



**SCHOOL
FOOD**
matters

Annual Report

2022 - 2023

Supporting school communities to thrive





OUR VISION

CHILDREN EATING WELL AND AS A RESULT, THRIVING IN ALL THAT THEY DO

OUR ROLE

SUPPORTING SCHOOL COMMUNITIES TO THRIVE

OUR GUIDING PRINCIPLES

AT SCHOOL FOOD MATTERS WE STAND FOR BEING:

COLLABORATIVE AND SUPPORTIVE

CREATIVE AND ENTHUSIASTIC

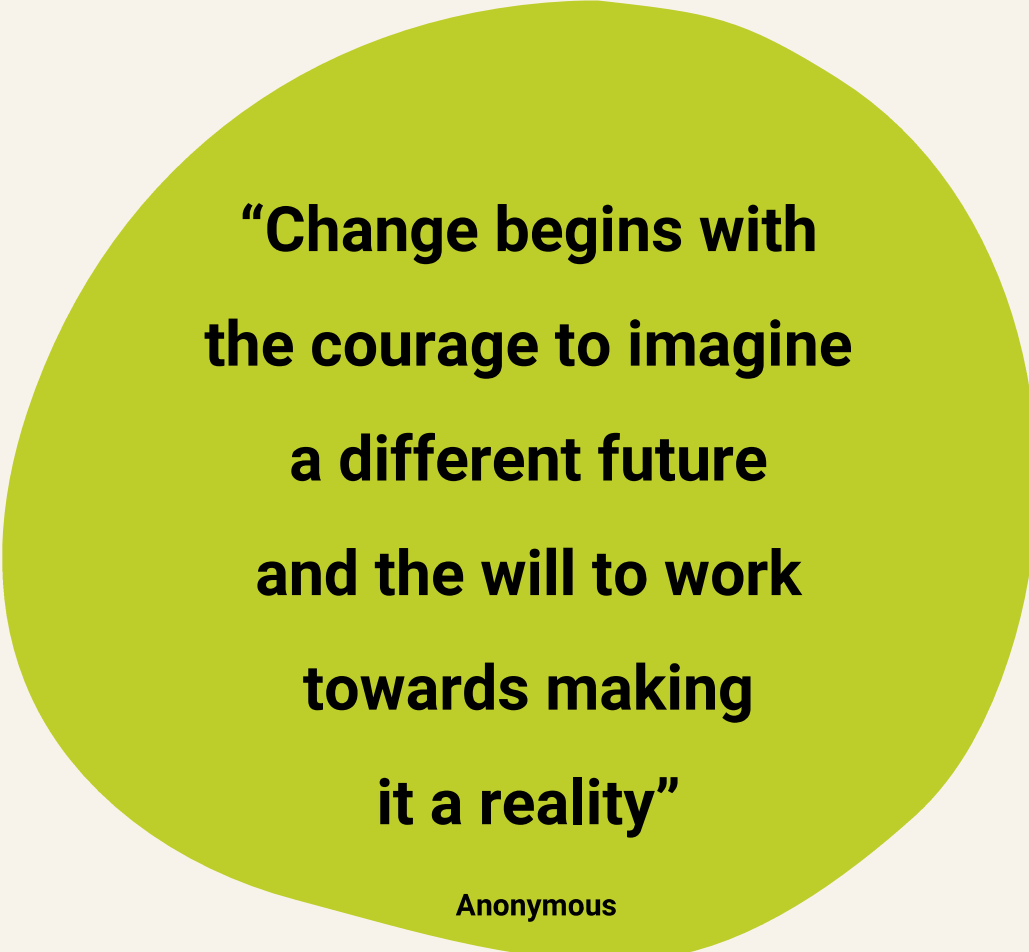
FLEXIBLE AND FAMILY FRIENDLY

EVIDENCE BASED AND EQUITABLE



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**“Change begins with
the courage to imagine
a different future
and the will to work
towards making
it a reality”**

Anonymous



YEAR IN FOCUS

President and Executive Officer Report

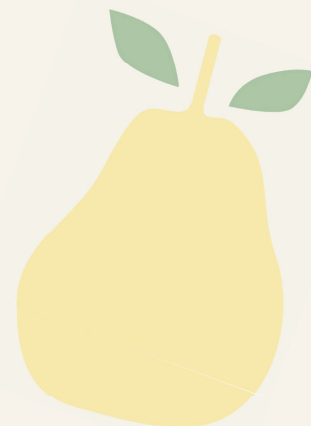
The 2022-23 year has been a time of rapid growth, development, and challenges culminating in a rewarding year for School Food Matters (SFM). This has been reflected in the recognition by both Government sectors and the broader community of the valuable outcomes resulting from the work of SFM. We would like to take the time now to acknowledge our members, school food service staff, schools, dietitians, and Board, who have supported us along the way. Thank you.

