

GREATER DANDENONG SCHOOL BREAKFAST RESOURCE KIT

The following document provides all the information you need to start a breakfast program at your school. Starting a breakfast program at your school can help ensure children start the day with a healthy and nutritious breakfast, which can benefit them in a range of ways including:

- Increasing the children's ability to concentrate in class
- Improving punctuality
- Increasing the children's social skills
- Improving overall health and wellbeing
- Providing the children with the right tools to make informed decisions around food
- Giving the older students extra responsibility to assist with the running of the program
- Strengthening the school's strong sense of community



STEP BY STEP GUIDE

STEP 1

Find a suitable space with tables, chairs, kitchen facility including sink, fridge, power available for toasters.

STEP 2

Decide how many days per week you will run the program, along with the times, and then set the first date.

STEP 3

Gather your team- who will set up and run the program? Teachers, parent volunteers, senior students? Make sure you get this commitment at the start otherwise one person may end up doing it all every week. Design a roster for the first month and a sign in sheet for the students.

STEP 4

Promote- notify staff, students, and families. Students could make posters to stick up around school. Allow at least two weeks of advertising before the launch date.

STEP 5

Organise the supplies.

FOOD: The first week you may need to just go shopping yourself- Keep it simple- 2 types of cereal (weetbix/rice bubbles), wholemeal toast with butter and vegemite, fruit selection- you could even just use whole pieces of fruit that kids could take to class as they leave- apples and mandarins eg. You could ask the school community for donations for these items, maybe a parent works at a bakery and you can get the day old bread- or at a market who can supply fruit.

EQUIPMENT: depending on what numbers you are advertising to or expecting, purchase the following items: small plastic bowls for cereal, small plates, spoons, knives, cups and jugs for water, toaster, platters for fruit and toast.

Optional: pots and pans for eggs or healthy pancakes

STEP 6

Launch your Breakfast Club.



BREAKFAST PROGRAM IDEAS

Contact your local supermarket

- (E.g Coles/Woolworths/IGA/Dandenong Market). They may offer you fresh produce hampers or dry goods at reduced costs or for free.

Contact your local bakery

- At the end of the day bakeries often donate left over bread and occasionally other products - you can freeze bread for toast or toasted sandwiches.

Contact Eat Up

- Who supply schools cheese sandwiches and fruit: <https://eatup.org.au/signup-a-school>
- Hold a healthy fundraising event within the school or with other local community groups to fund the purchase of these staple ingredients: <https://www.cancer.org.au/get-involved/fundraising-and-events/healthy-fundraising>
- Visit Ask Izzy and select the option 'Food' for a list of organisations to approach for assistance. This is a great resource to help you find local agencies to help.
- Use the school newsletter to see if parents of the school would be happy to donate items for a Breakfast Club.

Contact local suppliers or manufacturers to see if they would be willing to donate products to the school.





HEALTHY FOOD PRODUCTS

Here are a few healthy food products that you could use for your school breakfast:

Breakfast

- Oats for porridge
- Cereal – with no sugar Weet bix/Muesli
- Fruit and vegies e.g. cut up slices of fruit/vegies in a cup. (Cucumbers/Baby cucumbers/ Carrot sticks/cherry tomatoes)
- Yoghurt – look for reduced sugar yoghurt - i.e. choose plain Greek yoghurt and serve it with fruit for natural sweetness.
- Toast (wholemeal bread) – with only healthy spreads - Vegemite/peanut butter (salt reduced if possible)/ honey/ reduced fat cream cheese spread/ hummus/ tzatziki/cottage cheese/avocado / - avoid Jam. - Only allow peanut butter ischool policy allows
- Vita Wheat crackers



- Boiled eggs/ or eggs other ways
- Cheese toasties – with wholemeal bread
- Fresh baked bread
- Unsweetened weak tea with or without milk
- Healthy hot chocolate drink – such as Akta Vite, a vegan option
- Culturally inclusive food options
- Cold Bircher muesli – see recipe
- Tinned baked beans (choose low salt or no added salt options) Tinned fruit (avoid added sugars and fruit tinned in syrup. Choose fruit tinned in juice)

