

WASCA Team Profile



Rachael Mowatt

Rachael joined the WASCA Team in July 2023 as a Trainer and Assessor. Rachael's main role is to deliver Food Safety Supervisor Training. She has a Master of Education, a Bachelor of Social Science and a Bachelor of Arts and has taught High School Home Economics for the last 8 years.

Who inspires you and why?

I am inspired by Hugh Van Cuylenburg. He is the founder of The Resilience Project which is a wellbeing initiative for teachers, parents and most importantly for our children. Hugh's work provides engaging programs with practical strategies to build happiness. How inspiring!

What is your favourite cookbook, book or movie

A fantastic book I read this year (2023) was The Nightingale by Kristen Hannah. It is a historical fiction novel set in WWII.

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

It is important that I give our students the confidence to succeed during their training day with us. We cover a lot of content during a very busy day and it is my role to ensure all students can complete their work confidently, and hopefully with a laugh along the way!

Tell us your top tip for promoting healthy food

My tip is to listen to your body and eat intuitively. Make food choices that feel good for you.

WASCA recipe recommendation

[Quick Corn Pikelets](#) – I have been cooking lots of these for my son as a delicious snack. They are a winner with a bit of smoked paprika and tasty cheese added to the mix!

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