



The Morning Toast



LINKING FOODBANK SCHOOLS ACROSS THE STATE

TERM 2, 2017

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!

Food Sensations - Powered by Partnerships

We at Foodbank WA are strong believers in partnerships and working collaboratively with other organisations towards a common goal - healthy food for all! This is particularly important across regional & remote WA where geographic isolation and high staff turnover can limit the delivery of services.

During 2016, our committed partners across WA delivered an epic 224 Food Sensations sessions with 3197 participants! We would like to extend a massive thank you to 360 Health & Community (Midwest), Nindilingari Cultural Health Services, and WA Country Health Service in the Goldfields, Great Southern, Kimberley, Midwest, Pilbara, South West & Wheatbelt regions for your ongoing support of Food Sensations. It's because of you that more regional and remote communities could experience the benefits from Food Sensations.



Government of Western Australia
WA Country Health Service

Partner locations and session delivery, 2016

School Breakfast Program - 2017 Counter (Term 1, 2017)

Total Schools: 417

Breakfasts/week: 58,354

Children involved: 16,866

Emergency meals/week: 20,526

2017 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 to learn with a full stomach. Their contribution goes beyond the simple provision of food - it positively impacts 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 *School Breakfast Program Volunteer Awards*.

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

The SBP Volunteer Awards allows Foodbank to assist schools to formally recognise the outstanding contribution that volunteers make to their School Breakfast Program. The Awards are not intended as a competition, where one school's 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 Breakfast 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 - 'St Paul's Brekky Crew', 'Mulan Canteen Mob' and 'Lake Monger Brekky Bunch' are examples of past group nominations.



The 2017 nomination form is attached to the newsletter email. Alternatively, [click here](#) to download the form. For more information about the Awards, please contact Claire Celenza (Public Health Nutritionist, *School Breakfast Program*) on 9463 3209 or via email claire.celenza@foodbankwa.org.au

Nominations close on Friday 26 May (Week 5)

New At Superhero Foods HQ: 'Healthy Eating' Newsletter Snippets!

Are you looking for a quick, easy and engaging way to promote healthy eating in your school newsletter? The *Healthy Food for All* team have developed a range of Superhero Food newsletter snippets, to encourage your readers to Choose Superhero Foods, Swap Sugary Drinks, Wash Hands, Cook at Home, Keep Active and many more!

There are ten eye-catching snippets available to choose from, each conveying a different healthy eating message. These snippets have been created in line with the Australian Guide to Healthy Eating and contain reliable and relevant information aimed at prompting teachers, parents and students to make healthy choices! To download a snippet for your next newsletter, visit superherofoodshq.org.au.

Foodbank is committed to the development of appropriate and relevant resources, so your feedback is extremely important! Please contact us with any comments you may receive from your school newsletter audience.



Example Newsletter Snippet

Food Sensations® in Schools - 2017 Counter (Term 1, 2017)

Schools: 24

Sessions: 64

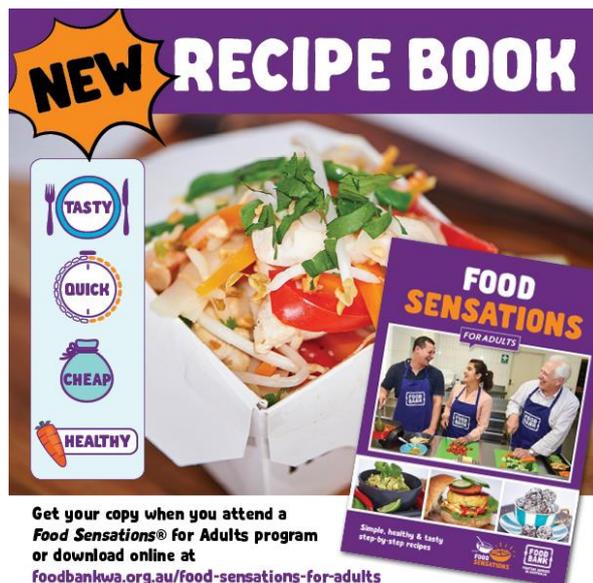
Students: 1,209

Food Sensations for Adults

The *Food Sensations*® for Adults team is excited to release their first ever recipe book! Containing 16 step-by-step recipes, this recipe book shows you how quick, easy and affordable it is to cook your favourite takeaway options such as Chicken Pad Thai, Nachos and Butter chicken. Get your copy when you attend a *Food Sensations* for Adults program!

