

Western Australian School Canteen Association Inc.



Supporting healthy choices

WASCA Team Profile



Excited to join the WASCA Board in 2023. A passionate advocate for school canteens and I firmly believe in the community hub they can be in bringing students, parents and staff together over healthy food. Volunteering for most of my children's schooling career on the P&C, I've learnt a lot along the way and was instrumental in a recent full refurbishment of our primary school's 20+ year old canteen. I divide my time between home life, volunteering and as a Local Councillor I'm really looking forward to bringing my life experiences to the team.

Who inspires you and why?

This is a tough one, there's not really just one. I'm encouraged by many for all different reasons. My mum for her compassion, my kids for their growth into the amazing people they are becoming and taking pride in guiding them to what they want to be. (I only just worked this out in my 40's!) My husband for always striving to be more in work and at home, never to just settle. And those closest to me in never giving up. We can learn so much from each other each and every day.

What is your favourite cookbook, book or movie

Cookbook: Super Food Idea's. An easy to read and adapt magazine series that I still have today. Many of the recipes I made for school lunch boxes came from them. With limited food skills as a new mum they empowered me on the journey of fresh cooking & preservative education as our first born has had eczema from a very early age.
Movie: Love Actually

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

Support and guidance. With such a strong organisation empowering the team to continue in its strengths as we grow into the journey ahead.

Tell us your top tip for promoting healthy food

I learnt the 80/20 rule from an amazing woman, Krissy Ballinger and it resonated with me so well. Sometimes the pressure is just too much for "all of the time" and isn't always practical. But if you can do it 80% of the time then you're on a winner!

WASCA recipe recommendation

[Chilli Con Carne](#) is an easy dish I can make for everyone's taste in our house! It's adaptive for our vegetarian, youngest is fussy but loves it and it freezes well so if there's leftovers it's super easy to freeze in batches.

It's also an absolute winner in our school canteen on our Wednesday Waste Free Special's day.