

SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES



June 2026

Welcome to our Term 2 Newsletter!

We're excited to warmly welcome all the new students and families joining our community. In this edition, you'll find hearty soup suggestions perfect for cosy lunches, along with practical tips to stay hydrated throughout winter - something that's just as important in the cold as it is in the heat. We're also delighted to share some warm feedback from our families, highlighting the positive impact of our program, and a budget-friendly burger recipe to try at home that's both delicious and that little bit easier on the grocery budget.

Happy reading!

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



Steph



Jane



Emma



Katie



Participating Schools:

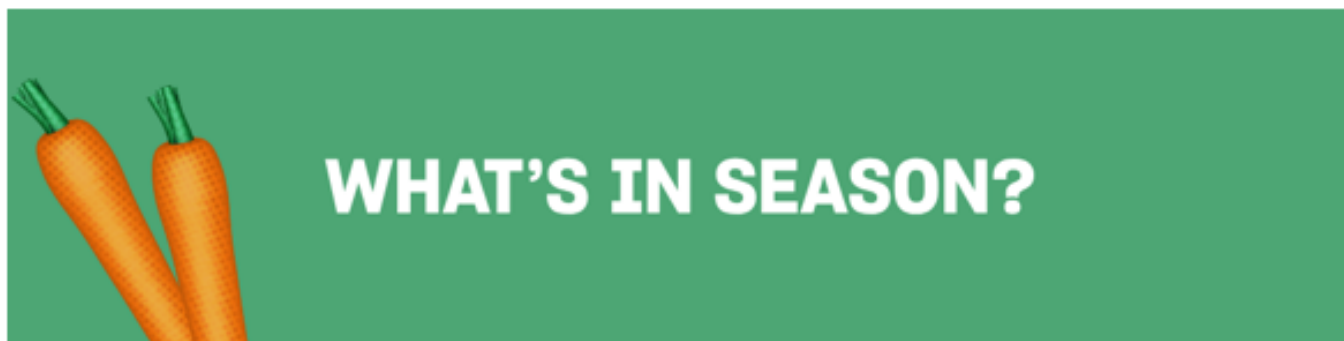
Mornington Special Development School,
Bacchus Marsh College, Hurstbridge
Primary School, Marysville Primary
School, Heidelberg Primary School,
Roxburgh Homestead Primary School,
Cairnlea Park Primary School.

LGAs

Mornington Peninsula Shire Council,
Moorabool Shire Council, Nillumbik Shire
Council, Murrindindi Shire Council,
Banyule City Council, Hume City Council,
Brimbank City Council.

Meals

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



Vegetables

Asian greens, Broccoli, Beetroot, Lettuce, Kale, Chard, Rocket, Silverbeet, Peas,
Pumpkin, Radish, Spring onions, Tomatoes, Zucchini, Cucumber, Zucchini, Green
beans, Capsicum, Carrot, Cauliflower, Chillies, Corn, Daikon, Eggplant, Fennel,
Garlic, Kohlrabi, Leek.

Fruits

Apples (Gala and 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.

Soup Season!

When the Melbourne chill starts creeping in and the sun clocks off early, there's only one sensible response: declare soup season open. Big jumpers, warm socks, and a pot bubbling away on the stove — this is your moment.

And the best part? Seasonal veg is absolutely showing off right now. Pumpkins are sweet, leeks are lush, mushrooms are moody in the best way, and broccoli is basically begging to be blitzed into something comforting.

So if you're ready to warm your hands (and your soul), here are four winter-ready soup combos to try with what's in season:

- Roasted Pumpkin + Fennel + Ginger
- Broccoli + Leek + White Bean
- Mushroom + Potato + Thyme
- Corn + Carrot + Turmeric



WHAT'S COOKING?



Our chickpea and lentil burgers became an instant favourite in one of our cooking classes this term - a perfect example of how simple ingredients can create something genuinely exciting. Made from everyday pantry staples like chickpeas, dried herbs, and breadcrumbs, they're a budget-friendly alternative to traditional meat burgers without sacrificing flavour. Families told us they loved how easy they were to recreate at home, how well they held together, and how versatile they were for lunchboxes, dinners, or weekend BBQs. It's the kind of recipe that proves great food doesn't need to be expensive - just thoughtful, tasty, and fun to make together.



Chickpea & Lentil Burgers

Makes: 12 burgers.
Season: All.