Snacks

- Fruit and vegie cups
- Yoghurt cup – top with muesli
- Popcorn (made without added salt and butter). You can pop your own corn and add herbs and spices for flavour.
- Cheese and grainy crackers
- Vegie sticks and dips – Hommus/Tzaziki/bean-based dips
- Trail mix – if nuts are allowed - dates/dried fruit (note dried fruit sticks to children’s teeth and should only be served occasionally)
- Rice crackers/Vita Wheats with toppings



HOW TO SET UP A BREAKFAST PROGRAM

Staffing/Volunteering

- Senior students -leadership groups- Utilising the older students as 'Breakfast Buddies' creates a great sense of responsibility for the older kids.
- Teacher rosters – 1 morning per week/per fortnight
- Greater Dandenong Volunteer Resource Service: <http://gdvrs.org.au/>
- Greater Dandenong Youth Volunteering services:
<https://youth.greaterdandenong.vic.gov.au/programs/impact-volunteer-program>
This program is run only during school holidays, as a one-off full day local volunteer experience.
- Contact your local church groups/ community groups/ community gardens
- Red Cross:
<https://govolunteer.com.au/volunteering-organisations/19500>
- Parent engagement – getting the parents involved in helping with the breakfast program can have double the impact as it's an informal setting where parents, students and teachers can meet and chat.
- Lions clubs: <https://dandenong.vic.lions.org.au/>
- Springvale Learning and Activities Centre:
<http://springvalelac.org.au/>
- Interfaith network:
<https://www.interfaithnetwork.org.au/>

- Foodbank resources:

<https://www.foodbank.org.au/homepage/who-we-help/schools/resources-for-schools/?state=nsw-act>

Funding

- School Fundraising – to raise the money to maintain the program- use healthy fundraising methods- ideas below
- Community Grants – contact council to apply for community grants:
<https://www.greaterdandenong.vic.gov.au/grants>
- Charge students – gold coin donation- families that can afford to pay effectively fund the kids that can't.
- Research other community-based funding bodies – such as School Focused Youth Service is a statewide service to support vulnerable young people 10-18 years. Enquires through the School Focused Youth Service Coordinator for City of Greater Dandenong at pjayasuriya@cmy.net.au.



HOW TO SET UP A BREAKFAST PROGRAM

Other items you need for A Breakfast Program

- Fridge
- Crockery and cutlery that can be washed in a dishwasher to ensure it is “covid” clean
- Preferably a dishwasher
- Kettle
- Toasters (multiple depending on numbers)
- Access to running water
- Hand sanitizer
- Gloves
- Disinfectant for cleaning
- Dishwashing detergent
- Cleaning aids such as sponges.
- A microwave or store to cook items – pots/pans and utensils
- A dedicated area to run the program.





MATERIAL/FOOD AID ORGANISATIONS

Up to date list June 2022

Here is a list of local organisations that might be able to help your breakfast program.

| Agency | Address/Phone number | What is provided and when | Restrictions? |
|--------------------------------------|---|---|---|
| ADRA Community Café (open) | Dandenong Polish 100 James Street Dandenong VIC 3175 https://www.adra.org.au/project/adra-community-care-centre-dandenong/ | Free takeaway hot meals on Monday evening from 6:00-8:00pm A small food parcel for a single person is provided with takeaway meals but larger food parcels can be provided for families. | Everyone is welcome: providing a CRN is preferred on first visit, but not required. Caters for food intolerances, cultural preferences, access difficulties and specific needs. |
| ADRA Community Café (open) | Settlers Square, Dandenong Central (Halpin Way, Dandenong) | Free takeaway hot meals every Friday evening from 6:00-7:00pm | Everyone is welcome: providing a CRN is preferred on first visit, but not required. |
| Australian Red Cross | Level 1, 280 Thomas Street Dandenong VIC 3175 Ph: 8327 7370 https://www.redcross.org.au/ | Food parcels. | Food parcels for existing Australian Red Cross participants, asylum seekers, and those on temporary visa with NO income. |

