

SCHOOL FOOD MATTERS NEWSLETTER



Term 4 2024 - Issue 91

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. School Food Matters have had such an exciting year with the announcement of the expansion of the School Lunch Program and our continued support for school canteens through the SmartFood Accreditation Program. A big thank you to all schools, food service managers and volunteers for providing so much delicious food to students and teachers in your schools. Your efforts and dedication are appreciated. As we start to wrap up the final term it is a good time to set goals for 2025. A few ideas to get started might be:

- Start your recruitment program for volunteers. This could include developing a volunteers' promotional flyer and have it included in the school's enrolment pack for 2025. This could be displayed at the uniform shop at the beginning of the year.
- Plan for any canteen and school events occurring in 2025.
- Celebrate and take the time to recognise the efforts of everyone that has contributed this year by having an end of year get together.

I just want to say a big thank you to all the SFM team, the team at Loaves and Fishes Tasmania, and the Department of Health dietitians for the support they have given to schools.



"Carrots are 88% water so they are not only nutritionally good but help with hydration."

DID YOU KNOW THAT CARROTS
HAVE SEEDS THAT ARE HARVESTED
FROM THE TINY WHITE FLOWERS
THAT GROW ABOVE GROUND?



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



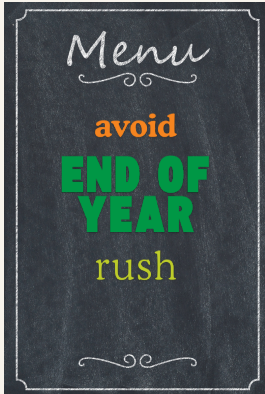
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schoolfoodmatters.org.au



MENU CHANGES BEFORE END OF YEAR



If you are making menu changes for next year and would like us to review them, please send them to us in good time before the end of term, so we can give you feedback before the holidays.

Project Officers are mostly away over the school holidays and menu assessments are not usually completed during this time.

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STRUGGLING TO FIND A CANTEEN OPERATOR?

School Food Matters provides support and resources to schools with a wide range of different types of food services, not just traditional canteens. These types of service / lunch days may be regular or occasional and be either:

- **School run**
- **Volunteer run**
- **Private operators leasing the canteen facility or**
- **Outsourced:** where food is prepared offsite and delivered ready-made to the school

We are aware that a number of schools have been struggling to find suitable canteen operators, particularly following the closure of a couple of private businesses this year who provided both outsourced and in-house canteen services. School Food Matters staff have been reaching out to these schools to see if we can help with any advice or suggestions, so feel free to contact us if you would like any support in this area.





Welcome to 15 new schools in 2025

By Julie Dunbabin, School Lunch Program Manager

New schools joining the program in 2025

As part of the state government's commitment to the school lunch program, the next 15 schools have been selected to start school lunches in 2025.

Thankyou to all 39 schools that applied to be part of the program in 2025. Your interest in 'feeding children well whilst at school' inspires our work. There will be another application round in Term 3, 2025 for 2026.



Bagdad Primary School

Campania District School

Dover District School

Goodwood Primary School

Hillcrest Primary School

Kingston Primary School

Moonah Primary School

Port Dalrymple School

Ravenswood Heights Primary School

Risdon Vale Primary School

Romaine Park Primary School

Springfield Gardens Primary School

Tasman District School

West Ulverstone Primary School

Zeehan Primary School

Thank you to The Strength Den

By Alison Holmstrom - Project Officer North West

A very big thank you to The Strength Den in Burnie for their generous donation of \$1,500 to the School Lunch Program. The well-known gym recently held a 'charity comp' day where participants tested their abilities in a family friendly environment and raised money for School Food Matters.

To best see how the donation supports the local Burnie community, project officer Alison Holmstrom took Nick and Hannah from The Strength Den to see the School Lunch Program in action at Havenview Primary School. Nick, who is an ex-student of Havenview was amazed by the changes since he was a student. They enjoyed sitting with some of the students and having a chat whilst eating Moroccan Chicken, a term 4 recipe, for lunch.

School Food Matters would like to thank The Strength Den management and organisers for choosing our organisation to be the recipient of this generous donation.



Above: Project Officer Alison Holmstrom being presented with the donation from The Strength Den staff and a visit to Havenview Primary School.



Food is not just about eating, it 'feeds the soul' Spotlight on Tamara Butcher, School Lunch Program Kitchen Lead

You always smell the aroma from the kitchen before you see Tamara. She is an original: both in personality and the fact that she's been with the School Lunch Program since the absolute start. Tamara is the Kitchen Lead for the Lunch Program at Triabunna District School. She currently cooks 172 meals two days a week and has cooked approximately 41,472 meals over the last four years – a massive achievement.



Above:

Tamara Butcher from Triabunna District School getting ready for lunch.

Left: Students lining up for lunch as part of the School Lunch Program.

Below: Tamara with fresh produce delivered from Loaves & Fishes Tas.

"Full tummies are happy tummies."

