



CELEBRATING

25 YEARS

# 2018/2019 Annual Report

Western Australian School Canteen Association Inc.





# About the organisation

<b>Our Vision</b>	Healthy food and drink choices for all Western Australians
<b>Our Mission</b>	To advocate for healthy food and drink choices in all food services in Western Australian school canteens, hospitals, workplaces community venues and events.  WASCA is the peak body empowering food service providers with training, practical tools, credible information and support in partnership with schools, community, government, other non-government organisations and food industry
<b>Our Values</b>	Integrity, commitment, passion

## Impact statement

Communications	WASCA website	14,354 unique visitors	25,032 total visitors
	Fuel to Go & Play website	2,426 unique visitors	3,948 total visitors
	Facebook	1,210 followers	163 posts; 93,711 reached
	Twitter	72 followers	7 tweets
	WASCA enews	10 editions	355 subscribers
	Healthier Vendor enews	5 editions	42 subscribers
	Fuel to Go & Play enews	5 editions	230 subscribers
	Star Choice™ Buyers Guide	4 editions	6,000 distributed
	CanTeam newsletter	4 editions	6,000 distributed

Support	Training and workshops	124 sessions	3,530 people
	Fuel to Go & Play online training	2 courses	110 participants
	Advisory service	228 schools	419 reviews
	Food Forum and Expo	35 exhibitors	330 attendees

Advocacy	Journal publications	HFD evaluation	2 articles
	Conferences and national meetings	2 events	5 presentations
	Working groups and committees	WA and National	7 groups

# Western Australian School Canteen Association Inc. (WASCA)

Established 1994

## Executive Committee

### WASCA CORE BUSINESS

MS; AF; CH; JH; TS

- Membership services
- Star Choice™ food registration program
- CanTeam newsletter
- StarCAP2
- Robin Bromley Visionary Grants
- National collaboration with FOCIS
- Tailored support e.g.
  - VenuesWest
  - Customised nutrition workshops

### HEALTHY FOOD & DRINK PROJECT

MS; AF; LI

#### Healthy Food and Drink (HFD) policy

Supporting schools to implement the Department of Education's (DOE) HFD policy and advocate for a whole school approach. Funded by Department of Health WA, supported by DOE. Activities include:

- state-wide advisory service
- training, professional development and events
- tools and resources
- kindy orientation sessions
- one-on-one consultancy
- Harvest case studies
- whole school approach (principals, canteens, parents, teachers)

#### Eat Learn Thrive

Health and wellbeing project in Department of Education Residential Colleges and WA Colleges of Agriculture

*Supporting healthy choices*



### Executive Committee

Anna Prosper, President  
Cre Millar, Vice President  
Pip Slaughter, Vice President  
Stephanie Benjamin, Treasurer  
Dionisia Tsokos, Secretary  
Beki Bampton, Committee  
Cyan Plenderleith, Committee  
Marcelle Coakley, Committee  
Tracy Skipworth, Committee  
Trish Pepper, Committee

### Office team

MS Megan Sauzier, Executive Officer  
AF Amanda Ferguson, Project Coordinator  
CB Cassandra Bordin, Project Officer  
CH Claire Hyland, Project Coordinator  
JH Jennifer Harris, Administration Officer  
JD Jessica de Vries, Senior Project Officer  
LI Leanne Irwin, Project Officer  
MR Michelle Riekie, Project Manager  
TS Tristan Schwartzkopff, Project Officer

## COMMUNITY

MS; CB; CH; JD; MR; TS

### Healthway Sponsorship Services

Collaboration with Healthway sponsored community groups, organisations, programs and events to increase healthy food and drink choices and reduce the promotion of sugary drinks

### Fuel to Go & Play

Creating healthy food environments in sport, recreation, entertainment venues and playcentres. Online training, resources and customised support for venues. Funded by Healthway

### Healthy Sporting Club Program

Program in partnership with Healthway aims to increase healthy food and drinks, reduce sugary drinks and unhealthy brands/messages and up-skill staff. Grants to be used for canteen equipment; capacity building; and water initiatives

### Healthy Options WA Policy

Policy implementation support, site visits, menu assessments and resources for health services/facilities, funded by Department of Health for the 2018 audit project. Fee for service model currently



Department of **Health**  
Department of **Education**



# President's report

Welcome to our AGM and 25th birthday celebration and a very warm welcome to our life members, school members and special guests.

