

# INTRODUCING THE CANTEEN TRANSFORMATION PROGRAM-DIY



## WHO IS THE PROGRAM AIMED AT?

The DIY program works for the majority of environments:

- **Start-up canteens** - looking to set up a new operation.
- **Canteen transformations** - our package can assist with a complete reboot, or help you gradually swap out processed items with tasty and budget-conscious SFP recipes and menu plans.
- **Veggie garden schools** - our recipes can be easily adapted to integrate your veggie harvest into seasonal canteen menus that are high on taste and low on waste.
- **P&C or school-operated canteens** - our DIY tools can assist with financial planning and canteen management, to help you build support and meet your bottom line.
- **Secondary schools** - our delicious recipes are great for little or bigger growing minds and bodies. Be the first secondary school to come on board.
- **Volunteer-operated canteens** - even if you're only running a few days a week, our content on food preparation, batch cooking, freezing and packaging can help you make the most of your budget and volunteer resources.
- **Established canteens** - looking for new menu ideas or support in a specific area like bookkeeping, optimising operations or community engagement.
- **Regional or remote schools** - provided you have IT connectivity you can access our incredible resources via our SharePoint platform.

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[enquiries@schoolfoodproject.org.au](mailto:enquiries@schoolfoodproject.org.au)

[www.schoolfoodproject.org.au](http://www.schoolfoodproject.org.au)

Registered Charity ABN 48 610 681 224



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# OUR DIY PROGRAM IS *REALLY* COMPREHENSIVE

Our DIY Program guides you through all aspects of canteen transformation whether big (setting up from scratch), to smaller (learning how to batch cook). Our 8, beautifully designed workbooks are adaptable to your needs and clearly introduce the content of the 8 learning modules in a fresh and engaging manner.



## HERE'S A TASTE OF THE MODULES

### Module 1: Getting Started

- Welcome and overview of the path ahead.
- Resources to gain consensus from your community's stakeholders and create your vision for your school's canteen operation.
- Gather information through student and parent surveys to inform your plan.

### Module 2: Self-assessment tools

- Canteen and menu self-assessment tools.
- How to identify essential and affordable equipment purchases (if required).
- Your Canteen Action Plan, including an implementation timeline.



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### A TASTE OF THE MODULES, CONTINUED

#### **Module 3: Community engagement and education**

- Education resources to get everyone involved.
- Community engagement and marketing materials.
- Fundraising ideas and putting together your team.

#### **Module 4: Menu development**

- A recipe pack including over 50 delicious, nutritious, and practical recipes formulated for school canteens.
- Instructional videos for a range of recipes.
- Nutritional guidelines.
- Menu design tips

#### **Module 5: Achieving your margins**

- Financial management tools.
- How to effectively price your menu.
- How to manage equipment costs, recipes, ingredients, packaging, and staffing expenses.

#### **Module 6: Systems and operations**

- Best practices for establishing operational systems and end-of-day processes.
- "A day in the life of a fresh food canteen" - daily canteen routines.
- Safety considerations and basic (WHS) Work, Health & Safety tips.
- Waste minimisation and packaging tips.

#### **Module 7: Launch Day Planning**

- Launch day is a big event - learn how to prepare for it.
- Measuring your impact post-launch.
- Volunteer handbook

#### **Module 8: Ongoing operation, evaluation and support**

- How to gather evaluation and community feedback.
- Planning seasonal menus.
- Ongoing SFP support.





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Our resources include:

- PowerPoint presentations
- Survey templates
- Guidelines (WHS, Food Safety)
- Checklists
- Volunteer handbook
- Planning templates
- Work, Health & Safety infographics
- Recipe training videos
- Meeting agenda templates
- Financial Management Pack (includes spreadsheets for recipe costings, termly income and expense tracking)
- Over 50 portioned and generically costed snacks, drink, and lunch recipes, with nutritional information panels

## SO HOW MUCH DOES IT COST?

Our Canteen Transformation Program-DIY is now available to purchase for an introductory price of \$350 and includes over 50 recipes and a range of instructional videos from our Basic Batch Video Recipe pack (priced at \$99).

The price includes an hour with an SFP consultant to answer any of your questions and if you need more support, we can arrange additional consultations to suit your needs with our chef trainer to suit your needs.

## GET IN TOUCH

Please email us at **[enquiries@theschoolfoodproject.org.au](mailto:enquiries@theschoolfoodproject.org.au)**

Or make your purchase at **[www.schoolfoodproject.org.au](http://www.schoolfoodproject.org.au)**

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## FREQUENTLY ASKED QUESTIONS

### **How long will the process of transforming our canteen take?**

This depends on the existing infrastructure, the commitment of the canteen leader and other stakeholders, as well as resources available. In our experience, once stakeholders are on board, transforming the menu of an existing canteen takes approximately 6 months (two terms). Setting a canteen up from scratch takes longer depending on the infrastructure requirements, purchases and fundraising required.

### **Can you guarantee the viability of our canteen if we purchase your guide?**

We offer tools to assist you in operating a successful canteen offering delicious fresh food popular with children's tastebuds. However, as the DIY program is self-guided, we cannot guarantee viability. We have tested our program out in a range of pilot schools, and all were viable.

### **Do your recipes comply with Australian nutritional guidelines?**

Yes! Each recipe has been checked by a qualified nutritionist and complies with Australian Dietary Guidelines 2013.

