



Term 1 2023 - Issue 84

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



Welcome to the 2023 school year!

We have a huge and exciting year to share with you including some great workshop opportunities coming up in Term 2.

Currently we have 107 schools accredited with our SmartFood Program and another 85 working towards their accreditation. To become a SmartFood school is a straightforward process and provides assurance to your school community that the food and drinks on offer to your students are appropriate, nutritious, tasty, and made in a safe way. We have Project Officers that will come to your school and support you through this process and offer resources and recipe ideas when needed.

As well as the SmartFood Program we are excited to be expanding the School Lunch Project into another 15 schools this year making a total of 30 schools state-wide. Please see further into the newsletter for a School Lunch Project update.

We really look forward to working closely with you to support all School Food Service Managers, school staff and volunteers involved with your school food service. Here is to a productive and enjoyable 2023.



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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Saying Farewell



LAURA CINI - Project Officer (South)

We sadly farewellled Laura in December after six years working with School Food Matters. As a Project Officer, Laura worked with many schools over the years as well as providing valuable input and planning for the School Lunch Project. We wish her all the best for her exciting new challenges working with Mental Health Council of Tasmania.

Introducing our new team members in 2023

KATE CARLIN - Project Officer (South)



We are delighted to have Kate join us in our southern office as a Project Officer working on the School Lunch Project. Kate comes with over 20 years of teaching experience as well as running her own businesses. She has hit the ground running at the start of a busy year and is already out and about visiting and supporting schools.

Kate's favourite vegetable? She couldn't pick just one!



P JACKSON

Project Officer & Project Support Officer (South)

Ms Jackson joins the team supporting the School Lunch Project as well as working with schools in the project and is based in our southern office. We are excited to welcome Ms Jackson from her background in Wellbeing and Health Promotion. In her new role she is most looking forward to seeing happy little faces eating nutritious food through the School Lunch Project.

Ms Jackson loves the humble zucchini for its versatility as well as scrumptious spinach.



BRONTE DARE - Project Officer (North West)



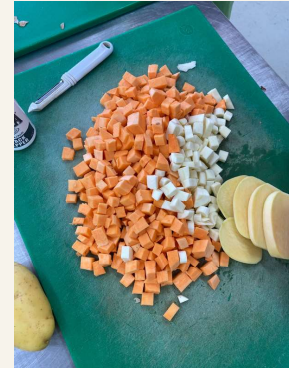
We welcome Bronte in the position of Project Officer on the North West Coast. She will be working with schools in her region that are part of the School Lunch Project. Bronte has experience working in primary health settings and is currently completing her Health Science (Nutrition) degree. She is looking forward to an exciting and busy year ahead.

Spinach is Bronte's favourite vegetable and who could blame her!

School Lunch Project Workshop

Bringing Together Food Service Staff

By Bronte Dare, Project Officer



At the start of Term 1, workshops led by School Food Matters and hosted by Loaves & Fishes Tasmania were held for food service staff from the School Lunch Project schools. There was a workshop in the north as well as one in the south. The workshops were a huge success, with passionate and like-minded individuals coming together to improve the food that children eat in school.



School food service staff had an opportunity to speak with Olivia from the Department of Health about food safety, participate in a refresher on food storage, handling, and cooking temperatures. Additionally, our dietitians Kate and Claire spoke about the importance of child-led eating practices and gave plenty of tips on helping to get the most out of the program.



Participants were able to create some of the dishes that will be provided to students this term in the Loaves & Fishes kitchen, with the help of kitchen manager Renee. The meals were both simple and tasty, impressing everyone in attendance.

The workshops were an excellent opportunity for leaders in the program to come together and learn about the program and give advice and mentorship to each other. We hope to run more workshops like these in the future.





Starting off 2023 with a bang!

School Food Matters is thrilled to announce that we're now working with 30 schools across Tasmania as part of the School Lunch Project for 2023. Our team is dedicated to promoting healthy eating habits and providing nutritious meals to school children. With our support, these schools will be able to create a positive food culture that benefits the wellbeing of their students. We can't wait to see the impact this project will have on the community.

Dodges Ferry Primary - off to a great start!

By Kate Carlin, Project Officer

Monday 6th of March was an exciting day for students, staff, parents and volunteers at Dodges Ferry Primary... it was their first day of the School Lunch Project!

The kitchen was full of enthusiastic parent helpers, all guided by Kristy Bromfield who is employed by the school to manage and deliver the program. Lenna Boxall from the Parents & Friends Association along with seven parent helpers and one community member assisted with preparing, cooking and serving butter chicken to 214 Grade 1- 3 students. We then had two Grade 6 students arrive to help as well. The overwhelming feeling was one of incredible community support and enthusiasm for the school and this program.



The students were so excited! They kept coming to the kitchen window, looking in curiously and occasionally asking "What are you doing?" or "What's for lunch?". The delicious smells coming from the kitchen certainly drew in many students and staff.

So many happy children with bellies full of tasty, nutritious food.

Some of the comments from the children included:

" I love the vegetables"

"Carrots are my favourite vegetable"

"Can I go back for seconds?!"

What an amazing day I had seeing the SLP in action for the first time at Dodges Ferry. I'm looking forward to my next visit!



A Successful First Day of the School Lunch Project at Dodges Ferry PS

Students, Staff, and Community members joined in helping prepare and serve lunch to Grade 1 - 3 students.



Reaping What they Sow

The School Lunch Project has been bursting with additional produce lately due to an abundance of vegetables from the Government House Garden as well the Risdon Prison Garden.