Thank you Cre for hosting the meeting and presenting the Acknowledgment to Country. Thank you to Stanlee Hospitality Suppliers for offering their venue for our meeting. I hope that you had the opportunity to have a good look around and enjoy the presentations later in the meeting.

Earlier this year, WASCA conducted a comprehensive internal review that included an organisation survey, with around 100 questions completed by the committee and office staff; advocacy training and we developed our Strategic Business Plan for the next three years.



The plan includes five main goals that will be implemented and reviewed by the newly elected President, Executive Committee and office staff.



I am stepping down as President after nine years in the role. Therefore I would like to reminisce a little about my time with WASCA. It has been an amazing and a memorable time and I have met so many incredible people along the way.

My first Canteen Conference was at Ascot Racecourse where I met Robin Bromley (past Executive Officer) for the first time (almost 20 years ago). Who was to know that a great friendship would develop between us and my WASCA journey was only just beginning.

Some highlights include:

- The Canteen Conference and Expo's at Fremantle Passenger Terminal where the Executive Committee spent hours cooking and setting up for the next day. A few of us stayed overnight in a hotel and after a long day indulged in the hotel spa (neither the rain, nor the odd looks from the other guests stopped us, I guess our laughing drew their attention)
- Regional meetings that WASCA holds at the beginning of the year have been such fun times with many memories made. For example Albany (2012), Geraldton (2011, 2018), Margaret River (2013)
- Watching the progress of the Conference from Ascot to Fremantle, the Perth Convention Exhibition Centre and then to the Crown Grand Ballroom was spectacular!

The amazing role of WASCA in this state cannot be underestimated. WASCA is a well-respected, highly regarded organisation that evolved from Robin's vision with one part-time staff member. We now have a whole team of very enthusiastic, passionate professionals led by Megan. This is a credit to past and present staff and Executive Committee members (I believe they deserve a round of applause).

I thank the Executive Committee members for attending meetings, supporting the growth of WASCA and their valuable input and support during my time as President.

I wish the Executive, Megan and the amazing team ongoing success for WASCA.

Thank you all,

Anna Prosper, WASCA President



*Anna's grandson, featured in the e-Harvest Churchlands Primary School case study*



# Treasurer's report

Dear WASCA Executive Committee and members,

I am pleased to present the financial report to the Annual General Meeting. The accounts have been audited by HTG Partners and found to be correct and in accordance with the bank statements, income and expenditure records and supporting documentation as kept by the Treasurer in support of all income and expenditure items.

Copies of the audited Financial Statements are available for your perusal.



		12-months to 30 June 2019
<b>Income</b>	Project grants*	\$ 618,269
	Other income (e.g. Star Choice registration; advertising)	\$ 217,851
	Fee for service^ (including FOCIS training)	\$ 99,965
	Membership income	\$ 30,610
	<b>Total income</b>	<b>\$ 966,695</b>
<b>Expenses</b>	Project grants (e.g. tools, resources, evaluation, travel)	\$ 102,441
	Other expenses (e.g. insurance, audit fees, bank charges, depreciation)	\$ 184,411
	Fee for service expenses	\$ 79,735
	Wages and on-costs	\$ 553,566
	<b>Total expenses</b>	<b>\$ 920,153</b>
<b>Net surplus</b>		<b>\$ 46,542*</b>

\*Project grant income included:

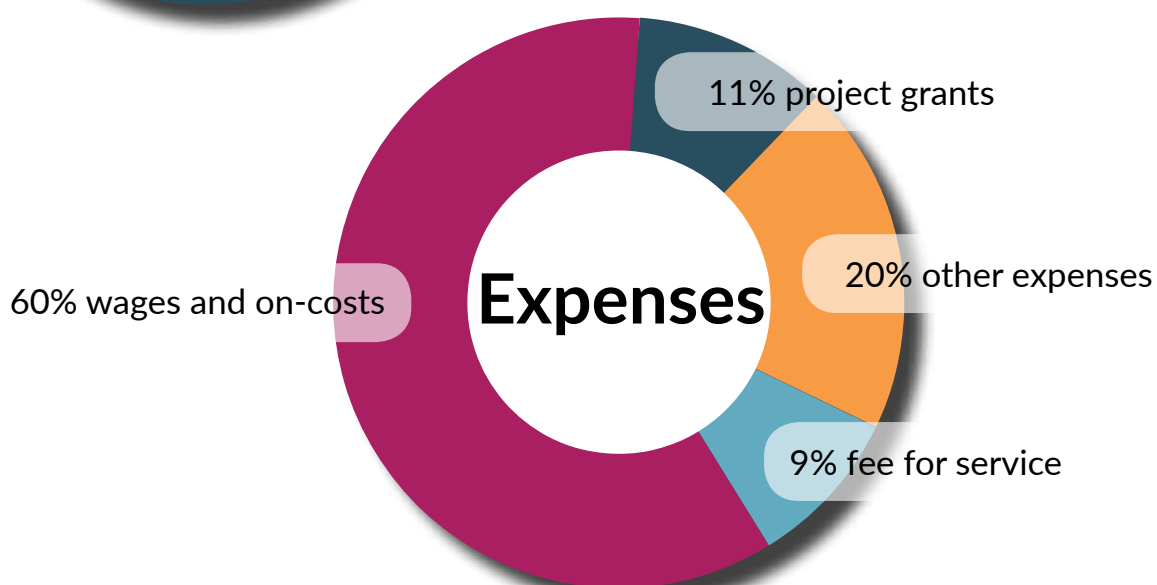
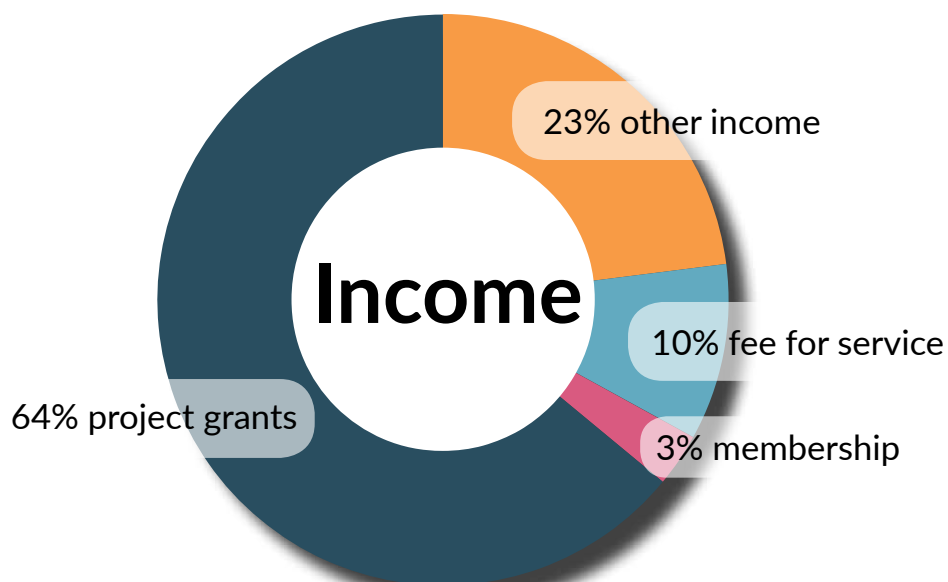
- Healthy Food and Drink Project; funded by Department of Health
- Healthy Options WA Audit Project; Funded by Department of Health
- Healthway Sponsorship Services; funded by Healthway
- Fuel to Go & Play; funded by Healthway
- Healthy Sporting Clubs Program; funded by Healthway

#Net surplus allocated to ongoing project expenses in the next financial period e.g. impact evaluation, membership services and resources.



*Stephanie's students at Pearsall Primary School, preparing 'Easter balls'. See WASCA website for 'Carrot cake bliss balls' recipe.*





### Financial motions

I hereby propose a motion to accept the audited Financial Statements as at 30 June 2019, prepared by HTG Partners and confirmed by WASCA President, Treasurer and Executive Officer to be true and correct.

I hereby recommend and propose a motion to nominate HTG Partners as the auditor for the 2019/2020 financial year.

