

SCHOOL FOOD MATTERS NEWSLETTER



Term 3 2024 - Issue 90

PLEASE CIRCULATE TO:

School Food Service Managers & Volunteers,
School Staff, MWEW Coordinators,
Kitchen/Garden Coordinators, Principals,
SEO's, School Council/School Association

FROM THE EXECUTIVE OFFICER - KIRSTY GRIERSON



Welcome to Term 3

We have had a busy start to the term with workshop planning, and the expression of interest opening for the next 15 schools to be included in the School Lunch Program.

I would like to extend a big thank you to all those who have progressed their SmartFood accreditation. We understand it is hard to take the time out of your busy schedules to work on collating and submitting the paperwork for the program. This does not go unnoticed and is greatly appreciated.

Please remember to contact us if you need any support or advice around your school food service. Some of you may have noticed we have a new website. It has some great recipes and resources for you to access. As we continue into Term 3 please keep an eye on the School Food Matters facebook page for any up and coming workshop opportunities and other news.



"Cauliflower love to be steamed.
Avoid overcooking to preserve
the most nutrients. "

ALSO, DID YOU KNOW A SINGLE
CAULIFLOWER FLORET CONTAINS 10% OF
YOUR DAILY VITAMIN C NEEDS?



Comments?

If you would like to comment on a School Food Matters issue, please let us know. It helps us improve our support to you if we hear about the successes and the gripes!

CONTACT US



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PRESERVING SURPLUS FRESH AND SEASONAL PRODUCE TO AVOID FOOD WASTE

Wondering what to do with surplus fresh and seasonal produce?

Kingston Primary School Canteen Manger, Wendy Thomson has a passion for preserving and has a range of fabulous uses in her canteen for the produce that she dehydrates and bottles.

For affordable and tasty counter sale items she dehydrates cocktail tomatoes, pineapple and apples, which she sells for 50c per bag.



Above: Wendy Thomson, Canteen Manager at Kingston Primary School
Below: Wendy's bottled fruits to use in recipes year round.



Above: Dehydrated apple, tomatoes, and pineapple from Wendy's canteen offerings







She also dehydrates a huge range of fruit or veg and herbs for use in her cooking. Regular favourites include carrot, broccoli, spinach, onion and herbs such as thyme. These can be used in a range of dishes like spaghetti bolognese, mexican mince, soups, and the SFM chicken sausage rolls.



Dehydrating and bottling provides an excellent way of utilising large quantities of produce (often donated) before it starts to deteriorate. Any type of fruit or vegetable can be dehydrated and it retains the original nutritional value. One example is bottled apple puree. It can be used for apple pikelets and muffins. Puree keeps on the shelf for around 2 years if correct preservation and sterilisation methods are used!



WENDY'S TOP TIPS FOR PRESERVING

- Use food grade mesh for lining the dehydrator trays.
-  Silicon sheets are good for lining the trays to make fruit leathers.
-  Use a Tupperware dicer and other kitchen aids for dicing or chopping onions and other vegetables.
-  It works best to just have one type of fruit or veg in the dehydrator at a time.
-  Tomatoes and apples are cut into slices 5-8mm thick and then spread out on the trays. Pineapple slices can be thicker.
-  Wendy usually sets her dehydrator on 50 degrees.
-  A great website with plentiful info on preserving can be found here: <https://www.thepurposefulpantry.com/>



Menzies Report Shows Positive Findings

By Julie Dunbabin, School Lunch Project Manager

The Menzies Institute for Medical Research has released its final evaluation of the School Lunch Pilot. In 2023 over 190,000 nutritious cooked lunches (using local ingredients where possible) were provided to 4,104 students in 30 schools. So far this year 87,841 meals have been served.

The meals have continued to be provided through a partnership with Loaves and Fishes Tasmania (LFT). LFT procure the food, co-develop the menu, cook, test and deliver food to schools. Dietitians and Food Safety Officers from the Department of Health also provide specialist input into the development and delivery of the program.

What the Research Showed

Here are some of the findings from the Report;

· **Principals and other school staff said that students having access to a nutritious and tasty lunch, the promotion of nutritious food, and opportunities to try new foods was a positive experience.**

· **Two thirds of school staff noted that the School Lunch Pilot helped to build social connections. Many students said that they “like eating with my friends”.**

· **Some schools added benefit to the project by linking it with curriculum such as through hospitality training and leadership opportunities.**



Above: Students at Fairview Primary School enjoy a delicious serve of chow mein.



Please visit our website to read the [Evaluation Report](#) in full.

EXPRESSION OF INTEREST OPEN

It is with excitement that we announce the commitment by the Tasmanian Government to extend the School Lunch Project into the School Lunch Program. A further 15 state primary schools will be invited to participate in 2025 and 2026, bringing the total number of participating schools to 60.