The community garden in Risdon is managed by Eat Well Tasmania in a new project partnership with Loaves & Fishes and School Food Matters. SFM team members Julie, Pietta, Fran and Kate cooked up a feast for Hydro Tasmania volunteers, prison inmates, and Loaves & Fishes staff working in the garden recently. We are extremely grateful to be a part of this fantastic project providing work skills to inmates as well as receiving fresh produce.



A delicious lunch for volunteers in the Risdon Prison Community Garden

- Julie, Kate, and Pietta from School Food Matters preparing lunch with produce provided by Loaves & Fishes



The Government House kitchen and garden staff made Kirsty and Alicia very welcome with a tour of the garden and kitchen facilities. They left with a car packed full of fresh produce for delivery to Loaves & Fishes for use in the School Lunch Project meals. A big thank you to Ainstie and staff for their generosity. Also, thanks to our partners Eat Well Tas for their lead in this project. We are looking forward to working together to provide more fresh local produce to schools involved in the School Lunch Project.



An abundance of produce from the Government House Garden
A beautiful bounty of produce was delivered to Loaves & Fishes for use in School Lunch Project meals

Healthy Kids Coalition Launch



The Well Fed Tasmania Van also served up tasty and nutritious treats to organisations interested in positively influencing healthy eating and physical activity outcomes for children.

The Healthy Kids Coalition is managed by School Food Matters, Move Well Eat Well, and Family Food Patch.

COMING UP

Visit the Well Fed Tasmania Van for delicious offerings at
THE BIG WEEKEND
OF SUSTAINABLE LIVING IDEAS






10am - 4pm
25-26 March 2023

Brighton Civic Centre
Bridgewater

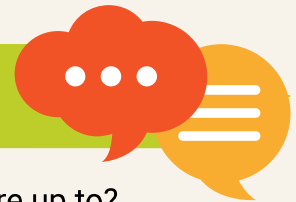
www.slt.org.au

It's that time of the year! The School Food Matters memberships are due for renewal. Schools will be receiving renewal forms by email very soon. Feel free to give one of the team a call to discuss membership further.

Membership Benefits in 2023

-  Support from a School Food Matters Project Officer to obtain or maintain SmartFood accreditation levels of Bronze, Silver, Gold, and Platinum.
-  Professional development opportunities for school food service staff and volunteers in areas of food safety, greening up menus, budgeting, reducing waste and many more.
-  Access to current resources, recipe ideas, approved food suppliers through the Product Guide and newsletters each term.
-  Opportunity to nominate for the annual School Food Service Awards.
-  Support to develop a School Food Plan.

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.



<https://www.facebook.com/schoolfoodmatters.org.au/>



A good recipe for using excess zucchini!



Chicken Triangles

Makes 16

INGREDIENTS

- 1 packet (8 wraps) Mountain Bread, each wrap cut in half
- 1 tablespoon olive oil
- 350g chicken mince
- 1 small onion, finely chopped
- 1 large zucchini, grated
- 1 small carrot, grated
- 1/2 red capsicum, finely chopped
- 1/2 cup frozen peas
- 1/2 cup low fat grated cheese
- 1/4 teaspoon vegetable stock powder
- Salt and pepper - to taste

To Serve

Add a dollop of Greek yoghurt and a drizzle of sweet chili sauce

This is a **GREEN** Recipe

**This is a great
alternative
to a party pie**

METHOD

1. Preheat the oven to 200°C. Line a baking tray with baking paper.
2. Place a saucepan onto medium heat, pour the olive oil into the saucepan and allow to heat for a minute. Add chopped onion and capsicum and cook until soft.
3. Add chicken mince and vegetable stock powder, cook until chicken changes colour.
4. Add the rest of the vegetables. Cook for a further 10 minutes then take off heat and leave to cool for a few minutes.
5. Set out the halved mountain bread wraps. Place a spoonful of chicken/vegetable mix at the bottom left corner of the wrap, sprinkle with a little cheese. Carefully fold the wrap into a triangle.
6. Place triangles on lined tray and bake in the oven for approx. 15 mins or until golden brown and crunchy.

check out our website for many more great recipe ideas

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Austins Ferry Primary School
 Bagdad Primary School
 Blackmans Bay Primary School
 Cambridge Primary School
 Campania District School
 Clarendon Vale Primary School
 Exeter Primary School
 Fairview Primary School
 Glenorchy 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
 Montagu Bay Primary School
 Moonah 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 (new)
 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

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



Andrews Creek Primary School
 Boat Harbour Primary School
 Brighton Primary School
 Collinsvale Primary School
 East Derwent Primary School
 East Devonport Primary School
 East Ulverstone Primary School
 Fahan School
 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
 New Town High School
 Ogilvie High School
 Our Lady of Lourdes Catholic PS
 Ridgley 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 High School
 Deloraine Primary School
 Hobart College
 Invermay Primary School
 Montrose Bay High School
 The Hutchins Senior School
 Outlands District High School
 Port Dalrymple School
 Prospect High School
 Riverside High School (new)
 Rose Bay High School

Overdue for Reaccreditation

Bayview Secondary College
 Havenview Primary School
 King Island District High School
 Mowbray Heights Primary School
 Romaine Park Primary School
 Scottsdale Primary School
 Smithton High School
 St Virgil's College Senior School
 Yolla District School

STAFF

Executive Officer - Kirsty Grierson
School Lunch Project—Manager - Julie Dunbabin
Project Support Officer - Pietta Jackson
P.O. South - Jen Lea, Fran Lennard, & Kate Carlin
P.O. North - Sam Rathmell
P.O. North West - Alison Holmstrom & Bronte Dare
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