

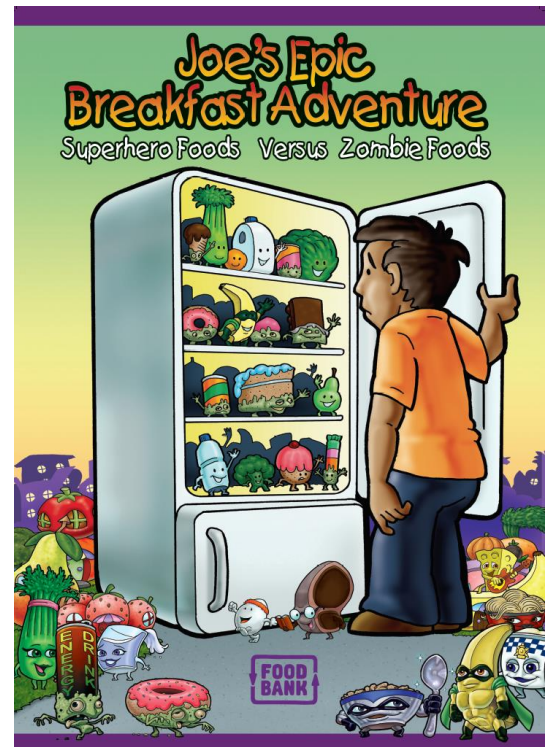
The Morning Toast is a quarterly newsletter to update Foodbank WA's Healthy Food for All® schools on the latest School Breakfast Program, Food Sensations® and Regional Strategy news and information!

Showcasing Superhero Foods: Joe's Epic Breakfast Adventure

Joe is just a regular kid who loves to eat Zombie Foods like take-aways, chips and lollies. Come on an adventure with Joe as he is magically transported into the fridge world. Will Joe uncover the rotten Zombie Food Secret Before it is too late? Will he escape the creepy Body Monsters? Luckily, Joe meets the Superhero Foods who have the power to fight off the nasty Body Monsters and keep him strong and healthy. But it is up to Joe to make the right choices so he can be energised and strong - ready to take on any challenge.

Joe's Epic Breakfast Adventure: Superhero Foods Versus Zombie Foods is a 36 page storybook suitable for students aged 4 to 12 years. Students are taken on a journey of discovery into the Fridge world, as Joe makes the important decision of what to eat for breakfast.

Joe's Epic Breakfast Adventure is a versatile resource for classroom and School Breakfast Program use, even suitable for older children to read to younger children. Best of all, it is available free of charge to registered School Breakfast Program schools! Visit www.superherofoodshq.org.au to order this resource in softcover (A4) or ebook (pdf) format now!



Supporting Our Partners: Telethon 2017



This Telethon weekend (21 & 22 October) marks 50 years of everyday West Australians banding together to ensure a better life for our children now and in the future.

As a long-time beneficiary of Telethon, Foodbank WA encourages you to get involved and support as you are able. Check out the 26 hour telecast between 6.30pm Saturday 21 and 8.30pm Sunday 22 October. To find out more, visit www.telethon7.com/telethon-weekend/.

School Breakfast Program - 2017 Counter (at end Term 3, 2017)

Total Schools: 450

Breakfasts/week: 62,807

Children involved: 18,364

Emergency meals/week: 21,907

2018 School Breakfast Program Registration

Online registrations for the 2018 *School Breakfast Program* are opening soon! Information and a link to the online registration form will be emailed to SBP Coordinators in the second half of Term 4.

Schools that receive SBP product in the form of 'remote packs' will also be emailed the 2018 order form. Please return this form as soon as possible before the end of Term 4, to facilitate product ordering and prompt despatch of packs at the start of 2018.

For more information please contact Miranda Chester (*School Breakfast Program* Coordinator) on 9463 3213 or miranda.chester@foodbankwa.org.au

Food Sensations 2018 EOI's

Would you like to get your school involved with our Food Sensations nutrition education and cooking program in 2018? Expressions of Interest for Food Sensations is now open for all Metro Schools!

An email has been sent out to all school principals and SBP coordinators with a survey link to register your schools interest- so check your inbox! More information about these sessions can be found at www.healthyfoodforall.com.au.

For more information, or if you haven't received your email link, please contact Claire Celenza (Public Health Nutritionist) on 9463 3209 or Claire.celenza@foodbankwa.org.au.

Schools Take Action on Nutrition!

Motivated teachers, school nurses and parents from a range of WA schools came together for a professional development day to take Action on Nutrition! Staff from Foodbank WA, WA School Canteen Association, WA Health Promoting Schools Association, Crunch&Sip® and Refresh.ED came together to present the event, which presented schools with tools and ideas around how to promote good nutrition in their schools.



Attendees learned about the importance of nutrition for wellbeing and creating a supportive learning environment. The Refresh.ED curriculum resources support and motivate teachers to include food and nutrition content across multiple learning areas including Science, English and Mathematics. Ready-to-use lesson plans are available for students in Kindergarten to Year 10.

