

# SCHOOL FOOD MATTERS NEWSLETTER



Term 2, 2025 - Issue 93

## 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



It is hard to believe we are already well into Term 2. We have a busy term with several workshops and networking opportunities for food service staff and we have a lot more to come!

We encourage all schools to contact us for any support you might need around your school food service. We have Program Coordinators that will come to your school and meet with you to discuss any challenges and offer resources, advice around food safety and recipe/menu ideas when needed.

The School Lunch Program continues in schools state-wide with 45 schools currently involved. We have just completed the expression of interest phase for the new 15 schools in 2026. Applications for this closed on the 13<sup>th</sup> of June and we are now in the process of shortlisting.



### FUN FACTS:

WHILE GREEN IS THE MOST COMMON COLOUR, BROCCOLI ALSO COMES IN PURPLE AND WHITE VARIETIES, EACH WITH ITS OWN UNIQUE FLAVOUR PROFILES. A FUN FACT ABOUT BROCCOLI IS THAT THE FLORET IS ACTUALLY A PREMATURE FLOWER BUD. IF YOU LEFT A BROCCOLI PLANT UNHARVESTED, THE FLORET WOULD CONTINUE TO DEVELOP INTO BEAUTIFUL YELLOW FLOWERS BEFORE PRODUCING SEEDS. .



### 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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schoolfoodmatters.org.au

## SCHOOL FOOD MATTERS TEAM



**Kirsty Grierson**  
Executive Officer



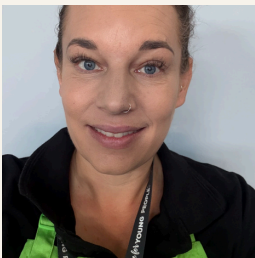
**Danae Giardina**  
Community Dietitian



**Melinda Drummond**  
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**Emma Preston**  
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**Sarah Randall**  
Kitchen Supervisor



**Angela Steyns**  
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**Janae Cave**  
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**Kate Carlin**  
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**Sophie Adderton**  
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**Alison Holmstrom**  
Program Coordinator



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**Penny Holmes**  
Finance/Admin Officer



**Jen Lea**  
Program Coordinator



**Sophie Damen**  
Program Coordinator



**Rachael Smith**  
Program Coordinator



**Peter Cooksley**  
Foodies - Program Manager



**P Jackson**  
Program Coordinator  
Operational Support Officer



**David Adams**  
Kitchen Supervisor

## SCHOOL FOOD MATTERS STAFF



**Bouphakaisone Banmanivong**  
Kitchen Supervisor



**Cassie Wilson**  
Kitchen Assistant



## STUDENT VOLUNTEER - SEB

*By Rachael Smith - Program Coordinator North West*



I'd like to introduce you to Seb, a Year 6 student from Campbell Town District High School!

On Tuesdays and Thursdays when the School Food Matters School Lunch Program is delivered, Seb eagerly arrives at the kitchen, washes his hands and pops on his apron ready to support Teresa, the fabulous Kitchen Supervisor, and her amazing volunteer Jane.

Seb's first job of his 'shift' is to support a teacher to deliver the hot meals to the kindy kids in their classroom. As the older students begin to filter into the dining room in the original school building, Seb delivers a glass of water to the table for each of them.

He also personally delivers many of the meals to the students (particularly the younger ones) in the dining room, which is just a couple of steps from the kitchen, enjoying a bit of a chin wag along the way.

As students finish their first helping of the hot and yummy meal, many are keen for seconds (and thirds and fourths). Seb is onto it! He takes orders for those wanting more, letting the kitchen know. Shouts from the dining room of 'this is legendary' and 'this is the best meal yet' can be heard as students fill their bellies ready for playtime.

Seb finishes his shift by ensuring everyone is well fed and there is nothing more that the kitchen staff need from him, his apron is hung up ready for his next shift.

Thanks for your help, Seb!





## ***Kate Carlin, School Lunch Program Manager***



### **EOI 2026 - update**

School Food Matters has received funding from the Tasmanian Government to continue to expand the Healthy School Lunch Program and will increase the number of participating schools from 45 to 60 in 2026.

Expressions of Interest (EOI) was open to Tasmanian Government Primary Schools (including primary years in District Schools) to apply to join the Program in 2026. Applications were completed using the online EOI application form, which was open from 21 May to 13 June 2025. We have had some fantastic conversations with schools state wide about their interest in applying for the SLP and look forward to reviewing the applications as we go through the shortlisting process.

If you would like to know more please look on the School Food Matters website [www.schoolfoodmatters.org.au](http://www.schoolfoodmatters.org.au)





## WORKSHOPS

*By Melinda Drummond - Kitchen Specialist SLP*



### Spotlight on Our First Workshop of the Term: Allergies, Safety, and School Kitchens

Earlier this term, the North & North West region hosted its second workshop of the year—and it was a fantastic success. Held in the welcoming kitchen space at Havenview Primary School, the event brought together our dedicated kitchen and canteen supervisors, regional coordinators, and a special guest speaker, Ingrid Roche from the National Allergy Council.

