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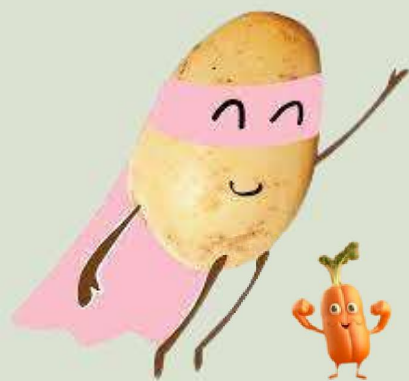
School Food Service Managers & Volunteers,
School Staff, MWEW Coordinators,
Kitchen/Garden Coordinators, Principals,
SEO's, School Council/School Association

FROM THE EXECUTIVE OFFICER - KIRSTY GRIERSON



It is hard to believe it is almost Spring. We have had a busy start to Term 3 with two workshops already delivered and a network session planned for the north west. A big thanks to all those who attended the workshops. We understand it is hard to take the time out of your busy schedules to attend so we do really appreciate it when you can. As we make our way through Term 3 we will continue supporting all those schools in their school food service through the SmartFood Program and the School Lunch Project.

Some of you may know that we recently said goodbye to Fran Lennard who has been one of our Project Officers based in the south. Fran worked with us over the last 2 years in the SmartFood Program, Sorell School Paddock to Plate and the School Lunch Project. It is very sad to see her go but we wish her well in pursuing her career in teaching. We look forward to seeing Fran in her new role in schools in the future.



"Don't underestimate the power of the potato. If you leave our skin on, we're a great source of Vitamin C and very versatile to cook with!"

SAID A HUMBLE SPUD TO A CONFIDENT CARROT



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



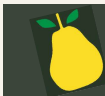
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WAR ON WASTE - Northern Workshop

By Sam Rathmell, Project Officer



What a wonderful afternoon we had at our War on Waste Workshop held on Thursday 17th August at the UTAS Inveresk campus, Launceston. It was a chance to connect with School Food Service Managers who attended and hear what's happening in their canteen and school around reducing food waste, recycling, composting and removing single use plastics.



Above: Workshop attendees touring the vegetable gardens at UTAS Community Garden.



A big thank you to our guest speakers: Michael Attard (Launceston City Council), Trish Haeusler (Plastic Free Launceston) and Geoff McClintock (UTAS Community Garden) who generously gave their time to share their knowledge and inspire the participants.

The workshop included a tour of the UTAS Community Garden, where we saw lots of delicious vegetables growing and picked up a few pointers on successful composting.



Above and right: Geoff McClintock from the UTAS Community Garden sharing his tips on successful composting.



There was much interest from participants around FOGO bins and recycling and all were keen to take the conversations back to their schools about organising a FOGO bin and the importance of having consistent recycling practices.



The take home message for one workshop participant:
"How important reducing waste is to our children's future".



JOHN PAUL II BEGINS A SCHOOL LUNCH PROGRAM



By Jen Lea, Project Officer

It was wonderful to see the John Paul II Catholic School's own School Lunch Program in action when we visited recently. The children tucked happily into a delicious pizza which included a veggie packed pizza sauce and house made base, prepared by chef Andrea and kitchen support Bridget.



Left: Bridget provides kitchen support making delicious pizzas.

The program, which runs 5 days a week, has a focus on providing a nutritious and varied range of meals, always with added veg and / or fruit. It has proved popular, with 180 students (approx. 70% of the school) being served daily on an 'opt in' basis. The menu includes dishes such as pizza, lasagne, pasta bolognese, burgers, curries and soups.

The lunch program delivery commenced in Term 3, and is funded by the school, with a contribution from families for the cost of the food. Catholic Education Tasmania also support the program and funded the building of a spacious new hall with a commercial kitchen attached, a big project!



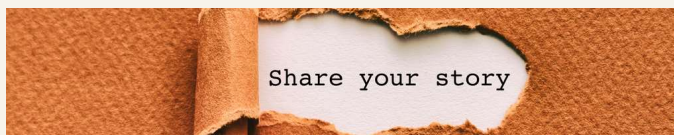
Left: Principal Brendan Gill with Chef Andrea, Mt Carmel helpers Yioula and Amelia, Julie from School Food Matters and kitchen support Bridget.

