

# Western Australian School Canteen Association Inc.



Supporting healthy choices

## WASCA Team Profile



Tracy Skipworth

Tracy joined the WASCA Executive Committee in 2018 as a Committee Member.

Tracy is the Canteen Supervisor at Star of the Sea Catholic Primary School, Rockingham. The canteen has participated in StarCAP2 since 2016 and in December 2018 achieved 5 Stars!

The school also has a strong focus on sustainability, and Tracy says the canteen has been involved and on board from the beginning.

**Who inspires you and why?**

Janine Shepherd. I first heard her speak at a conference and her words totally inspired me. Janine was a cross-country skier, training for the winter Olympics when she was hit by a truck while training in the mountains on her bike. She suffered life-threatening injuries - broken neck and back, fractured ribs and severe internal injuries. She was told she would never walk again, never have children, in fact, may not even survive. Her determination to defy doctors' predictions is truly inspirational.

**What is your favourite cookbook, book, movie**

Never Tell Me Never, autobiography of Janine Shepherd.

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

I think my most important role at WASCA is to help spread the healthy eating message by being a role model for other canteens. For example, our school canteen menu has 95% green items. This means I can chat to other schools about how the menu was created, the most popular healthy recipes and encourage them to increase the percentage of green choices on their menus too.

**Tell us your top tip for promoting healthy food**

My top tip is "food is your medicine for life". We have to eat every single day, so it is really important that the food we put in our body is good for us and full of nutrients to ensure our body runs to its fullest potential.

**WASCA recipe recommendation**

My favourite recipe is [pikelets](#) - it is so versatile. I make up the batter daily and use it to make *pikelets*, *blueberry pikelet pops* (in a cake pop tray), *waffles* (batter in a waffle maker), and *pikelet shapes* (pour batter on cake tray, bake, then cut with cookie cutters in to different shapes).

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