The WA Health Promoting Schools Association extended the focus beyond curriculum to encompass the whole school environment. Participants worked through a School Health Audit tool to identify areas for improvement within their own school across the Education, Environment and Partnerships domains of the Health Promoting Schools Framework. Feedback from participants on the day suggests that the information and tools provided have equipped and motivated them to take meaningful action on nutrition!

Thank You to Food Sensations Student Volunteers!

The *Healthy Food for All* team extend a huge thank you to all of the student volunteers that assisted us during 2017. These amazing volunteers - students studying nutrition and health promotion at Curtin or Edith Cowan University - assisted with *Food Sensations* session set up, pack up and working with participants during nutrition activities and cooking. Other activities included resource development and representing Foodbank WA at public events. As well as gaining real-world public health nutrition and health promotion experience, the assistance provided by these students allows the *Healthy Food for All* team to expand their services to more Western Australians in need. Thank you!

Food Sensations® in Schools - 2017 Counter (at end Term 3, 2017)

Schools: 67

Sessions: 191

Students: 3,022



Learn to make **Choc Amazeballs** and other great recipes with **Food Sensations for Adults**

FREE 4 week nutrition and cooking programs across Perth!

BOOK into November programs [HERE](#)
Great for everyone - parents, teachers, SBP Coordinators, canteen managers, staff & volunteers!



Watch the video [HERE](#)

Team Water!

Water is the best way to keep you cool and hydrate your body. Try adding your favourite chopped fruit to your drink bottle for a tasty treat!



superherofoodshq.org.au

New Fuel Your Future Workshop Resources Inspire Youth to Take Charge in the Kitchen!

Fuel Your Future is a series of 4 workshops designed to engage 12-18 year olds in cooking and nutrition education. Thanks to funding from BHP the program has been producing positive outcomes for youth in the Pilbara region since 2016. To complement the program and further reinforce cooking skills and nutrition knowledge, a series of 4 pamphlets have been developed to showcase recipes and key messages from each workshop.

Each pamphlet contains 4 quick and easy recipes for youth to try at home plus nutrition topics covered in the workshops for example label reading, food safety and hygiene (see picture featured). The pamphlets have been designed to be visually appealing with step-by-step words and pictures to help guide youth through each recipe.

To access the new *Fuel Your Future* recipe pamphlet series, head to www.superherofoodshq.org.au.



Foodbank Regional School Visits - 2017 Counter (at end Term 3, 2017)

| | | | |
|----------------------------|--|----------------------|----------------------|
| Regions: | Midwest, Pilbara, Great Southern, Wheatbelt, Goldfields-Esperance, Kimberley, Peel | | |
| Towns/Communities Visited: | 20 | FS® School Sessions: | 127 (1,862 students) |
| Number of Schools Visited: | 32 | Distance travelled: | 46,938 kilometres |



THE MORNING TOAST - TERM 4, 2017

East Kenwick Campers Dine on Superhero Recipes!

Students at East Kenwick Primary School took experiential learning to the next level, by catering their school camp based on Foodbank WA recipes!

Following a *Food Sensations* session, these inspired students applied their new-found food literacy and cooking skills to plan the camp menu and prepare twelve separate meals for 60 people! All students were involved in cooking a number of Foodbank recipes, including Super Fruity French Toast, Rainbow Salad, Crazy Corn Dip, Cous Cous Salad and Noodle Ninja Mince.



Questions? Contact Foodbank WA!

PERTH CENTRE FOR HUNGER RELIEF

School Breakfast Program Coordinator: Miranda Chester

📍 23 Abbott Road, Perth Airport
6105

🕒 Mon-Wed: 9am - 3pm
Thurs: *7.30am - 3pm (*during school term only)
Fri: 9am - 3pm

☎ 9463 3213 (SBP Direct)

☎ 9258 5177

🌐 www.healthyfoodforall.com.au
✉ info@healthyfoodforall.com.au

ALBANY

Manager: Rod Pfeiffer

📍 Unit 2a 5-7 Cockburn Rd
Mira Mar Albany WA 6330

☎ 9842 6645

🕒 Mon to Thurs 9am - 3pm
Friday 9am - 1pm

GERALDTON

Relief Manager:
Jamie O'Brien

📍 31 Webberton Road
Geraldton WA 6530

☎ 9964 8011

☎ 9964 8022

🕒 Mon to Fri 7.30am - 2pm

BUNBURY

Manager: Carol Hearn

📍 5 Clifford St
Bunbury WA 6230

☎ 9726 2362

☎ 9726 2363

🕒 Mon to Thurs 9am - 3pm

KALGOORLIE-BOULDER

Manager: Sandy King

📍 175 Forrest Street
Boulder WA 6430

☎ 9093 0284

☎ 9093 0284

🕒 Tues to Fri
9.30am - 2.30pm

PEEL

Relief Manager:
Deborah Burns

📍 Unit 1, 68 Reserve Drive
Mandurah WA 6210

☎ 9581 9200

☎ 9581 9211

🕒 Mon to Fri 9am - 3pm

Foodbank WA's *Healthy Food for All*® team would like to acknowledge the following supporters:

Proudly Supported by:



Department of Health
Department of Education
Department of Regional
Development



ROYALTIES
FOR REGIONS



Acknowledging Our Valued HFFA Partners!

