

Food support and free cooking programs for schools

There are many factors that affect access to food for school communities. A number of schools run breakfast programs and supplement school lunches, where needed. This supports child growth and development as well as classroom behaviour and learning.

Below is a list of places where schools can seek food donations.

This can help to supplement:

- school breakfasts
- Crunch&Sip
- cooking with students, and
- school lunches.



Families can also access low cost groceries, food vouchers and meal support through food pantries, community meal services and charities. Please feel free to share the below information with families.

Where to seek food donations

- Fresh Fruit Friday is an initiative from the Healthy Kids Project that provides fresh fruit and vegetables to children every Friday.
- Foodbank NSW School Breakfast 4 Health Program provides free breakfast to students in eligible NSW public schools.
- Use SecondBite food finder to find local services providing food relief.
- local community gardens and farmers markets
- local supermarkets and greengrocers
- local food pantries - search facebook or google or contact us below
- community organisations, charities and churches e.g Salvation Army, St Vincent de Paull
- local school community
- corporate sponsorships

Contact us for more information or support

Northern NSW Health Promotion, HEAL Team: NNSWLHD-eatmoveplay@health.nsw.gov.au



**Northern NSW
Local Health District**



Free food education and cooking programs

Food education and cooking programs empowers students to:

- experiment with and try a variety of foods
- develop a healthy relationship with food
- engage in food growing experiences
- reduce food waste and food packaging

Below are some free food education programs and resources that schools can access. Schools can also apply for gardening and other grants to help supplement programs.

OzHarvest FEAST: OzHarvest's Food Education and Sustainability Training (FEAST) is a free year 5 & 6 curriculum-aligned education program. It explores:

- food waste and its environmental impact
- positive food choices and easy classroom cooking

Free online professional development and support is available for teachers.

Additional financial support is available for eligible schools.

Contact feast@ozharvest.org to see if your school is eligible.

North East Waste: offers NSW curriculum-aligned programs including the Love Your Lunch and Love Food Hate Waste programs. These programs empower Primary School students to reduce the amount of food left uneaten in their lunchboxes.

Kids in the Kitchen: is a hands-on cooking resource that containing recipes, knife safety and food hygiene information. Teachers or volunteers can use this resource for student cooking activities. Contact us for a hard copy resource folder.



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