



ANZAC TERRACE PRIMARY SCHOOL Room 15



OZHARVEST FEAST COOKBOOK 2023

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LET'S EAT!



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING



By Lacey



Alphabet Pancakes



Ingredients:

- 1 egg
- 1 cup milk
- 1 cup flour
- dark chocolate chips/pieces (optional)

Utensils:

- frying pan
- 1 bowl
- whisk
- spatula
- silicone funnel (optional)

This recipe helps to save any leftover milk that might be close to its use by date



Step 1:
Crack one large egg into a bowl



Step 2:
Measure out 1 cup of milk and whisk together with the egg



Step 3:
Add in the flour



Step 4:
Mix



Step 5:
Turn the frypan on to medium heat and add a little bit of oil in the pan



Step 6:
Pour the batter into the pan making letter shapes. If you want you can use a funnel to make it easier



Step 7: If you want you can sprinkle some dark chocolate chips/pieces to the pancake while its cooking for some extra flavour while keeping it healthy



Serve Hot, add your favourite toppings and Enjoy!!

Watermelon and strawberry Rockets

Equipment

- 4 skewers
- 1 knife
- 1 chopping board

Serves - 2

Prep time - 20 min

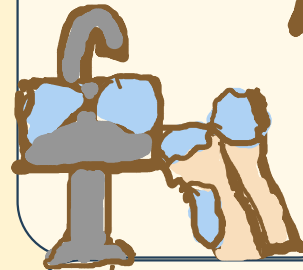
Ingredients

- 8 large strawberries
- 8 marshmallows
- 500g of watermelon

Tip - use leftover fruit



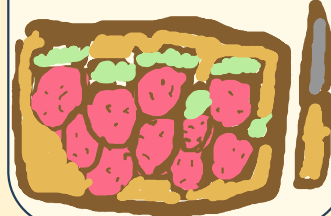
Wash your hands



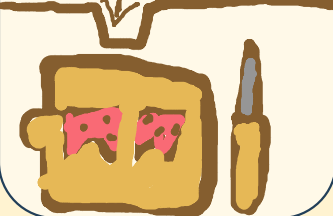
Get these equipment



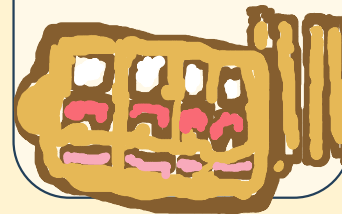
Get strawberries
And cut in



Cut the water
melon like
this



And now get all
the food
Now thread them



ENJOY



By Rose Abbie

By Chelsea

Bircher Muesli with apple and banana

Ingredients

- 1 cup of oats
- 1 banana
- 1 apple
- $\frac{3}{4}$ cup of apple juice
- 1 teaspoon cinnamon
- $\frac{1}{2}$ Greek yoghurt

Method



Collect all ingredients



Put the oats into the bowl



Mix apple juice into the oats



Grate the apple. Make sure not to scrape your fingers.

Serves 5

Pre time

20 mins

Utensils

- A large bowl
- A chopping board
- A grater
- A knife
- Measuring spoons
- Measuring cups



Add the apple and yoghurt to the mix



Chop the banana into thick pieces. Make sure not to cut your fingers



Mix all the ingredients together but leave out the banana. Now serve into bowl and put banana on top.

Food waste tip:

1. If there is a small amount of people, do half the size
2. Eat leftovers before cooking new food

Watermelon Pizza

Wash your hands
before you start

Tip: Squeeze the lemon juice all over the bananas
so they won't go brown

Ingredients

Watermelon
strawberries
blueberries
bananas
raspberries
lemon juice
greek yoghurt
granola

Utensils

Large knife
paring knife
serving
plate
spoon



And finally you can slice your
watermelon pizza and enjoy!