Our operations continue to be strong due to the funding provided by the Department of Education (DECYP), Department of Health (DoH) and Department of Premier and Cabinet (DPAC). During the last 12 months we have continued to support schools to provide a best-practice model for canteen and food service management and affordable food choices through our SmartFood Program. We really appreciate the time schools have put in to support their food service operators to do this.



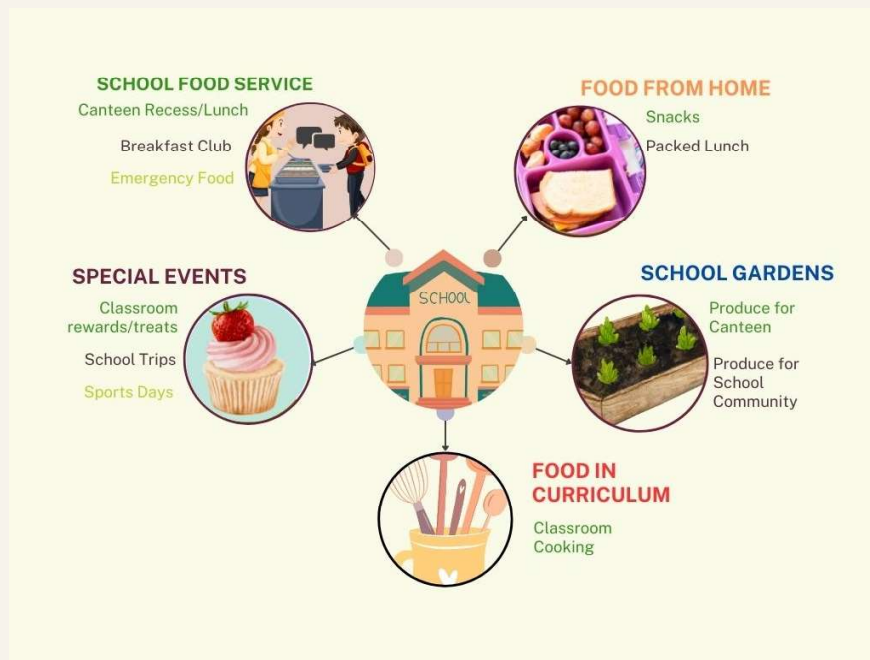
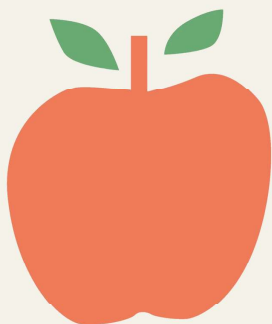
School Food Matters staff and board members with Premier Jeremy Rockliff at the 2022 Tasmanian Community Awards. SFM was nominated in the Health and Wellbeing Category.

At the start of 2023 we expanded the School Lunch Project from the original fifteen schools to thirty schools statewide. With funding provided from the Tasmanian State Government's Department of Premier and Cabinet, School Food Matters is working closely with Loaves and Fishes Tasmania and school food service staff to source ingredients, prepare, cook and serve the meals at each school. We have formed some strong and supportive partnerships through this project and could not be delivering the average 6,090 meals per week without them. Julie Dunbabin continues in her role as Project Manager for the School Lunch Project. She continues to strengthen our vision, providing valuable expertise and insight to lead the team of hard working staff to pull the elements of this project together. We are very fortunate to have Julie bring her knowledge to the School Lunch Project and we are excited to see how it continues to grow into the future.



In the latter part of the last financial year, we were successful in being recipients of a grant from the Tasmanian Community Fund. This grant has allowed us the opportunity to engage a consulting firm to provide their extensive expertise to formalise a robust Business Plan designed to embed the School Lunch Project into the Tasmanian community for years to come. We look forward to working as a team to plan to make the project sustainable into the future and ensure that all Tasmanian children receive the nutrition required to grow, learn, and become engaged members of our community.

We also continue our focus on the School Food Plans (these include breakfast, recess, and lunch food service) in partnership with the Department of Education Children and Young People. A School Food Plan toolkit of resources is now available to schools interested in developing a School Food Plan.



