

# **SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES**



**September 2025**

Welcome to the Term 3 edition of the Cooking Classes newsletter!

As this term wraps up, we're celebrating a season filled with hands-on learning, delicious meals, and meaningful connections. Our cooking classes have brought students together to explore seasonal produce, build food skills, and enjoy the simple joy of preparing and sharing meals.

This term really highlighted for us that food is more than just fuel, it's a way to connect and create memories with friends and family. Our team and placement students from Deakin University visited regional and metro schools across Victoria, providing the chance to connect with diverse communities and see firsthand the enthusiasm for food education in different communities throughout the state.

Thank you to all the schools, students, and staff who welcomed us so warmly. We're excited to carry this energy into Term 4!

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



**Alanna**



**Jane**



**Emma**



**Katie**



## TERM 3 AT A GLANCE



### Participating Schools

Fleetwood Primary School, Wyndham Central College, Dandenong North Primary School, Yinnar South Primary School, Churchill North Primary School, Ararat Primary School, Yering Primary School, and Deer Park West Primary School.

### LGA's

City of Casey, City of Wyndham, City of Greater Dandenong, Latrobe City, Ararat Rural City, Yarra Ranges Shire, and the City of Brimbank.



### Meals

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

## What's in season?

### Vegetables

- Broccoli
- Cauliflower
- Brussels sprouts
- Parsnips
- Swedes
- Asparagus
- Artichokes
- Broad beans
- Snow peas
- Zucchini

### Fruits

- Apples
- Kiwifruit
- Rhubarb
- Strawberries
- Loquats
- Pears
- Pomegranates
- Quince
- Citrus  
(oranges, lemons, mandarins,  
limes, grapefruits)

### Herbs

- Bay leaves
- Oregano
- Thyme
- Mint
- Parsley
- Dill
- Coriander

## IN THEIR WORDS

I can't believe that my son is eating vegetables, he never eats them at home, and he certainly never eats fried rice and look at him, he's loving it!

- Parent

(The fried rice) is delicious! I cracked and whisked the eggs all by myself

- Student

"Through the week, we cooked all the recipes from the hamper box"

- Parent & student

I love this program because my parents get to talk to the other parents, and I get to cook then play then eat!

- Student

Thomas loved making sushi and putting it in his school lunchbox

- Parent



# Kuku Sabzi

## Mini Iranian Herb Frittata

A healthy, kid-friendly recipe perfect for lunchboxes or easy family meals. Kuku Sabzi is a traditional Iranian dish made with fresh herbs, eggs, & spices. It's often served during Nowruz (Persian New Year) and symbolizes renewal & health. This version is baked in a muffin tin, making it a nutritious & portable option for school lunches.

**Makes:** 6

**Difficulty:** Easy

**Health Rating:** Green

### Ingredients

- 4 large eggs
- 2 tbsp natural yoghurt
- 1 tsp turmeric
- ½ tsp baking powder
- 1 cup fresh parsley, chopped
- ½ cup fresh coriander, chopped
- ½ cup fresh dill, chopped
- ½ cup spring onion, chopped
- ½ cup baby spinach, chopped



- ½ cup grated zucchini
- ¼ cup wholemeal self-raising flour
- 2 tbsp olive oil

### Optional add-ins:

- ¼ cup crushed walnuts (for texture & healthy fats)

### Method

1. Preheat oven to 180°C (fan-forced).
2. In a large bowl, whisk eggs, then mix in yogurt, turmeric & baking powder.
3. Add all chopped herbs, spring onion, spinach & grated zucchini. Stir well.
4. Mix in the flour until fully combined.
5. Lightly grease a non-stick muffin tray with olive oil.
6. Pour the mixture evenly into 6 muffin cups.
7. Bake for 20–25 minutes, or until firm & golden brown.
8. Let cool before packing into lunchboxes.

### Why it's great!

- ✓ Packed with herbs & veggies.
- ✓ Can be eaten warm or cold.
- ✓ Easy for kids to help prepare.
- ✓ Keeps well in the fridge for up to 3 days.
- ✓ Ideal for insulated lunchboxes with an ice pack.

*A very big thanks to placement student Sepideh for sharing this recipe. Sepideh's mum used to make this for her in Iran, where they are from.*

## Student Spotlight

### Angelina's Mexican Bowl Magic

Looking for a quick, healthy dinner option that's packed with flavour and easy to make? Our placement student Angelina has you covered!

During her time in our cooking classes, Angelina created a vibrant Mexican Bowl recipe using fresh, everyday ingredients - most of which you may already have at home. Her goal? To make nutritious eating simple, fun, and accessible for everyone.

This colourful, nutritious and easy to assemble meal features iceberg lettuce, tomato, corn, coriander, avocado, red kidney beans, pickled onion, microwave brown rice, and a dollop of sour cream. It's perfect for busy weeknights or lunch on the go.



[Watch the Instagram reel here and give it a go! →](#)



## Thank You!

We are so grateful to the incredible students from Deakin University who brought with them bounds of enthusiasm, warmth and creativity!

## 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.

Fountain Gate Secondary College took part in Term 2 in an effort to help promote healthy eating as well as build practical kitchen skills.



[Read about how those families opened the door to positive communication channels.](#)



## The Program So Far

Students across Victoria have cooked up approximately 224,690 meals since the Cooking Classes Program started!



## 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!

Get in touch →

[volunteering@foodbankvictoria.org.au](mailto:volunteering@foodbankvictoria.org.au)

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