Stephanie Benjamin, WASCA Treasurer



^WASCA catering for the WACSSO P&C Day 2019

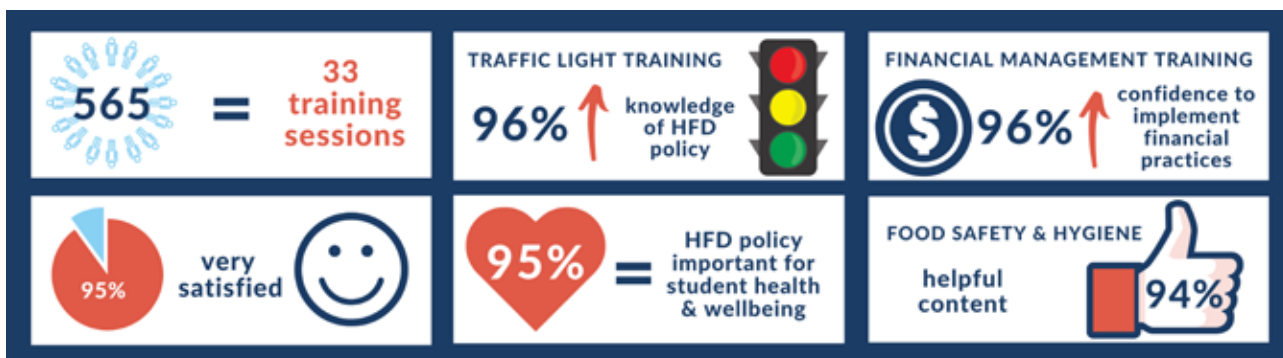
# Executive Officer's report

## Healthy Food and Drink Project

WASCA is contracted to support schools to implement the Department of Education's (DOE) HFD policy.

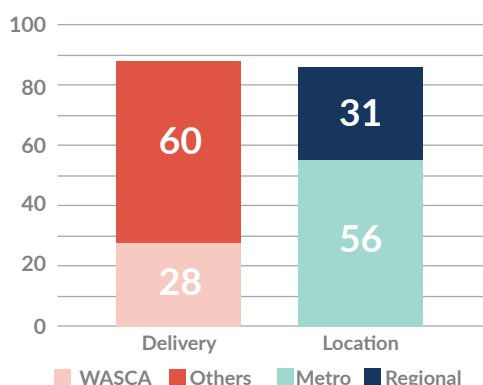
Significant activities and achievements include:

- Support and advice to DOE to inform the HFD policy review as it becomes part of the broader Student Health Care policy; mandated nature and all other elements remain unchanged
- 228 schools; including 419 reviews/interactions accessed the advisory service; contact was most commonly made by parent body representatives (45%; n=144) followed by the Canteen Supervisor (34%; n=110)
- 52 tools and resources developed; downloaded/distributed n=4,111; including the new TL poster which has been translated into 17 languages
- Training evaluation results:



### Kindy orientations

- Sessions (n=88) reached 2,927 families
- 3 presentations to 67 school health nurses to assist in the delivery of the sessions
- New video developed to be played during a kindy session instead of WASCA or other stakeholders being present. We are pleased to launch this at the AGM.



General meeting, Donnybrook (above)

Team WASCA at HBF Run for a Reason (below)



## Australian Health Promotion Association (AHPA) scholarship, funded by Healthway

In November 2018, WASCA together with Sophie van Dam applied for an AHPA scholarship and were successful. The Action on Nutrition project (February-July 2019), aimed to investigate barriers, enablers and support strategies for implementing the HFD policy in secondary and regional schools.

### Strategies/outcomes

- Menu assessments (n=35); lead to 7% ↑ green items; 8% ↓ amber items
- Online survey (n=51), 59% canteen managers, 24% P&C, 17% other school staff
- Student engagement e.g. Cyril Jackson Senior Campus health expo (pictured)
- Focus groups
- Partnership meetings e.g. WACSSO.



Enablers	Barriers	Resources
<ul style="list-style-type: none"> <li>• Support/leadership from principal</li> <li>• Access to Star Choice™ products</li> <li>• Promoting the canteen via social media</li> <li>• WASCA services</li> <li>• Access to other programs e.g. Crunch &amp; Sip, breakfast program</li> </ul>	<ul style="list-style-type: none"> <li>• Time for new foods to gain interest</li> <li>• Lack of canteen volunteers</li> <li>• Concern regarding profit/loss</li> <li>• Parents'/students' limited healthy food and drink knowledge</li> <li>• Competition with food outlets near school e.g. fast food, supermarket</li> </ul>	<p>Four resources developed/ reviewed and piloted</p> <ul style="list-style-type: none"> <li>• Fuelling your mastermind: infographic for students</li> <li>• You deserve the best: NSW health poster</li> <li>• Take the green option: poster prompting green choices to students</li> <li>• FOCIS adaptation of Australian Guide to Healthy Eating fact sheet</li> </ul>