School Food Plans help schools identify the different ways food becomes available at school

Our Strategic Plan and the annual joint operational plan developed with our funding partners, community dietitians (DoH) and curriculum/policy officers in the Child and Student Wellbeing Unit (DECYP)) continue to shape our work and goals for the organisation. We believe in food equity for all children; eating fresh, local and seasonal produce; focusing on the five food groups; and the connection between nutritious food and positive learning.

There has been some staff changes during this last year with four new Project Officers Bronte Hughes, Pietta Jackson, Alison Holmstrom and Kate Carlin joining the team. We farewelled Laura Cini who has been a valued member of our team over the past five years. We wish her all the best in her new endeavours. As stated earlier it has been an incredible year of growth and challenges for us as an organisation and we would not have been successful without the dedicated School Food Matters team, the Board and all our partnering organisations.

We thank you for your ongoing interest and support in the work of our organisation.

Kirsty Grierson
Executive Officer

Diana McShane
President





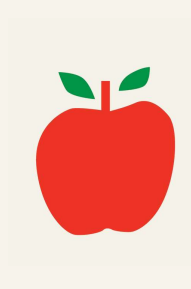
WHO WE ARE

Board Committee Members

The School Food Matters Board members are a passionate, skilled, and hard working group of individuals that we are immensely grateful to have as part of our team. Their dedication and commitment to working towards the bigger picture goals of the organisation does not go unnoticed and we thank them sincerely for their time and effort. We look forward to the year ahead with the Board helping to guide the way.



Diana McShane
President



Maree Taylor
Vice President



Dionie Lippis
Treasurer



Scott Hutchison
Secretary



Reuben Parker-Greer



Emma d'Emden



Jenny McKibben



Nikki Mann



Phil Shanny

“Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has.”
-Margeret Mead

School Food Matters Staff



Based across Tasmania, our staff are busy supporting schools with the SmartFood program and the School Lunch Project. We have welcomed a few new faces this past year and are excited to be expanding our team.



Sam Rathmell
Project Officer
North



Alison Holmstrom
Project Officer
North West



Bronte Hughes
Project Officer
North West



Kate Carlin
Project Officer
South



Kirsty Grierson
Executive Officer



Alicia Hansen
Administrator



Julie Dunbabin
Project Manager-
School Lunch Project



Pietta Jackson
Project Officer
South



Fran Lennard
Project Officer
South



Jen Lea
Project Officer
South



Laura Cini
Project Officer South
(until Dec 2022)





PROGRAMS & PROJECTS

School Food Matters works with schools across Tasmania to build on practices that promote and support a whole school approach to eating well, in line with the Australian Dietary Guidelines. This is not just about providing nutritious food but creating an environment that enables all children to have time to enjoy eating in a relaxed social setting. Our programs and projects reflect this desire to see all Tasmanian children eating well and therefore, thriving in all that they do.

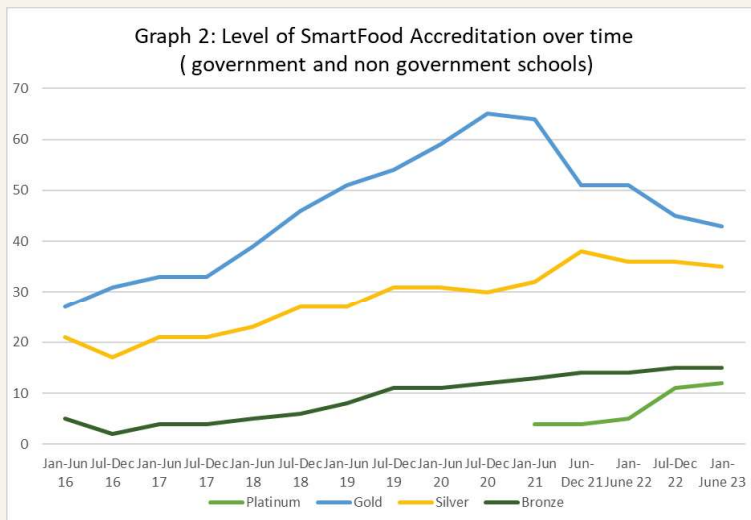
The School Lunch Project has increased from 15 schools in 2022 to 30 schools in 2023. The number of schools participating in the SmartFood accreditation program has increased in the past 12 months to 194 out of a total of 283. The Well Fed Tasmania van has continued to be active around the state. Many schools have taken up the School Food Plan resource toolkit and begun the process of documenting the agreed 'Whole School Approach' that a school community has for food provision and eating at their school. We have also received funding to develop three training modules as part of the Skill IT project. This will develop a blended learning format of both online and face to face modules on allergies, oral health and eating seasonally.