Watermelon Pizza



1 Cut your watermelon
in a circle

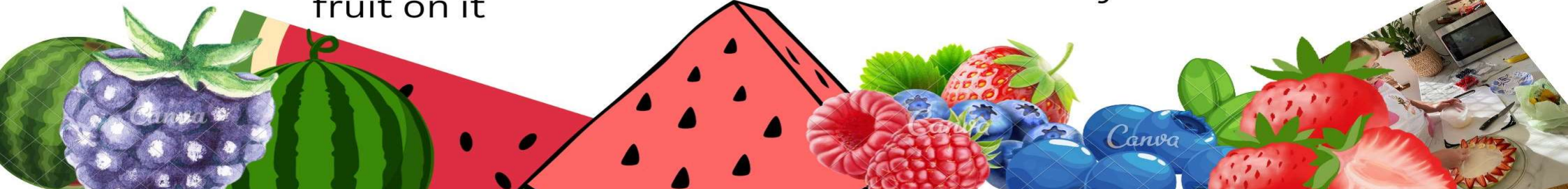
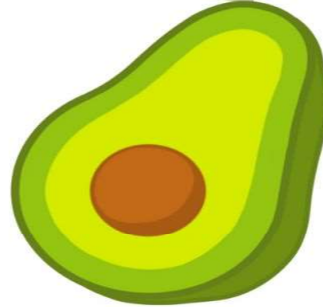
3 Then cut your
strawberries into thin
slices with your fruit knife

5 Then you can get your
watermelon slice and put your
fruit on it

2 Then put your yoghurt
all over the sliced
watermelon

4 Then cut all of your other
fruit how you like it

6 Then cut your watermelon up and
now you can serve



French toast

prep time 20 minutes

By Siena

Ingredients

- 5 slices of whole meal bread
- 2 eggs
- 1 teaspoon vanilla essence
- 1/2 cup reduced fat milk
- 3 tablespoons olive oil
- 1 banana (sliced to serve)

Equipment

- Large bowl
- Fork
- Measuring cups
- Measuring spoons
- Electric fry pan
- Knives
- Chopping board

Serves 5 people

Step 1

Crack the eggs into bowl and beat with fork.

Step 2

mix the eggs together with vanilla essence
And milk until well combined.

Step 3

Heat oil in non stick fry pan, over medium heat.

Step 4

Dip each slice of bread in the egg wash until coated on both sides
And put straight into the fry pan.

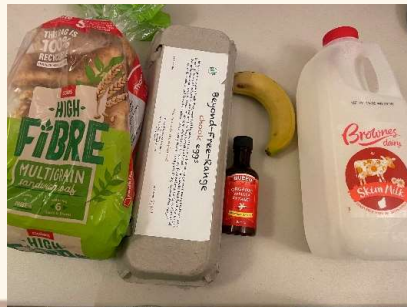
Step 5

Cook for 2 to 3 minutes each side until Golden and separates from the fry pan.

Step 6

Transfer to a plate and serve plain or with sliced banana
And cinnamon/sugar mix.

Food waste tip: This recipe is a good way to use up bread that could go to waste and is healthy by using reduced fat milk and adding bananas.



Name of recipe: Rockmelon and Strawberry Rockets

Created by: Trinity Kelly

Prep time : 7mins

Cook time 10mins

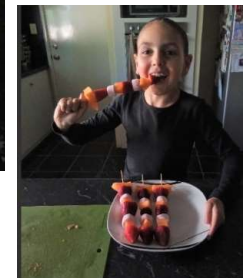
Serves:4

Ingredients :Rockmelon, Strawberries and Marshmallows

Equipment : 3 bowls, knife, skewers and cutting board

Procedure : Get the ingredients, get the utensils, cut the Rockmelon and strawberries, put in separate bowls and put on the skewers.

How does the recipe address food waste and healthy eating?: because there is fruit in it which is one of the most wasted foods.