### 2019/2020 focus

1. Continue **engagement with partners** e.g. Child and Adolescent Health Service, Cancer Council WA, Foodbank WA, Public Health Advocacy Institute WA
2. Increasing **students' knowledge** of healthy eating e.g. lesson plan; posters, work with home economics students and teachers
3. Increase **advocacy focus** e.g. advocacy kit, case studies, training
4. Review **menu assessment** processes and letters, aiming to increase green percentages e.g. follow up six weeks after assessments
5. Investigate relationship between **food outlets**, canteens and students purchases
6. Focus on **marketing and promotion** e.g. newsletter insert, social media tiles/images, menu boards.

### Pilot mentor program

Plans are underway to develop a pilot mentor program in secondary school canteens. Supported by the WASCA Executive Committee, mentors will provide expert advice, support and acknowledgment for secondary schools who nominate to be part of the program. Activities shall be led by mentees; support may include administration, financial, marketing, healthy recipes and working with volunteers. Mentees and mentors will be matched based on skillset.



## Federation of Canteens in Schools (FOCIS)

In 2017/18, FOCIS conducted a literature review and environmental scan of online training and resources revealing a range of comprehensive websites, resources and online tools are available for school canteens. However, there was unanimous agreement from State and Territory Canteen Associations and Networks that comprehensive online canteen training would be beneficial.

Seeking national collaboration, FOCIS established a Request for Quote process to engage an organisation that demonstrated commitment to a shared vision; relevant previous experience; and knowledge of the target audience to develop an innovative online training package using national consultation and program piloting. The contract was awarded to WASCA as at 1 August 2018.

The training development concluded July 2019. Training includes:

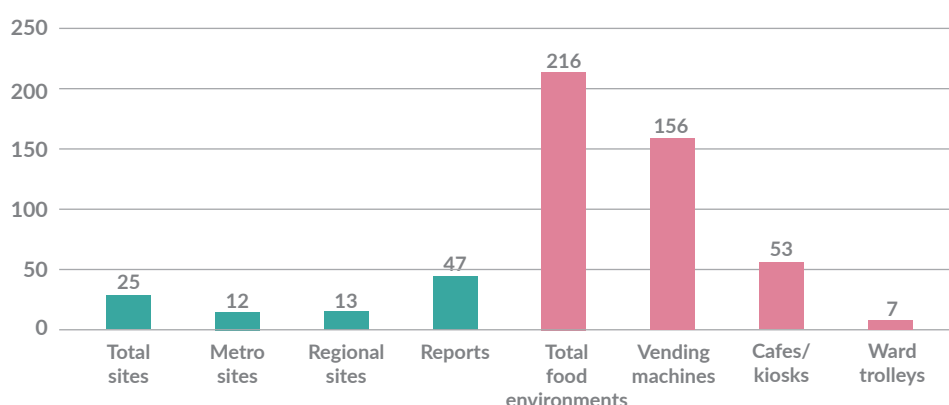
- 8 modules; 47 tools and resources; activities; case studies
- final assessment requiring a pass mark of 75%
- robust registration and easy to use log in function
- piloted with all States and Territories n=47
  - 79% highly satisfied
  - 86% agree training is nationally appropriate
  - 90% easy to access.



WASCA is excited to launch the training in WA at our AGM and award two complimentary registrations valued at \$99 each, courtesy of FOCIS.

## Healthy Options WA Audit Project

Over the course of the contract, WASCA worked with all identified WA Health sites across WA (n=25). Key demographics and activities:



WASCA also developed four new tools and resources to assist both WA Health sites and staff to offer healthier food and drink choices.

1. Classifying Savoury Snacks fact sheet
2. Classifying Drinks fact sheet
3. e-newsletter content, images and links e.g. WASCA recipes (n=27 items)
4. Frequently asked questions and responses for Food Services.

There was strong engagement from the WA Country Health Service in collecting regional data on WASCA's behalf which was imperative to the success of the project. Involvement from the Health Service Providers was also positive, particularly in utilising their existing relationships with WA Health sites to gain access to sites and as a channel for providing feedback.