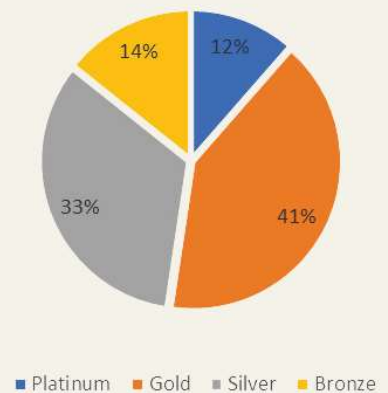
SMARTFOOD PROGRAM



The SmartFood Program continues to be a valuable and well received program within Tasmanian schools. We want every child to have access to nutritious and delicious food while at school, which is essential to their overall health, wellbeing, and learning. The program supports schools in providing a best practice model for food service management around policy, menu, food safety and a whole school approach to eating well. Currently there are four levels of accreditation for schools through the SmartFood Program; Platinum, Gold Silver and Bronze. There has been a significant increase in the number of schools accredited at the Platinum level, during the last year from five in 2022, to 12 in 2023.



SmartFood Schools



In May this year we were lucky enough to be able to offer school food service operators a professional learning day at Government House. It had a focus of utilising seasonal produce and connections between school and community gardens. Participants had a tour of the wonderful gardens and were shown some practical recipe ideas around how to use seasonal produce. A big thanks to Head Executive Chef, Ainstie Wagner for facilitating and Her Excellency, the Honourable Barbara Baker AC for hosting the workshop.



Images above:
Government House Garden, participants at the professional learning day, the delicious lunch served.



SMARTFOOD

Accredited Schools



Albuera St Primary School
Bellerive Primary School
East Launceston
Primary School
Gagebrook Primary School
Havenview Primary School
Kingston Primary School
Margate Primary School
Mole Creek Primary School
Richmond Primary School
Stella Maris
Catholic Primary School
St Mary's College Junior
Triabunna District School
Warrane Primary School



Austins Ferry Primary School
Bagdad Primary School
Blackmans Bay Primary School
Cambridge Primary School
Campania District School
Clarendon Vale Primary School
Exeter Primary School
Glenorchy Primary School
Goulburn St Primary School
Herdmans Cove Primary School
Hillcrest Primary School
Howrah Primary School
Huonville Primary School
King Island District High School
Lindisfarne Primary School
Lindisfarne North Primary School
Montagu Bay Primary School
Moonah Primary School
Mowbray Heights Primary School
New Norfolk Primary School
Perth Primary School
Princes St Primary School
Risdon Vale Primary School
Rokeby Primary School
Rosebery District High School
Rosetta Primary School
Sacred Heart Geeveston
Scotch Oakburn College
Elphin Campus
Snug Primary School
Springfield Gardens
Primary School
St Brigids School (Wynyard)
St Johns Catholic
Primary School
St Peter Chanel
Strahan Primary School
The Friends' School
The Hutchins Junior School
Waimea Primary School
Waverly Primary School
Woodbridge School



Andrews Creek Primary School
Bayview Secondary College
Boat Harbour Primary School
Brighton Primary School
Collinsvale Primary School
East Derwent Primary School
East Devonport Primary School
East Ulverstone Primary School
Fahan School
Fairview Primary School
Hobart College
Hobart High School - Ogilvie
Hobart High School - New Town
Holy Rosary Catholic School
Huonville High School
Illawarra Primary School
Jordan River Learning Federation -
Senior School
Kingston High School
Lauderdale Primary School
Lenah Valley Primary School
Montello Primary School
Mount Stuart Primary School
Our Lady of Lourdes Catholic PS
Ridgley Primary School
Romaine Park Primary School
Sacred Heart New Town
Sheffield School
St Josephs Catholic School
Queenstown
Swansea Primary School
Taroona High School
West Launceston Primary School
Westbury Primary School
Windermere Primary School
Winnaleah District School
Wynyard High School



Beaconsfield Primary School
Campbell Town District High School
Clarence High School
Deloraine Primary School
Deloraine High School
Invermay Primary School
Montrose Bay High School
Oatlands District High School
Port Dalrymple School
Prospect High School
Riverside High School
Rose Bay High School
Scottsdale Primary School
Smithton High School
The Hutchins Senior School