Originally Tamara was working in the canteen, quickly bringing it up to platinum accreditation with the support of School Food Matters. When the idea of the School Lunch Project pilot was floated, she was super keen to be involved. Tamara has always had a passion for feeding people and says being able to provide meals to students who really needed it 'made my heart sing'.

Some of the favourite things about her role include seeing the kids come and get lunches, the comments like 'jeez that smells good!', the smiles on their faces and knowing that they enjoy eating the meals.



Tamara has student helpers in the kitchen and acknowledges that every child is unique and special. She wants to create a safe space for them to learn new skills and grow in confidence. This has meant the students choose to come to the kitchen, and they want to help. Tamara has a unique way of relating to the students and the kitchen is routinely humming along very efficiently.

Right: Tamara with student helpers preparing lunch for students

Below right: Students enjoying another delicious lunch from the School Lunch Program.



Tamara says food is not just about eating, it 'feeds the soul' and 'full tummies are happy tummies'. She notes other people's observations that the students are more engaged and calmer on lunch days, can focus on learning and attendance is up. She has seen how the program has created a sense of community within the school, and how valuable those connections are. When the teachers sit with the students it really creates that 'family feel', which is so good for wellbeing and feeling like you belong.

Tamara has cooked approximately 41,472 meals over four years



Tamara is proud of what she has achieved with her student and community volunteers and explains that she couldn't have done all this without them. For other Kitchen Leads Tamara says don't be nervous to ask for help from volunteers or School Food Matters, as it can get overwhelming at times. Though simultaneously, she really enjoys the challenge and finds it rewarding, 'I am in love with my job'.

**Thank You
TAMARA**

KING ISLAND DISTRICT SCHOOL

By Alison Holmstrom - Project Officer North West



Kirsty and Alison recently paid a visit to King Island District School, a Smartfood accredited school. The 'canteen' at the school is a student enterprise, led by Jenny Holbrook, a woman of many talents! She teaches students in hospitality subjects to cook, and each week a meal is offered for sale in 'The Rock Café' at the school. Recipes for the meals are sometimes adapted depending on the ingredients available in the local supermarket.

Kirsty and Alison also met members of the School Association, the Phoenix community house, King Island District hospital kitchen, child care centre, and a produce grower based in Currie. We would like to thank everyone that we met for their openness and friendliness, in particular, Jenny for organising so many people to see us.

No visit to King Island would be complete without a lunch break spent at the King Island Dairy shop to stock up on some delicious local cheeses!



Local King Island artwork.



Jenny Holbrook from King Island District School.



Kirsty enjoying the King Island produce on her lunch break.

HEALTH FEST WEST

By Alison Holmstrom - Project Officer North West



Recently Julie, Alison and Sam attended Health Fest West – an event bringing together a wide range of service providers and organisations that have a presence on the West Coast of Tasmania.

The event was held at Mountain Heights School which is part of our School Lunch Program. It was a good opportunity to meet members of the community and raise awareness of the program to those outside of the Queenstown school community. We offered free taster samples of three term 4 menu meals – teriyaki chicken bowl, butter chicken, and pasta bolognaise. This was a great way to emphasise that the program is based on hot cooked meals, and the feedback we received about them was very positive.

Participants could also tell us their favourite vegetable and went in the draw to win a box of fresh produce. The most popular vegetable was carrot, closely followed by cauliflower. The winner of the produce was Colleen, a resident of Queenstown who was very grateful to receive this prize.

School Food Matters would like to thank UTAS for inviting us to participate in this event, and Mountain Heights School for allowing us to use the school facilities to heat the food we served.



CELEBRATING 30 YEARS

By Jen Lea - Project Officer South



A most fun, uplifting and nostalgic time was had at our 30th anniversary event recently, where we celebrated our organisation's tremendous achievements over that time.

There was much reflection on the history of School Food Matters (previously Tasmanian School Canteen Association) and on school food in general and the immense progress that has been made in this realm over the years. Displays showcased canteen fare over the decades, contrasting earlier canteen menus on which often foods such as cream buns, donuts and confectionery could be found, with the wonderful school lunch program fare of today.

Staff, Board, partners and other key stakeholders, past and present, came together to share inspiring stories and laughs. What a fabulous evening!

Thanks to everyone who has contributed to this success along the way including all the amazing food service staff out there who go above and beyond in their roles, working hard to provide nutritious fare for their students. We love working with you to support your school communities to thrive. Looking forward to the next thirty years!



Right top to bottom: Displays from the School Food Matters 30th Anniversary celebrations. Documenting canteen food over the decades.





Hobart College Health and Wellbeing Event

By Jen Lea - Project Officer South

School Food Matters had a fun day out participating in the annual Health and Wellbeing Day at Hobart College. SFM staff and students used pedal power to whiz up some delicious fruit smoothies on the smoothie cycle. From the Well Fed Food Van, we also dished up some burrito bowls and other delicious snacks which proved popular. The students enjoyed their food on the lawns, with some great live music adding to the festive atmosphere. Nearby there was a range of stalls offering useful info and resources on a range of health topics. A worthwhile and enjoyable event for all. Well done Hobart College!



Above: A Hobart College student pedals for a smoothie.

Far Left: School Food Matters staff.

