

SCHOOL FOOD MATTERS NEWSLETTER



Term 4 2023 - Issue 87

PLEASE CIRCULATE TO:

School Food Service Managers & Volunteers,
School Staff, MWEW Coordinators,
Kitchen/Garden Coordinators, Principals,
SEO's, School Council/School Association

FROM THE EXECUTIVE OFFICER - KIRSTY GRIERSON



Well, what a year for us all. It has been a time of rapid growth, development, excitement and challenges culminating in a rewarding 2023.

The School Food Matters team has welcomed two new staff members Elly Rigney and Sophie Damen. Both are wonderful additions to our team in the south and bring a wealth of experience, knowledge and passion to their new roles.

As the year comes to a close we would like to take the time now to acknowledge our members, school food service staff, volunteers, schools, dietitians, community partners and the Board, who have supported us along the way. Thank you.



"Did you know that corn has an even number of rows on each cob? "

CORN IS ALSO A GOOD SOURCE OF FIBRE AND PACKED WITH VITAMINS!



Comments?

If you would like to comment on a School Food Matters issue, please let us know. It helps us improve our support to you if we hear about the successes and the gripes!

CONTACT US



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WELCOME TO OUR NEW TEAM MEMBERS

SOPHIE DAMEN - Project Officer (South)



We are delighted to have Sophie Damen join us as a Project Officer in the south working with schools on the SmartFood Program. She has a background in nutrition and primary school education and has worked in clinical and community settings. Sophie loves seeing children get involved in the food preparation process from the paddock or veggie patch to the plate!

When Sophie is not working with the School Food Matters team, she is spending time with family, horses, cat and dog. Her favourite fruit is Tassie cherries and she has avocado on everything!



ELLY RIGNEY - Lead Consultant (School Lunch Project)



We are excited to have Elly join the Business Plan Team for the School Lunch Project. Her love for co-design, strategic communications, and nurturing community and youth are a great fit with the School Food Matters team.

Elly enjoys working together to make things better, especially when it comes to good food, great learning, and helping kids develop awesome social skills. She is excited to meet everyone and start making a difference together!

Elly's favourite fruit is avocado, and she absolutely loves silverbeet as her go-to veggie.



Keeping up with School Food Matters



Don't want to wait for the next newsletter to hear what we are up to? Check out our facebook page for regular updates and information.





We need your expertise!

With the goal of getting children to enjoy eating more vegies from the school canteen, we at School Food Matters are excited to introduce the FOR THE LOVE OF VEG project.

It's time to hear what you have to say. What resources, recipes, and tools would help YOU in adding vegies to the menu?

Answer questions about how you buy, store and use vegetables and you could win one of 10 cookbook packs, valued at \$100!

The survey will take about 20 minutes to complete and all your answers are confidential. Participate now at: <https://www.surveymonkey.com/r/FZB9RFN>

This project has been funded by Hort Innovation and is supported by School Food Matters



NEW FOOD SAFETY STANDARDS - REMINDER!

Don't forget to complete the new food safety standards requirements.

If you haven't completed the Food Safety Supervisor training course, don't worry there's still time!

As you will be aware there is a new Food Standards Code requirement for food businesses to appoint at least one Food Safety Supervisor. The person appointed as the FSS must complete a training course every 5 years.

Many Registered Training Organisations (RTO's) are offering a food safety supervisor course. Our advice is to look for a course that suits your situation, not be guided only on price. Ask the following questions to help make a decision:

- How many hours do I need to allow to complete this course? Note that hours vary between RTO's.
- Is the course flexible enough to fit around my work roster and/or my commitments outside of work?
- Does the RTO's website give clear information? If it doesn't, their course might also be confusing.
- Is the course completely on-line, or does it have a face-to-face component? What style of learning suits me best?
- What assessment method is used – do I need to submit a video, or do they ask for information from a referee? Which would I prefer?