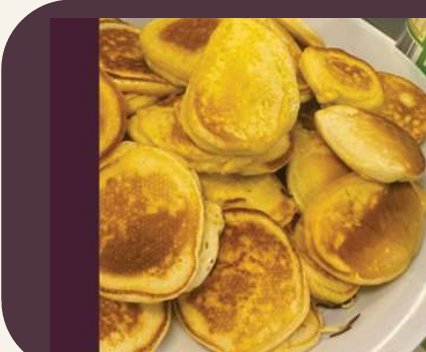
SCHOOL FOOD SERVICE AWARDS



In 2022, School Food Matters recognised the achievements of two schools from a number of nominations received for our annual School Food Service Awards. We acknowledge the hard work and dedication that many of our accredited schools undertake in their school communities, and in particular the following:

School Food Service Manager of the Year Award

Congratulations to Kayla Ford from Clarendon Vale Primary School for winning this award. Kayla is dedicated to providing healthy, cooked from scratch lunches to all 130 students at Clarendon Vale Primary School. She is well respected and a valued mentor to many volunteers and students within the school. Well done Kayla.



Environmentally Friendly School Service Award

Beaconsfield Primary School was the 2022 recipient of this award. They incorporate many environmental practices into their food services including composting, reusable bento boxes, a school veggie garden, and water saving appliances. Congratulations on their efforts to reduce, reuse, and recycle.

*Images above left to right:
Pikelets, Savoury Slice and Salad,
Kayla Ford from Clarendon Vale
Primary School.*

*Images below left to right:
Beaconsfield Primary School veggie
garden, lunch service, and compost
buckets.*





OUR PROJECTS

School Food Plans

School Food Matters, along with DECYP, continue to work with schools on developing their School Food Plan. The School Food Plan toolkit includes a number of resource documents, designed to assist schools to document a School Food Plan which will meet the needs of students and the school community. Project Officers are meeting with Principals and key staff, including those involved in the School Lunch Project.

What is the purpose of a School Food Plan?

- To consider all the different ways food is served and eaten in the school setting and provide consistent messaging about food and eating to students, staff and families.
- To document the agreed 'Whole School Approach' that a school community has to food provision and eating at their school.
- To document the relationship between nutritious food and the wellbeing of children.
- To assist in creating a positive school culture, which can improve students' academic performance, health and wellbeing.





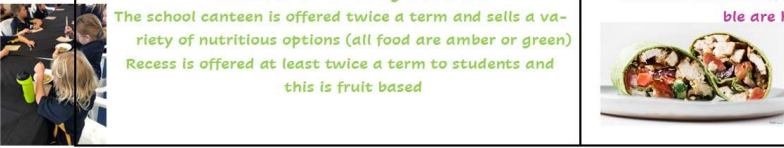

 <h2>Eating Well at Rokeby Primary</h2> 	
<p>Our Values</p> <p>We encourage students to eat according to The Australian Dietary Guidelines</p> <p>We encourage our students to eat fresh food when available to them and strive to make this available in the school setting</p> <p>We encourage our students to consume less processed foods</p> <p>We encourage our students to drink water rather than sweetened drinks</p>	<p>Breakfast Club</p> <p>Provides breakfast 5 days per week</p> <p>Students eat breakfast communally</p> <p>Provides low sugar and wholemeal options where possible</p> <p>Fruit is available to take for the day</p> 
<p>Our Learning Environment</p> <p>Students are encouraged to drink water while at school</p> <p>Fruit and vegetable breaks in every classroom</p> <p>Rewards for classes are encouraged to be nutritious</p> 	<p>Fundraising</p> <p>Fundraising will often be at sports events and will include nutritious options</p> <p>Other fundraising where healthier options are available are limited</p> <p>Parent group fundraise by events that are not food related</p>
<p>Hot Lunch Program and Canteen</p> <p>Our school serves hot lunch to students 4 days per week provided by School Lunch Project</p> <p>Students eat as a class or buddy group and are exposed to a community eating environment where positive talk around food and eating is fostered.</p> <p>The school canteen is offered twice a term and sells a variety of nutritious options (all food are amber or green)</p> <p>Recess is offered at least twice a term to students and this is fruit based</p> 	<p>Special Occasions and Celebrations</p> <p>Events such as walk to school day, Walk and Ride day are encouraged and fruit vegetables are provided after</p> <p>Class parties are allowed but encourage students to bring healthier options and only occur a few times a year</p> <p>Food rewards are offered only sometimes and where possible are healthier option food/drinks</p> 

Image above:
An example of a School Food Plan developed by Rokeby Primary School in 2023



From school gardens and local producers to food distributors and manufacturers, to the school food service and finally to Tasmanian students. Nutritious and delicious food in schools is our goal.

