


WASCA Team Profile

 <p>Amanda Ferguson</p>	<p>Amanda has a Bachelor of Health Science (nutrition) and has worked at WASCA for 11 years.</p>
<p>Who inspires you and why?</p>	<p>As clichéd as it sounds, I am inspired by any woman who works outside the home as well as inside the home.</p> <p>To understand how much women think, do, plan and action on any given day, I recommend searching the term ‘Emotional Labour’.</p>
<p>What is your favourite cookbook, book or movie</p>	<p>I just couldn’t decide...</p> <ul style="list-style-type: none"> • Book - The Book Thief by Markus Zusak • Movie - Fried Green Tomatoes at the Whistle-stop Café.
<p>What do you believe is your most important role at WASCA?</p>	<p>Focusing on WASCA’s core business; this involves consistently thinking about and planning meetings, training, resources and tools that support and importantly, inspire, canteen staff and parent bodies.</p>
<p>Tell us your top tip for promoting healthy food</p>	<p>Making sure healthy food is always available.</p> <p>I can have a watermelon sitting on the top shelf of the fridge or a bag of carrots in the crisper for a week and no one in my family of 5 people would give it a sideways glance. However, if I chop it up and put it on a plate with clear wrap (rather than a sealed container that hides it from view), it will be devoured in an afternoon! #lazypeople</p>
<p>WASCA recipe recommendation</p>	<p>Easy Pear Tea Cake</p> <p>The recipe on the WASCA website was originally one of mine from home. It is my go to for morning tea, afternoon tea or warmed and served with reduced fat vanilla ice cream for dessert. Either way, anything that can be made without getting the mixer out of the cupboard is a win for me.</p>