



Term 2 2023 - Issue 85

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



We have had a very busy start to the year with the SmartFood Program, and the expansion of the School Lunch Project. Thanks to all the schools that have returned their School Food Matters membership. It was great to see such a positive response and we are excited to be working even harder across Tasmania to support the delivery of tasty, nutritious food and drink choices in school communities.

Thank you to all those schools that participated in the survey we sent out in relation to breakfast programs. This information will give us some insight into what is happening with breakfast programs state-wide in schools and how they are currently operating.

We have some really exciting news this term in that we were successful in a Healthy Tas grant application to fund Skill IT! – a project which will develop a series of training opportunities for food service operators in schools. We will certainly keep you in the loop as this project progresses.

There is a superhero in every bunch of...(broccoli)

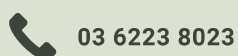
SUPERPERSON



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





Trish Radford - Winnaleah DHS

By Sam Rathmell, Project Officer

If you ever visit Winnaleah District High School chances are you'll come across Canteen Manager of 16 years, Trish Radford. She's the energetic, cheerful lady, greeting students as she passes them in the halls, and pulling them into line along the way if they're not behaving as they should!



Trish has worked with School Food Matters since 2009, with accreditation moving from BRONZE to SILVER status, which it has held now for 12 years, a testament to Trish's hard work.

The canteen has evolved from selling all pre-packaged items to now an abundance of cook from scratch items. The unavailability of a pre packaged fried rice that brought about change in how Trish runs the canteen. Instead of searching for another pre packaged product Trish found a recipe and decided she would try and make it herself. It was a huge success and gave Trish the confidence to replace other pre packaged products to made from scratch options.

GETTING TO KNOW TRISH

Lives – Derby, Tas

Children – 2, Holly and James

Pets – 2 cats, Lottie and Mumma and 4 Pineapple Concur parrots

Favourite Food – Roast Lamb (locally sourced!)

Favourite Music – Country

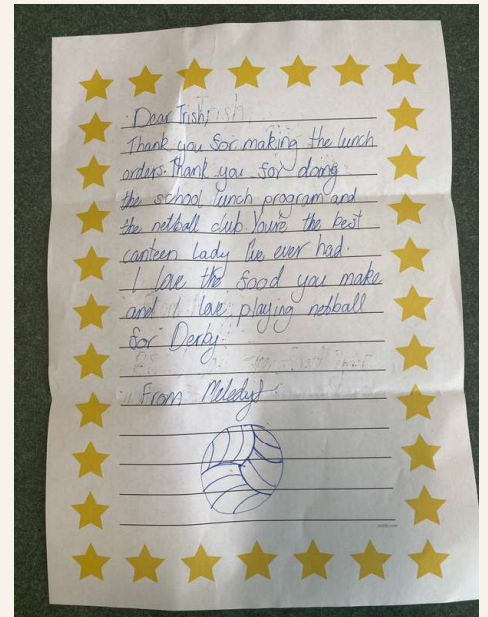
Amazing Fact – Trish's skills also include driving the school bus. From 2015 – 2019 Trish would pick up students from Derby, deliver them to school, work in the canteen then drive the students back to Derby at the end of the day! WOW!



This year has seen another change at Winnaleah DH, with the school being part of the School Lunch Project.

Students receive a hot cooked lunch twice a week, lovingly prepared and delivered to the classrooms by the wonderful Trish!

So...what does
Trish love about her job?



- Feeding the children and receiving positive feedback from them, "that was really nice Trish, thank you".
- Seeing the Kinder students nervously approaching the canteen for the first time, not being able to see over the counter and watching how they grow and change over the years.
- Having students working in the canteen and being able to pass on great life skills.
- It feels wonderful to make a difference to children who may not necessarily have the chance to cook to become confident in the kitchen.

Cooking With Seasonal Produce

FULLY BOOKED!

Wednesday, 31st May
Government House, Hobart
10am - 2pm
No Charge!



Suitable for School Food Service Staff



This exciting workshop being held in the beautiful Government House garden and kitchen in Hobart IS FULLY BOOKED.

WE ARE TAKING NAMES FOR A POTENTIAL SECOND WORKSHOP!

