



# ST ANDREWS NETBALL CLUB NEEDS YOUR RECIPES



We are running a Recipe Book fundraiser  
and we need your favourite recipes 😊  
This is a great way to share mealtime ideas with other parents,  
to promote healthy eating, and to encourage our children  
to take interest in cooking.

We all have a favourite when it comes to mealtime, the dish that has your children scraping their plates. It may be Gran's scones or Dad's hamburgers. So what's yours?

With child obesity on the increase it is more important than ever to encourage children to eat – AND COOK well. By sharing your favourite dishes, children will be eager to tryout each other's recipes. This means more help (*if you can call it that*) in the kitchen.

**Please supply your favourite recipe and we will put a Recipe Book together that will become a special memory for your family.**

Feel free to add photos and pictures; have your child write the recipe; get them to decorate a page; and you can personalize a recipe name to reflect your family - for example: Pajor's Pancakes, Waldron's Choc Chip Cookies.

Please email all recipes and photos to [netball@standrews.vic.edu.au](mailto:netball@standrews.vic.edu.au)

We look forward to receiving each family's yummy food recipes and putting the recipe book together.

Thank you for your support.

St Andrew's Netball Board,  
Lauren Gaschk, Jen Waldron, Cheryl Pajor, Sharon Morris, Charlotte Smith,  
Julie Schlipalius and Pen Knight