Tuna and avocado rice paper rolls

By Evie

1. Go to your local Asian groceries and/or Coles to gather ingredients



2. Grate carrot, cut cucumber into ribbons, drain water in tuna, shred lettuce and finely chop the Coriander and mint.



3. In a bowl, mix the avocado, tuna, coriander, mint and sweet chilli sauce



Ingredients

- 2 x 95g can tuna
- 1 Ripe avocado
- 1 TBSP Coriander
- 1 TBSP Vietnamese mint
- ½ TBSP Sweet chilli sauce
- 1 Cup Iceberg Lettuce
- 1 Carrot
- 1 Lebanese Cucumber
- 4-8 sheets rice paper

Equipment

- Knife
- 2 x bowls
- Chopping board
- 2 x Plate
- Spoon
- Grater
- Peeler

Tips and food waste preventer tips

- Tuna can be substituted for egg, chicken or tofu
- You don't have to peel the carrot
- You could use 2 spoon full of mix in each roll
- You don't have to add coriander or mint

4. Fill a bowl with warm water and dampen the rice paper and place on a plate, add lettuce, cucumber, carrot and tuna mix



How to fold rice paper roll:

- Fold ends into middle
- Fold one side over to the other side
- Roll forwards while pushing back the ingredients in the little pocket



Final Product



FRENCH TOAST



STEPS



Crack the eggs in a bowl and beat with a fork.



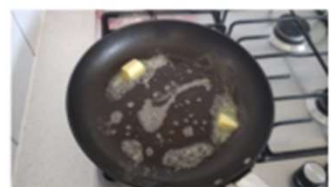
Mix the eggs together with the vanilla essence and milk



cut the baguette in halves



Dip each slice in the bread mixture



Heat butter in the pan



place bread soft side up in the pan and put a bit of sugar ontop



flip the bread



serve with anything you like

♥ did you know

French toast in french is called lost toast because you use old bread



FOOD WASTE TIP

this resipe uses things that are wasted alot

INGREDIENTS

Baguette (Preferably hard)
2 eggs
sugar
vanilla essence
small block of butter
milk 150ml

EQUIPMENT

big bowl
whisk
plate
Bread knife
pan

Ingredients

4 Overripe Bananas

3tsp cocoa
Serves 4

(Instead of cocoa powder you can use vanilla extract, fruit purées or nut butters)

Prep time 30 minutes
Freeze time 3-4 hours

By Swara

Beautiful Banana Ice Cream



1. Chop the bananas into circles



2. Put the bananas into a bowl



4. Add cocoa powder and put it in a food processor



5. Blend until it reached an ice cream like consistency. Top with any choice of toppings



3. Cover the bowl with a plate and freeze for 3-4 hours

Equipment

Chopping board
Knife
Bowl
Plate
Food processor

Berry smoothie bowl

By Lena

Ingredients

- 1 banana
- Frozen mixed berries (blackberries, strawberries, blueberries, raspberries)
- Strawberries
- Around 1 cup of milk

Steps

1. Wash and cut up banana into small pieces on a cutting board.



3. Pour the milk into the blender and blend for about 1-2 minutes.



2. Fill $\frac{1}{4}$ of the blender with the Frozen mixed berries and put all the Banana pieces in.



4. Using a spoon, place the smoothie into a bowl. Wash and cut up 3 strawberries (I ate some) and place on top of the smoothie bowl.



Equipment

- Knife
- Chopping board
- Blender
- Bowl
- spoon

Reminders

- Wash your hands before you start.
- Wash all the fresh fruit before cutting it.
- Screw the lid on the blender tightly.

STEP 1 SLICE WATERMELON
STEP 2 ADD YOGURT
STEP 3 SLICE STRAWBERRIES
STEP 4 ADD STRAWBERRIES
STEP 5 SLICE MINT AND APRICOT
STEP 6 ADD MINT AND APRICOT
STEP 7 ENJOY!