The focus of the workshop was both timely and crucial: understanding allergies, preventing cross-contamination, and ensuring the safety of the food we serve to students. Ingrid's presentation was both informative and practical, offering valuable insights into best practices for allergy management in school settings.

We also enjoyed learning more about food safety protocols and the importance of kitchen documentation and logging—essential practices that support consistent, safe food handling across our school sites.

The session concluded with a demonstration by our Kitchen Specialist Melinda, showcasing one of our new and popular menu items: Curried Sausages. The dish was a hit with everyone and made for a delicious lunch to wrap up the day.



Behind the scenes, we're already busy preparing for our next workshop, which will be based in the South. We're thrilled to be joined by Ingrid again as we continue the conversation around allergy awareness and kitchen safety.

A big thank you to everyone who attended and participated in making the day a success. Special thanks to Havenview Primary School for hosting us, and our guest speaker Ingrid Roche for generously sharing her knowledge and expertise. We truly appreciate the support and engagement of all involved.



## WORKSHOP & NETWORK OPPORTUNITIES

A part of our role at School Food Matters is to provide professional development opportunities for food service staff and volunteers in schools. Please mark the date in your calendars as we are facilitating a southern workshop in week 1 on the **23<sup>rd</sup> or 24<sup>th</sup> of July** -from 9:30am - 2:30pm at Moonah Primary School:

**We're diving into:**

- **Safety of meat defrosting**
- **Feeding students with allergies and intolerances.**
- **Learn how to sharpen your knife**
- **Skills and master kitchen organisation**
- **A cooking demonstration of one of our new recipes**



### Attention all Canteen Managers

We understand that it is challenging to get time off to attend these sessions so we are offering schools funding to cover relief staff for up to \$250 for the time you are attending the workshop.

If schools are interested in taking us up on this offer please contact [penny@schoolfoodmatters.org.au](mailto:penny@schoolfoodmatters.org.au) to register as numbers for this offer is limited.

This offer does not apply to School Lunch Program Kitchen Supervisors as schools are already receiving funding for this role.





## Tips from the Trenches: What's Working in Other School Kitchens

As more schools settle into the rhythm of the School Lunch Program, clever ideas and practical systems are emerging that help make service smoother, safer, and more efficient. Here are a few simple strategies being used by schools around the state:



### **Pre-print labels for take-home meals**

- Schools are printing food safety labels onto sticker sheets at the start of each term. This allows Kitchen Supervisors to quickly and safely label any leftover meals being offered to families—no scrambling for a pen or forgetting key details.

### **Make temperature logs visible and accessible**

- Rather than keeping fridge, freezer, and food temperature logs tucked away, we encourage schools to print them off and place them where they're used—on the fridge, wall, or a clipboard nearby. This makes it quick and easy for staff to complete checks consistently.

### **Keep allergy info close at hand during service**

- Printing the allergy serving matrix and keeping it on a clipboard with a pen during lunch service helps ensure the right meal goes to the right student. Some schools even allocate this task to someone who knows the students well—such as the assistant principal, year-level coordinator, or another trusted staff member.







***Melinda Drummond - SLP Kitchen Specialist with handy tips for the term.***



## **Kitchen Tips**

### **Nailing Your Roux for Cauliflower Mac & Cheese**

When making a roux for your Cauliflower Mac and Cheese, be sure to cook the flour thoroughly before adding any liquid.

This crucial step helps eliminate that raw flour taste and ensures your sauce thickens smoothly and evenly.

Cook the margarine and flour mixture over medium heat, stirring constantly, until it turns a pale golden colour and smells slightly nutty before adding the liquid.

Your cheese sauce will be richer, silkier, and far more flavourful!



### **The Best Way to Dry Your Dishes**

Skip the tea towels—air drying is the safest method. Tea towels can harbour bacteria and spread it to clean dishes, leading to cross-contamination.

Let your dishwasher do the work—its high heat leaves dishes hot, so they dry faster naturally once the cycle ends.



## BEACONSFIELD PRIMARY SCHOOL

*Sam Rathnell - Program Coordinator North*



*Beaconsfield PS with Ellie and Isaac enjoying their hot lunches.*

### Beaconsfield Primary School Explores a Fresh Way to Serve Lunch

Beaconsfield Primary School is taking a creative approach to lunchtime. Initially in the SLP pilot in 2022 some schools trialled serving lunches from Bento Boxes. Beaconsfield was part of this trial. Now in 2025 they are transitioning to using plates and bowls to serve the hot lunches. As the program has grown, so too have the ways schools adapt meal service to suit their students—and Beaconsfield is enjoying the benefits of trying something new.

