

SCHOOL FOOD MATTERS NEWSLETTER



Term 1 2024 - Issue 88

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 2024 school year!

It is hard to believe we are already halfway through first term. We have a huge and exciting year to share with you including some great workshop and professional learning opportunities.

During this early part of the year we encourage all schools to contact us to become a part of our SmartFood Program. It is a straight forward process and provides assurance to your school community that the food and drinks on offer to your students are 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.

The School Lunch Project (SLP) continues in 30 schools state-wide. At the end of last year we farewelled the wonderful Project Officer Kate Carlin as she moves back into teaching. We would like to welcome our new Project Officer working with the SLP - Nietta Lynch. It is exciting to have Nietta join the SFM team.

We really look forward to working closely with schools to support all School Food Service Managers, school staff and volunteers involved with your school food service. Here is to a productive and enjoyable 2024.



Left: Nietta Lynch has joined the SFM team as a Project Officer with the School Lunch Project.



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



03 6223 8023



alicia@schoolfoodmatters.org.au



schoolfoodmatters.org.au

SMARTFOOD - SIMPLIFYING THE MENU

By Sophie Damen, Project Officer South



DID YOU KNOW... ONE THIRD OF A CHILD'S DAILY ENERGY INTAKE IS AT SCHOOL?

Canteens are busy places that are an important part of any school. We recognise the effort put into making canteen menu options delicious and nutritious and are an opportunity for children to try and enjoy new foods.

CAREFUL MENU PLANNING

Sometimes 'quality not quantity' is a good motto. Consider offering less choice but make sure they are **GREEN** options made using foods from the food groups. Include seasonal and fresh fruit and vegetables, wholegrain breads and cereals, lean cuts of meat, legumes, and reduced fat dairy items.



Special Menu



TRY A SPECIAL MEAL DAY

Reducing the number of menu items helps with planning, cost, storage, waste, and overall profitability. Try rotating specials to make it easier for staff to prepare the menu items or, have a special meal day, where you only need to prepare one meal. It's a great opportunity to try out a new recipe as well!

GO GREEN!

Try to boost the number of **GREEN** choices on the menu. Cooking from scratch using local fresh seasonal produce is the best way to include **GREEN** meals on your canteen menu. If offering **AMBER** items, **GREEN** them up where possible. For example serving an **AMBER** chicken strip with three salad items. A well-designed menu makes choosing **GREEN** foods and drinks an easy choice for children. Contact your friendly SFM Project Officer for further advice on creating **GREEN** meals.



COOK EFFICIENTLY

Make weekly specials where you can or use more than one ingredient in more than one meal. Try using cooked rice in sushi, a vegetable stir fry, Mexican bowl or vegetable risotto. Try turning bolognaise Mexican with some beans and capsicum added! Why not use excess smoothie to make icy poles?



TOP TIPS



Buy ingredients that can be used in multiple dishes



Have rotating specials or have a special meal day



Keep **AMBER** drinks to a minimum and include **GREEN** options such as plain milk or water



Limit the number of flavours or varieties of **AMBER** packed snacks



Take pre-orders to reduce waste



Use seasonal fruit and vegetables

The **SmartFood Program** offers a model of best practice for canteens. It provides guidelines and procedures for high quality and safe food service for school students and staff. Feel free to get in touch with your Project Officer if you'd like to talk more about simplifying your menu.



MOVE WELL EAT WELL

REFRESH UPDATE

Are you passionate about creating healthy, active environments for children? ***We want to hear from you.***

The **Move Well Eat Well** program is undertaking a Refresh. The Department of Health invites primary schools and early childhood services to take part in a range of activities to reimagine what Move Well Eat Well can be.

You are invited to contribute to:

- a snapshot survey on nutrition and physical activity in Tasmanian schools and services
- a conversation about nutrition and physical activity at your service or school
- a collaborative workshop with your sector peers about the Move Well Eat Well program
- an online questionnaire
- creating resources that meet your needs
- sharing a story

For more information on how to be involved visit:

http://www.movewelleatwell.tas.gov.au/move_well_eat_well_refresh_updates

or contact movewelleatwell@health.tas.gov.au

Thank you for your understanding and support.

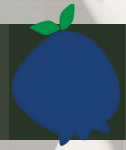


Keeping up with School Food Matters



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.





Back in the Kitchen in 2024

By Julie Dunbabin, School Lunch Project Manager

School lunches at 30 government schools started in Week 3 of Term 1 with great anticipation. Students and the school lunch team were very excited about the numerous meals of spaghetti bolognaise, moroccan chicken and cous cous, lentil lasagne, mexican bowl, butter chicken to mention just some of the items on the menu.

We continue to cook these yummy meals with our partner Loaves and Fishes who do an amazing job in sourcing, cooking, packaging and transporting either pre-made meals or ingredients to cook the meals at school.

We look forward to working with Government to expand the project into a program, making school meals part of a normal school day.



Left to Right: Cottage Pie, plates ready for serving, Huonville Primary Student enjoying Mexican Bowl.

Huonville Primary Farewell's Lucy Bleach

Last week the fabulous SLP team at Huonville Primary dished up the popular Mexican Bowl. A big farewell for now to Lucy who is heading to Portugal to take up an artist residency. Lucy has for the last year, done a wonderful job of cooking up the SLP meals from Loaves and Fishes supplied ingredients. Welcome to Mel Bird who will take over the position, with continuing support from Cian Bird and a dedicated team of student helpers.



