

## YouthCARE and OzHarvest team up for Brekky Club

WHEN she heard that food organisation OzHarvest was looking for a school to run a pilot cooking program with, YouthCARE chaplain Sylvia Spatara jumped at the opportunity.

The program involves a chef and a nutritionist teaching 10 students how to cook simple, nutritional and economical meals at Eddystone Primary School.

OzHarvest supplied all the food – excess fresh fruit and vegetable rescued from commercial outlets.

“I am always looking for resources for families as many children don’t have regular healthy meals,” Sylvia said.

“Everybody had a great time and all the children were very excited to eat what they had prepared.

“The remaining food was shared at recess with the other students.

“Feedback was very positive and I thank Principal Gary Bryant for his support.”

OzHarvest WA NEST coordinator Natalie Seigne said the pilot program was very successful and hoped to get additional funding to run more programs in the future.

“As well as teaching students some of the basic, but fundamental concepts of healthy eating, the NEST workshop was aimed at increasing awareness around healthy foods, extending collaborative skills and teamwork, health and safety, leadership development and building self-esteem,” she said.

“Interwoven within the workshop was the essential criteria of all creative cooking – that it should always be done with joy and shared whenever possible.

“The food was healthy and simple. It looked great and tasted delicious.”

Ms Seigne said the students overcame obstacles such as anxiety around food preparation and proved to themselves that they have abilities and talents that they had underestimated.

“The students learnt about food waste and the importance of breakfast. It also gave the students the opportunity to feel valued in the individual contribution to the recipes,” she said.

“A big ‘thank you’ to Sylvia Spatara who helped us to facilitate this workshop.

“Her enthusiasm was infectious and she was clearly committed to assisting us and helping the children in every way possible.”

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