## Healthway Sponsorship Services

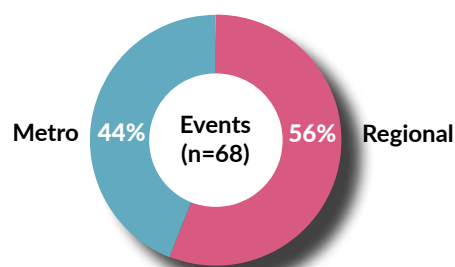
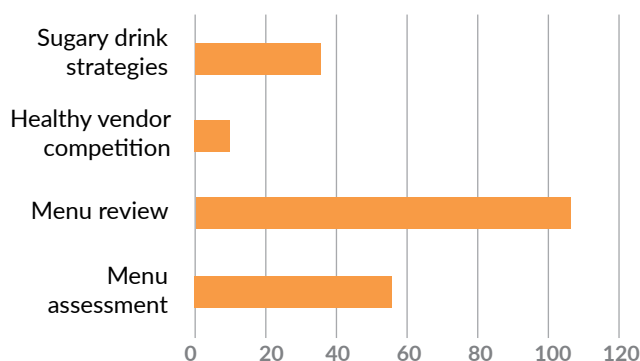
WASCA provides nutrition support services for Healthway funded organisations. This aims to increase healthy food and drinks at Healthway sponsored events and programs.

### a) Events

- 40 Healthway funded organisations, 68 events state-wide, reaching over 769,313 people
- Activities: encourage event organisers to use the *Event Organisers Guide to Healthier Options*; implement strategies (see graph below); encouraged to use the *Healthier Vendor Guide* (HVG) to recruit healthier food vendors to attend their event.

### b) Food Vendors

- Support and resources to increase healthier food and drinks for sale at events i.e. free menu assessments, recommendations, support, inclusion in the HVG (if criteria is met)
- HVG vendors (n=33) were supported
- Bi-annual menu assessments to maintain compliance
- Enewsletters showcasing events and vendors
- Promotional resources (magnets, posters and use of HVG logo).



### Significant achievements

- Super Slush has committed to using the healthier 99% fruit juice concentrate slushies (instead of slushies with loads of added sugar) at all Healthway sponsored events
- Manjimup Cherry Harmony Festival - 'soft drink free' strategy. Overall this strategy was well received by food vendors:
  - 100% of vendors did not sell sugary drinks
  - 43% (n=3) increased healthy green drinks
  - 72% (n=5) agreed that removing sugary drinks was an important strategy to align with the LiveLighter message and only one food vendor challenged the strategy post event.



### Partnerships

- VenuesWest menu reform at the State Athletics Centre for school athletics carnivals
- Catering menu assessment at the Western Australian Cricket Association for 2019/20 season
- Supported City of Cockburn's Healthy Vendor Project which aims to have all food vendors registered comply with the council's criteria by 2020
- Netball WA have been assigned the Fuel to Go & Play health message for 2019/20:
  - Developed resources and signage for the Association Championships
  - Menu assessments for Fremantle Netball Association, Perth Netball Association and Southern Districts Netball Association
  - Workshops to increase Netball WA affiliates skills and knowledge.



## Fuel to Go & Play

The Fuel to Go & Play project, funded by Healthway, commenced in July 2018 and supports staff and health professionals working with community venues e.g. such as sports clubs, recreation centres, entertainment venues and playcentres, to offer healthier food environments. Food environments include onsite canteens/cafés/kiosks, vending machines, catering and informal food services such as BBQs on game days or eskys with drinks and snacks.

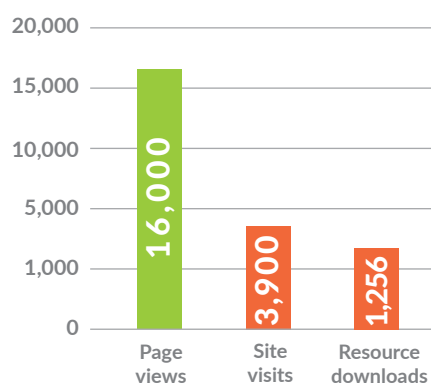
### Key achievements:

#### Branding



#### Website

[fueltogo.com.au](http://fueltogo.com.au)

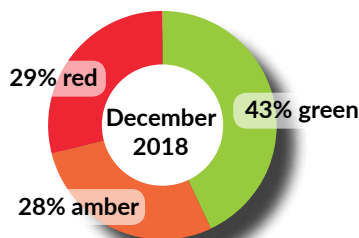
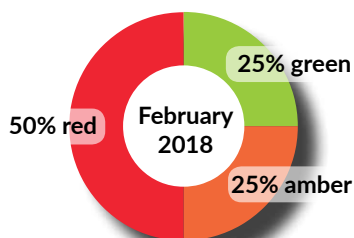