Left: Apple Bliss Slice and Granola Fruit Cups on offer to students.



Creative Ways to Cut Costs - Term 3 southern workshop

By Jen Lea - Project Officer South

Some fabulous tips and tricks were shared at our recent workshop and participants took away some great ideas for cost cutting in their food services and homes. Under chef Nietta's guidance, participants enjoyed making pizzas, a process that reinforced that cooking from scratch can be fun, easy, more cost efficient and yield more delicious results.

Equally inspirational and enlightening was Wendy from Kingston Primary who shared her extensive knowledge on preserving food through dehydrating. This is a great way of using up your surplus fresh and seasonal produce and reducing food waste. Many thanks to the presenters and to Hobart College for hosting!



Right Top: Wendy providing food preserving tips.

Right: Nietta prepping cook from scratch pizzas.



Food Purchasing in Tasmanian Schools



Nicodemus Masila is studying his PhD focusing on Tasmanian school food services and where food comes from. If you provide students with breakfast, fruit and veg break, canteen or a school lunch service please complete the 15 minute online survey via the QR code below.

Are you responsible for purchasing food in your schools?

We want to know more about Tasmanian school food services and where the food comes from.

For more information;

Click the link or Scan the QR code
complete a short 15 min online survey.



[Food purchasing in Tasmanian schools](#)

This study has been approved by the University of Tasmania Human Research Ethics Committee (HREC). If you have any concerns or complaints about the study, contact HREC Executive officer on +61 6226 6254 or email human.ethics@utas.edu.au. Please quote Project ID# 30624

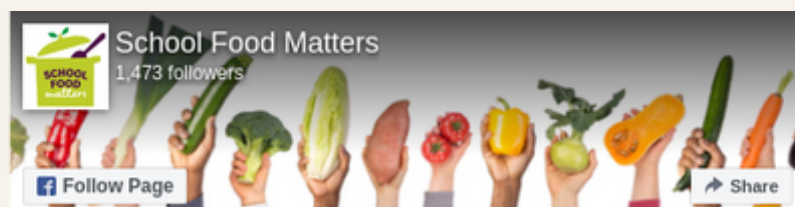
UNIVERSITY OF TASMANIA
MENZIES
Institute for Medical Research



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.



FEATURE RECIPE

Colourful, nutritious, and delicious!

Teriyaki Chicken Bowl

Serves 10

INGREDIENTS

Chicken marinade

- 50 millilitres salt reduced soy sauce
- 20 grams brown sugar
- 1/2 tablespoon garlic, peeled and crushed
- 1 teaspoon honey
- 1/2 tablespoon cornflour
- 1 kilogram skinless chicken thighs, raw, diced

For the dish

- 175 grams red cabbage, shredded
- 350 grams carrot, grated
- 150 grams bean sprouts
- 150 grams snow peas, cut into strips
- 375 grams white rice, uncooked
- 250 grams quinoa, uncooked

METHOD

1. Put all marinade ingredients into a bowl and stir to combine.
2. Place the chicken thighs into the marinade and mix well. Set aside for 20 minutes or refrigerate overnight.
3. Preheat oven to 180C.
4. Transfer chicken onto a lined baking tray and cook for 20 minutes, or until golden brown and cooked through.
5. Measure the quinoa into a fine sieve. Rinse well under a slow running tap.
6. Place the rinsed quinoa and rice together and cook, either in a rice cooker or in a pot according to the rice packet instructions.
7. Place all the dressing ingredients into a saucepan and stir to combine.
8. Place over medium heat and bring to a slow simmer. Cook, stirring occasionally until the dressing has slightly thickened.
9. Wash the vegetables and shred, dice or grate as per the ingredients list. Place the vegetables into a bowl and mix well.
10. Serve the warm rice/quinoa and chicken with salad on the side. Drizzle dressing over the top.

This is an **GREEN** Recipe



Dressing

- 50 millilitres salt reduced soy sauce
- 25 millilitres water
- 20 grams brown sugar
- 5 grams (1 clove) garlic, peeled and crushed
- 1 teaspoon honey

check out our website for many more great recipe ideas

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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



Blackmans Bay 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
Rosetta Primary School
Sacred Heart Geeveston
Snug Primary School
St Johns Catholic Primary School
St Peter Chanel
Waimea Primary School
Wynyard High School



Andrews Creek Primary School
Beaconsfield Primary School
Brighton Primary School
Campania District School
East Devonport Primary School
East Ulverstone Primary School
Fairview Primary School
Goulburn St Primary School
Herdmans Cove Primary School
Hobart High School - Ogilvie
Hobart High School - New Town
Holy Rosary Catholic School
Huonville High School
Jordan River Learning Federation
Senior School
Kingston High 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
Springfield Gardens 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

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
Collinsvale Primary School
Fahan School
King Island District High School
Oatlands District High School
Romaine Park Primary School
Scotch Oakburn College (Junior)
Smithton High School
Taroona High School
The Friends' School
The Hutchins Junior School
Woodbridge School
Yolla District School

STAFF

Executive Officer - Kirsty Grierson
School Lunch Program—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
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