**WATERMELON PIZZA PRESENTED BY
HONE**

INGREDIENTS

**WATERMELON/MINT/A
PRICOT/YOGURT AND
STRAWBERRIES**

**UTENSILS
KNIFE/CUTTING
BOARD/SPOON AND
PLATE**

**WATERMELON PIZZA IS A
REFRESHING MEAL BECAUSE IT HAS
VITAMIN C PACKED WITH A
POWERFUL AMOUNT OF
ANTIOXIDANT WHICH BOOST THE
IMUNE SYSTEM**



Banana Muffins



Created by: Ishaan

Prep time: 15 mins

Cook time: 8mins

Serves: 6

Ingredients: 2 mashed Bananas, 2eggs, 30mL vegetable oil, 2tablespoon 30g melted butter, 50g sugar, 30mL milk, 1/2 tbsp vanilla extract, 1 large egg, 120g flour, 3/4 tbsp baking powder and 1/4 tsp baking soda.

Equipment: 2 bowls, oven, something to mix with and a muffin tray.



Procedure: 1.Pour 120g of flour into a bowl, $\frac{3}{4}$ tbsp baking powder, $\frac{1}{4}$ tsp baking soda then mix.
2. Get another bowl and put 2 mashed bananas in it, 30mL vegetable oil, 30g melted butter, 50g sugar then mix.
3. Put 30mL of milk in the 2nd bowl, $\frac{1}{2}$ tbsp vanilla extract, 1 large egg.
4. Mix both the bowls together.
5. Put it in muffin tray and bake for 8 mins at 215C, reduce 175C 6-8 mins.
6. After take them out and serve!



Food waste tip: You can use over ripe bananas

Creamed Rice with Maple Berries by Reese



Method:

1. Heat the milk and water in a medium sized saucepan on medium to high heat until hot, but not boiling.



Creamed Rice Ingredients:

2½ cups (625ml) reduced fat milk
½ cup water
1½ tablespoons caster sugar
⅓ cup low GI white rice
1 teaspoon vanilla extract

Maple Berry Ingredients:

1½ cups frozen mixed berries
2 tablespoons maple syrup



2. Add rice and sugar. Reduce to low heat and simmer gently, stirring often, for 30-35 minutes or until rice is tender and thick and creamy. Remove from heat and stir in vanilla.



3. Add the berries and syrup in a small frying pan over a medium heat. Gently boil for about 3 minutes or until berries are syrupy.



4. Remove berries and serve on top of the cooked rice.



EASY BANANA BREAD

SERVES: **MAKES 1 LOAF** CREATED BY EDDY DAVIES

PREP TIME: **10 MINS** COOK TIME: **2 HOURS (ON HIGH)**

INGREDIENTS

- **5 RIPE BANANAS**
- **1 TIN CONDENSED MILK (375ML)**
- **2 & 1/2 CUPS SELF RAISING FLOUR**

EQUIPMENT

- **MIXING BOWL**
- **SLOW COOKER (CAN ALSO BE DONE IN THE OVEN)**
- **SPATULA**
- **CAKE TIN**



FOOD WASTE TIP

- Instead of throwing out old bananas, use them in Banana Bread!

PROCEDURE

- **LINE YOUR SLOW COOKER WITH BAKING PAPER**
- **MASH YOUR BANANAS AND MIX IN CONDENSED MILK & FLOUR**
- **POUR INTO SLOW COOKER, COOK ON HIGH FOR 2 HOURS ON HIGH, WITH A TEA TOWEL UNDER THE LID)**

How does the recipe address food waste and healthy eating?

You can use up your old bananas to prevent food wastage!

If you had some Carrots or apples that you needed to use, you could add those to make apple and banana bread or some carrot bread!

Leftover lamb soup

By Orlando A

Ingredients:

- 120g dried pasta.
- 1 tbsp extra virgin olive oil.
- 1 brown onion, finely chopped.
- 2 garlic cloves, crushed.
- 1 carrot, diced.
- 1 celery stalk, diced.
- 1.5L Massel Vegetable Liquid Stock.
- 1 cup fresh/frozen peas.
- 100g sugar snap peas, trimmed.
- 1 bunch of baby asparagus, cut into 4cm lengths.
- 1 ½ cups cold shredded leftover cooked lamb
- 2 tbsp fresh curly parsley, torn.

