

# SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



Welcome to our Term 2 Newsletter

Term 2 has seen our Cooking Class team warmly welcomed into six lovely schools including a small regional school in Ripplebrook, where the sun shone down on us each week whilst we unpacked the recipe hamper boxes from our van! Our team had a wonderful time meeting the families, cooking together, sharing recipes and talking about how to adapt the recipes to make the most of seasonal vegetables.

In this edition, we share a delicious recipe for Apricot Bliss Balls and find out which herbs are in season to help you elevate the flavour of your dishes. We also have some of our favourite quotes from participants and a letter of thanks from the principal of Noble Park English Language School.

Happy reading!

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



Emma



Alanna



Myloan



Jane



# TERM 2 AT A GLANCE



## Participating Schools

Noble Park English Language School, Mount Ridley P-12 College, Ripplebrook Primary School, Cranbourne Secondary College, Sunshine Special Development School, Roxburgh Rise Primary School.

## LGA's

City of Greater Dandenong, City of Hume, Shire of Baw Baw, City of Casey, City of Brimbank.



## Number of hampers distributed

240

## Total Food Distributed

1992 kg (approx.)

## A note of thanks that made us smile

I am writing this letter to thank the staff from Foodbank, who came out to Noble Park English Language School and ran the cooking program for four weeks. Our schools aim for the cooking program was to enhance the relationship between the school and the parents, along with an opportunity to make use of our new multi-purpose room.

The organisation of the program was completed in collaboration with our staff member, Maxine Mann, who is the Mental Health and Wellbeing Leader for the Primary division of our school and Alanna Brown from Foodbank. Maxine found that setting up the program in partnership with Alanna Brown was exceptionally easy. Alanna was very professional and provided Maxine with some flexibility. Maxine wanted this program to target the families in our community who are in desperate need of emotional and financial assistance.

Thankfully, that is exactly what happened. Families who arrive at our school have experienced a great deal of trauma whilst living in their home country and often an extremely difficult journey to Australia.

The cooking program provided some relief for families along with some much needed, quality time with their child. Six different students and their families were selected for each of the four weeks. The students were delighted when it was their turn to participate. They couldn't wait for their parents to come. The interest from the other students and parents was overwhelming. Often on the cooking days, other parents who had not yet received an invite were lining up outside the gate, in hope.

The staff from Foodbank always arrived at our school with an extremely positive attitude. They had obviously spent a great deal of time preparing for the day, organising food hampers and recipes. We would also like to thank the staff from Foodbank that we didn't see, who may have done some of the packing of food, writing of recipes and creation of recipe books.

During the program, I witnessed parents having a lovely time with their child. The atmosphere was always joyous and calm. The Foodbank staff were extremely supportive when assisting families with their culinary skills, as they were often making something completely new. Some parents mentioned that this was the first time they had seen their child enjoying vegetables.

The cooking classes from Foodbank was an amazing experience for our school community and we definitely achieved what we were aiming for. We hope that our school is placed as a priority on the next round of offers to run the program. We are very grateful to your organisation for providing much needed assistance to families and above all happiness.

We are looking forward to working with the Cooking Classes team again soon.

Yours sincerely,

Enza Calabro, Principal of Noble Park English Language School

# What's Cooking?

## Apricot Bliss Balls



### Oat and Apricot Bliss Balls

A simple, natural treat to keep you energised throughout the day.

**Makes 20 pieces**  
**Cooking time 10 minutes**

#### Ingredients

- ½ cup desiccated coconut, plus 3 tbsp for rolling
- 2 cups dried apricots
- 2 cups rolled oats

#### Handy Tips

- Try experimenting with other dried fruits like pitted dates.
- Store in an airtight container in the fridge to keep fresh for longer.

#### Method

- 1** Set aside 3 tablespoons of the desiccated coconut for rolling the bliss balls.
- 2** Add apricots, oats and desiccated coconut to a food processor.
- 3** Blitz until finely chopped and well combined.
- 4** Shape mix into small balls and roll in desiccated coconut.





## What's in Season

### Herbs

Parsley, coriander, dill, mint, oregano, rosemary, thyme, bay leaves and spring onions.

## Like to volunteer with us?

We are always looking for help in our classes. If you or anyone you know would like to help, get in touch with us [here](#).



## The Program So Far

**TOTAL FOOD DISTRIBUTED**

**35,120 kg (approx.)**

# SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



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

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.

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