Western Australian School Canteen Association Inc.



Supporting healthy choices

WASCA Team Profile



Amanda has a Bachelor of Health Science (nutrition) and has worked at WASCA for 11 years.

Amanda has fulfilled many roles, which started with delivering parent workshops, progressed to include student workshops and kindy orientation sessions and is now the Project Coordinator of the Healthy Food and Drink project. This means she is the primary contact supporting WA schools to implement the Healthy Food and Drink policy.

Who inspires you and why?

As clichéd as it sounds, I am inspired by any woman who works outside the home as well as inside the home.

To understand how much women think, do, plan and action on any given day, I recommend searching the term 'Emotional Labour'.

What is your favourite cookbook, book or movie

I just couldn't decide...

- Book The Book Thief by Markus Zusak
- Movie Fried Green Tomatoes at the Whistle-stop Café.

What do you believe is your most important role at WASCA?

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.

Tell us your top tip for promoting healthy food

Making sure healthy food is always available.

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

WASCA recipe recommendation

Easy Pear Tea Cake

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.

Published 2019