

## SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



Welcome to our Term 4 Newsletter!

This term, the sun has been shining, and the team have been as busy as bees gearing up for the end of the year and making plans for 2025.

Term 4 saw us on the road delivering cooking classes to students in Croydon, Colac and Kurnai College, to name a few, finishing up in Euroa, where we met a truly terrific school pet turtle named Pepe.

In this edition, we're sharing some Food Waste, Budgeting and Nutrition tips and seeking your input on a new initiative we're looking to roll out next year.

We've had a wonderful time with you all this year, and are looking forward to 2025 and all that it brings.

Wishing you a safe and happy festive season.

Happy reading!

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



Emma



Alanna



Myloan



Jane

## TERM 4 AT A GLANCE



### Participating Schools

Colac South West Primary, Ardmona Primary, Linton Primary, Croydon Community School, Euroa Primary, Hoppers Crossing Secondary College, Kilberry Valley Primary School, Redesdale Mia Mia Primary, Kurnai College, Lalor Secondary College.



### LGA's

Colac Otway Shire, La Trobe City Council, City of Greater Shepparton, City of Maroondah, City of Ballarat, Shire of Strathbogie, City of Wyndham, City of Casey, City of Greater Bendigo & City of Whittlesea.



#### Number of hampers

400

#### Food Distributed

3000 kg (approx.)

## Food Waste, Budgeting & Nutrition Tips

Thanks Sanae Gagliardi (Student Placement, Deakin University) for creating these helpful tips!

### Tips for reducing food waste:

- **Plan your meals:** Create a meal plan for the week ahead and stick to it. This helps you buy only what you need and reduces impulse purchases.
- **Make a shopping list:** Create a list of ingredients needed based on your meal plan. This helps you avoid buying items you already have and reduces over-purchasing.
- **Understand the 'used-by dates':** This ensures food is consumed within the date range - helping prevent food going to unnecessary waste.
- **Food storage:** Understand the best way to store fruits, vegetables and other perishables so they last longer. For example, storing vegetables in the crisper and freezing bread if you don't use it quickly.
- **Compost:** Compost left over food scraps or spoiled produce or have a compost green bin which you consciously use every time when preparing meals.
- **Freeze extras:** Freeze left over portions of food for later use. This is helpful when making stews, soups and casseroles.

### Cooking on a budget tips:

- **Keep it simple:** It's easy to get overwhelmed with the extensive number of options in the supermarket. Focus on simplicity to avoid complicating the cooking process. By sticking to straightforward recipes and essentials, you can make meal preparation enjoyable and stress-free.
- **Buy in bulk:** Purchase pantry stable items such as pasta, rice and canned goods in bulk. They are often cheaper per unit and have a long shelf life.
- **Use store brands:** Opt for store home brand options instead of name brands. They are usually cheaper and often have the same quality.
- **Buy seasonal produce:** Seasonal fruit and vegetables are usually cheaper and fresher.
- **Use frozen produce:** Frozen fruit and vegetables are often less expensive compared to fresh ones and have a longer shelf life.

### Nutrition-related tips:

- **Eat a variety of foods:** Aim to include a wide range of foods from each of the five food groups into your diet. This means incorporating different fruits, vegetables, whole grains, proteins and healthy fats.
- **Prioritise whole foods:** Focus on consuming whole, unprocessed foods over highly processed ones.
- **Stay hydrated:** Drink plenty of water throughout the day. Sometimes thirst can be mistaken for hunger, so staying hydrated can help regulate your appetite. Children should be consuming around 1 - 1.6L per day whilst adults should aim to consume 2 - 2.6L per day (*Eat for Health, 2017*).
- **Include fibre-rich foods:** Foods rich in fibre such as whole grains, fruits, vegetables and legumes help with digestion and help keep you satisfied, keeping you full for longer.
- **Balance your plate:** Try to balance your meals with a good mix of macronutrients – carbohydrates, fats and protein. This helps maintain energy levels and supports overall health.

## New in 2025: Cooking Classes Webinars

In 2025, Foodbank Victoria will be introducing live webinars each term, to provide a space for schools to participate in webinars that focus on a Whole School Approach to Healthy Eating.

To help us ensure you get the most out of the webinars, we would love your input. Your survey responses will help us to plan impactful webinars for 2025.

Please answer a few questions via the link below - it should take no more than five minutes.

Further information coming to your inbox in early 2025! Keep your eyes peeled.

[Have your say here](#)

## Catch Up on Case Studies

Our Cooking Classes offer more than just cooking tips and recipes; they provided a safe and welcoming environment to the school community.

You can [find school stories on our website](#).



## Sanae Says

**We spoke with Deakin University Student Placement, Sanae Gagliardi about her time with the program. Here's what she had to say about the experience:**

"As part of my University course, I assisted with Foodbank Victoria's Cooking Classes Program. During my placement, I assisted at two schools where I engaged with students and families in hands-on cooking activities. It was rewarding to witness participants develop essential skills, fostering teamwork and learning about nutritious meal preparation. This experience not only enhanced my understanding of food security and community engagement but also reinforced the importance of equipping families with the knowledge, resources and confidence to make healthier food choices.

Throughout my placement I gained valuable insight into the extensive planning and collaboration that goes into these programs. I learned that each session requires careful consideration of curriculum development, ingredient sourcing for hampers and logistical coordination. A lot of time and resources are dedicated behind the scenes to ensure the program runs smoothly and that participants get the most out of each session.

I cherished the opportunity to connect with each family on a deeper level, gaining insights into their unique backgrounds, experiences and cultural traditions.

The energy that the children brought to each session was infectious. Their enthusiasm and eagerness to participate in the cooking process transformed the environment into a vibrant space. I loved observing how each child expressed their personality through their approach to cooking.

Engaging with the Foodbank staff and facilitators and learning about their backgrounds was a highlight of my experience. As I look toward my post-study career, I am particularly drawn to opportunities that focus on improving community health through nutrition education and access to healthy food.

I am greatly appreciative for the time I spent with Foodbank and the invaluable learnings, opportunities and insights I gained during my placement experience."



## 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

40,786 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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