



# The Morning Toast



LINKING FOODBANK SCHOOLS ACROSS THE STATE

TERM 2, 2016

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!

## Superhero Foods Fun Food Adventure!

A fun, engaging and healthy Food Sensations experience for your class at Foodbank WA!



Foodbank WA is piloting a **free** nutrition education excursions for schools that are enrolled in the School Breakfast Program. Bring your students to Foodbank WA to experience a fun, hands on food experience which is in line with the Australian health and physical education curriculum.

### Who can take part?

We can accommodate up to 30 students per session. Foodbank site visits are most suited to students from years 3 to 12.

### What is included?

- **FREE** private bus transport provided
- A cooking session for students in our specially equipped BHP training kitchen
- Students prepare a range of healthy recipes and get share the food prepared as a healthy lunch banquet
- A hands on nutrition education activity
- An informative tour of the Foodbank warehouse and kitchen garden
- Information about Foodbank's recycling and food waste initiatives
- Take home goodies for all the students and teachers
- We encourage parent helpers to come and help out

### How long does it take?

The Adventure experience lasts 2.5 hours, plus travel time.

The *Superhero Foods* Fun Food Adventure is a strictly limited time offer. To express your interest, please contact Lori (School Engagement Officer) on 9463 3234 or email [lori.crooks@foodbankwa.org.au](mailto:lori.crooks@foodbankwa.org.au) by **Friday 27 May**.

### Superhero Foods Resources

All *School Breakfast Program* Principals should have received a mysterious yellow envelope from Foodbank, containing a sample pack of new and exciting *Superhero Foods* nutrition resources! We encourage all teachers to have a look at the sample pack, and to visit [www.superherofoodshq.org.au](http://www.superherofoodshq.org.au) to access downloadable content and order hard-copy resources. Best of all, postage is free of charge for all registered SBP Schools!

Not sure if your school received a *Superhero Foods* sample pack? Please contact Miranda (SBP Coordinator) on 9463 3213 or via email [miranda.chester@foodbankwa.org.au](mailto:miranda.chester@foodbankwa.org.au).



### School Breakfast Program - 2016 Counter (Term 1, 2016)

Total Schools: 418

# Children involved: over 16,900

# Breakfasts/week: over 54,000

# Emergency meals/week: over 21,800

## 2016 School Breakfast Program Volunteer Awards

Volunteers are critical to the existence of School Breakfast Programs. Thanks to their dedication and commitment, thousands of students every day sit down in the classroom with a full stomach and are ready to learn. Their contribution goes beyond the simple provision of food - it positively impact the whole school community.

In recognition of the benefits of volunteering to good mental health, Foodbank is pleased to acknowledge Act-Belong-Commit as a long-time supporter of the awards initiative.

### What is the School Breakfast Program (SBP) Volunteer Awards initiative?

The SBP Volunteer Awards initiative allows Foodbank to materially assist schools to formally recognise the outstanding contribution that volunteers make to their School Breakfast Program. The awards scheme is not intended as a competition, where one schools' nominees are competing against other nominees state-wide - there are no 'winners' and 'losers'. An award will be supplied for each nomination submitted.

### Who can we nominate?

Anyone who helps make your Program a success is eligible - even paid staff involved in the program volunteer their time over and above their usual duties! Nominations for students, parents, individuals or community groups are also welcome. Schools are invited to submit up to two individual or 'group' nominations. The 'group nomination' option is a great way for schools to acknowledge more than two individuals or a collective group. 'The Breakfast Club Team', 'The Year 7 Leadership Group' and 'Cornerstone Church' are examples of past group recipients.

The 2016 nomination form is attached to the newsletter email. Alternatively, [click here](#) to download the form. For more information about the Awards, please contact Miranda (SBP Coordinator) on 9463 3213 or via email [miranda.chester@foodbankwa.org.au](mailto:miranda.chester@foodbankwa.org.au)



**Nominations close on Friday 27 May (Week 5)**

## Food Sensations for Adults

Food Sensations for Adults is a free nutrition and cooking program designed to give adult participants a good understanding of healthy eating as well as skills in how to purchase and prepare healthy foods. The program is designed to provide an enjoyable hands-on learning experience.

Foodbank is available to come out to your school or community group to host a program of 4 sessions for parents or participants can attend Foodbank's new BHP training kitchen facilities. The session content consists of healthy eating, meal planning and budgeting, label reading and food selection as well as food preparation and cooking.



**Location:** Herb Graham Recreation Centre (38 Ashbury Crescent, Mirrabooka)

	Topic	Dates	Time
Session 1	Healthy eating and cooking	3 June	10am - 12pm
Session 2	Label reading, food selection and cooking	10 June	10am - 12pm
Session 3	Meal planning, budgeting and cooking	17 June	10am - 12pm
Session 4	To be confirmed	24 June	10am - 12pm

If you are interested in attending Foodbank sessions or hosting Food Sensations for Adults sessions elsewhere please contact Lucy Butcher on 9463 3215 or via email [lucy.butcher@foodbankwa.org.au](mailto:lucy.butcher@foodbankwa.org.au).

**Food Sensations® in Schools - 2016 Counter (Term 1, 2016)**

# Schools: 19

# Sessions: 40

# Students: 738

## Welcome to our new *Healthy Food for All*<sup>®</sup> team members!

Foodbank is very excited to welcome six new members to the *Healthy Food for All*<sup>®</sup> team!