| Agency | Address/Phone number | What is provided and when | Restrictions? |
|---|---|---|---|
| Asylum Seekers Centre | Level 1, The Hub Arcade (Jesus House) Dandenong VIC 3175 Ph: 0409 416 744 https://asrc.org.au/contact/ | Op shop is open. Food parcels for asylum seekers with no income residing in the Cities of Greater Dandenong and Casey. Food parcels are distributed to those who register with them between 9am-12pm on Tuesdays, Wednesdays, and Thursdays. | Asylum seekers must bring papers with them that confirms their status as an asylum seeker and where they currently reside when they register with the Asylum Seekers Centre. ASC has moved and is now running from Memorial Hall 10 Langhorne Street Dandenong. Not taking any new registrations until the present numbers drop. |
| Asylum Seeker Resource Centre | ASRC is operating Mon,Tue,Thu,Fri 10am-5pm 214-218 Nicholson St Footscray VIC 3011 https://asrc.org.au/contact/ Ph: 03 9326 6066 Refugee Resource Hub powered by ASRC 205 Thomas Street Dandenong 3175 Ph: 8772 1380 | Foodbank in Footscray OPEN: call to make an appointment to pick up, or become ASRC member. Drop in also available. Weekly food packs available for current ASRC members eligible to access foodbank. Pickups and home deliveries. Home deliveries WEEKLY Thu,Fri – cut off Wed 10am. | For people seeking asylum. |
| BK2 Basics (Open during the lockdown) | 54-60 Vesper Drive Narre Warren Ph: 0401 050 732 https://bk2basicsmelbourne.org/ | Large food pantry open Mon - Fri 10-4pm Saturday 10-1pm Can be accessed one per fortnight. Sit down hot dinner Wed from 6pm (5 course meal) Open to all. Access to pantry is only for members. | Can join for \$25 annual fee & access pantry once per fortnight. No postcode requirement. |
| CoCos Community Creating Opportunities | 2-3/48 McCrae Street Dandenong VIC 3175 Ph: (03) 9793 3736 https://www.facebook.com/CocosCommunity/ | Material aid mainly in the form of food parcels (canned food/non perishables) Monday to Friday 9.30am-2pm. Foodbank with fresh food (meat, fruit, vegetables) every 2 nd Wednesday. Note: Food parcels are provided every fortnight; currently running low. | No specific restrictions; standard procedures such as QR code check ins and face masks. No appointments or bookings needed. Can either call beforehand or drop in (knock on the window to signal arrival). |

| Agency | Address/Phone number | What is provided and when | Restrictions? |
|--|---|---|--|
| Cornerstone Contact Centre (Presently assisting with food parcels Tuesdays and Fridays between 10am-12pm during the lockdown. Orange Sky, One Voice, and Avalon Centre continue to operate at Cornerstone.) | Dandenong Baptist Church 31 James St Dandenong Ph: 0481 186 323 https://www.facebook.com/CocosCommunity/ | Regular meal programs and food parcels timetables are updated on website: <ul style="list-style-type: none"> • Tuesdays & Fridays: Breakfast at 9am; Lunch at 12noon • Thursdays: Dinner at 5:30pm. Orange Sky mobile laundry service, 10am-12 noon every Friday. One Voice shower van 10am-1pm every Friday The Avalon Centre clothing, 2nd or 3rd Friday of the month, 10.30am-12 noon. | No postcode restrictions. Note: <ul style="list-style-type: none"> • No specific restrictions; standard procedures such as QR code check ins and face masks. • No appointments or bookings needed, and no limits on accessing support. |
| Dandenong and District Aborigines Co-operative Limited (open) | 22-87/91A Hallam South Road Hallam 3803 Ph: 8752 9123 https://www.naccho.org.au/members_affiliates/dandenong-district-aboriginies-co-operative-limited/ | Food parcels available by appointment. Ask to speak with Lorisa regarding an emergency relief appointment. | For Aboriginal and Torres Strait Islander people living in Dandenong and Southern Region. |
| Doveton Neighbourhood Learning Centre (Food bank is operating by appointments, please call) | 34 Oak Avenue Doveton Ph: 9791 1449 http://www.dovetonnlc.net.au/ | Foodbank services (Emergency Food Aids) every Thursday and Friday, 9:30am-2pm. Door on side labelled "food bank." Appointment bookings for food assistance are required by calling 97911449 during Business Hours (Monday-Friday 8.30am-3pm). * Emergency Food Aids client can access the support fortnightly. Free laundry services available Tuesdays, 6pm to 7:30pm | Notes on restrictions: - Participants should be double vaccinated. Masks are mandatory. - No drop-ins permitted. |
| Enjoy Church East | 610 Heatherton Rd Clayton South Ph: (03) 9240 6000 | Food Pantry on Fridays 10am-2pm. Office hours Tues-Fri 9am-5pm | Restrictions have been lifted. |
| Friends of Refugees | 1D Parsons Ave Springvale VIC 3175 email@for.org.au Ph: 03 9574 6291 | Material aid and food Aid Mon-Fri 9am-3pm Sat - 9am-1pm | Pantry supplies and Fresh produce No postcode restrictions For people seeking asylum and refugees. Asylum seekers must bring papers with them that confirms their status as an asylum seeker and where they currently reside when they register with FOR. |
| The Kindness Community | Hemmings Park (skate park on Princes Hwy) | Hot meals available every Tuesday Start time is 5:30pm | No restrictions. |