As always, we love to get feedback from our school food community so let us know your recommendations. Send us an email or have a chat to your Project Officer.



SCHOOL LUNCH PROJECT - Day at Government House

The School Lunch Project staff from southern schools were recently invited to a day at Government House. It was a time to celebrate, reflect, chat to staff in other schools, eat delicious food and tour the gardens and buildings of Government House.

We were treated to morning tea and lunch prepared by the amazing staff in the Government House kitchen along with an informative tour by Ainstie Wagner (Executive Chef & Community Engagement) along with Elicia and Tara (Estate Garden Manager) from the gardens.

What a wonderful celebration of all the hard work our staff in schools do for the students as part of the School Lunch Project.



Top Right: Government House vegetable garden.
Far Right: Lunch is served.
Right: Schools lunch staff in attendance on the day.

SIP AND CHAT - School Food Service

By Sam Rathmell, Project Officer North

On Friday 20th October Canteen Managers and staff met at East Devonport Primary School for a Sip and Chat session.

Over our cups of tea, the attendees shared how they run their canteens, including popular menu items, easy healthy snacks, canteen profits, QKR, minimising waste and catering to children with allergies. No wonder we ran overtime!

The session ended with an informative tour of the EDPS canteen. Thank you to all those who took time out of their busy schedules to attend and to EDPS for being our hosts.

Everyone agreed it was great to meet in person and we are all looking forward to the next session!





HOBART COLLEGE - Health & Wellbeing Day

By Alicia Hansen, Chief Bike Pedaller

The Hobart College Health and Wellbeing Day was held recently and we were excited to be included again this year.

As well as serving up burrito bowls, fruit cups, and bliss balls from the Well Fed Tasmania van, we also had some fun with the smoothie bike!

Using pedal power to get the blender whizzing, we made fruit smoothies. We invited everyone to pedal for their own smoothie, or pay a little extra to have Alicia do the hard work.

It was a beautiful day and Kirsty, Kate, Julie, and Alicia had a great time interacting with students and promoting healthy lifestyle messages.



Left:
Julie, Kate, and Kirsty serve up delicious lunch options to students.



Right:
Alicia pedals a fruit smoothie on the Smoothie Bike.

WHAT'S HAPPENING IN YOUR SCHOOL?



BE OUR NEXT FEATURE SCHOOL AND WIN!

Each term we like to feature the great work in food service from schools around Tasmania. There are wonderful stories out there about sustainability practices, food service staff and volunteers that go above and beyond, and whole school communities that come together and support their students to thrive.

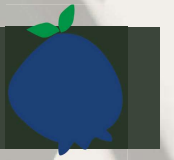
TELL US YOUR STORY

Let us know in 300 words or less about what's happening in your school food service. Tell us about the wonderful staff and volunteers that work to feed the students. We love photos and quotes as well.

LET US CELEBRATE YOUR SCHOOLS HARDWORK!

Starting in 2024, our newsletters each term will feature a school and recognise their hard work and achievements. Feature schools will receive a gift to support their school food service.

SEND THROUGH YOUR STORIES TODAY to alicia@schoolfoodmatters.org.au









Dishing Up in 2023

By Julie Dunbabin, School Lunch Project Manager

During 2023 School Food Matters worked with 30 schools to deliver on average 7,646 meals per week to 4,104 students. A total of 208,814 meals has now been served to date over the past two years of the project.

It is such a joy for the School Lunch team to visit their schools and see what an impact great food has on the children and staff. Thank you to the 30 schools involved in this project for making it happen in each of your schools. It is also important to thank the Loaves and Fishes team who have been unwavering in their aim to procure as much Tasmanian produce as possible for the meals, been flexible in the use of their central kitchen and their transportation system to deliver food to schools. We could not have achieved what we have without you.

