

## Thousands Bank on Foodbank

Foodbank of Western Australia was established in 1994 as a bridge of support between the food industry and community welfare agencies looking after those in need in WA.

Since then over 15 million kilograms of edible food has been rescued that previously would have constituted 150,000 cubic metres going into landfill.

Sadly, alongside widespread prosperity a growing number of people are falling below the poverty line.

Circumstances can change very quickly due to the death of a family member, serious illness, family separation, rural hardship, rapidly escalating house rentals and other issues. It is an alarming fact that 50 percent of people in hardship are children, suffering in circumstances not of their own making.

Hardship leads to poor nutrition and poor health on a scale that is alarming. Did you know:

- ◆ Poor nutrition and poor growth amongst children is associated with increased mortality in early life and increased risk of chronic disease in adult life.
- ◆ Nationally 30,000 grandparents are now raising grandchildren. The reasons include death of the mother, imprisonment, mental illness or substance abuse. The age ranges from newborn babies through to teenagers.
- ◆ 432,000 Western Australians are now below the poverty line (Henderson Poverty Line figures 2002).
- ◆ Lone parent families now comprise 15% of all families.
- ◆ Approximately 1,800 deaths and 18% of total deaths each year in WA are due to poor diet.

- ◆ Limited access to healthy food is contributing to an epidemic of chronic disease, particularly among those on low incomes.
- ◆ More than 70,000 WA households have someone who went without food because they could not afford it.
- ◆ The cost (related to poor nutrition) to the community is one million dollars per week.
- ◆ Foodbank operates through existing community support agencies and this means that more food can be provided to more people in an equitable and efficient manner.

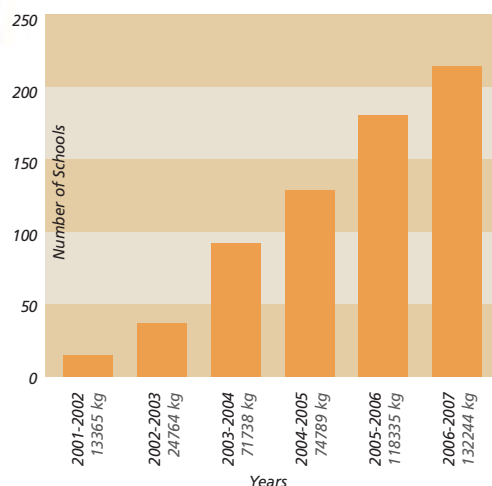
At the Welshpool warehouse centre and regional centres in Albany, Geraldton, Mandurah and Bunbury fresh, packaged and frozen food is stored appropriately and distributed.

A fleet of 7 trucks, suitable for carrying dry, chilled and frozen goods, enables excess food sourced in one area to be moved to the other regional centres for distribution.

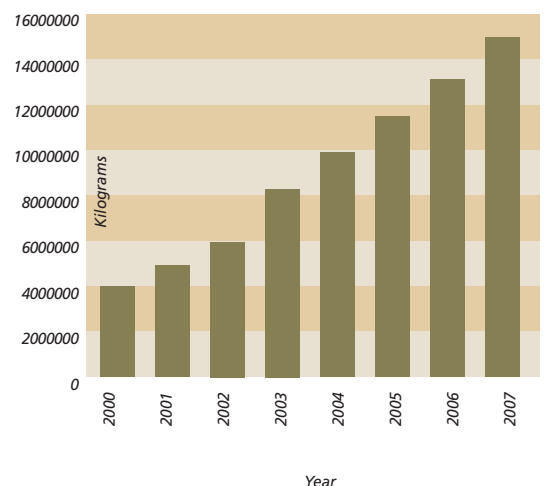
Foodbank is now a prime source of food for over 600 Community Welfare agencies plus 220 schools statewide in Foodbank's metropolitan, regional and remote Schools Breakfast Programs.