### **What if I have questions along the way?**

We have created a facebook group where you can post your questions and they will be answered by one of our team. It is also a great spot to see questions and answers that other people have had. You are also welcome to contact us directly at [enquiries@schoolfoodproject.org.au](mailto:enquiries@schoolfoodproject.org.au)

### **Can I purchase the Recipe Pack separately?**

Yes! If you're just looking for some inspiration, visit our website to purchase your "Basic Batch Video Recipe Pack," which offers a selection of 24 of our favourite recipes with instructional videos for extra support. This product is currently priced at \$99.



# FREQUENTLY ASKED QUESTIONS

### **Our school already has a canteen, but we want to improve our menu. Can the self-directed model help us?**

Yes! Our program is adaptable to your student numbers, staffing, equipment, and current canteen set up.

### **Are there any education department or health regulations I need to be aware of?**

Each state, territory and local government area has different health and food safety regulations that can impact canteen operations. Council registration of your canteen as a food business is also a requirement. Please ensure you are familiar with the regulations in your area before you purchase our program.

### **What infrastructure does my school need to make your recommendations work?**

This model is best suited for schools that already have a functional kitchen. We do provide equipment checklists and recommendations to maximise your existing space.

### **How many staff do I need to run a canteen?**

With our program, an experienced cook, chef or canteen leader with the assistance of a volunteer for a few hours every day can prepare lunches for a school with a student population of 250 (with the understanding that only a percentage of students make canteen orders). Some canteen operations are also supported by teachers' aides at service time, and some schools also integrate a Student Leadership program to assist with the distribution of orders, or with simple food prep tasks. Students can learn a lot by assisting in the canteen!

### **How do I access the learning material?**

Our resources are methodically developed to save your team time and money. Once you purchase the DIY program, you'll be given a unique password to access and download the resources from our website.



# TRY OUR SCHOOL-FAMOUS TOMATO SAUCE RECIPE



## TOMATO VEGGIE SAUCE

One of our foundation recipes and it's so good (and jam-packed with veggies) that we use it in our chile dishes, pasta sauces, on pizzas, as a dipping sauce, the burgers, or just on steamed rice with a sprinkling of parmesan and cheese. Add or replace veggies from your school garden or those in season. This is a very adaptable recipe. You won't regret making up a batch of 100 portions because it forms the base of a number of SFP recipes.

**EVERYDAY MENU ITEM**  
Prep time: (1 hr for 100 portions)  
Cooking time: 30 mins

Portions: 60 g (¼ cup)	10	20	50	100
Extra virgin olive oil	1 tsp	2 tsp	50 ml	100 ml
Finely chopped garlic (see note)	5 g	10 g	25 g	50 g
Brown onion, diced	40 g	80 g	200 g	400 g
Red capsicum, seeded & chopped	40 g	80 g	200 g	400 g
Celery, diced	40 g	80 g	200 g	400 g
Carrot, peeled & diced	40 g	80 g	200 g	400 g
Butternut pumpkin, peeled, seeded, chopped	40 g	80 g	200 g	400 g
Tinned tomatoes	500 g	1 kg	2.5 kg	5 kg
Dried oregano	½ tsp	1 tsp	2 tsp	1 tbsp
Bay leaves	½	1	1½	2
Sea salt	¼ tsp	½ tsp	2 tsp	1 tbsp
Ground black pepper	pinch	pinch	¼ tsp	½ tsp

### Stove Top Method:

1. Heat the olive oil in a large, heavy-based pot over low-medium heat. Add all the vegetables except the tomatoes and cook for 20 minutes, stirring frequently until softened and starting to brown.
2. Add the tomatoes, oregano, bay leaves, salt and pepper. Bring to the boil, then reduce the heat to low and simmer for another 10-15 minutes, stirring from time to time, until the sauce reaches a thickened consistency. Remove from the heat and stand until cool.
3. Remove the bay leaves. Puree the sauce until smooth, in batches if using a food processor, or in the pot if using a stick blender.

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## TRY OUR SCHOOL-FAMOUS TOMATO SAUCE RECIPE, CONTINUED

### Oven method:

1. Preheat the oven to 180°C - 200°C, depending on how hot your oven runs.
2. Place the vegetables in a large, deep edged baking tray lined with baking paper. Drizzle the olive oil over the vegetables and toss to coat well. Place the bay leaf under the vegetables.
3. Roast the veggies for 15 minutes, then turn the tray and toss the veggies so they colour evenly. Roast for another 10 minutes or until golden and delicious.
4. Transfer the roasted vegetables and all the juices to a large pot. Add the tomatoes, oregano, salt and pepper. Bring to the boil, then reduce the heat to low and simmer for 10-15 minutes or until the sauce reaches a thickened consistency. Remove from the heat and stand until cool.
5. Remove the bay leaves. Puree the sauce until smooth, in batches if using a food processor, or in the pot if using a stick blender. Cool to room temperature.

### To serve:

- If serving the Tomato Veggie Sauce that day or the following day, then remove what you need, place in an airtight container and refrigerate until needed.
- Divide the remaining Tomato Veggie Sauce between airtight containers (see below), label and date, then freeze immediately for up to 3 months.
- Ideal storage quantities for freezing batches of 100 portions are:
  - 2 x 5 portions (2 x 300 g)
  - 4 x 10 portions (4 x 600 g)
  - 2 x 25 portions (2 x 1.5 kg)
- Follow the SFP batch cooking, storage and portion control guidelines.

**Note:** If making this sauce using the oven method, the garlic is best left whole to prevent it from burning.



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