

WASCA Team Profile



Megan holds a Bachelor of Health Science (Nutrition) from Edith Cowan University (ECU). In 2006, she joined the office team as a Project Officer.

Wanting to understand more about school canteens, research and evaluation, Megan completed an ECU honours project investigating canteen sales in WA in 2010.

In 2015, Megan was appointed as the WASCA Executive Officer.

Who inspires you and why?

My Grandma. We shared a love of cooking, books and the beach. She was incredibly active, playing tennis, golf and croquet - and was always on the catering committee. Our family gatherings at Grandmas often included seafood and I learnt very quickly that if I wanted to eat prawns and crabs I had to peel them myself! Grandma believed you get back what you put in, whether it be for work, family or simply having a positive outlook - a mantra I cherish. She passed away last year at age 90.

What is your favourite cookbook, book or movie

Book: *Mao's Last Dancer* by Li Cunxin. I read this many years ago and then heard Li speak at the *Positive Schools Conference* in 2017. One of the most inspiring presentations I've ever heard
Movie: *Fast & Furious* series and *P.S I love you*.

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

One of my most important roles is to provide a supportive, innovative and motivating environment for the WASCA team. This includes ensuring our programs and activities are clearly communicated and that the work we do is interesting, challenging and fun.

Tell us your top tip for promoting healthy food

I always ask questions to find out what someone enjoys eating and go from there. When food is delicious, people want to eat it, talk about it and cook it for themselves. There are often small changes you can make to a recipe to make it healthier and full of flavour.

WASCA recipe recommendation

We make [roasted strawberries](#) at home all the time. It's quick, cheap (when strawberries are in season) and delicious served with vanilla ice-cream.

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