*\* Source for statistical information: WA Department of Health*

**Foodbank School Breakfast Growth**



**Foodbank Accumulative Distribution**



# Western Australia's **BIGGEST** School Breakfast Program

Foodbank currently provides 24,530 FREE breakfasts each week to school-children in 220 metropolitan, regional and remote area schools.

The benefits of children having a good, healthy breakfast before school are well documented and we anticipate the demand will increase to 400 schools within two years. Food Items that need to be specially sourced are:

- ◆ **Fresh fruit**
- ◆ **Bread**
- ◆ **Breakfast cereals**
- ◆ **Long life milk**
- ◆ **Canned fruit**
- ◆ **Canned baked beans and spaghetti**
- ◆ **Vegemite**

Foodbank currently sources and provides all the food for the School Breakfast Program, however the demand

is beyond its' resources alone to sustain. We are therefore seeking similar support to the Healthy Families Program over the next three years.

We are able to leverage our relationship with food companies to obtain product at an effective pricing level, so that each breakfast costs an average of 28 cents, which equates to approximately \$320,000 per year.

We wish to gratefully acknowledge present and past major sponsors of this program:

Woodside Energy, Office of Aboriginal Health, Nexus Transport, WA Department of Health, Australian Children's Trust, HBF Angels Club, Computer Associates, Rotary, Lions, as well as many generous private and corporate donors.



## Infrastructure Challenges

As the demand and need for the supply of food continues to grow, the cost of sourcing, collecting and storing food is rising. Leasing and moving costs are also escalating.

Therefore strategically it is more cost-effective and sustainable for Foodbank to own its' Centres and we are seeking to establish a Building Fund of \$450,000 with six partners to assist in the transition to purchasing.

Currently Foodbank WA owns the warehouse in Perth and is now in the process of owning the premises in Albany.

Foodbank can then support communities and their welfare organisations, particularly in rural areas, with a stable location, easy access for agencies and volunteers, and expansion to outreach to remote areas of the State.

Foodbank's operations is carried out by a small core of staff and over 100 volunteers, which enables 94 per cent of its income and resources to be applied to helping people in need.

***Our mission: An Australia without Hunger.***

## Food Sense at the Foodbank!

Commencing in 2008, FOODcents education and training will resume regularly at the Foodbank in a new program called Food Sense.

This is a deliciously practical program developed specifically for Foodbank's extensive school and community networks. It offers valuable knowledge, skills, training and resources for health, education and community professionals and volunteers.

The program features FOODcents education combined with practical cooking sessions that cover basic food preparation, cooking skills with cost and taste comparisons.

FOODcents is a Department of Health WA program that teaches people value for health and money through budgeting and shopping exercises. Variations of the program exist for different target groups and these are covered in the Foodbank WA Food Sense program.

Building on the success of the School Breakfast Program, Food Sense is designed in accordance with the Australian Health Promoting Schools model.

It promotes and supports the development of community kitchens and school kitchen garden projects, which encourage and sustain healthy eating habits and build community through food in different settings across WA.

The program is managed and facilitated by Irene Verteramo who brings the qualifications of mother, former Foodbank School Breakfast Program Manager, chef and gourmet cooking teacher, to make it fun and practical.

If your school or agency is interested in the program please email: [irene.verteramo@foodbankwa.org.au](mailto:irene.verteramo@foodbankwa.org.au) or write to her at Foodbank WA, PO Box 143, Cloverdale WA 6985



## Giving Kids a Kick Start

The relationship between health, education and future employment opportunities is well documented.

Children participating in Foodbank's WA School Breakfast Programs are experiencing better health outcomes, resulting in less absenteeism and improved learning outcomes.

The positive outcomes of the metropolitan and regional School Breakfast Programs have been far beyond providing a meal:

- ◆ Improved health, less illness
- ◆ Reduced absenteeism
- ◆ Improved concentration
- ◆ Improved numeracy and literacy outcomes
- ◆ Increase in engagement
- ◆ Significant decrease in anti-social behaviour
- ◆ Improved relationships between teachers and students
- ◆ Involvement of parents, volunteers and local business community and improved local community relations
- ◆ Reduction or cessation of bullying, theft and graffiti.