Places are now available for the following programs. Food Sensations for Adults workshops are designed to provide an enjoyable hands-on learning experience. This free program covers a range of different topics, including healthy eating, label reading, meal planning, budgeting, lunchboxes and snacks, and many more!

Please note that participants must attend all 4 sessions to complete the program. Register now to secure your place, online at www.foodbankwa.org.au/food-sensations-for-adults/ or contact the team on 9463 3231.



Get your copy when you attend a *Food Sensations*® for Adults program or download online at foodbankwa.org.au/food-sensations-for-adults

Location	Dates	Time
Pearsall Hocking Community Centre 125 Willespie Drive, Pearsall	Thursdays 1 st June, 8 th June, 15 th June, 22 nd June	10:30am - 1:00pm

Foodbank Featured at World Congress on Public Health

Several Foodbank WA healthy eating and education initiatives were showcased at the recent 15th World Congress on Public Health in Melbourne. The week-long event attracted over 2,000 delegates from 83 countries and provided an opportunity to learn, review and reflect on the challenges of improving health across the globe. Four staff members - Christal Houghton, Lucy Butcher, Jenny Tartaglia and Miranda Chester - delivered a total of nine oral and digital poster presentations featuring the *School Breakfast Program*, *Food Sensations*, *Fuel Your Future*, *Garden to Plate* and *Superhero Foods*.



(Above) Lucy presents Garden to Plate
(Below) Jenny describes Superhero Foods



SuperHero Foods 'Mean Green' (aka Mrs Broc) takes over the Congress Illustration Corner

It was both an honour and a privilege to share the amazing story of how these initiatives are transforming lives in schools and communities. These outcomes demonstrate that Foodbank's work extends far beyond the provision of food - it works to empower and equip children and adults with the knowledge and life skills make healthy lifestyle choices.



Foodbank Regional Visits - 2017 Counter (Term 1, 2017)

Regions Visited: Midwest, Pilbara, Great Southern

Towns/Communities Visited: 9

Number of Schools Visited: 11

FS® School Sessions: 40 (654 students)

Distance travelled: 10,467 kilometres

Register Now: 2017 School Food Appeal

It's that time of year again when Foodbank calls on all schools to host a food drive to kick start our winter food collection. The 2017 School Food Appeal will take place from Monday 29 May to Friday 16 June 2017. Every school goes in the running to win the almighty trophy for collecting 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 Bec Thomas (Foodbank WA's Community Fundraising and Events Officer) on 9463 3239 or via email bec.thomas@foodbankwa.org.au.



Healthy Food for All® Supporter Hall of Fame!



Perth Markets Limited

Perth Markets Limited is a long-time supporter of Foodbank WA. Not only are they the source of much of Foodbank Perth's fruit and vegetable stocks, they also financially support the supply of fresh produce for the *School Breakfast Program* and metropolitan *Food Sensations* in Schools cooking workshops.

Horticulture Innovation Australia

For the third consecutive year, Horticulture Innovation Australia has sponsored the supply of bananas, pencil cases and stationery for each student taking part in metro *Food Sensations*® in Schools sessions. We value this ongoing partnership aimed at promoting bananas as a healthy snack option!



Questions? Contact Foodbank!

PERTH CENTRE FOR HUNGER RELIEF		ALBANY	
<p><i>School Breakfast Program</i> Coordinator: Miranda Chester</p> <p>☺ 23 Abbott Road, Perth Airport 6105</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>☺ Mon to Thurs 9am - 3pm Friday 9am - 1pm</p>	
GERALDTON	BUNBURY	KALGOORLIE-BOULDER	PEEL
<p>Acting Manager: Michelle Loriso</p> <p>☺ 31 Webberton Road Geraldton WA 6530</p> <p>☎ 9964 8011</p> <p>☎ 9964 8022</p> <p>☺ Mon to Fri 7.30am - 2pm</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 Thurs 9am - 3pm</p>	<p>Managers: Sandy 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: Deborah Burns</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>

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

Proudly Supported by:



Department of Health
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Development