| Agency | Address/Phone number | What is provided and when | Restrictions? |
|---|--|---|--|
| Keysborough Learning Centre (Open, please email or call and leave contact details) info@klckeys.com.au community@klckeys.com.au Ph: 9798 7005 | 402 Corrigan Rd, Keysborough VIC 3173 Ph: 03 9798 7005 | Food parcels available.* To be organised via phone for pick up at the Learning Centre. Mondays, Tuesdays and Wednesdays: 10 am to 12 noon. * Clients can receive food parcels once a month (Mondays, Tuesdays, & Wednesdays). | Some form of ID is required such as Centrelink Card or Immicard. Note: <ul style="list-style-type: none"> No specific restrictions; standard procedures such as QR code check ins and face masks. -Face-to-face appointments to run For appointments, call a day ahead. |
| Jesuran Wellness Centre | Block D, 60 Douglas St Noble Park Ph: 8558 8870 | Food parcels available Wednesdays 9:30am-11pm. Offer material aids, fresh foods, frozen foods, chilled food, kitchen and bathroom cleaning chemicals, tissues, dry rations, clothes, toys, etc. | Refugee and asylum seeker families, who have arrived in the last three years. Registration essential for receiving goods. |
| Salvation Army – Project Hope (Open, please call in advance. Walk ins may be an open dependent on the capacity at the time; no assistance with op shop vouchers during the lockdown due to Salvos stores being closed) | 147-157 Foster St Dandenong Ph: 9794 3500 | Food vouchers or food parcels available by appointment. The Dandenong Site operates from Monday to Friday 9.30am - 3pm, while the Springvale site operates on Tuesday and Wednesday. Employment support for asylum seekers is also available on Thursdays and Fridays – call to make an appointment. Note: <ul style="list-style-type: none"> Emergency relief is usually one off to help clients through tough times. Clients are allowed to access food vouchers once every 3 months; food parcels once a month. - Clients can access clothing from Salvos stores twice a year (seasonal – for hot and cold seasons). | For residents in Springvale, Noble Park, Endeavor Hills, Narre Warren, Dandenong, Doveton, and Hallam. *Unless it is really urgent, Salvation Army (Project Hope) does not usually conduct phone assessments. Note on restrictions: appointment bookings are preferred; they do accept drop-ins, as it's highly dependent on staff availability. |

