

WASCA Team Profile



Carla Florio

Carla joined the WASCA team in August 2020 as a Project Officer. She has a Masters of Dietetics from Curtin University and has experience working with a major sport code and remote Aboriginal communities addressing various nutritional issues as well as healthy menu planning.

Carla loves cooking and learning traditional Italian recipes with her Nonna and is always up for trying new foods and cuisines with friends and family.

Who inspires you and why?

My grandparents. They settled in Western Australia with nothing and through hard work and determination learnt a new language and set up their lives away from home. Which evidently laid the foundation for me to get to where I am today. Their hard work and determination is what continues to inspire me every day to do my best.

What is your favourite cookbook, book or movie

Cookbook: Food Safari cookbooks; because they encourage me to cook with new and different ingredients.

Book: *Where the crawdads sings* by Delia Owens. A beautiful love story that had me on the brink until the last page.

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

Getting people to see and understand that a few simple and small changes can lead to bigger and healthier changes. For example, a traditional coleslaw dressing can be high in fat; however, when made with ½ reduced fat mayonnaise and ½ reduced fat yoghurt it will be much lower in fat but still be creamy and delicious.

Tell us your top tip for promoting healthy food

Place it **FRONT & CENTER**. When healthy food is visible and looks fresh and appealing people want to eat it.

WASCA recipe recommendation

The [Frittatini](#) is my recipe of choice - they are versatile, great for lunch with a salad or even as a nutritious snack!