An Expression of Interest process began on Thursday, 25th July and is open until 23 August. Please refer to [DECYP EOI Application form](#) here. Your EOI should be sent to the DECYP email address provided. Visit the [School Food Matters website](#) for the [FAQ information](#) regarding applying. We look forward to new schools joining the program and also continuing to work with our current amazing schools already involved.

“ Empowering Tasmania’s Future through Nutrition ”

LANTERN LUNCHESES PROGRAM AT ST MARY'S COLLEGE

By Jen Lea - Project Officer South



It was wonderful to visit St Mary's College recently and see their very own school funded lunch day in action.

Chef Phil Shanny added his own flair and school garden veg to the School Lunch Program Butter Chicken recipe and the results were delicious, with great feedback received from the students and staff! It was Pyjama Day when we visited and the kids looked fantastic in their PJ's and the dress theme added to the fun and sense of occasion.



So far, the meals have been served inside, in a suitably large classroom, however a fabulous new outdoor eating area has been built and will also be used for the lunch days coming into warmer weather.

Phil and the staff are delighted with the success of the program so far, in seeing the students and staff enjoying their time together and developing confidence in trying new foods. Phil reports it's been most heartening to receive feedback at the cafe door, "Mr Shanny, when can we have lunch together again?"

A fabulous initiative for St Marys, well done to Phil and all involved!



Above:
Phil Shanny and assistant Bron Darke serving up lunch

Top Left, Left, and below: *Students at St Mary's College enjoy butter chicken during Pyjama Day.*



Phil and the team create their lunches out of the St Mary's College cafe 'Murphy's'



The meal day runs once a week and currently 3 to 4 different classes participate each week on an opt-in basis. The day we visited there was a mix of Grade 5 / 6s and Kinder students and it was lovely to see all the positive social interactions occurring between the different age groups, and the older students assisting the younger ones at their shared tables. Student leaders from each table came to collect trays of food from a serving area which they then helped dish out to other students.





CREATIVE WAYS TO CUT COSTS WORKSHOP

Practical tips for your School Food Service



Including:

- Practical pizza making activity with chef Nietta
- Recipe costings
- Reducing food waste
- Utilising surplus produce effectively - preserving
- Networking and sharing ideas with other food service staff
- Afternoon tea provided

**Wed 28th Aug
2.15-4.45pm
Hobart College**

RSVP by 14th August to:
alicia@schoolfoodmatters.org.au
Ph. 62238023



GOT A WORKSHOP IDEA? We Would Love to Hear From You

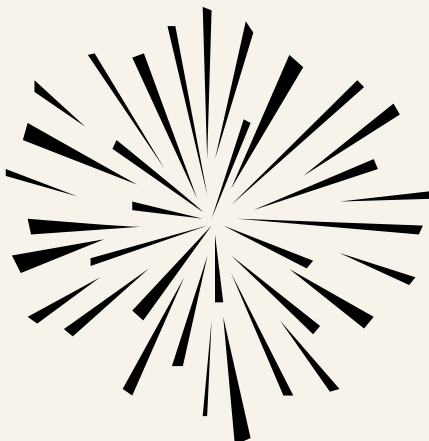
Every year we run professional development sessions for school food service staff and we are hoping to get your input regarding your interest in attending a session this year, topics of interest and your availability.

Here is a [LINK](#) to a very short survey which will only take you a minute to complete. If you could complete this for us, it will help us tailor our workshop offerings to better suit your needs.

SAVE THE DATE

30 YEARS OF SCHOOL FOOD MATTERS

WEDNESDAY, 16TH OCTOBER



School Food Matters has been working hard for 30 years supporting Tasmanian schools. Save the date and join us in celebrating our history and achievements over the past three decades.

More information soon.





FOOD SAFETY TIPS FOR SCHOOLS

ALL ABOUT TEMPERATURE CONTROL



Do you check your fridge **temperature** regularly? It is good to get in the habit of checking the temperature each morning and recording it. Keeping a laminated sheet stuck to the outside of the fridge is the easiest way to remember.

Foods considered **'high-risk'** such as meat, poultry, dairy, seafood, eggs, smallgoods and cooked rice and pasta need to be kept refrigerated below 5C. This also refers to ready-to-eat foods that have high-risk foods as ingredients and include – casseroles, quiche, pasta salad, pizza, and sandwiches.



Also **check and record** the temperature of refrigerated food when they are delivered. These should be initialled on the record sheet by the person that did the temperature reading.

DON'T FORGET

If you are storing potentially hazardous food, keep it cool in a fridge below 5C.

If you are preparing potentially hazardous food, cook it above 60C.

Freezing food to use later? KEEP IT FROZEN!