Students and teachers enjoy eating a sit down meal together in the hall, creating a real buzz! Students from Mt Carmel College were there helping serve the meals, whilst on a community service placement, providing great assistance to the staff and students.



Left: Students sit and enjoy lunch together in the hall.

It is a great achievement and so pleasing to see the vision of Principal Brendan Gill, other school staff and the Catholic Education Office realised, with the provision of an affordable daily lunch service available for all students.



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.

BE OUR NEXT FEATURE SCHOOL AND WIN!

In each term newsletter, our feature school will receive a gift in recognition of their hard work and achievements. **SEND THROUGH YOUR STORIES TODAY** to alicia@schoolfoodmatters.org.au



Rokeby Primary School Serving Over 800 Meals a Week

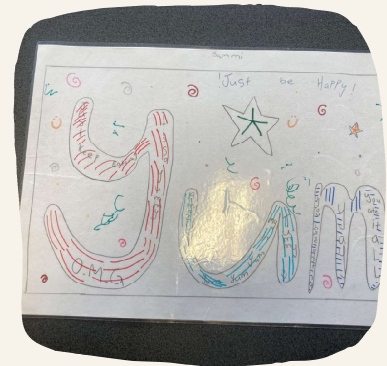
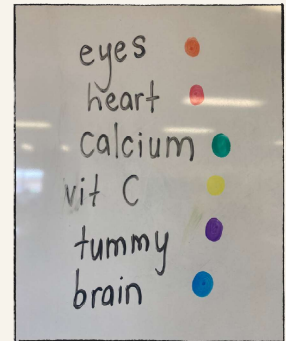
By Kate Carlin, Project Officer

With friendly, polite and welcoming students, and staff who are proud of what they are creating and achieving, Rokeby Primary School is a delight to visit at lunch time. Having joined the School Lunch Project in 2022, they serve over 200 students each day, making sure nobody misses out.

Kathy, Ange, and Rebecca work in the kitchen to heat and deliver the meals that come from the Loaves and Fishes central kitchen. What an amazing team, working with enthusiasm to ensure the students get a hot lunch served daily.

WHAT'S WORKING WELL

- Teachers having conversations with students about the lunches and food in general. The kinder class has a colour chart of fruit and vegetables and how they are good for their bodies.
- Waste is minimal. Any plate waste goes into a bin for the pigs!
- Leftovers are sent home with students for families to enjoy in re-usable containers returned to school.
- Student made placemats are part of the table settings where students and teachers eat together.
- Food is served in slow cookers in classrooms, with the students enjoying the smells of their lunch that day in the time leading up to service.
- There is less rubbish in the school grounds due to reduced packaging in lunchboxes, keeping the school clean and tidy!



Top Right:

Fruit and Vegetable colour chart highlighting the benefits to bodies.

Above and Right:

Students in year 5/6 enjoy Vegetable Curry and rice for lunch.

Huonville Primary School Italian Lunch With a Twist

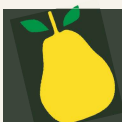
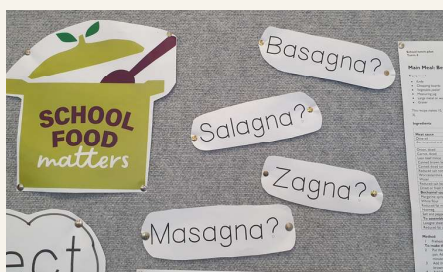
By Jen Lea, Project Officer

Students at Huonville Primary School were treated to some extra Italian flair recently with their hot lunch. Not only was a delicious lasagne served up as part of the School Lunch Project, but there was also a fun and engaging Italian theme.

Students helped decorate the tables with a red and blue colours and there was Italian music playing which triggered some impromptu and animated dancing on the stage after they had finished eating. It was delightful to see the students enjoying themselves so much and letting loose on the stage, obviously full of energy after the meal!

Photos clockwise from top right :

Students enjoying Lasagna and Salad, Notice Board with feedback, photos, and menu from School Lunch Project, and what the kids are REALLY calling Lasagna!



NEW FOOD SAFETY STANDARDS

Have You Heard About the New Food Safety Standard?