The School Breakfast Programs also provide an early introduction to healthy food education and healthy eating habits, an essential part of prevention and management of chronic diseases including overweight, diabetes, high blood pressure and heart disease.

Improved nutrition is dependant on the accessibility and availability of nutritious food, therefore Foodbank's program is having an important impact on the population groups that are most likely to experience poorer health, or engage in less healthy lifestyles and behaviours.



Photo courtesy of The West Australian

*Storeman Anthony Monson prepares boxed fresh fruit & vegetables for delivery to remote areas.*

### Highlights of the 2007 program.

Compared to the same period in 2006 there has been:

- ◆ An 855% increase in fresh fruit and vegetables delivered to remote schools, a 210% increase to regional schools and a 49% increase to metropolitan schools.
- ◆ Over 100% increase in non-perishable breakfast foods delivered to remote schools, 50% increase to regional schools and 11% increase to metropolitan schools.
- ◆ An additional 13 metropolitan, 11 regional and 22 remote schools have registered for the program.
- ◆ 76% of Crunch&Sip® registered schools in the 6–10 decile ranking are now in Foodbank's School Breakfast Program.

## Trophy for South West Volunteers



Foodbank South West has received a City of Bunbury award honouring their outstanding achievement in servicing the Bunbury Community.

Mayor David Smith presented The Willcox Brown Perpetual Trophy, donated anonymously in 2002, along with a \$500 cheque from the City of Bunbury.

Foodbank South West Chairman Ross Ranson said the award not only recognised the volunteers, but the sponsors and growers in the region who donate to Foodbank.

*Margaret Doyle and Lynne Wilkinson, front, and Kathy McKrill, rear left, Joy McGlashan, Deborah van Emden, Rob Prestage, Keith Paton, Mike Hendry and Ross Ronson.*

*Photo courtesy of South Western Times.*

## New Board Member

Foodbank is delighted to announce the appointment of the **Hon Ernie Bridge OAM CitWA JP** to the Board of Foodbank.

Mr Bridge is well-known for his passion in improving the quality of life and health for Aboriginal people and as President of the Unity of First People of Australia, which he established in 1997, Foodbank has been assisting him with nutrition education and food supplies in remote North West Aboriginal communities and schools.

Mr Bridge was a successful small businessman before being elected a Member of Parliament. He held the seat of Kimberley from 1980 until 2001 and was the first Aboriginal Member of the WA Parliament and the first Aboriginal person to be appointed a Cabinet Minister in any Parliament in Australia.

In 1993 he was awarded the Medal of the Order of Australia (OAM) and in 2004 he was presented with the WA Citizen of the Year award for his contribution to regional development.



## Bernadette Lights up the Kitchen

Bernadette Footman is our volunteer cook for all evening functions held at Foodbank in Welshpool. She has been assisting Foodbank for many years in a voluntary capacity and also works for a registered agency helping those in need in the community.

At times we need to cater for 30 or more people, usually for Lions and Rotary Club visits.

CEO Doug Paling conducts a tour and is the guest speaker for the meeting. The Clubs are very supportive of the Lions & Rotary Rice Bowl Project.

Bernadette's daughter Anthea often comes along to help.



## Curves Members raise the Bar

Approximately 30 metropolitan and regional Curves Fitness Centres took part in the Curves International annual food drive.

Foodbank WA has been the recipient for the past two years and this year they collected 12 tonne of groceries, donations made in lieu of the joining fee for the month of March. This was three times more than the 4 tonne collected last year, which is a fantastic result.

Some of the centres also produced recipes that were handed to some of our registered agencies, such as Leeming Anglican Hampers, to give to people they help with food parcels.



The Curves members promotion allows centres, as franchisees, to help more women reach their fitness goals while simultaneously giving back to the community.

Their generosity has been overwhelming and through Foodbank WA these items are distributed to the wider community through over 600 community support agencies.