Explore flavour combinations by adding different spices and fresh herbs to this recipe. Serve with a leafy salad, with or without a bun.

Ingredients

- ☐ 1 x 400 g tin chickpeas (no added salt), drained
- ☐ 1 x 400 g tin brown lentils (no added salt), drained
- ☐ 1 carrot, grated
- ☐ 1 onion, peeled and finely chopped
- ☐ 2 garlic cloves, peeled and finely chopped or crushed
- ☐ 1 bunch of parsley, finely chopped
- ☐ 1 egg
- ☐ 2 tsp ground cumin
- ☐ 2 tsp ground coriander
- ☐ 1 cup polenta or breadcrumbs
- ☐ 2 tbsp extra virgin olive oil, for frying

Equipment

- | | |
|---|--|
| ☐ measuring cup (1 cup) | ☐ mixing spoon |
| ☐ measuring spoons (tbsp, tsp) | ☐ egg flip |
| ☐ chopping board | ☐ large bowl |
| ☐ cook's knife | ☐ 2 plates |
| ☐ grater | ☐ 2 large frying pans |
| | ☐ food processor |

What to do

1. Place all ingredients in the large bowl, except for the olive oil and polenta or breadcrumbs. Mix well.
2. Put three-quarters of the mixture into the food processor and pulse to a thick paste.
3. Combine the mixture from the food processor with the non-processed portion in the large bowl and mash them together with your clean hands or mixing spoon.
4. Spread the polenta or breadcrumbs on a plate.
5. Divide and shape the mixture into 12 burger patties. Roll each patty in the polenta or breadcrumbs to coat.
6. Heat 1 tbsp olive oil in each of the large frying pans over medium heat. Cook patties for around 5–6 minutes, then carefully flip to cook the other side for around 3–4 minutes, or until nicely golden on both sides (do this in two batches if you only have one frying pan.)
7. Season to taste (optional).
8. Serve with loads of fresh salad, with or without a bun.

IN THEIR WORDS

Some wonderful feedback from Term 2 families...

Since coming along to cooking classes, my children have eaten stuff they would never have tried before and are eating more veggies!

Marysville Primary School – Parent

This program was a great opportunity to build on partnerships between home and school. Students became exposed to a range of ingredients that they had not had previously.

Hurstbridge Primary School – School Key Contact

Since joining the program, my family and I love trying new foods and aren't scared to try new things. My family now talk about healthy food more and get excited about new recipes.

Hurstbridge Primary School – Student

Students were engaged, open to trying and tasting new ingredients and learnt new skills. The students expressed how much they loved making all the recipes, with 2 students making rice paper rolls and fried rice at home between sessions, using the hamper items and recipes.

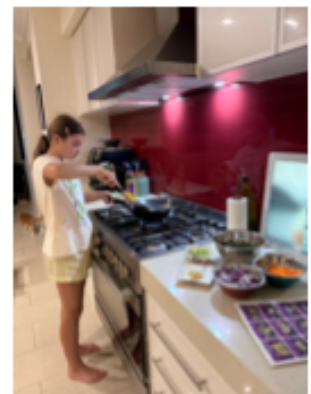
Mornington Special Development School – School Key Contact

Since joining the program my family and I are now more confident cooking with heat.

Bacchus Marsh College – Student

One student from Marysville Primary School loved the cooking classes so much that she continued to cook at home!

EmmyLou cooked our fried rice lettuce cups for her mum on Mother's Day. She also cooked okonomiyaki and sweet potato quinoa salad, and put the leftovers in her lunchbox to have the next day!



HYDRATING THROUGH WINTER

Staying hydrated through the cooler months is as simple as popping delicious things into your water bottle. At school, students can add fruits, veggies and herbs such as:

- Cucumber
- Apple
- Lemon/Lime
- Mint/Thyme

With the help of a parent/guardian, encourage your students to try a warm beverage:

- Teapot of warm water
- 1 slice orange
- 1 cinnamon quill
- 1 sprig rosemary

Fruits and veggies all contain loads of water and are an excellent way to increase hydration! Carrot, celery, and cucumber sticks with hummus are a great snack to increase water intake through food. Yum!

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.

Magpie Primary School's cooking classes proved that learning life skills can be just as nourishing as the meals themselves.



[Read more here](#)



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. Get in touch at volunteering@foodbankvictoria.org.au

It's a win win!

The program so far...

Students across Victoria have cooked up over **226,000 meals** since the Cooking Classes program started!



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