

SCHOOL BREAKFAST CLUBS PROGRAM COOKING CLASSES

THANK YOU & CONGRATULATIONS!



Foodbank Victoria, in partnership with the Department of Education and Training, would like to congratulate your school, students and families on successfully completing the Cooking Classes program. We hope the recipes have provided some great inspiration for healthy and delicious meals at home.

We would love to share some highlights of the program with your school community.

During Term 2, the program was delivered in 14 schools. Your school had 28 participants and 40 take home hampers were distributed to participating families to try out the recipes at home.

Families that took part in the program had some great things to say.

Thank you from Foodbank Victoria and the School Breakfast Clubs Program Cooking Classes team — Emma, Myloan, Stephanie, Alanna, Jane and Alice.



Emma



Myloan



Stephanie



Alanna



Jane



Alice



"It was great to see the handshakes and hugs shared between the staff and our families at the end of the last session.

One parent personally commented to me that the program exceeded her expectations, as she thought that it would be a fun thing to do with her child. She did not anticipate the quality of staff, ingredients supplied and the quality of the finished product."

- JOHN ARMAO, PRINCIPAL AT OATLANDS PRIMARY SCHOOL



Education
and Training

“I would absolutely recommend this program. It was more than just a cooking experience. We are so grateful for the time you have all put into this program. It has exceeded our expectations in every way and we have loved being involved in it. Thank you so much.” - PARENT

“Since joining the program we now love to cook at home and my daughter is always finding ways to reuse the leftover vegetables.” - PARENT

“The program encourages community participation and builds confidence.” - PARENT

“At home I don’t eat vegetables but in this cooking class I do. After joining the program I can cook healthy food.” - STUDENT

“The three things I enjoyed most about the class was the delicious and healthy food, learning about different cuisines, and group cooking.” - STUDENT



To continue exploring all things ‘food’ – please jump online to find out more. See below for some more inspiration!

Nutrition Australia

Provides fantastic fact sheets and delicious, easy-to-follow recipes.

www.nutritionaustralia.org

Healthy Eating Advisory Service (HEAS)

Download a free 150+ recipe booklet filled with affordable, fresh recipes!

www.heas.health.vic.gov.au

Ceres Community Environment Park

Workshops and courses including: permaculture, small-space gardening, backyard beekeeping and more!

www.ceres.org.au/education

Dietitians Australia

Check out DA's Smart Eating Fast Facts and simple, healthy recipes.

dietitiansaustralia.org.au

VicHealth

Be Healthy is a blog created by VicHealth for people looking for information they can trust on a range of topics, including healthy eating.

www.vichealth.vic.gov.au

Cook Well, Eat Well

Brought to you by VicHealth and Nutrition Australia, Cook Well, Eat Well aims to help people create healthy meals at home.

www.cookwelleatwell.org.au

Eatforhealth

Easy to understand, printable guidelines, posters and tips for healthy eating.

www.eatforhealth.gov.au