The Benefits of School Lunches

	Nutrition: School lunches provide students with balanced and nutritious meals that are essential for their physical and cognitive development.
	Equity: School lunches provide access to healthy food for all students providing an opportunity to thrive.
	Academic Performance: Proper nutrition can improve student concentration, focus, and academic performance, ultimately leading to better educational outcomes.
	Health and Wellbeing: Nutritious school lunches can promote good eating habits and reduce the risk of childhood obesity and related health issues.
	Convenience: School lunches offer a convenient option for both students and parents, reducing the need to prepare and pack meals daily.
	Socialisation: Eating together at school promotes social interaction, fostering relationships among students and teachers

Through the Menzies Institute for Medical Research evaluation of the School Lunch Project, we will get an understanding of how the lunches impact on students' attendance, behaviour, socialisation, and student wellbeing. It will also provide information relating to infrastructure needed at each school and for a central kitchen model.

Our goal is for all students to be able to access a nutritious school lunch at school and to sit down together to enjoy their meal.

We are excited for 2024 and beyond as we work to secure funding in order to scale up the project into a program and deliver tasty school lunches to all Tasmanian students.



Spotlight on Kristy Bromfield the Allergy Guru of Dodges Ferry Primary School

By Kate Carlin, Project Officer



We would like to acknowledge the hard work and diligence of Kristy in testing how we can better cater to students with allergies and intolerances in our School Lunch Project schools. Kristy (with the support of Principal Matt Kenny) has been working with School Food Matters staff as well as Department of Health, Senior Food Safety Officer and Dietitians to develop and refine recipes, practices, and procedures for preparing “Allergen Friendly” meals in schools.



Some weeks Kristy has worked to prepare allergen friendly meals in bulk to freeze for future weeks and other weeks she has prepared and cooked 2-3 versions of the same meal on any given day to cater to all dietary needs at the school.

What a huge effort this has been, and Kristy has always been meticulous in following procedures outlined by the SLP team as well as her record keeping and food safety skills. In addition to this Kristy’s kitchen is always the most welcoming of spaces with music playing, hot drinks on the go, at least two volunteers each day and Kristy’s smiling face and calm manner.

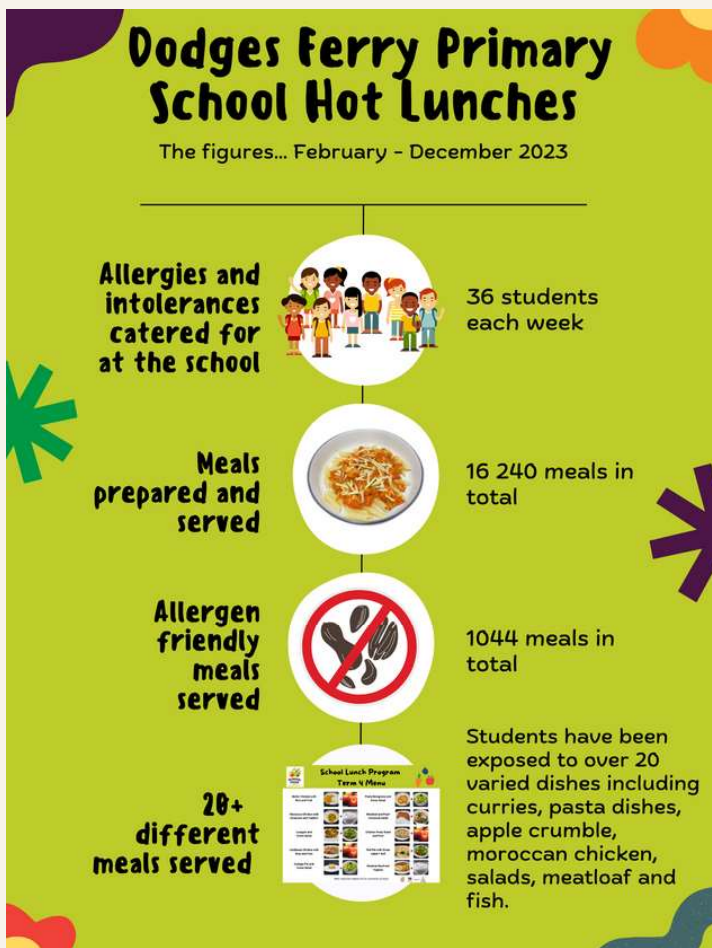
Thank you to Kristy, her wonderful team of volunteers and to Matt the principal for helping us trial the serving of Allergen Friendly meals within the School Lunch Project. Because of their support we will be able to move to Phase 2 of the Allergen pilot which will see us trialling our learnings, policies and procedures from Dodges Ferry in five other schools around the state in 2024. What a wonderful achievement.