- Tour the gardens and learn more about using seasonal produce
- Join Executive Chef Ainstie and other staff to cook up some food using freshly harvested produce
- Enjoy a delicious lunch

EXPRESSIONS OF INTEREST FOR A SECOND WORKSHOP:

Email: jen@schoolfoodmatters.org.au

Ph: 6223 8023



FOOD ALLERGY WEEK

FOOD ALLERGY WEEK
ALLERGY & ANAPHYLAXIS AUSTRALIA
21 - 27 MAY 2023

Food Allergy Week aims to raise awareness of food allergy including potentially fatal food allergies. During Food Allergy Week, Allergy & Anaphylaxis Australia (A&AA) is calling on all Australians to unite to help increase awareness and share information on what we can do to improve safety for people who live with food allergies.

Check out

www.allergyfacts.org.au/faw

for more information and resources to help keep your school food service allergy aware!

All About Allergens Training

Designed for those working in general food service to provide safe food for customers with food allergies.

This online course is an efficient and simple way to make sure you are up to date on preparation of food for those with allergies.

visit: <https://foodallergytraining.org.au/>



All about Allergens
training for food service



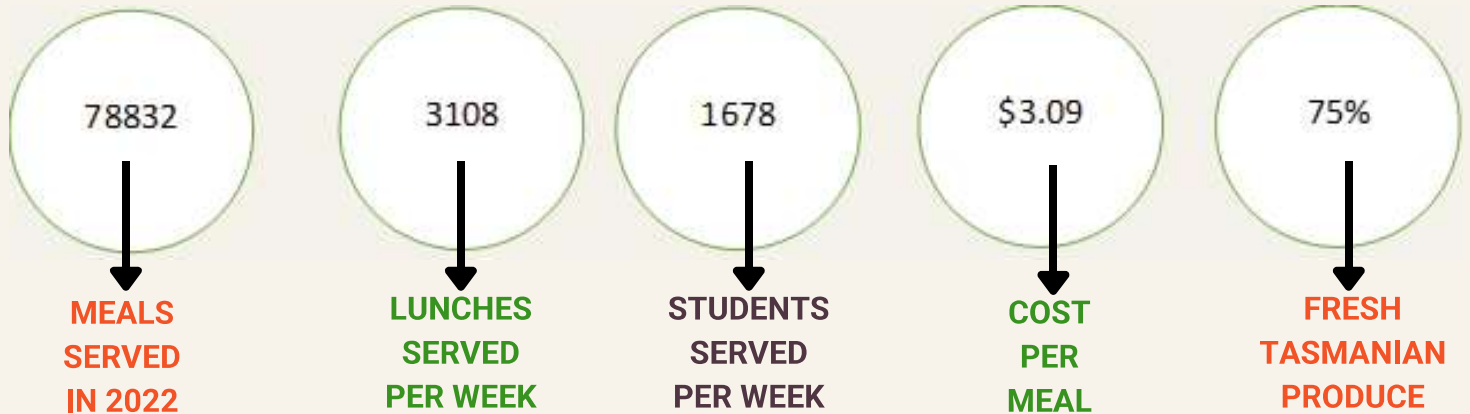
Allergy & Anaphylaxis
Australia®

Your trusted charity for allergy support

2022 Evaluation Key Findings

By Julie Dunbabin, School Lunch Project - Manager

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
- 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

POSITIVE OUTCOMES

- vegetarian options provided for 30 students
- increased positive attitude towards food
- students trying unfamiliar food at school with positive flow on effect at home
- more sitting down as a family for meals at home
- 80% of children were eating the school lunch provided which limited food waste
- less rubbish reported in playgrounds - plate waste fed to chooks, added to compost for school garden, worm farms etc
- some schools beginning to link the project to the curriculum, e.g. hospitality, health, school leaders
- schools found the additional 20 minutes for students to sit down to eat was beneficial.



Above:

Montello Primary School joined the School Lunch Project in 2023

ISSUES IDENTIFIED

- Staffing allocation in schools
- The need to address allergies/intolerances (55 of the 1678 students had an allergy/intolerance to food)



Would you like to read the full report?

Contact:

School Food Matters
alicia@schoolfoodmatters.org.au



SCHOOL FOOD MATTERS RECOGNISED BY SCHOOLFOOD4CHANGE

We are very proud to announce that we have been invited to be a part of the European Union SchoolFood4Change movement.

SchoolFood4Change has three major focus areas:

1. Changing food buying practices of schools to increase healthier food in schools.
2. Supporting schools to adopt healthy and sustainable food services within the school environment.
3. Developing and implementing the "Whole School Food Approach" within school communities.

To find out more, visit www.schoolfood4change.eu



Above:

The 30 Tasmanian schools in the School Lunch Project proudly represent Australia and the Southern Hemisphere





Healthy Focus Grant Announcements



Congratulations to the organisations who have received Healthy Focus grants!

