

# Western Australian School Canteen Association Inc.



Supporting healthy choices

## WASCA Team Profile



Lochie graduated with a Bachelor of Nutrition Science (Honours) from Deakin University in 2022. He recently worked on research projects investigating topics such as ultra-processed foods and food literacy in Australian schools. Lochie is a Project Officer working on various projects at WASCA to support schools and sports clubs.

**Who inspires you and why?**

My Opa. He was brave enough to make the decision to move their young family from the Netherlands to Australia many years ago. He and my Oma always made their home a place to enjoy meals with family and encouraged us to be active in the outdoors.

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

**Book:** *Four Thousand Weeks* OR *Man's Search for Meaning*  
**Movie:** *The Green Book*

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

Being a passionate advocate for the development and improvement of healthy environments throughout WA schools and communities.

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

I think it's key to aim for small, sustainable changes. People often have motivation to eat healthy food, and just need some guidance to re-assure them that they are on the right track.

**WASCA recipe recommendation**

[Chicken, cheese and spinach Turkish melt](#)  
I've always loved a toastie and this recipe using a Turkish roll is delicious.

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