School Lunch Project



During Term 2 of 2022, the School Lunch Project, in 15 schools, started in earnest. The Term 2 menu, developed by the Community Dietitians (DoH), Loaves and Fishes team and our team, was well received by the students. Favourites vary from school to school, but the most consistent favourite has been Spaghetti Bolognese and a green salad. 1658 students were served each week with 3043 meals served per week. By the end of Term 4, 2022 we had provided 78,832 meals across the 15 schools.

In 2023, an additional 15 schools joined the initial 2022 group, totaling 30 schools. These were spread across Tasmania with 15 schools in the south, five schools in the north, eight schools in the north west, and two schools in the east.

We have now completed six terms of delivering school lunches with learnings and adjustments being made as the program continues. For this Annual Report period we have served 4104 students each week, some students receiving one to four meals a week, equaling 7646 meals each week. A total of 208,814 meals have been served from the start of the project up to July 2023.



Our School Lunch Project Partners

We couldn't have achieved these amazing milestones without the ongoing support, dedication and professionalism of our valued partners:

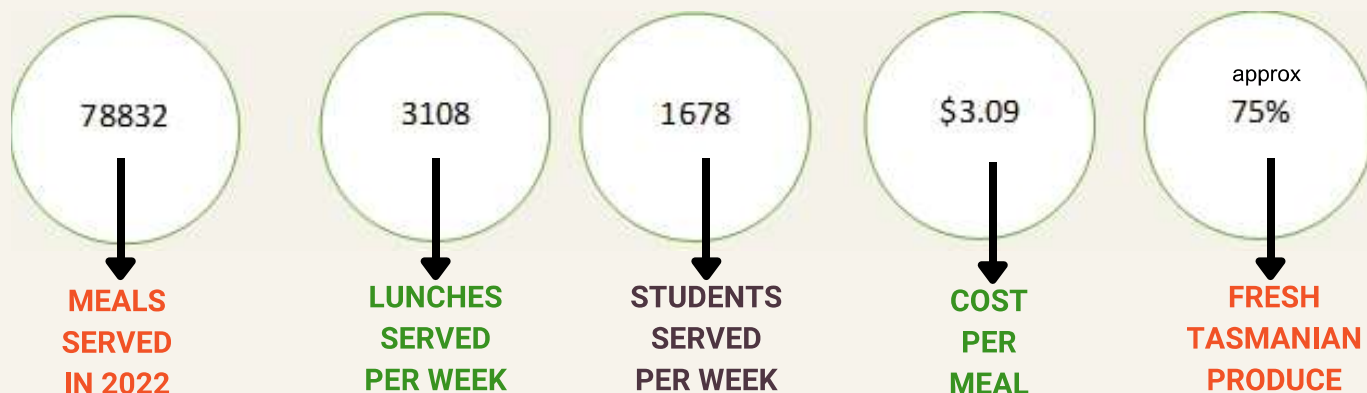
- Loaves and Fishes team led by Aaron Kropf and Renee deBruyn
- DoH dietitians – Claire Galloway and Kate De Paoli and Senior Food Safety Officer – Olivia While
- Menzies Evaluation team led by Laura Sutton and team members; Kim Jose, Kylie Smith, and Verity Cleland.

Special mention also goes to the School Lunch Coordinators who have done a great job supporting schools on the ground and last but not least, the schools themselves. They have been unwavering in their focus and purpose in providing school lunches to their children. The benefits to the children and school life are growing and are being documented. In particular, increased attendance on school lunch days, better concentration after lunch, expansion of their food palette, and an increase in vegetable consumption. A strong social benefit is that children are sitting down together with adequate time to eat.

The School Lunch Project also supports our local farmers and producers with approximately 75% of fresh produce sourced from Tasmania. This has exceeded our initial target of 50%.

2022 Evaluation Key Findings

The Menzies Institute for Medical Research has released the Interim Report on the School Lunch Project. School lunches have been embraced by all schools, with a common sense of purpose, shared vision, and commitment to feeding children with yummy, locally sourced and cooked from scratch lunches. In 26 weeks, during 2022:



PERCEIVED CHALLENGES PRIOR TO STARTING PROJECT

- additional workload for school staff
- catering for allergies/intolerances
- adequate catering equipment
- adequate seating
- food waste and dealing with leftovers

Most of these challenges were addressed.