- Michelle and Kim are joining Vanessa and Lucy to deliver on our new Adult Food Literacy program.
- Emily is teaming up with Christal, Louise and Leisha to deliver *Food Sensations*<sup>®</sup> to school students across regional WA.
- Thanks to funding from BHP Billiton, Genevieve is developing a brand new program for the Parents of Children aged 0-5 years, for implementation in the Pilbara region.
- Some metropolitan readers may remember Claire Celenza from her time with Foodbank in the first half of 2015 - we are thrilled to welcome her back into the fold! Claire will be working alongside Jenny to deliver *Food Sensations*<sup>®</sup> to schools in the metropolitan area.
- Lori's job is to develop and strengthen the relationship between Foodbank and our *School Breakfast Program* schools. She is also working on the distribution and evaluation of Foodbank's *Superhero Foods* resources.
- Claire and Lori will be supporting Miranda in the delivery of the *School Breakfast Program*.

We are thrilled to have these friendly and passionate ladies with us, and wish them all the best!

 <p><b>Michelle</b> <i>Public Health Nutritionist</i> Food Sensations for Adults</p>	 <p><b>Emily</b> <i>Public Health Nutritionist</i> Food Sensations in Schools (Regional)</p>	 <p><b>Genevieve</b> <i>Public Health Nutritionist</i> Parents of 0-5 Children Regional (Pilbara)</p>
 <p><b>Kim</b> <i>Public Health Nutritionist</i> Food Sensations for Adults</p>	 <p><b>Claire</b> <i>Public Health Nutritionist</i> Food Sensations in Schools (Metro)</p>	 <p><b>Lori</b> <i>Public Health Nutritionist</i> School Engagement</p>

## Regional Foodbank Adventures!



Term 1 in the Pilbara included Emily's regional 'initiation', a photo day at Port Hedland Primary and the introduction of Fuel Your Future to the Pilbara. A big shout out to our partners for their support in the regions - what would we do without you? Watch this space for more stories of the epic regional adventures!

Exciting news! Foodbank's Regional Team has grown, which means more *Food Sensations* visits to regional areas - hooray! Two teams are now working to deliver healthy eating messages across regional WA. 2016 has started with a bang with visits to Dwellingup, Hedland, Kellerberrin, Mukinbudin, Trayning and Yandeyarra.



### Foodbank Regional Visits - 2016 Counter (Term 1, 2016)

*Regions Visited:* Pilbara, Wheatbelt, Peel

*Towns/Communities Visited:* 6

*Number of Schools Visited:* 7

*FS<sup>®</sup> School Sessions:* 23 (371 students involved)

*Distance travelled:* 4,289 km

## New Superhero Foods Funding Partner: Healthway

Foodbank is very happy to announce Healthway as a new funding partner in 2016. Healthway is providing funding to disseminate the Superhero Foods resources within Foodbank WA's School Breakfast Program schools. The project kicked off in March with 430 Superhero Foods resource sample packs being distributed to School Principals across the state. The packs include a range of useful nutrition resources for teachers and health professionals including lesson plans, recipe booklets, collector/game cards, placemats, posters and Joe's Epic Breakfast Adventure story book. Schools can access free resources from the Superhero Foods HQ website. For more information please visit [www.superherofoods.org.au](http://www.superherofoods.org.au)



## Registrations open: 2016 School Food Appeal

There is always a high demand for food relief during the winter months. Your school community can help make a big difference by hosting a food drive to kick start our winter food collection. Schools collected the equivalent of 7,084 meals during 2015 - how many meals can you help us collect this year?

The 2016 School Food Appeal will take place from **Monday 30 May to Friday 17 June 2016**. Every school that participates will be entered into the draw for an almighty trophy. The categories include the highest volume per student and the highest volume collected overall (based on weight of product collected).

To register your school's interest, please contact Karla Cavalli (Marketing & Events Coordinator) on 9463 3232 or via email [karla.cavalli@foodbankwa.org.au](mailto:karla.cavalli@foodbankwa.org.au).



### Questions? Contact Foodbank!

<b><u>PERTH CENTRE FOR HUNGER RELIEF</u></b> School Breakfast Program Coordinator: Miranda Chester		<b><u>ALBANY</u></b> Manager: Rod Pfeiffer	
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☺ 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 🌐 <a href="http://www.healthyfoodforall.com.au">www.healthyfoodforall.com.au</a> 📧 <a href="mailto:info@healthyfoodforall.com.au">info@healthyfoodforall.com.au</a>	
<b><u>GERALDTON</u></b> Manager: Pat Hodges	<b><u>BUNBURY</u></b> Manager: Carol Hearn	<b><u>KALGOORLIE-BOULDER</u></b> Manager: Sandy Lee King	<b><u>PEEL</u></b> Manager: Megan Reynolds
☺ 11 Box Street Geraldton WA 6530 ☎ 9964 8011 📠 9964 8022 ☺ Mon- Thurs 7.30am - 2.30pm ☺ Friday 7.30am - 1pm	☺ 5 Clifford St Bunbury WA 6230 ☎ 9726 2362 📠 9726 2363 ☺ Mon to Fri 9am - 3pm	☺ 175 Forrest Street Boulder WA 6430 ☎ 9093 0284 📠 9093 0284 ☺ Mon to Fri 9.30am - 2.30pm	☺ Unit 1, 68 Reserve Drive Mandurah WA 6210 ☎ 9581 9200 📠 9581 9211 ☺ Mon to Fri 9am - 3pm

Foodbank's *Healthy Food for All*® team would like to acknowledge the following supporters:

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