## Chairman recognised in Birthday Honours

Congratulations to our Chairman, Denis Ryan who was awarded an OAM in the general division in the Queen's Birthday Honours for his voluntary work with Foodbank over the last 10 years.

"Denis has given a huge amount of his time and energy to lead Foodbank on its journey to being the major supplier of food to over 600 community organisations and 200 Schools across the state, as well as the development of nutrition education programs," said CEO Doug Paling.

"Foodbank had undergone rapid growth and Denis has helped guide the organisation through the infrastructure and financial management, ensuring the expansion has been sustainable."



## OUR FINANCIAL AND INFRASTRUCTURE FRIENDS

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Abbott & Company  
Active Painting  
Ad Impact Advertising  
Adventure Club (Inc)  
Aglund R & D  
AIIA WA  
Alinta Limited  
All Seasons Paving  
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Anfuso James  
Anton John  
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Atlas Software  
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Australian Children's Trust  
Aust. Heritage Group  
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Aust Technology Resources  
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Budget Forklifts  
Bunning GL  
Bunnings Forest Products  
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Cavalier Porta-Built  
Cedar Woods Property Ltd  
Celebrate WA  
Cellular Express  
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Christina's Restaurant  
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City of Kalgoorlie-Boulder  
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Coates Hire  
Colby Engineering  
Collins Margaret  
Combined Insurance Group  
Comfort Inn Albany  
Comp Foods Aust.  
Computer Associates  
Computer Association of WA  
Consolidated Security System  
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Coolrooms Australia  
Courier Net  
Creasy Mark  
Crosby Tiles Vic Park  
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Curves  
CWA Boulder

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Emerge Technologies  
Ernst & Young  
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Extra Edge Community Services  
FAL  
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Farwest Scallops  
F.C.L. Interstate Transport  
Flag Electrical Services  
Fleay Ron & Val  
Fletcher Peter Realty  
Flextool (Aust) Pty Ltd  
Flinders Charitable Foundation Ltd  
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Food Industry Tng Council  
Freehills  
Freezalink  
Fremantle Dockers F C  
Fry R.M. & H.M.

Gale C  
Gamba Print  
Gartell J  
Gauba Ranjit  
G.I.O. Australia  
Glass Services  
Goldfields Commercial Security  
Government of WA Office of  
Aboriginal Health  
Grant Thornton  
Greyhounds WA  
Green Don  
Green Julie  
Greenhill Electrical  
Green's General Foods  
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Gull Petroleum

Harley Peter  
Hallmark Signs  
Hampton Transport  
Hann Richie (Media)  
Harris Anna  
Hawthorn Press  
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Healthway  
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Hillman R M  
Hobbs Shanta  
Holden Desmond  
Homeloans Ltd  
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Ingram Peter  
Ingres Users Group  
Inner Wheel Mundaring  
Inner Wheel Subiaco  
Inner Wheel Rossmoyne  
International Risk Consultants

Jackson Michael  
Jesters Jaffle Pie Co  
Jonesway Transport  
Johnston JA & LAL  
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Josland Stephen  
Joyce P  
Jubilee Mines NL (Sir Samuel  
Mines NL)

Kadmos Group  
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Kailis Nicholas  
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Lions Club of Ballajura  
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Lions Club of Bullcreek  
Lions Club of Bunbury,  
Leschenault  
Lions Club of Bunbury  
Wollaston  
Lions Club of Busselton  
Lions Club of Canning City  
Lions Club of Canning Vale  
Lions Club of Capel  
Lions Club of Claremont-  
Nedlands  
Lions Club of Collie-Wellington  
Lions Club of Cowaramup  
Lions Club District Cabinet  
Lions Club of Dardanup  
Lions Club of Dongara-Denison  
Lions Club of Donnybrook  
Lions Club of Duncraig  
Lions Club of Dunsborough  
Lions Club of Esperence  
Lions Club of Floreat  
Lions Club of Fremantle  
Lions Club of Gosnells  
Lions Club of Greenough  
Lions Club of Harvey  
Lions Club of Inglewood  
Lions Club of Jandakot  
Lions Club of Kalamunda  
Lions Club of Kojonup  
Lions Club of Kondinin  
Lions Club of Kulin  
Lions Club of Kwinana  
Lions Club of Leeuwin  
Lions Club of Mandurah  
Lions Club of Manjimup  
Lions Club of Manning  
Lions Club of Merredin  
Lions Club of Mingenew  
Lions Club of Morawa  
Lions Club of Northam  
Lions Club of Ocean Reef  
Lions Club of Port Kennedy  
Lions Club of Quinns Rocks &  
Districts  
Lions Club of Rockingham  
Lions Club of Scarborough  
Lions Club of Waroona

