

SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



March 2026

Welcome to the first edition of the Cooking Classes newsletter of 2026! We're excited to warmly welcome all the new students and families joining our community.

We've kicked off another year with a bang and this first edition celebrates the joy of creative, fun recipes, learning new skills, and the fostering of a supportive environment for students to try seasonal produce. It sets the tone for a year filled with hands-on cooking, healthy meals, and plenty of memorable moments around the table and classroom.

Thank you to all the schools, students, and staff who welcomed us so warmly. We're excited to carry this energy into Term 2!

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



Participating Schools

Warringa Park Primary School (Warringa Crescent Campus), Magpie Primary School, Frankston Special Developmental School, Inglewood Primary School, Epsom Primary School, Western Port Secondary College, St Albans East Primary School.



LGA's

City of Wyndham, City of Ballarat, City of Frankston, Shire of Loddon, City of Greater Bendigo, Mornington Peninsula Shire, City of Brimbank.



Meals

280 healthy hampers provided to families - more than 8,300 meals created!

TEAM UPDATE

Meet Steph - our new Food Literacy Coordinator!

Steph is stepping in for Alanna while she takes time to enjoy her new chapter of motherhood. As a Public Health Nutritionist and self-confessed foodie, Steph brings a love of fresh, vibrant cooking to everything she does.

Her favourite dish is 'Wara Enab' – vine leaves stuffed with rice and vegetables. A long-standing traditional recipe she's learnt to make with her partner's family. Steph is passionate about empowering people with practical skills and knowledge to cook nutritious, budget-friendly meals and live healthier lives.

Her Foodbank journey actually began back in 2021, when she first joined us as a cooking class volunteer, and we're thrilled to welcome her back!



WHAT'S IN SEASON?

Fruits

- Apples (Gala & Granny Smith)
- Figs
- Apricots
- Peaches
- Plums
- Nectarines
- Avocados
- Strawberries
- Raspberries
- Blackberries
- Lemons
- Limes
- Oranges
- Grapefruits
- Grapes
- Watermelon
- Cantaloupe
- Passionfruit

Herbs

- Basil
- Thyme
- Mint
- Chives
- Coriander
- Dill
- Oregano
- Parsley

Vegetables

- Asian greens
- Broccoli
- Beetroot
- Lettuce
- Kale
- Chard
- Rocket
- Silver beet
- Peas
- Pumpkin
- Radish
- Spring onions
- Tomatoes
- Leek
- Zucchini
- Cucumber
- Zucchini
- Green beans
- Capsicum
- Carrot
- Cauliflower
- Chillies
- Corn
- Dalkon
- Eggplant
- Fennel
- Garlic
- Kohlrabi

WHAT'S COOKING?

Pancakes

Feeds: 4-6

Season: All

Try serving this family favourite with seasonal fruit, cinnamon, a small dollop of reduced-fat Greek yoghurt or toasted nuts and seeds.

Equipment

measuring cup (1 cup)	ladle
measuring spoon (tbsp)	egg flip
whisk	bowls (1 large, 1 medium)
mixing spoon	large frying pan

Ingredients

1 cup self-raising flour	2 tbsp extra virgin olive oil for frying
1 egg	2 cups fresh seasonal fruit
1 cup reduced-fat milk	

What to do

1. Place the self-raising flour in the large bowl.
2. Crack the egg into the medium bowl and add the milk. Whisk to combine.
3. Add the egg and milk mixture to the flour. Whisk well until you have a runny batter.
4. If time allows, set batter aside in the fridge for 10–15 minutes (optional). This will result in a smoother batter. Prepare your toppings while you wait (e.g. slice fruit, toast nuts and seeds).
5. Heat olive oil in the frying pan over medium heat.
6. Remove batter from the fridge and give it a stir with the mixing spoon.
7. Scoop a ladleful of the batter into the middle of the frying pan (or use a smaller spoon and cook 3–4 smaller pancakes at a time).
8. Cook for 1–2 minutes, until bubbles appear on the top, then flip over and cook for a further 1–2 minutes, until golden (flip the pancakes only once and do not press down on them, as this can lead to a rubbery texture).
9. Serve with seasonal fresh fruit. You may also like to try a dollop of reduced-fat Greek yoghurt and some toasted nuts and seeds.



IN THEIR WORDS

Warringa Park Primary School

- Students were initially reluctant to try new veggies but when they tasted the fried rice - with kale, spring onion, peas, corn, zucchini and ginger, they loved it! Three students in particular had several bowls full at the end of the session.
- Eli (student) loved making sushi during session 1 and said he wants to make it with his family at home.
- Students in session 3 played a "drinks game," ranking soft drinks from most to least sugar. The class then explored simple ways to stay hydrated by adding ingredients like strawberries, lemon, lime, mint, and cucumber to water. Together they made a strawberry-gum infused drink with fresh strawberries and lemon slices. Students loved it - many asked for seconds and were surprised by how flavourful the native strawberry gum was, saying they preferred it to soft drink.

Magpie Primary School

- Keegy (student) enjoyed cutting up cucumber and capsicum using our newest chopping tool – crinkle cutters.
- Kaysyn (student) tried tofu for the first time and loved it – she kept asking for seconds!
- Tyler (student) got to spend quality time with his grandpa cooking each week.

In our 'Nourish & Flourish' workshop – all the year 5 and 6 students loved our bliss ball recipe, one student in particular said "this is amazing" and that they'd "like to make them again at home."



SPOTLIGHT ON: Herbs & Spices

Here are a few simple spice blends to take your cooking to the next level!

"Italian herbs" – rosemary, thyme, parsley, oregano, basil, parsley and sage. **Uses:** pasta sauce

"Peri-peri" – paprika, cayenne pepper, garlic powder, ginger, oregano, coriander and lemon. **Uses:** roast chicken

"Native" – saltbush, pepperberry, lemon myrtle and wattleseed. **Uses:** roast potatoes

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.

Flexibility and community were the recipe for Cooking Classes success at Broadmeadows Special Development School.

[Read more here.](#)





The Program So Far

Students across Victoria have cooked up over 218,000 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

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