Karen Dawber, a Grade 3/4 teacher, admits she initially wasn't sure the change would make much of a difference—but she's now delighted by the results.

The shift has sparked a new classroom tradition: students start with a small “taster” serve, giving them the chance to try the meal before deciding whether to return for a larger portion. This gentle, low-pressure approach has encouraged more students to try new foods, helping to create a warm and familiar dining experience.

Student feedback has been enthusiastic, with comments like:

- “The food looks and tastes better in a bowl.”
- “It reminds me of eating food at home.”

By making lunchtime more engaging and enjoyable, Beaconsfield Primary is helping students build healthy eating habits and positive food experiences.

A simple change—with a meaningful impact.

**Well done, Beaconsfield Primary!**

## SMARTFOOD

The SmartFood Program continues to be valuable and well received within Tasmanian schools. We want every child to have access to nutritious and delicious food while at school, which is essential to their overall health, wellbeing, and learning. The Program supports schools in providing a best practice model for food service management around policy, menu, food safety and a whole school approach to eating well. Currently there are four levels of accreditation for schools through the SmartFood Program; Platinum, Gold, Silver and Bronze with 100 school canteens accredited in total. Please contact us if you are needing support for your school food service.

### JULIE DUNBABIN- FOOD CULTURE EVOLUTION AWARD



The Julie Dunbabin Food Culture Evolution Award shines a light on the incredible efforts happening every day in schools across Tasmania to build strong, vibrant, and inclusive food cultures. It is named in honour of Julie Dunbabin—a passionate advocate for nourishing school food environments. This award is about acknowledging the practical, creative, and heartfelt ways that schools are improving the food experience for their students—creating a culture where food is valued, shared, and celebrated. From hands-on cooking classes and flourishing school gardens to student-led healthy eating campaigns and engaging food events that bring families and communities together, we know that every school's food journey is unique.

We've designed the nomination process to be simple. Schools won't need to complete any forms themselves. Instead, nominations will be submitted by our School Food Matters Co-ordinators, who work closely with schools and have a deep understanding of the work being done on the ground. An independent selection panel will thoughtfully assess all nominated schools, taking into account a range of factors, including student engagement, promotion of healthy eating, inclusion, and innovation in food-related practices.

The school selected as the 2025 award recipient will have their name added to the perpetual trophy and receive \$500, which can be used to further enhance their food culture initiatives—whether that means buying kitchen equipment, resources for student projects, or creating new opportunities for community engagement. It's our way of giving back to schools that are going above and beyond to make food matter.

Let's celebrate the everyday champions of food culture in our schools. Let's honour Julie's legacy by shining a spotlight on what's growing in canteens, classrooms, and communities across Tasmania.



## RAVENSWOOD PRIMARY SCHOOL

At Ravenswood PS, something special is happening. It's not just what food is being served or growing in the garden beds—it's the way programs are coming together to address food literacy and consistent positive messaging around food in the school.

This year, the school's canteen, and the School Lunch Program, have been working hand-in-hand with the 24 Carrot Garden program. The result? A nourishing, hands-on food experience for students that goes well beyond the plate, encouraging a curiosity and learning environment around the students' food experiences while at school.

Behind the scenes, staff from each program share ideas and consolidate their efforts. This united approach means resources are used more effectively, food waste is reduced, and most importantly—students benefit from a stronger connection to food, health, and their environment.

At its heart, this collaboration is a reminder that when programs work together, they can feed more than just hungry bellies—they can nourish minds, build confidence, and grow community.



***SFM Program Coordinator Sam pictured with Ravenswood PS staff - Jess the Canteen Manager who also supports Bron the Kitchen Specialist for both the School Lunch and the 24 Carrot Garden Programs.***



# FOODIES at Sorell

Foodies is live!

At the start of May, Pete joined 10 students from Sorell School to run a pilot Foodies event. The event ran for 3 days and was an opportunity to test all of the Foodies elements and get some reviews and suggestions from the students.

On day 1, students were introduced to the food grown in and around Sorell and prepared a Caesar Salad using lettuce from Southern Fields, located just down the road at Forcett. We met with Chef and food waste advocate, Tom Wescott and ecologist/farmer/cheese maker, Iain Field. We spoke about the global community available through a career in hospitality and the ability to connect with community through agriculture



Day 2 was field trip day. We visited Iain's property, Leap Farm at Dunalley. We met the goats, tasted Iain's cheeses and learnt about Iain's minimal input method of farming. Iain uses regenerative farming methods, using the sun to grow the grass, heat the water and power nearly all of his operations. We shared a lunch of Roast Goat Rolls from the food truck with Ella and Brianna helping to prepare. Our next stop was Bangor Shed where Vanessa Dunbabin gave us a history of the property and spoke about the first jobs available in hospitality, especially the seasonal event based opportunities.