Lietzke Doors  
Loscarn Ltd  
Lotterywest  
Low & Co

Madden John  
Main Roads Department  
Major Motors  
Manning Lions Club  
McCusker & Harmer  
McCusker Holdings  
McCutcheon GA  
McInerney Ford  
McMullen Family Trust  
Mettler Toledo  
MHS Recruitment  
Millar C B  
Mirvac Fini WA Pty Ltd  
Ministry Of Justice  
MISC Agencies  
Murphy Plant Hire  
Mustard Catering  
National Rail  
Nationwide Food Services  
Nesbitt Betty  
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New Focus Commercial  
Cleaning  
New Town Toyota  
NIC Christmas Fund  
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Oce Australia  
Ocean I.T  
O'Connor T & A  
Onsight Fire Equipment  
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O'Neill M  
Packer Anthony  
Packer & Co Investment Trust  
Packer G & P  
Pacific Waste Management  
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Rotary Club of Ascot  
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Rotary Club of East Perth  
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Rotary Club of Gosnells  
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Rotary Club of Mill Point  
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Rotary Club of Rockingham  
Rotary Club of Rossmoyne  
Rotary Club of Scarborough  
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Beach  
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Women Chiefs of Enterprises  
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Barilla Australia Pty Ltd  
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EFES bakery  
Egg & I  
Eliash Produce  
European Foods

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Fletchers International  
Fonterra  
Foodbank NSW  
Foodbank Queensland  
Foodbank South Australia  
Foodbank Victoria

Freshlink Export Pty Ltd  
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George Weston Foods Ltd  
Giumelli & Sons  
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Golden Boronia  
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Golden Popcorn  
Golden West Bagels  
Goodman Fielder  
Granny 's Pies & Cakes  
Gourmet Chevups  
Greenleaf Distributors  
Greens General Foods  
Greens (E.C.) & Sons

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Herron Pharmaceuticals  
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Jenny Craig Karrinyup  
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Karragullen Cold Stores  
Karintha Orchards  
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Kitchen Sorcery  
Kraft Foods  
Leonardos Food  
Libby Trandos  
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Master Foods  
Max Evans Orchards  
Meggles Eggs  
Mercer Mooney Group  
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Ministry Of Justice  
Mulataga Aquaculture  
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PFD Food Services  
Phil Glover  
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Planet Distributors  
Planet Sales  
P N Juices  
Poppa Porkys Pork Crackle  
Proctor & Gamble

P & O Logistics  
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Qantas  
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Rand Transport  
Refrigerated Roadways  
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Sands Fridge Lines  
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Simplot (Australia)  
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Springvale Orchards  
Strikeforce WA Pty Ltd  
Strategic National  
Strawberry Fields  
Sunrice  
Sunshine Bakery  
Supa Valu Geraldton  
Swire Cold Storage Pty Ltd

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Village Kitchen  
Vital Foods

WA Salvage  
Walkers Candy  
Wella Australia  
Westate Seafoods  
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Western Potatoes  
Western Salt Refinery  
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Windsor Foods  
Wisemate Foods  
Wiston Park Orchards  
Woolworths Ltd  
Worldwide Fine Foods

Yanchep Springs

## Foodbank of WA

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