#### Online training hub



### Activities

- 22 tools and resources e.g. 'valuing volunteers', 'traffic lights on the menu', 'celebrate the wins' and 'fuel up the menu'
- Engaged with key stakeholders from over 17 agencies based in WA and nationally
- Mandurah Aquatic and Recreation Centre (MARC)
  - Production of a case study video, showcasing the success of food environment reform at MARC
  - MARC became the first Local Government operated recreation centre in WA to meet the targets of the Fuel to Go & Play project (December 2018):



### 2019/2020 focus:

- Development of a 'portal' to collect/manage data, also accessible by external health professionals
- Investigate a community venue accreditation program
- Community venue support e.g. traffic light database and menu assessments
- Case study development and testimonials.





## Healthy Sporting Club Program

The program was developed by Healthway who partnered with WASCA to engage clubs during the winter 2019 season. The program aims to:

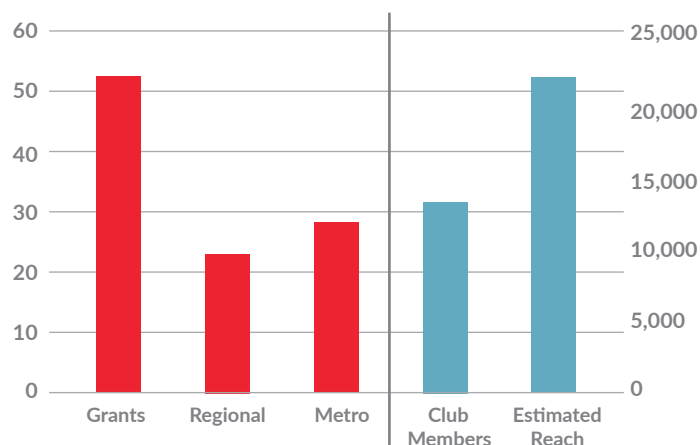
- increase healthy food and drink options at club run canteens/kiosks
- reduce sugary drinks and unhealthy brands/messages
- up-skill staff in offering healthier items.



The program offers grants (up to \$4,000) to be used for canteen equipment (e.g. soup warmers, sandwich toasters and blenders); capacity building (e.g. food safety training and nutrition seminars); water initiatives (e.g. water bubblers, water bottles and re-fillable eskies).

Successful clubs are required to complete the Fuel to Go & Play Community Venues Online Training; work towards achieving >40% green and <30% red items on menus; implement a policy addressing food and nutrition; and educate members about healthy eating.

WASCA provides advisory services to clubs e.g. menu/recipe assessments using traffic light; policy support; tools and resources; factsheets; communication material; and site visits.



## Eat Learn Thrive

The health and wellbeing program for Department of Education Residential Colleges has continued to provide support to College staff and students.

Ongoing strategies have included:

- menu assessments and support
- college manager's newsletter content including nutrition facts and recipes
- student workshops delivering general nutrition education and sessions for vegetarian and vegan students
- 'Christmas decorations' and 'Food Allergy Week' competitions.



WASCA also began working with the WA Colleges of Agriculture to begin rolling out the Eat Learn Thrive program. WASCA facilitated professional development for 33 Agricultural College staff, with activities including project overview and nutrition workshop, cooking session, food allergy management overview and food safety training.

## Other projects and activities

### Robin Bromley Visionary Grants

Three \$1,000 grants were awarded in 2018 to:

1. Mukinbudin District High School - stainless steel bench, food processor, knives, popcorn maker
2. Nerrigen Brook Primary School - oven, bread maker, knives, baking trays, hand mixer, food processor
3. Woodland Grove Primary School - computer.



WASCA and Browne's Dairy have developed a new partnership to continue to provide the grants, which are currently open until 13 September, 2019.



### StarCAP2

WASCA's voluntary accreditation program recognises and rewards schools whose sale of green foods exceeds 60%.

Congratulations:

- Makybe Rise Primary School
- Samson Primary School (pictured)
- Star of the Sea Primary School
- Swan View Primary School
- Winterfold Primary School.