State Government of Western Australia



Department of Health
Department of Education
Department of Regional
Development



School Breakfast Program & Food Sensations in Schools

The State Government of Western Australia has been Foodbank WA's principal *School Breakfast* and *Food Sensations* in Schools Programs funding partner for over 10 years. During this time the number of registered *School Breakfast Program* schools more than doubled (from 204 in 2007 to 450 in 2017).

The Program is now serving over 82,600 meals to school children every week, with demand continuing to grow. This state government funding also kick-started the targeted delivery of *Food Sensations* nutrition education and cooking workshops to students across metropolitan and regional WA.

Long term funding relationships such as this one are essential to Foodbank's ability to meet the food shortage and food literacy needs of schools and students.

Food Sensations for Adults



Food Sensations for Adults is a state wide nutrition and cooking program funded by the WA Department of Health. Delivered as a four session program, it is designed to give participants a good understanding of healthy eating and to develop their skills around the purchase and preparation of nutritious foods. Foodbank's nutritionists and dietitians deliver face-to-face workshops across WA, including via video conference to Community Resource Centres in regional areas.

A key component of the program is 'partnership delivery' by WA Country Health Service staff and other health professionals. To ensure equitable and ongoing access, these facilitators are trained in the delivery of *Food Sensations* for Adults sessions.

Telethon

The Telethon Weekend in 2017 marks the 50th Telethon, a uniquely Western Australian fundraising event to support children in need across Western Australia. The *School Breakfast Program* has benefited from the generous support of Telethon for over 10 years - without this long term support, the Program would not have grown to support over 18,000 students every week across WA.

On behalf of all *School Breakfast Program* schools across Western Australia, we thank the Channel 7 Telethon Trust for their generous and ongoing support. We look forward to maintaining this very positive and valuable partnership for many years to come.



BHP

Proudly supported by

BHP has partnered with Foodbank WA since 2011 to support the delivery of healthy eating and education initiatives in 15 schools and 11 communities in the Pilbara region



School Breakfast Program, *Food Sensations* in Schools, Fuel Your Future and newly developed *Food Sensations* for Parents of 0 - 5 year olds continue to demonstrate positive impacts and work to empower communities as a whole to make healthier food choices. BHP have been a generous supporter of Foodbank WA and we are looking forward to continuing this valuable partnership.



Parmalat

Parmalat's continued donation of 100% unsweetened UHT orange juice is great news for Foodbank WA's remote *School Breakfast Program* schools! Over 150 schools in regional WA are located far beyond Foodbank's branch network, meaning it is not possible to supply them with fresh fruit and vegetables through the Program. In many cases, UHT juice is the only access that these children have to essential vitamins and nutrients - usually derived from fresh fruits and vegetables - necessary to support healthy growth and development. Between 2011 and 2017, Parmalat has donated a whopping 426,900 litres of UHT juice to support these remote *School Breakfast Program* schools. Thank you Parmalat!



Healthway

Healthway is a valued supporter of Foodbank WA's Superhero Foods initiative. Current funding supports the development of healthy eating and cooking resources targeted at Aboriginal students. The Superhero Foods project caters to populations within Healthway's priority target areas, particularly children and young people in regional and remote WA.



This valuable partnership strengthens Foodbank's capacity to educate and empower vulnerable populations and reinforces health eating messages in a fun and engaging way.

Newman's Own Foundation

The Newman's Own Foundation's latest contribution of US\$25,000 (AUD\$32,592) continues valuable support provided over the past three years. It has seen the *School Breakfast Program* through growth across the board - in the number of schools and students involved, the number of meals served, the quantities of food product supplied and, above all, the purchase price of these food products. Thanks to the generous support of Newman's Own Foundation, we have continued to answer the call for help across WA.



Perth Markets Limited

Perth Markets Limited is a long-time supporter of Foodbank WA. Not only are they the source of much of Foodbank Perth's fruit and vegetable stocks, they also financially support the supply of fresh produce for the *School Breakfast Program* and metropolitan *Food Sensations* in Schools cooking sessions.

Hort Innovation

For the fourth consecutive year, Hort Innovation has funded the purchase of Australian bananas, and provided promotional merchandise, for supply to students attending metro *Food Sensations*® in Schools sessions.

We value this ongoing partnership aimed at promoting bananas as a healthy snack option!



Hawaiian

Hawaiian's support provided additional funding for 75 *School Breakfast Program* schools surrounding the property group's metropolitan shopping centres: Hawaiian's Noranda, Bassendean, Forrestfield, and Mezz; Claremont Quarter; The Park Centre, Melville Plaza and Duncraig Shopping Centre.



We thank Hawaiian for helping Foodbank WA to equip those students to lead healthier, happier lives.