School Food Matters and Families Tasmania had a wonderful day out with the Well Fed Tasmania van at the Clarence Plains Child and Family Learning Centre recently for the announcement of the latest grant round recipients.

Premier Jeremy Rockliff, Big hART, Clarendon Vale Neighbourhood Centre, A Fairer World, Bicycle Network,

and Eat Well Tasmania among many others were there to celebrate the great work that community sector organisations and councils do to improve health and wellbeing.

FROM THE GARDEN TO THE LUNCH PLATE *Community support is the key*



FROM GARDEN TO LUNCH



THE GOVERNOR OF TASMANIA



The School Lunch Project is fortunate to have amazing community support in providing lunches to over 7,500 students across Tasmania. Fresh produce is supplied by the Government House garden as well as the Risdon Prison garden.

From these community gardens, the produce is delivered to our partner for the project, Loaves & Fishes Tasmania. Once Loaves & Fishes has the produce, they either use it to cook the delicious school lunches for distribution to schools following the central kitchen model or, they box it up and send it to the schools using the cook from scratch model. Either way, it ends up feeding students and helping them thrive in all they do.



Welcome to the Department for Education, Children and Young People

Making GREENER Choices Easy Choices

Children's knowledge of 'healthy choices' does not always translate to them making 'healthy' choices.

When the percentage of GREEN and AMBER foods on a menu is similar, children are more likely to choose the AMBER items.

As the percentage of GREEN items on the menu increase, so do the sale of these items.

Boosting the number of GREEN items on your menu makes choosing GREEN food and drinks the easy choice. Try this simple idea for Greening up an Amber item on your menu.



Product Update

Good news for those food services who have had trouble sourcing an approved party pie. Bidfood Hobart and Launceston can now supply the AMBER Patties Lite Party Pies by arrangement.

Please contact the Bidfood offices directly to arrange supply of these:

Hobart Branch: Ph: 6274 5777 or sales.hobart@bidfood.com.au

Launceston Branch: Ph: 63229111 or sales.launceston@Bidfood.com.au



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/>

FEATURE RECIPE

A delicious dish for the cooler months.

Mexican Mince

Serves 10



INGREDIENTS

Olive oil as needed
280g onion, diced
10g (2 cloves) garlic, peeled and crushed or finely diced
500g lean beef mince
220g capsicum, diced
170g carrot, grated
200g zucchini, grated
1 1/2 tsp ground cumin
1 tsp ground coriander
1 tsp paprika
400g canned diced tomatoes
45g salt reduced tomato paste
2 tsp salt reduced beef stock powder
375ml water
Salt and pepper, to taste
400g canned kidney beans, drained

This is a **GREEN** Recipe

**This is a great
versatile
recipe!**

To Serve

Mexican Mince can be served three ways:

- On top of cooked rice
- In a wrap with grated cheese, shredded lettuce, diced tomatoes or other veggies as a burrito
- Sprinkled with grated cheese, a dollop of greek yoghurt and a few corn chips

METHOD

1. Put a large saucepan or stock pot over medium heat and add enough oil to lightly coat the bottom of the pan.
2. Add the onion and garlic. Cook, stirring frequently until they start to look transparent.
3. Add the beef mince, stirring frequently and breaking up any lumps that form with your spoon.
4. When the meat is cooked, add the capsicum, carrot and zucchini. Cook until the vegetables are soft and most of the liquid in the pan has evaporated.
5. Add the cumin, coriander, paprika, canned tomatoes, tomato paste and beef stock and mix well. Season with salt and pepper to taste. Cover the pan with a lid and simmer for 20 minutes or until the liquid has reduced and the mixture has thickened slightly.
6. Add the kidney beans and simmer uncovered for a further 10 minutes.

check out our website for many more great recipe ideas

WWW.SCHOOLFOODMATTERS.ORG.AU





Austins Ferry Primary School
Bagdad Primary School
Blackmans Bay Primary School
Cambridge Primary School
Campania District School
Clarendon Vale Primary School
Exeter 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
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
Hobart College
Hobart High School - Ogilvie
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
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 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

Overdue for Reaccreditation

Deloraine High School
Fairview Primary School
Glenorchy Primary School
Havenview Primary School
The Hutchins Senior School
King Island District High School
Mowbray Heights Primary School
Romaine Park Primary School
Scottsdale Primary School
Smithton 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, 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