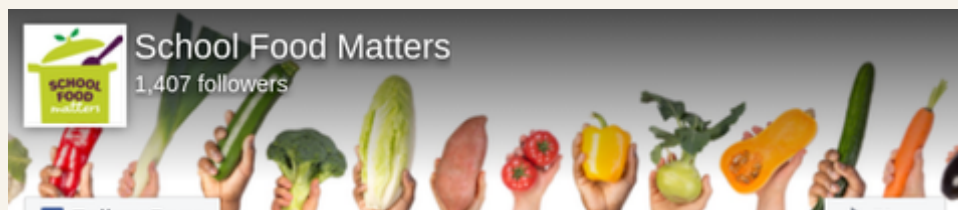
More handy tips on Food Safety as well as templates can be found on our website at:

[SmartFood Guide: Food Safety](#)

Keeping up with School Food Matters



Don't want to wait for the next newsletter to hear what we are up to? Check out our facebook page for regular updates and information.



FEATURE RECIPE

A Delicious Way to Stay Warm this Winter

Cauliflower Soup

Serves 6

INGREDIENTS

- 1 tablespoon olive oil
- 1 brown onion, chopped
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 3 garlic cloves, finely chopped
- 3 cups salt-reduced vegetable stock
- 1 large cauliflower head (florets and stems)
- 1/4 cup milk (or reduced-fat coconut milk)
- Coriander leaves to serve - optional

This is an **GREEN** Recipe



METHOD

1. On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, turmeric, cumin and garlic. Cook until the onion is soft, stirring to coat with the spices.
2. Add the stock and bring to the boil.
3. Add the cauliflower and return to the boil. Reduce to a simmer and cook until cauliflower is soft.
4. Remove from heat and cool before blending.
5. Stir in coconut milk, return to the heat for 2-3 minutes to warm through and then serve.

check out our website for many more great recipe ideas

WWW.SCHOOLFOODMATTERS.ORG.AU



CURRENTLY ACCREDITED



Albuera St Primary School
Bellerive Primary School
Clarendon Vale Primary School
East Launceston Primary School
Kingston Primary School
Margate Primary School
Mole Creek Primary School
Richmond Primary School
Rokeby Primary School (new)
Stella Maris Catholic Primary School
St Mary's College Jr
Triabunna District School
Warrane Primary School
Waverly Primary School



Blackmans Bay Primary School
Cambridge Primary School
Exeter Primary School
Gagebrook Primary School
Hillcrest Primary School
Howrah Primary School
Huonville Primary School
Lindisfarne Primary School
Lindisfarne North Primary School
Mowbray Heights Primary School
New Norfolk Primary School
Perth Primary School
Princes St Primary School
Risdon Vale Primary School
Rosebery District High School
Rosetta Primary School
Sacred Heart Geeveston
Snug Primary School
St Johns Catholic Primary School
St Peter Chanel
Waimea Primary School
Wynyard High School



Andrews Creek Primary School
Beaconsfield Primary School
Brighton Primary School
Campania District School
Collinsvale Primary School
East Devonport Primary School
East Ulverstone Primary School
Fairview Primary School
Goulburn St Primary School
Herdmans Cove Primary School
Hobart High School - Ogilvie
Hobart High School - New Town
Holy Rosary Catholic School
Huonville High School
Jordan River Learning Federation
Senior School
Kingston High School
Lauderdale Primary School
Lenah Valley Primary School
Montagu Bay Primary School
Moonah Primary School
Montello Primary School
Mount Stuart Primary School
Our Lady of Lourdes Catholic PS
Ridgley Primary School
Sacred Heart New Town
Somerset Primary School
Springfield Gardens Primary School
St Josephs Catholic School
Queenstown
Swansea Primary School
West Launceston Primary School
Westbury Primary School
Windermere Primary School
Winnaleah District School

Farewell

schools not continuing

Boat Harbour Primary School

We will miss you



Bayview Secondary College
Bridport Primary School
Campbell Town District High School
Clarence High School
Deloraine High School
Deloraine Primary School
East Derwent Primary School
Hobart College
Invermay Primary School
Montrose Bay High School
Port Dalrymple School
Prospect High School
Riverside High School
Rose Bay High School
Scottsdale Primary School

Overdue for Reaccreditation

Austins Ferry Primary School
Bagdad Primary School
Fahan School
King Island District High School
Oatlands District High School
Romaine Park Primary School
Scotch Oakburn College (Junior)
Smithton High School
Taroona High School
The Friends' School
The Hutchins Junior School
Woodbridge School
Yolla District School

STAFF

Executive Officer - Kirsty Grierson
School Lunch Program—Manager - Julie Dunbabin
Project Support Officer - P Jackson
P.O. South - Jen Lea, P Jackson, Sophie Damen, and Nietta Lynch
P.O. North - Sam Rathmell
P.O. North West - Alison Holmstrom
Administrator - Alicia Hansen

Department of Health

Public Health Services Team - Dietitians

Claire Galloway and Kate DePaoli

Department of Education for Children and Young People

Curriculum Services and Policy Services

This initiative is funded by the Tasmanian Government by the Crown through the Department of Health and the Department of Education, Children and Young People

We are also funded for the School Lunch Project by the Tasmanian Government by the Crown through the Department of Premier and Cabinet (Communities) Tasmania