

# THE SCHOOL FOOD PROJECT

Join us to reimagine school food in Australia. Together we can alleviate food insecurity, tackle childhood obesity and set a new global benchmark in school food provision.



## WHAT WE DO

The School Food Project is a not-for-profit initiative of chefs and cooks, nutritionists and business experts. Since 2016 SFP has transformed schools by supporting the canteen to provide affordable, nutritious and delicious lunches, made onsite from fresh ingredients. We are now turning our attention to a School Lunch Program, believing that every child should have access to a good meal at school, regardless of their background or circumstances.

**We invite organisations to partner with us on this important work..**

## WHY IT MATTERS

In one of the world's wealthiest countries, we are living in unprecedented times. Food insecurity is a growing crisis with rising inflation and family budgets strained. 1 in 6 children are going hungry.

More than one-third of the food students eat at school is unhealthy, with most lunchboxes having no vegetables. Canteen and donated food options are often of the lowest quality..

1 in 4 children in Australia are overweight or obese, leading to lifelong health issues and burdening public health systems. In 2018, obesity cost the Australian community \$11.8 billion. If nothing is done, this will cost an estimated \$87.7 billion by 2032.



**15% OF CHILDREN  
ARRIVE AT SCHOOL  
WITHOUT LUNCH OR  
MONEY TO BUY IT.**



**THE AVERAGE  
AUSTRALIAN CHILD EATS  
3-8 SERVES OF  
JUNK FOOD  
PER DAY.**



**IN 2018, OBESITY  
COST THE AUSTRALIAN  
COMMUNITY  
\$11.8 BILLION**

**JOIN US! TOGETHER WE CAN FEED A BRIGHTER FUTURE.**

## REASONS TO SUPPORT A SCHOOL LUNCH PILOT

### HEALTHIER, HAPPIER KIDS


Numerous studies worldwide show the links between good food, wellbeing and attainment is too big to ignore. Kids who eat well at school become happier, healthier citizens. They engage more, achieve better school results and enjoy better mental health.

### MORE JOBS, SUSTAINABLE WORK PRACTICES

An appropriately staffed and integrated school kitchen that uses locally sourced produce wherever possible not only improves health, wellbeing, education and engagement. It also has a measurable positive economic impact and increases engagement with agriculture. Less food miles, food waste and packaging.

### COMMUNITY MOMENTUM

1 in 2 children globally receive lunch at school and there is growing will from decision-makers in Australia to trial school lunch programs. The 2020 Evaluation of the [Tasmanian school lunch pilot](#) provided evidence on feasibility, increased attendance, improved nutrition and more. Contributing to this national conversation is the recently published Discussion Paper from Flinders University - [Do we need school meals in Australia?](#) - and Prof Pasi Sahlberg and Prof Sharon Goldfield's - [Reinventing Schools](#). Over 4 million Australian children attend school up to 42 weeks. Schools are the second most influential setting after families to impact a child's relationship with food.



**" IF WE WANT OUR CHILDREN TO BE THE BEST EDUCATED, THEY NEED TO EAT BETTER. THERE IS NO BETTER PLACE TO DO THAT THAN IN SCHOOL."**

**- PROF PASI SAHLBERG**  
Professor of Education Policy,  
University of Melbourne

## HOW YOU CAN HELP

We are working with Berrima Public School in NSW to help get their school lunch program up and running. We want to expand this pilot to a cohort of schools, create a school lunch prototype that can be adapted to any school, and provide these schools with the much-needed support to make it happen. We are looking for seed funding to:

- ♥ Manage the project
- ♥ Adapt our training and resources
- ♥ Integrate the program with food education and the curriculum
- ♥ Monitor and evaluate
- ♥ Build networks with local growers and suppliers
- ♥ Facilitate a community of school lunch providers
- ♥ Create the framework for other schools
- ♥ Advocate for government investment in school lunches.

**JOIN US! TOGETHER WE CAN FEED A BRIGHTER FUTURE.**

Web: [schoolfoodproject.org.au](http://schoolfoodproject.org.au)  
Email: [enquiries@schoolfoodproject.org.au](mailto:enquiries@schoolfoodproject.org.au)

Registered Charity ABN 48 610 681 224

