Health & all the Ngaanyatjarra Lands school staff for their extremely valuable & ongoing support!



Speedy Cheese & Gary Goanna

(From left) Boarding a charter plane to Warburton; getting ready for the fun; Leisha story telling.

### Regional Strategy - 2015 Counter (End of Term 3, 2015)

**Regions Visited:** Midwest, Wheatbelt, Pilbara, Kimberley, Goldfields-Esperance

**Towns/Communities Visited:** 17

**FS® School Sessions:** 86 (1,434 participating students)

**Distance travelled:** 28,384 km

**FS® Educator Training Days:** 11 (60 educators trained)

**Number of Schools Visited:** 28

## 'Garden to Plate' coming to Bunbury in 2016!

Riding on the wave of success of Mandurah's Garden to Plate project, the City of Bunbury has recently announced their support for Bunbury to host the second Garden to Plate project in WA.

Garden to Plate workshops aim to improve people's knowledge and skills in growing their own food, increasing their knowledge and understanding of healthy eating and nutrition as well as improving their cooking skills.

Full details of the new Bunbury Garden to Plate will be available from the start of 2016. However, if you are in the Bunbury area, you can register your interest by contacting Garden to Plate coordinator Nicole Ingram on 0419 208 048 or email [Nicole.ingram@foodbankwa.org.au](mailto:Nicole.ingram@foodbankwa.org.au).



## Follow Foodbank WA on Social Media & Stay Informed!

Have you followed Foodbank WA on social media? You can follow Foodbank on Facebook, Instagram or Twitter. It's a great way to stay up to date on the latest news, events and highlights throughout the year. You can follow Foodbank via the following web-links, or click on the appropriate image to connect with us!

- [www.facebook.com/foodbankwa](http://www.facebook.com/foodbankwa)
- [www.instagram.com/foodbankwa](http://www.instagram.com/foodbankwa)
- [www.twitter.com.au/foodbankwa](http://www.twitter.com.au/foodbankwa)



### Questions? Contact Foodbank!

PERTH CENTRE FOR HUNGER RELIEF		ALBANY	
<p>School Breakfast Program Coordinator: Miranda Chester</p> <p>📍 23 Abbott Road, Perth Airport WA 6105</p> <p>✉ PO Box 143 Cloverdale WA 6985</p> <p>☎ 9463 3213 (SBP Direct)</p> <p>📠 9258 5177</p>		<p>Manager: Rod Pfeiffer</p> <p>📍 Unit 2a 5-7 Cockburn Rd Mira Mar Albany WA 6330</p> <p>☎ 9842 6645</p> <p>📠 9842 6645</p> <p>🕒 Mon to Fri 9am - 3pm</p>	
<p>🕒 Mon to Wed: 9am - 3pm</p> <p>🕒 Thursday: 7.30am - 3pm</p> <p>🕒 Friday: 9am - 3pm</p> <p>🌐 <a href="http://www.healthyfoodforall.com.au">www.healthyfoodforall.com.au</a></p> <p>📧 <a href="mailto:info@healthyfoodforall.com.au">info@healthyfoodforall.com.au</a></p>			
GERALDTON	BUNBURY	KALGOORLIE-BOULDER	PEEL
<p>Manager: Pat Hodges</p> <p>📍 11 Box Street Geraldton WA 6530</p> <p>☎ 9964 8011</p> <p>📠 9964 8022</p> <p>🕒 Mon- Thurs 7.30am - 2.30pm</p> <p>🕒 Friday 7.30am - 1pm</p>	<p>Manager: Carol Hearn</p> <p>📍 5 Clifford St Bunbury WA 6230</p> <p>☎ 9726 2362</p> <p>📠 9726 2363</p> <p>🕒 Mon to Fri 9am - 3pm</p>	<p>Manager: Sandy Lee King</p> <p>📍 175 Forrest Street Boulder WA 6430</p> <p>☎ 9093 0284</p> <p>📠 9093 0284</p> <p>🕒 Tues to Fri 9.30am - 2.30pm</p>	<p>Manager: Caroline Cox</p> <p>📍 Unit 1, 68 Reserve Drive Mandurah WA 6210</p> <p>☎ 9581 9200</p> <p>📠 9581 9211</p> <p>🕒 Mon to Fri 9am - 3pm</p>

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

Supported by:



Department of Health  
Department of Education  
Department of Regional  
Development