Left to Right: Lucy Bleach, Cian Bird, Mel Bird, student helpers Aaron Bone, Chad Gillies, and Jimmy Griggs

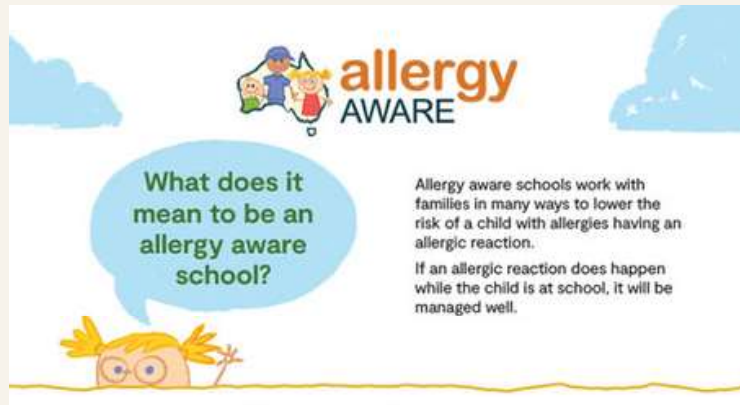




SCHOOL LUNCH PROJECT - Allergy Workshops

By Alison Holmstrom, Project Officer North West

On February 14th, East Devonport Primary School played host to a gathering of 11 school canteen staff and TAFE students, to discuss food allergies and how to manage them in the school kitchen/canteen environment. They joined Sam, Julie and Alison from School Food Matters, and Kate from Department of Health to work through the online All About Allergens course material together.



allergyaware.org.au

Despite some 'technology issues' we managed to get through most of the course on the day and many finished it off when they got home. As is often the case, it was a good opportunity to ask questions and have a discussion face to face to help make the learning 'real'.



This course is designed to give participants practical strategies and resources to use in their workplace. SFM appreciates that so many people turned out for this session. We strongly encourage at least one person from each school to complete this course so they understand the legal responsibilities and requirements that are placed upon the school (and any other type of food operation) in regard to safely managing food allergies.

Link here for further information. [FOOD ALLERGY TRAINING](#)



All about Allergens
training for food service

FEATURE RECIPE

Sweet, crunchy and delicious corn!

Cheesy Corn & Spring Onion Quesadilla

Serves 8

INGREDIENTS

- 2 tablespoons olive oil
- 1 finely chopped onion
- 1 teaspoon ground coriander
- 400g fresh corn kernels (about 3 medium cobs)
- 6 spring onions, sliced
- 1 lime, zested
- 4 large flour tortillas
- 60g reduced fat cheddar, grated
- 60g mozzarella cheese, grated
- Sweet chilli sauce, to serve (optional)

METHOD

1. Heat the oil in a frying pan, add the onion and fry for 10 minutes or until softened.
2. Add the ground coriander and cook for 1 minute more.
3. Stir through the sweetcorn, spring onions and lime zest. Season to taste.
4. Pile the mixture on 2 tortillas, then top with the cheddar, mozzarella and the second tortilla.
5. Place on a lined baking tray and bake in oven until the tortilla is crisp and the cheese has melted (approximately 10-15 minutes).
6. Remove from oven and cut both quesadillas into 4, serve with sweet chilli sauce, if you like!

NOTES

- A sandwich press could be used instead of the oven.
- If fresh corn cobs are not available, use 1 x 400g tinned corn, drained.

This is a **GREEN** Recipe



check out our website for many more great recipe ideas

WWW.SCHOOLFOODMATTERS.ORG.AU



CURRENTLY ACCREDITED



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



Cambridge Primary School
Exeter Primary School
Gagebrook Primary School
Hillcrest Primary School
Howrah Primary School
Huonville Primary School
Lindisfarne Primary School
Lindisfarne North Primary School
Mowbray Heights Primary School
New Norfolk Primary School
Perth Primary School
Princes St Primary School
Risdon Vale Primary School
Rosebery District High School
Sacred Heart Geeveston
Scotch Oakburn College Elphin Campus
Snug Primary School
St Johns Catholic Primary School
St Peter Chanel
Waimea Primary 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
Goulburn St Primary School
Hobart High School - Ogilvie
Hobart High School - New Town
Holy Rosary Catholic School
Huonville High School
Jordan River Learning Federation
Senior School
Lauderdale Primary School
Lenah Valley Primary School
Montagu Bay Primary School
Moonah Primary School
Montello Primary School
Mount Stuart Primary School
Our Lady of Lourdes Catholic PS
Ridgley Primary School
Sacred Heart New Town
Somerset Primary School
St Josephs Catholic School
Queenstown
Swansea Primary School
West Launceston Primary School
Westbury Primary School
Windermere Primary School
Winnaleah District School

Farewell

schools not continuing

Glenorchy Primary School
Sheffield School
St Brigids School (Wynyard)

We will miss you



Bayview Secondary College
Bridport Primary School
Campbell Town District High School
Clarence High School
Deloraine High School
Deloraine Primary School
East Derwent Primary School
Hobart College
Invermay Primary School
Montrose Bay High School
Port Dalrymple School
Prospect High School
Riverside High School
Rose Bay High School
Scottsdale Primary School

Overdue for Reaccreditation

Austins Ferry Primary School
Bagdad Primary School
Blackmans Bay Primary School
Campania District School
Fahan School
Herdmans Cove Primary School
King Island District High School
Kingston High School
Oatlands District High School
Romaine Park Primary School
Rosetta Primary School
Smithton High School
Springfield Gardens Primary School
Taroona High School
The Friends' School
The Hutchins Junior School
Woodbridge 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, P Jackson, Sophie Damen, and Nietta Lynch
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 and 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