

# SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



Welcome to our Term 4 Newsletter

We are well into this bustling term! Our Cooking Class team has been visiting some fabulous schools so far and have lots of stories to share.

In this edition of our newsletter we will take a look at the program so far, hear some of our favourite quotes from participants and share some great storage tips.

Finally we give you the heads up about What's In Season, to help you choose the freshest ingredients when you cook.

Enjoy!

**Thank you from Foodbank Victoria's  
School Breakfast Clubs Program Cooking Classes team.**



**Emma**



**Alanna**



**Myloan**



**Jane**



# TERM 4 AT A GLANCE



## Participating Schools

Bayles Regional School, Aintree Primary, Trafalgar Primary, Glenhuntly Primary, Chandler Park Primary, Brookside p-9 College, Banyan Fields Primary, Sunbury Heights Primary, Reservoir Views.

## LGA's

Shire of Cardinia, City of Melton, Shire of Baw Baw, City of Glen Eira, City of Greater Dandenong, City of Frankston, City of Hume & City of Darebin.



## Number of hampers

360

## Food Distributed

2880 kg (approx)



## Favourite Quotes!

“It’s a lot of fun and you learn a lot of variety of different veggies. Three things I enjoyed were the ladies showing us, they were so very helpful, meeting other people and the knowledge of different recipes and cooking”  
Marg, Trafalgar Primary School.

“We now spend more time together discussing food ideas, preparation of food, plus food safety and hygiene. It helps us to connect better in the kitchen and promotes my daughter to get involved and off her phone!”  
Family at Chandler Park Primary.

“Alanna and Jane did a marvelous job creating a warm and inviting environment for our families to connect with one another and learn some valuable lessons on nutrition and cooking. It has been wonderful to watch students grow in confidence when cutting and preparing meals. Each week families would come in excited to make the latest recipes and the students would come running up to me on yard duty to update me on their cooking adventures at home!”  
Jess Burns, Breakfast Club Coordinator at Trafalgar Primary School.

Our team has pulled together some handy food safety tips.

## Food Safety Tips!



### Check for use-by and best-before dates!

USE-BY: Food should NOT be consumed after the date, as it can contain harmful bacteria;

BEST-BEFORE: Food can be consumed after the date, but it's not the best quality.

### Know the temperature danger zones!

To prevent harmful bacteria from growing, food must be kept:

below  $-15^{\circ}\text{C}$  for frozen foods;

at  $5^{\circ}\text{C}$  or below for refrigerated food;

above  $60^{\circ}\text{C}$  for hot food.

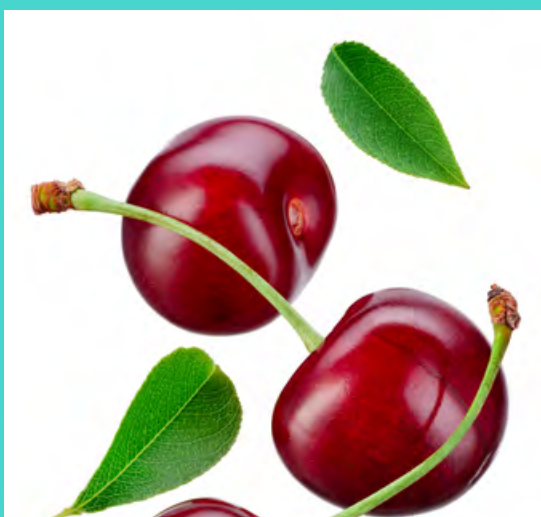
### Remove moulding fruit from good fruit!

Remove any fruit that is going off or moulding out of the fruit bowl!

It prevents harmful bacteria from spreading to good fruit;

It also helps to maintain the freshness of perfectly fine fruit;

tip: put the bad fruit into a compost bin!



## What's in Season

Apple, asparagus, avocado, banana, blueberries, cherry, cumquat, grapefruit, honeydew, citrus, loquat, lychee, mango, mulberries, orange, papaya, pineapple, rhubarb, strawberries, starfruit, tangelo, watermelon, asian greens, beans, beetroot, broccoli, cabbage, carrot, cauliflower, celery, corn, daikon, eggplant, fennel, leek, lettuce, okra, onion, parsnip, peas, potato, pumpkin, radish, shallot, silverbeet, spinach, spring onion, squash, swede, sweet potato, tomato,



turnip, watercress.

Herbs

Basil, chilli, chives, coriander, dill, garlic, lemongrass, mint, oregano, parsley, rosemary, sage.

## Want to volunteer at a Cooking Class?

We are always looking for help in our classes.

Get in touch with us [here](#).



## The Program So Far

TOTAL FOOD DISTRIBUTED

31,281 kg (approx)

TOTAL PARTICIPANTS

1831

# SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



Foodbank Victoria would like to acknowledge the traditional custodians on the land in which we eat, live, work and play. We pay our respect to Elders past, present and emerging and extend that respect to all Aboriginal and Torres Strait Islander people today.

[About School Breakfast](#)  
[Clubs Program](#)  
[Volunteering in the program](#)  
[Newsletters](#)  
[Contact us](#)  
[Newsletter Signup](#)  
[Place Order](#)  
[Privacy Policy & Disclaimer](#)

Copyright © 2023, All rights reserved.  
[Support](#) / [Unsubscribe](#) / [Update preferences](#)