The final day brought reps from TasTAFE, UTas and the Southern Jobs Hub in to talk to the students about pathways post year 10. The students then prepared and served Moroccan Lamb from the food truck to students from other classes and finished the day with a session on self leadership delivered by Trouble Smiths. An excellent three days with plenty learnt by both students and Foodies. Since the event, one of the students was able to gain casual work at a food stall at the Winter Feast which is a brilliant outcome. Foodies next event is at Tasman District School in Term 3.





## FEATURE RECIPE

Colourful, nutritious, and delicious!

### Spiced Lamb Flatbread

Serves 4



## INGREDIENTS

### For the Toasties:

- 1 pkt Mountain Bread
- 500g lamb mince
- 1 brown onion, grated
- 1 carrot, grated
- 1 tbsp cumin powder
- 2 tsp smoked paprika
- 2 tsp Chinese five spice
- 1 tsp black pepper
- 2 tsp salt

### For the Yoghurt Sauce:

- 200g yoghurt
- 1 garlic clove, crushed
- 1 tsp salt
- 1/2 tsp white pepper

### For the Salad Platter:

Use whatever's in the fridge! Some ideas:

- Carrot sticks
- Celery sticks
- Raw broccoli
- Cucumber
- Olives
- Herbs (mint, parsley, coriander)
- Salad leaves
- Cheese
- Hummus
- Pickles (any kind)

This is an **GREEN** Recipe



## METHOD

1. **Mix the Filling:** In a large bowl, combine the lamb mince, grated onion and carrot, and all spices. Mix well. Cook a small amount in a pan to check seasoning and adjust if needed.
2. **Assemble the Toasties:** Cut the Mountain Bread sheets in half. Spread the lamb mixture thinly over half of the bread pieces. Top with the other halves to create flat toasties.
3. **Cook:** Place each toastie into a sandwich press or pan fry on a medium heat until golden brown and crispy.
4. **Make the Dip:** While toasties are cooking, mix garlic, salt, and white pepper into the yoghurt.
5. **Build the Platter:** Cut raw vegetables into bite-sized pieces and place on a large platter with yoghurt dip, pickles, olives, and anything else that needs using in the fridge.
6. **Serve:** Cut cooked toasties into fingers and serve warm alongside the platter.
7. **Leftovers:** Save any uneaten toasties for lunchboxes the next day — they're great cold too!

## MAKE IT YOUR OWN

- Swap the lamb for beef, chicken, or a crumbled tofu with a little bit of chickpea flour.
- Use tortillas, pita breads wraps.
- Change the spices —curry powder, garlic lemon and parsley or like me last week an leftover packet of taco seasoning.
- Use whatever veggies the kids (or you!) will eat.
- This is a fun, flexible meal — perfect for sharing and getting creative with whatever you've got!

check out our website for many more great recipe ideas

[WWW.SCHOOLFOODMATTERS.ORG.AU](http://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  
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  
The Friends' School  
Gagebrook Primary School  
Hillcrest Primary School  
Howrah Primary School  
Huonville Primary School  
King Island District High 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



Austins Ferry Primary 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  
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  
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



Bagdad Primary School  
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  
Otlands District High School  
Port Dalrymple School  
Prospect High School  
Riverside High School  
Rose Bay High School  
Scottsdale Primary School

### Overdue for Reaccreditation

Collinsvale Primary School (on hold)  
Fahan School  
Hobart High School - Ogilvie  
Hobart High school - New Town  
Huonville High School  
Lindisfarne North PS  
Lindisfarne PS (on hold)  
Montagu Bay PS (on hold)  
Mount Stuart PS  
Romaine Park Primary School  
Scotch Oakburn College (Junior)  
Smithton High School  
Taroona High School  
The Hutchins Junior School  
Woodbridge School  
Yolla District School

## SCHOOL FOOD MATTERS STAFF

**Executive Officer** - Kirsty Grierson

**School Lunch Program Manager** -  
Kate Carlin

**Project Support Officer** - P Jackson

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Damen, and Nietta Lynch, Sophie Adderton

**P.O. North** - Sam Rathmell

**P.O. North West** - Alison Holmstrom,  
Rachael Smith

**Finance and Administrator** - Penny  
Holmes

**Kitchen Specialist** - Melinda Drummond

**Community Dietitian** - Danae Giardina

**Foodies Project Manager** - Peter Cooksley

**Kitchen Supervisors in schools** - Janae Cave  
Emma Preston, Kate Long, Sarah Randall,  
Angela Steynes, David Adams, Boupchaisone  
Banmanivong, Cassie Wilson

### 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  
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*We are also funded for the School Lunch Project by the Tasmanian Government by the  
Crown through the Department of Education, Children and Young People.*