EARLY EVIDENCE INDICATES

- A more positive attitude to unfamiliar foods
- Positive behaviour change in class
- Improved school attendance
- Enhanced social connectedness
- Improvement in food security - unused food provided to families and the local community

Top Right:

Students enjoy lunch at Clarendon Vale Primary School

Above:

Chicken casserole dish from the School Lunch Project

What the School Lunch Project means to Schools

Feedback from East Devonport Primary School



Principal Sharon Woodberry of East Devonport Primary School said the statewide School Lunch Pilot program, started last year, was a game changer in terms of impact on health and wellbeing.

“Attendance is up on the days when lunch is available, children are healthier and better behaved, their social skills are improved, and financial pressure is eased on families,” she said.

“Students would rather eat than play. That’s a big deal. We’re changing a generation and a whole community.”

Children who once turned up their noses at vegetables will now tuck into whatever is on the menu.

“They now look forward to vegetables,” Sharon said.

“They know what good food looks like and tastes like. And now there’s none of the behavioural problems we used to see after recess or lunch as a result of the huge low after the sugar rush”.

Students in the lunch queue wait patiently and are well behaved. They sit at rows of long tables, chatting and laughing while they eat.

“It’s considered a high honour among the Year Six to be selected to serve lunch and help with the cleaning,” Sharon said.

“Those who are well behaved in class are selected to help. It’s a badge of honour.”



Top:

Student at East Devonport enjoys a hot lunch.

Above and below:

Students help prepare and deliver lunches to students

Below right:

Julie Dunbabin with kitchen staff and volunteers at East Devonport Primary School





WELL FED TASMANIA

DELICIOUS, FRESH, LOCAL, TASSIE FOOD

In the last 12 months

The Well Fed Tasmania Food Van travelled over 8900 km



Attended 41 community events



Visited 8 educational settings



The Well Fed Tasmania Food Van is a partnership initiative between School Food Matters, Families Tasmania and Family Food Patch



SCHOOL FOOD matters



The Well Fed Tasmania food van has continued to visit community and school settings over the past 12 months. In partnership with Families Tasmania and their program Family Food Patch, this “on the road resource” provides excellent opportunities to engage and educate community members across Tasmania.



From Top:

School Food Matters staff serving from the Food Van, students helping, delicious lunch boxes.

Sorell School Farm to Plate

This Tasmanian Community Fund project wrapped up at the end of 2022 after two years. The aim of the project was to provide recess and lunch to all students in Grades 3-6 with the food sourced from the school farm, donations from local producers, PFD and Foodbank. The menu was planned according to what produce was available. The Sorell School farm has grown over the life of the project to include housing sheep, pigs and cows as well as chickens, rabbits and mini goats.

Project evaluation showed many valuable outcomes including:

- providing food security for students
- developing life skills
- trying new foods
- involving the students in food preparation
- promoting healthy eating
- relationship building
- school profile raising
- improved student behaviour



Above:

The Sorell School students enjoy a delicious selection of hot dishes and salads as part of the School Farm to Plate project.

Skill IT

School Food Matters have received funding from a Healthy Tasmania Grant to develop three training modules as part of the Skill IT project. This will be a co-design process with a small group of school food service staff, to build a blended learning format of both online and face to face modules on allergies, oral health and eating seasonally. These will be primarily for food service operators, staff, kitchen garden coordinators and volunteers in schools. All learning modules will be developed through a health literacy lens, and we will be working in partnership with school food service staff, Oral Health Tasmania and Eat Well Tasmania to develop these. This project will include a website redevelopment to house the new learning management system.

