

WASCA Team Profile

	<p>Alexa joined the WASCA team in September 2020 as a Project Officer, primarily working on the Healthy Sporting Clubs Program and supporting the Fuel to Go Play™ and Healthway Sponsorship Services teams.</p> <p>Alexa’s previous position as a Health Promotion Officer for a local government area means she is well placed to work on WASCA’s community projects.</p> <p>Alexa holds a Bachelor of Health Science in Nutrition Bioscience from Edith Cowan University.</p>
<p>Who inspires you and why?</p>	<p>My mum. Her life motto is “If it scares you, do it anyway”.</p> <p>She brought me up to have a healthy love for food, the role it plays in bringing family together and as a creative outlet.</p>
<p>What is your favourite cookbook, book or movie</p>	<p>I have so many cookbooks and recipes downloaded from the internet, but I never follow them! I use them for inspiration and then always end up putting my own twist on them.</p> <p>My favourite book is <i>The Messenger</i> by Markus Zusak. I was feeling a little homesick when travelling in the deepest parts of Malawi, Africa, when the book found me! It’s an inspiring story and I was comforted by the author’s Aussie sense of humour.</p>
<p>What do you believe is your most important role at WASCA?</p>	<p>To provide support to canteen staff, parents and community members in actively creating healthier food environments. I see it as my responsibility to equip the community with the tools to build the capacity of food provision services, so that healthy choices are easier to make.</p>
<p>Tell us your top tip for promoting healthy food</p>	<p>Food isn’t only about physical nourishment - it plays a huge role in our social and mental health too. Sitting down to eat a meal with your family, without distractions, and teaching your children to cook are probably to most important things you can do to foster the future generation’s relationship with food.</p>
<p>WASCA recipe recommendation</p>	<p>I love frittata because you can basically put anything in it and it’s always delicious. I really like this Pretty Frittata. You can use up any veggies that are looking a bit sad from the fridge!</p>

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