

Western Australian School Canteen Association Inc.



Supporting healthy choices

WASCA Team Profile

Cre Millar joined the WASCA Executive Committee in 2015, and has fulfilled the Vice President role since 2016.

Cre previously managed the Winterfold Primary School canteen and is the current Canteen Supervisor at Applecross Senior High School.



Who inspires you and why?

The current New Zealand Prime Minister, Jacinda Ardern, is not only an inspiration to me at the moment, she is a hope for the future in a global political climate that leaves a lot to be desired. I have never felt more disheartened with our world leaders than now and she gives some hope in a very weary world.

What is your favourite cookbook, book or movie

- Jamie Oliver would be my culinary inspiration, as he taught me how to add flavour naturally to food, as well as how to organise my kitchen space efficiently
- Goodbye Bafana by James Gregory would be my favourite book, the telling of Nelson Mandela's imprisonment by his prison guard at the time, who became a loyal friend eventually
- Billy Elliot would be my favourite movie, though it makes me sob every time!

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

To be a voice for WA high school canteens and to help others gain a clearer understanding of the differences between the nutritional needs and eating habits of primary vs high school students.

Tell us your top tip for promoting healthy food

Just getting people around me to relax and talk honestly about what they eat and why and discussing minor changes we can make to food which can make a major difference to our health e.g. swapping sour cream for a mix of light sour cream and natural yoghurt and using it on everything from nachos to baked potatoes.

WASCA recipe recommendation

I had a gozleme from a food truck at an event and thought it would be popular with teenagers, so we tried it out.

[Gozleme's](#) are one of the most versatile menu options at Applecross. We make chicken, beef or mushroom. The mushroom variation can be prepared as vegan by simply omitting the cheese.

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