Photos Clockwise from Top:

Kristy Bromfield from Dodges Ferry Primary School. Parent and Community helpers in the school kitchen. Parents helping serve the allergen meals to students as part of the school lunch project.

Left:

Dodges Ferry Primary School lunch figures for 2023





Bridport Primary School Trialling SLP meals on the Canteen Menu

By Sam Rathmell, Project Officer

The success of the School Lunch Project at Bridport Primary School has led to some of the favourite SLP meals being trialled on the canteen menu.

The idea came about, when due to student absences on a School Lunch day, there were left over serves of butter chicken. Not wanting these meals to go to waste, they were served into containers and offered for sale the next day in the canteen.

Kristy, the School Business Manager said, “we didn’t know if they would sell, but were keen to test the option of permanently adding these favourite meals to our regular canteen menu”.

As it turns out, **all the meals sold!** This prompted a discussion with interested parent volunteers to have a cooking session using the SLP recipes (butter chicken and pasta bolognese) and prepare these meals to freeze and have available on the days the canteen operated.



Above:
Lunch preparation in the school canteen



Above:
Students at Bridport Primary School enjoy butter chicken.

The benefits from adding these 2 meals mean:

- The children have an option to order meals they recognise and love from the SLP.
- Both meals are GREEN choices which has increased the canteen’s GREEN percentage and has meant their BRONZE status is now only 1 GREEN item away from being SILVER!
- Maggie, Bridport Primary School’s wonderful Canteen Manager can easily reheat the meals without needing more time to prepare them herself.

Kristy tells me they intend to build on this trial, adding more options next year.

Well done BPS, we love when a school community comes together to benefit everyone involved!

Find these delicious recipes on our Website.

FEATURE RECIPES

Festive and Delicious

Christmas Star Pizzas

Makes 16



INGREDIENTS

- 1 1/2 cups self raising flour
- 1 cup Greek yoghurt
- Pinch salt
- 1/2 cup tomato pizza sauce
- 1/2 cup grated reduced fat mozzarella

Toppings of your choice

- Capsicum, mushrooms, spinach,
- shaved ham, pineapple, olives, rocket,
- red onion, basil, oregano, zucchini, roast
- vegetables, shredded chicken

This is a **GREEN** Recipe

METHOD

1. Pre-heat oven to 200° C. Line a baking tray with a silicon mat or baking paper.
2. In a bowl combine the flour, salt and yoghurt to form a soft dough.
3. Transfer to a floured bench and gently knead until smooth, set aside for 5 minutes.
4. Add some more flour to your bench and using a rolling pin, roll the dough into a large round until 1 - 1/2 cms thick.
5. Using a 10 or 12cm star cookie cutter, cut stars from the dough and place on your lined tray.
6. Starting from the centre of each star, carefully spread pizza sauce over the star.
7. Add your chosen toppings and a sprinkle of mozzarella. Place into the oven and cook for 10-15 mins or until cheese is golden brown and dough is cooked through.
8. Serve individually or add a green salad for a Christmas Lunch Special!