### Nan Marlow Award for Excellence in Volunteering

WASCA received 30 nominations from 21 schools, representing around 32,000 volunteer hours. All nominees will be sent a certificate and the outright winner will be announced at the AGM. The award is supported by The Just Pizza company, which allows us to provide a well-deserved prize.



## Share It

A collaboration between INPEX, Marcelle Coakley from Maryn Dadja, Broome Senior High School, WASCA, local chefs, cooks and food enthusiasts.



The 'Share It' project included:

- an eight week school-based initiative at Broome Senior High School that encouraged students to examine healthy eating habits and to cook with fresh seasonal ingredients
- the Kimberley Share It Experience, a two-day event for schools from all over the Kimberley to share their passion for healthy food and connect culture and community in a hands on way
- the Canteen festival, where food technology students and the Canteen Supervisor chose six potential new canteen recipes; samples were provided at lunchtime and voted on; the top three items were featured as a fortnightly canteen specials throughout the term.

*"I can't start to even list all of the positives that come out of the Kimberley Share It experience for my three students. They were pushed well and truly out of their comfort zones, but it was amazing to see their transformation."*

Jasmine Harris, La Grange Remote Community School teacher



## Acknowledgements

I extend thanks to our partner organisations and funding bodies Department of Education, Department of Health, Healthway, as well as the many Star Choice™ companies who support the Association.

Staff changes occurred throughout the year, taking us from a team of 12 at one point to our current nine employees. I thank Kate Iwanowski, Sophie van Dam and Tanya Ramsden who fulfilled short-term contracts within the past 12-months. They each did an outstanding job in their respective roles. We said farewell to Administration Officer Michelle Calder, and welcomed Jennifer Harris.

I would like to thank the WASCA team. I love reading the profiles published as part of 'WASCA Wednesday' and understanding more about each person especially who inspires them!

Our reputation to produce a high standard of work continues and it is a credit to the passionate, dedicated and professional team. The support and camaraderie in the office makes it a pleasure to come to work each day.

Sincere thanks to the Executive Committee who continue to plan events and activities, provide feedback on ideas and resources, and support and mentor other school canteens. I encourage all members to nominate for the vacancies on the committee and join our team.

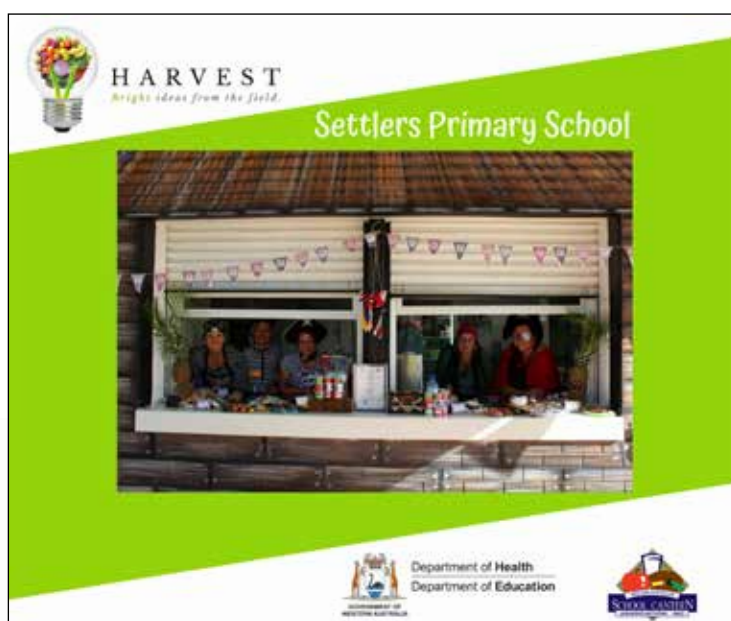
I look forward to the year ahead as we move from strength to strength.

Megan Sauzier, WASCA Executive Officer




# Connect with WASCA

- Maintain WASCA membership, make sure we have your email address to stay in the loop with WASCA enews
- Join the WASCA Executive Committee
- Host a training session or network meeting
- Apply for a Robin Bromley Visionary Grant
- Send us your recipes to be published on our website
- Share photos and small wins e.g. green canteen special of the day on Facebook or by email
- Attend General Meetings and other events
- Call us for a chat and follow us on Facebook
- Write a Harvest case study







Follow WASCA on  
Facebook to be the first  
to know about events,  
new recipes and  
competitions

[facebook.com/wascainc](https://facebook.com/wascainc)





CELEBRATING **25** YEARS



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