

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 4, the program was delivered in Albanvale P.S. school to 19 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 fun learning new recipes.

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



Emma



Myloan



Stephanie



Alanna



Jane



Education and Training



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



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