Christmas Slushie

INGREDIENTS

- 3 cups chopped seedless watermelon
- 1/2 cup ice
- 1/4 cup fresh mint leaves
- Juice of 1/2 lime

GREEN | serves 4



METHOD

1. Place the watermelon into a blender and blend until smooth.
2. Pour into a bowl.
3. Place the ice, mint leaves and lime juice into the blender and mix on low, then increase to high until ice is finely crushed.
4. Add the watermelon back into the blender with the crushed ice and pulse quickly to combine.
5. Serve immediately.

check out our website for many more great recipe ideas

WWW.SCHOOLFOODMATTERS.ORG.AU



CURRENTLY ACCREDITED



Albuera St Primary School
Bellerive Primary School
East Launceston Primary School
Kingston Primary School (new)
Margate Primary School (new)
Mole Creek Primary School (new)
Richmond Primary School
Rokeby Primary School (new)
Stella Maris Catholic Primary School
St Mary's College Jr (new)
Triabunna District School
Warrane Primary School (new)



Austins Ferry Primary School
Bagdad Primary School
Cambridge Primary School
Clarendon Vale Primary School
Exeter Primary School
Gagebrook Primary School
Goulburn St Primary School
Herdmans Cove Primary School
Hillcrest Primary School
Howrah Primary School
Huonville Primary School
Lindisfarne Primary School
Lindisfarne North Primary School
Mowbray Heights Primary School
Perth Primary School
Princes St Primary School
Risdon Vale Primary School
Rosebery District High School
Rosetta Primary School
Sacred Heart Geeveston
Scotch Oakburn College Elphin Campus
Snug Primary School
St Brigids School (Wynyard)
St Johns Catholic Primary School
St Peter Chanel
Waimea Primary School
Waverly Primary School
Woodbridge School



Andrews Creek Primary School
Beaconsfield Primary School
Boat Harbour Primary School
Brighton Primary School
Collinsvale Primary School
East Devonport Primary School
East Ulverstone Primary School
Fairview Primary School
Hobart College
Hobart High School - Ogilvie
Holy Rosary Catholic School
Huonville High School
Jordan River Learning Federation
Senior School
Kingston High School
Lauderdale Primary School
Lenah Valley Primary School
Montello Primary School
Mount Stuart Primary School
New Town High School
Our Lady of Lourdes Catholic PS
Ridgley Primary School
Sacred Heart New Town
Sheffield School
Somerset Primary 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

Farewell

schools not continuing

The Hutchins Senior School

We will miss you



Bridport Primary School
Campbell Town District High School
Clarence High School
Deloraine Primary School
Invermay Primary School
Montrose Bay High School
Oatlands District High School
Port Dalrymple School
Prospect High School
Riverside High School (new)
Rose Bay High School
Scottsdale Primary School

Overdue for Reaccreditation

Bayview Secondary College
Blackmans Bay Primary School
Campania District School
Deloraine High School
East Derwent Primary School
Fahan School
Glenorchy Primary School
Havenview Primary School
King Island District High School
Montagu Bay Primary School
Moonah Primary School
New Norfolk Primary School
Romaine Park Primary School
Smithton High School
Springfield Gardens Primary School
School
The Friends' School
The Hutchins Junior School
Wynyard High School
Yolla District School

STAFF

Executive Officer - Kirsty Grierson
School Lunch Project—Manager - Julie Dunbabin
Project Support Officer - P Jackson
P.O. South - Jen Lea, Kate Carlin, P Jackson, and Sophie Damen
P.O. North - Sam Rathmell
P.O. North West - Alison Holmstrom
Lead Consultant SLP- Elly Rigney
Administrator - Alicia Hansen

Department of Health

Public Health Services Team - Dietitians

Claire Galloway
Kate DePaoli

Department of Education for Children and Young People

Curriculum Services and Policy Services

This initiative is funded by the Tasmanian Government by the Crown through the Department of Health and the Department of Education, Children and Young People

We are also funded for the School Lunch Project by the Tasmanian Government by the Crown through the Department of Premier and Cabinet (Communities) Tasmania