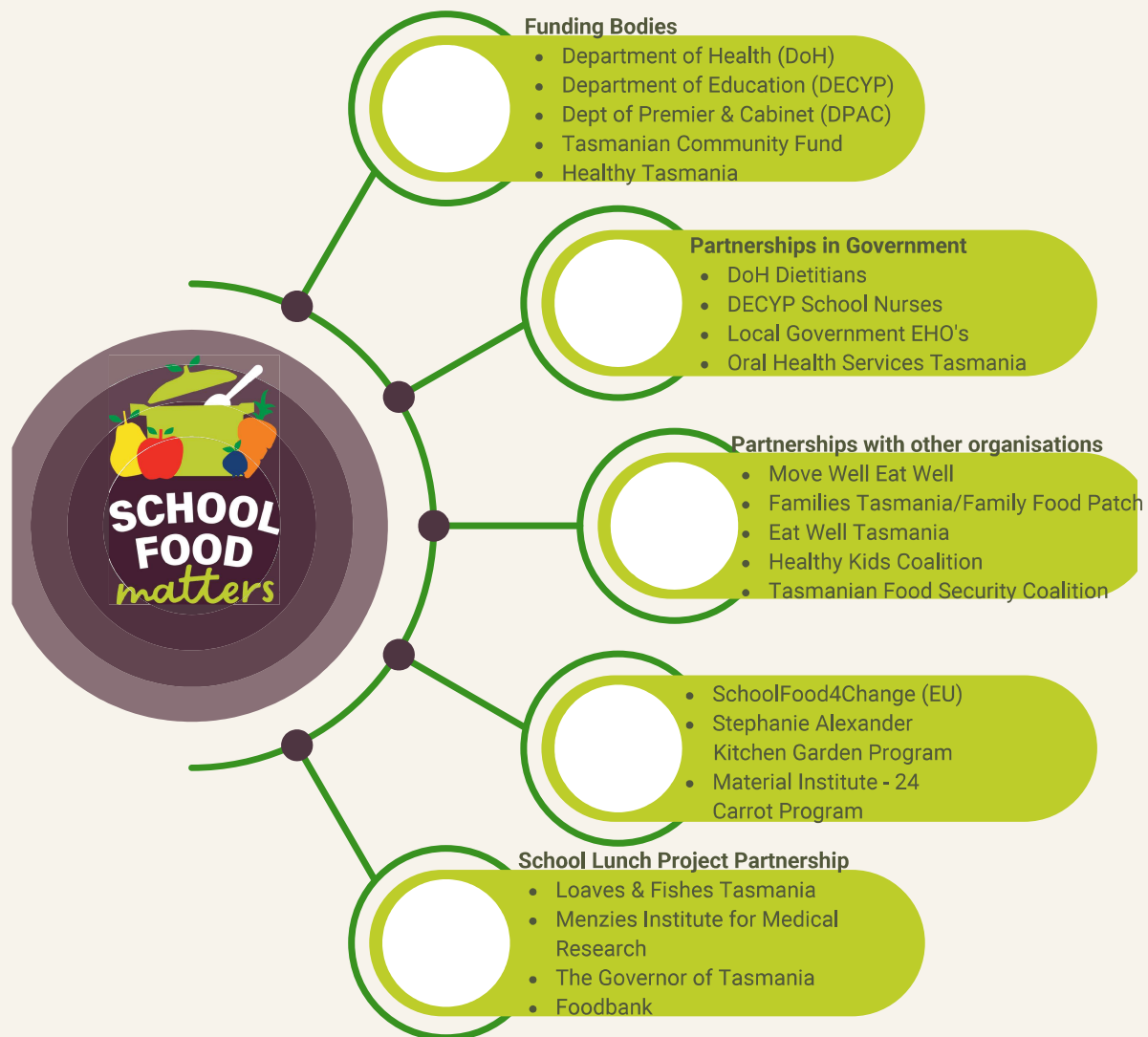




FUNDING & PARTNERSHIPS

Our funding partners including the Department of Health (DoH), the Department of Education Children and Young People (DECYP) and Department of Premier and Cabinet (DPAC) want measurable returns on their investment through our SmartFood Program and the School Lunch Project. We want to ensure that every child has access to nutritious and delicious food while at school, which is essential to their overall health, wellbeing, and learning.

School Food Matters continues to value and appreciate working with the DoH's Primary Health Service's Dietitians and the support and professionalism that we received from the DECYP. We have been part of the Government's Healthy Tasmania Five Year Strategic Plan (2022 - 2026), and the school setting and the need to feed children well will continue to be a focus of this strategy.



Our partnerships



School Food Matters is an inaugural member of the Tasmanian Food Security Coalition (TFSC). As industry leaders we collaborate and advocate for a healthy, sustainable, and equitable food system. We aim to prevent hunger and drive system change for Tasmanians to be able to access and enjoy fresh, local and nutritious food every day. Following the release of the Building Resilience Action (refer p. 11 in the Action Plan) in the Food Relief to Food Resilience Action Plan 2023-2025, the TFSC have been establishing an appropriate framework and timeline for the proposed place-based pilots to take shape in 2024.




School Food Matters enjoys effective and collaborative partnerships with a number of organisations. We understand the importance and value of these partnerships moving forward in supporting positive change in our communities. By working together, we can share resources, expertise, and collectively create significant and lasting impacts in all the work that we do.






CONTACT US

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