| Agency | Address/Phone number | What is provided and when | Restrictions? |
|--|--|---|---|
| Sikh Volunteers Australia | Ph (You can text or call): 0452 401 734 | Free food home delivery service for community members impacted by COVID-19 (including isolation). Deliveries are made every Tuesday, Friday, and Sunday. | For residents of City of Casey, Frankston City Council, Mornington Shire Council, City of Greater Dandenong, City of Monash, and City of Kingston. DELIVERY AREAS: Aspendale, Aspendale Gardens, Baxter, Braeside, Berwick, Bittern, Bonbeach, Carrum, Carrum Downs, Chelsea Heights, Clayton, Clyde North, Chelsea, Cranbourne, Dandenong, Devon Meadows, Edithvale, Frankston, Frankston North, Frankston South, Hallam, Hampton Park, Hastings, Junction Village, Keysborough, Lynbrook, Lyndhurst, Mordialloc, Mentone, Mornington, Mount Eliza, Moorooduc, Narre Warren, Noble Park, Parkdale, Seaford, Skye, Somerville, Springvale, Tooradin, Tyabb. |
| St Vincent de Paul Society | 1800 305 330 (Welfare Assistance Line) | Can assist with food, material aid, education costs, and medical costs. Please call the Welfare Assistance Line between 10am – 3pm Monday to Fridays for assistance. Further explained by Joan from St. Vincent de Paul: <ul style="list-style-type: none"> • Main call centre (Welfare Assistance Line) receives calls from clients. • Based on given address by client, the call centre then directs the task to a group of local volunteers (managing the specific suburb). - Clients receive a call back within 48 hours. • Volunteers arrange a timing to visit clients in their homes to provide emergency relief. - Provide emergency assistance, mainly food hampers and food vouchers. Sometimes Telstra vouchers, or help with utility/chemist bills. • How often clients can access support depends on how urgently they need help (time varies depending on situation). Proper assessment is undertaken to determine what supports can be provided. | Notes on restrictions: - All volunteers are fully vaxxed. <ul style="list-style-type: none"> • Home visits require clients to be fully vaxxed and have masks on. - Some volunteers are nervous about home visits due to Covid. In this case, there will be a no-contact drop-off (for emergency relief items e.g. food hampers/vouchers) at client's home. -Word of mouth information: St Vinnies only provide people living in Dandenong appointments on Thursday and Fridays – they will refer elsewhere on other days. |
| We Care Community Services (Open) | 307 Gladstone Rd Dandenong North Ph: 03 8791 5255 | Food parcel drive through service on Thursday and Friday between 10.30am and 2pm. | No restrictions: if possible, bring a health care card. |






OUTSIDE OF SECL'S POSTCODE BOUNDARIES

For City of Casey, please check the [City of Casey Er list](#) or the [City of Casey website](#)

The Shire of Cardinia, please check out this flyer or the www.cardinia.vic.gov.au/

City of Monash (the City of Monash also has a list of other useful services available here)

| Agency | Address/Phone number | What is provided and when | Restrictions? |
|--|---|---|--|
| Dixon House Neighbourhood Centre (Open) | 2 Dixon Street Clayton VIC Next to Monash Hospital Ph: 9543 8911 | Food parcels between 10am – 12pm and 1pm – 3pm Wednesdays and Thursdays. Other aid may be provided depending on need and resources available. No appointment is necessary. | For residents who resident in the postcodes of 3165 – 3169. Potential exceptions can be made for those with exceptional circumstances. ID required. |
| Monash Waverley Community Information and Support (Open) | Rear of 47 Miller Crescent, Mount Waverley Opposite Mount Waverley Railway Station Ph: 9807 9844 or 9807 5996 | Food vouchers and food parcels (no fresh food) between 10am – 1pm Monday - Friday. No appointment necessary but please call in advance. | Proof of identity and current residential address is required. For residents who reside in the postcodes of 3149, 3150, & 3170, as well as parts of 3125, 3147, 3148 & 3168. |
| Monash-Oakleigh Community Support and Information Service (Open) | 25 Downing St Oakleigh Ph: 9568 4533 | Food vouchers and other assistance between 10am – 3.30pm Monday to Friday. Drops-ins are welcome: while no entry into the building is allowed, staff will assist from the front door. | Proof of identity and current address is required. For residents who reside in the postcodes of 3166, 3167, & 3168, as well as parts of 3169 (parts of Clayton South that SECL does not cover) & 3148. |

 (03) 8571 1000
 council@cgd.vic.gov.au
 greaterdandenong.vic.gov.au



TTY: 133 677
Speak and listen: 1300 555 727
Online: relayservice.gov.au



TIS: 13 14 50

Follow us:

