

SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



June 2025

Welcome to the Term 2 edition of our newsletter!

As the weather cools and the mornings become frosty, there's no better time to embrace the comfort and abundance of seasonal cooking. In this issue, we're celebrating all things winter — from hearty produce at its peak to recipes that warm you from the inside out.

We'll take a closer look at what's in season and how to make the most of it in your kitchen. Plus, we're sharing a nourishing Winter Minestrone Soup recipe — perfect for chilly evenings and packed with veggies to support your wellbeing.

You'll also learn a little about the experience Anthony, one of our wonderful placement students had, working with the program and what he'd learned along the way. And we introduce our new facilitator Katie who joined us this term.

So, settle in with a warm cuppa and enjoy this edition of the Cooking Classes Program newsletter!

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



Alanna



Emma



Jane



Katie



TERM 2 AT A GLANCE



Participating Schools

Broadmeadows Primary, Gladesville Primary, Carlton Primary, Broadmeadows Valley Primary School, Eastbourne Primary, Eaglehawk Primary, Harston Primary, Fountain Gate Secondary College.



LGA's

City of Hume, City of Melbourne, Greater Shepparton City, City of Greater Bendigo, Mornington Peninsula Shire, City of Casey, Yarra Ranges Shire.



Meals

320 healthy hampers provided to families - more than **6,600** meals created!

Meet Katie

Our new Program Facilitator - Schools Food Literacy

Tell us about yourself and your previous work experience

Katie is an Accredited Practising Dietician (APD) and Nutritionist, who is passionate about paediatric nutrition and health promotion. She is a big foodie - who loves to cook, eat out and explore different cuisines.

Why Foodbank Victoria?

Katie wants to make a difference in people's lives and believes that everyone has the right to healthy, nutritious and safe food - working at Foodbank Victoria makes this dream come true.

Fun fact

Katie taught herself how to cook from the age of ten and was cooking dinner for her family every night from 12 years old! Her family miss her now that she's moved out of home!



In their words

We asked the participants at Gladesville and Broadmeadows Primary Schools to describe cooking classes in one word:

- **Fun**
- **Exciting**
- **Inspirational**
- **Building confidence**
- **Amazing**, useful and great time to meet other families and spend time together.

At Gladesville Primary, a young participant tried Okonomiyaki and gave us a big 'thumbs up' when asked if he liked it. His dad explained that his son has additional needs and typically has aversions to vegetables, so he was surprised and overjoyed to see his son enjoying the vegetable pancakes.

During the program at Broadmeadows Primary, six families described how significant the hampers were, while the cost-of-living pressures continue. They explained that the hampers really helped to cook a variety of meals for their family at home, using fresh, seasonal produce.

At Gladesville Primary, two students became very creative – putting their freshly made Okonomiyaki into wholemeal rolls and adding fresh ingredients to make their own tasty and healthy burgers!

What's in Season?

Winter

Fruit

Avocado, apple, blackberries, banana, cumquat, custard apple, feijoa, fig, grapefruit, grapes, guava, kiwi fruit, lemon, lime, mandarin, nashi, orange, papaya, passionfruit, pear, persimmon, plum, pomegranate, prickly pear, quince, raspberries, rhubarb, strawberries, tamarillo, tangelo.

Vegetables

Artichokes, Asian greens, beetroot, broccoli, Brussels sprouts, cabbage, carrot, cauliflower, celery, daikon, fennel, leek, lettuce, mushrooms, onion, parsnip, potato, pumpkin, shallot, silverbeet, spinach, spring onion, swede, sweet potato, turnip, watercress, witlof.

Herbs

Chervil, chives, coriander, dill, garlic, ginger, mint, oregano, parsley, rosemary, sage, tarragon, thyme.

Eating seasonally means choosing vegetables, herbs and fruits that are in season in the local region.

- This is often more cost effective as the produce is in abundance.
- The produce may be higher in micronutrients.
- Less food miles = better for the environment.

Feel Good Feedback

Anthony, one of our placement students had some lovely words to share about his experience volunteering at Cooking Classes.

New message



To... **Cooking Classes Team**

Subject... **Anthony Grizos - Student Placement Feedback**

Throughout the placement I learnt a lot about the importance of educating young individuals about healthy eating. I was able to grasp the understanding about how crucial education is in empowering people to make healthy food choices. I learnt about the importance of teaching young students the benefits of healthy food choices and the potential substitutes to the non-healthy food.

The most enjoyable part of the experience was seeing the students gain confidence in the kitchen. Many of them had never cooked a meal from scratch before, so watching them learn new skills and take pride in their creations was incredibly fulfilling.

I also enjoyed the opportunity to work with Foodbank Victoria's dedicated staff, who were always supportive and willing to share their expertise. Their passion for making a positive impact in the community was contagious, and it inspired me to contribute even more during my placement.

Catch Up on Case Studies

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

Gleneagles Secondary College took part in Term 1 in an effort to help build stronger relationships within the school community.

[Read about](#) how those families created lasting bonds.



We always 'knead' help in our classes!

If you or anyone you know would like to volunteer at our Cooking Classes, please [get in touch with us](#).

You'll have so much fun helping families gain valuable skills in preparing and cooking nutritious food.

It's a win win!



The Program So Far

Total meals created
189,000 (approx.)

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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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