

# SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



Welcome to our Term 3 Newsletter

During Term 3, our team were busy on the road running our Cooking Classes program in various Metropolitan and Regional schools. From Ardeer South Primary School to Morwell Central Primary School, participants cooked up a storm and enjoyed the healthy and delicious recipes, including our lunch box friendly sushi rolls!

Happy reading!

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



Emma



Alanna



Myloan



Jane

## TERM 3 AT A GLANCE



### Participating Schools

St Albans North Primary, Ardeer South Primary, Seaford Park Primary, Phoenix Community College, William Ruthven Secondary College, Seymour College, Morwell Central Primary, McClelland College.



### LGA's

La Trobe City Council, Brimbank City Council, City of Ballarat, Frankston City Council, Mitchell Shire Council, Darebin City Council.



### Number of hampers

320

### Food Distributed

2665 kg (approx)

## Food and Mood

Did you know that apart from being delicious, food also has the power to boost your mood? Here are some top tips:

- **Eat more wholefoods and cook from scratch**

Eating more wholefoods and less highly process packaged foods can reduce the risk of anxiety and depression. Eating foods high in complex carbohydrates (wholegrains, legumes, fruits and vegetables), omega 3's (nuts, eggs, oily fish, seeds, grass fed meat and leafy veggies) antioxidants (colourful veggies and fruits), B Vitamins (green vegetables, bananas, beetroot), Prebiotics and Probiotics (yoghurt, sauerkraut, kimchi, cheese etc) can help to stabilise mood, support brain health and production of happy chemicals dopamine and serotonin and reduce risk of anxiety and depression.

- **Make mealtimes social**

Spending time with friends and family during meal preparation and mealtimes provides a positive mood boost and feelings of connection. We have lots of tips for connecting at mealtimes on page 50 of our Recipe Book.

- **Embrace food nostalgia**

Does the smell of freshly baked bread, podding peas or onion frying in the pan bring back happy memories from your childhood? Preparing ingredients or cooking foods that remind you of happy times and experiences, loved ones or friends can boost wellbeing and spark memories.

### Key nutrients

**Complex Carbohydrates** (fruits, vegetables, wholegrains and legumes): help to stabilise your mood by slowly releasing glucose into our system.

**Antioxidants** (think brightly coloured fruits and vegetables): defend against oxidative stress and inflammation in the brain and body, this can help to increase feel-good chemicals in our brains.

**Omega 3** (found in oily fish, nuts, seeds, leafy veggies, eggs and grass fed meat): important for energy and brain health as well as fool-good chemicals dopamine and serotonin.

**B Vitamins** (found in green vegetables, beans, bananas and beetroot): play a role in production of serotonin and dopamine – the happiness chemicals. Low B Vitamins can result in low production of happiness chemicals and lead to low mood.

**Prebiotics and Probiotics** (yoghurt, cheese, fermented foods): the bacteria – good and bad in our guts can influence our moods and behaviour and may reduce the risk of depression and anxiety.

Find our recipes in the **Cooking Classes Recipe Book** or on our [website](#).

And [here](#) you can find some research-based articles on food and mood.

### Catch Up on Case Studies

Our Cooking Classes offered more than just cooking tips and recipes at Noble Park ELS; they provided a safe and welcoming environment to the school community.

You can read more about Noble Park ELS and [find other stories on our website](#).





## What's in Season? Celeriac

Ever wondered what you can do with celeriac? It's a versatile vegetable that can be turned into a classic French celeriac remoulade, a delicious winter salad of raw, peeled and grated celeriac mixed with mayonnaise, Dijon mustard, lemon juice, cornichons (pickled cucumber), salt and freshly ground pepper.

Celeriac can also be peeled and cut into wedges or chunks and roasted with olive oil and garlic; steamed and served with olive oil or butter and seasoned to taste with fresh winter herbs like thyme and a little salt and freshly ground pepper. It can also be mashed or made into a delicious, hearty soup. You can roast the whole celeriac with skin on – just make sure you scrub it clean and cut off any parts that you can't clean well.

### Delicious Winter Flavour Helpers

These herbs can flavour your dishes during the cooler weather: bay leaf, chervil, coriander, mint, oregano, parsley, rosemary, sage, spring onion, thyme and winter tarragon.



## What's Cooking? Teriyaki Poke Bowl

### 7 ingredients + 7 steps = easy & delicious!

A simple, delicious, gooey eggplant recipe. Create a poke bowl, by adding what you like.

#### Ingredients:

- 2 tbsp olive oil
- ginger, small piece
- 2 garlic cloves
- 250ml Teriyaki sauce
- 2 tbsp kecap manis
- 1-2 tbsp honey
- 1 eggplant, chopped into large chunks
- 3 spring onions, roughly chopped

#### Method:

- Preheat oven to 180 degrees
- Peel & finely chop garlic & ginger
- Heat olive oil in frypan over medium-high heat
- Add garlic, ginger & eggplant, cook for 2-3 mins
- Add teriyaki sauce, kecap manis, honey and a dash of water (1 cup). Cook for 5-8 mins
- Transfer into a baking dish (incl. all of the sauce) & cover with foil. Bake for 10-15 mins until gooey.
- Serve on cooked sushi rice. Add spring onions and poke bowl toppings.



## Like to volunteer at a cooking class?

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



## The Program So Far

TOTAL FOOD DISTRIBUTED

37,786 kg (approx)

## SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



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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.

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