Standard 3.2.2A is a new national food safety standard that applies to most school canteens, including those that make meals from raw ingredients (eg cook pasta, make salad sandwiches) or who heat and replate food supplied by another business (eg reheat pies). Schools are encouraged to complete the training by the end of 2023.



Canteens will need to:

- check all staff and volunteers have adequate skills and knowledge. A free, online food safety training course is available at www.dofoodsafely.health.vic.gov.au
- appoint a suitably trained Food Safety Supervisor to oversee food handling activities at the canteen. The Food Safety Supervisor needs to complete more advanced training than the DoFoodSafely course.
- continue to keep records to show that food is being handled safely, such as temperature logs and supplier information.

The Department of Health will write to schools in September with more detailed information about the new Standard including a fact sheet called '**New Food Safety Standard - Information for School Canteens**'. Look out for a fact sheet from the Department of Health that will be sent to schools very soon. If you miss it, please email food.safety@health.tas.gov.au to request a copy or speak to an Environmental Health Officer at your local council.

FEATURE RECIPE

Warming Winter Soup

Potato & Leek Soup | Serves 12

INGREDIENTS

4 cups leeks (about 2 leeks)
2 tablespoons olive oil
1 cup celery, finely chopped
1 1/2 teaspoons dried thyme
8 large cloves garlic, minced
8 cups potatoes, peeled and cubed
5 cups vegetable or chicken stock
2 cups full cream milk
Salt and pepper, to taste

This is a **GREEN** Recipe

**Can be frozen
for up to one
month!**

METHOD

1. Remove the end and dark green part of the leeks and discard. Slice the white and light green part of the leeks in half lengthwise and clean by running cold water over each half, getting in between the leaves to remove any dirt. Slice into 1/4 inch slices.
2. Heat a large stock pot over medium heat and add the olive oil, chopped leek, and celery. Cook for about 5 minutes, until everything is slightly softened and fragrant. Add thyme and garlic as well as salt and pepper to taste. Cook for another 1-2 minutes, stirring frequently.
3. Add in the potatoes, toss to evenly combine leek mixture with potatoes, and saute for 3-4 minutes, stirring frequently.
4. Add in the stock and milk and bring the soup to a boil. Once boiling, reduce to a low simmer and cover for 20-25 minutes, stirring every 10 minutes or so. After 25 minutes your potatoes should be fork tender but still somewhat intact.
5. Once your potatoes are cooked, use a stick blender to puree 3/4 of the soup, leaving some small chunks of potato. You can also put half of the soup in a high speed heat-proof blender, blend until smooth, and add it back to the rest of the soup.

check out our website for many more great recipe ideas

WWW.SCHOOLFOODMATTERS.ORG.AU

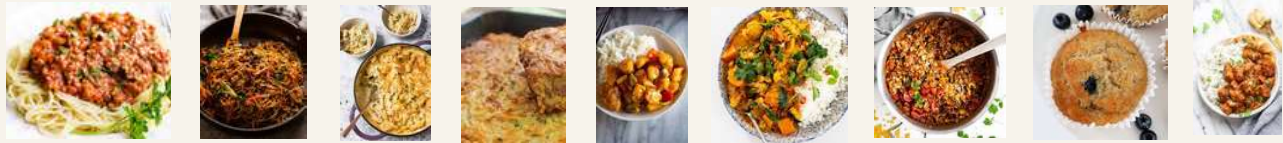




Making GREENER Choices Easy Choices

Many students in schools offering the School Lunch Project are keen to take recipes home to their families to cook.

We have taken some of our popular lunch recipes and made them family size. They are now available to download on our website. Visit <https://www.schoolfoodmatters.org.au/school-lunch-project/> to find plenty of delicious and easy recipes to share with your school community.



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/>

CURRENTLY ACCREDITED



Albuera St Primary School
Bellerive Primary School (new)
East Launceston 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)



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
Montagu Bay 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
The Hutchins Junior School
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*

Illawarra Primary School
Strahan Primary School

We will miss you



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
The Hutchins Senior School
King Island District High School
Moonah Primary School
New Norfolk Primary School
Rokeby Primary School
Romaine Park Primary School
Smithton High School
Springfield Gardens Primary School
The Friends' 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
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

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 Program by the Tasmanian Government by the Crown through the Department of Premier and Cabinet (Communities) Tasmania