Equipment:

- Large saucepan.
- Bowl.
- Knife.
- Measuring cups.
- A spoon.

Method:

1. Cook pasta following the packet directions.

Drain. Refresh under cold water.

2. Meanwhile, heat oil in a large saucepan over medium-high heat.

Add onion, garlic, carrot and celery. Cook, stirring occasionally, for 3 minutes or until vegetables have softened. Add stock. Bring to a simmer. Cover. Reduce heat to low. Cook for 15 minutes.

3. Add peas, sugar snap peas, asparagus and lamb. Simmer for 2 minutes or until lamb is heated through. Remove from heat. Stir in pasta. Season with salt and pepper. Sprinkle soup with parsley. Serve.



Tips:

You can put any vegetables (maybe add wilting or overripe ones) in it. It can be frozen for another day.

Sushi balls by Kaede

Ingredients :
Sushi Rice 300g,
Seaweed,
Virgin olive oil,
Corn & Peas

Utensils:
Fry pan,
Spatula,
Large metal bowl
Sieve,
Serving plates

Skills:
Working with heat,
Make good food,
Make something unique



First heat the fry pan on the stove and add a cup of water. Then add sprinkle of salt and let it heat until boiling then add rice.



Now get a small strip of seaweed then tear it up and put it in the metal bowl.



Get the fry pan and pour the rice into the sieve and let it cool.



Put the rice into the bowl and mix well so the seaweed, corn and peas are spread through.



Get the mixture of the seaweed rice and squeeze it into a ball shape.



Put at least three small sushi balls on a plate and now all you need to do is enjoy!

Watermelon pizza

By Ruby

- Ingredients
- watermelon
- yoghurt
- blueberrys
- strawberries
- banana
- oats



step one cut up watermelon to form a pizza



Then spread yoghurt on top



sprinkle blueberries evenly on top of the yoghurt



Add strawberries



Then add banana



Then Add oats and you will be finished

Mango and passionfruit swirl smoothie bowl

ingredients:

1. Milk
2. Chia seeds (for topping)
3. banana
4. strawberries
5. ice (optional)
6. frozen mango

1. Add the frozen mango, banana, ice, milk and strawberries into a bowl that is safe to use while blending.
2. Blend the contents together until smoothly blended.
3. Put into a bowl that can fit the mixture and top with chia seeds if you would like.
4. Enjoy the smoothie bowl.



Tip:

use bananas and strawberries that are close to being rotten.



Strawberry And Blueberry Fruit Roll-Ups

By: Rory O'Donovan

Food Waste Tip: Use leftover strawberries and blueberries that you have had for a while.

Ingredients:

- 250g Strawberries
- 250g Blueberries
- 20g Lemon Juice

Equipment:

- Baking Paper
- Oven/Air fryer
- Blender
- Scissors
- Spatula
- Cutting Board

Step 1: Put strawberries and blueberries into blender and blend until a paste consistency.



Step 2: Use spatula to spread all the mixture onto the baking paper which is on the tray.



Step 3: Put the baking tray into the oven/air fryer on 80°C for 3 hours.



Step 4: Take the tray out when finished, put the sheet of roll-up on a cutting board.



Step 5: Cut the sheet into rectangles/squares using scissors.



Step 6: Roll-up the rectangles into rolls and enjoy!



French toast by Charlie

Ingredients

- 3 slices of wholemeal bread
- 2 eggs
- 1 teaspoon vanilla essence
- ½ cup of milk
- 3 tablespoons olive oil
- 1 banana sliced to serve

- Equipment
- Large bowl
- Fork
- Measuring cups
- Measuring spoons
- Frypan
- Plastic spatula
- Knife
- Chopping boards

Cooking instructions

1. crack 2 eggs in a bowl and beat.
2. Mix the eggs with milk and the vanilla essence.
3. Heat oil in a non stick frypan.
4. Dip each slice of bread in the batter and put straight into the frypan.
5. Cook each slice for 2 to 3 minutes on each side.
6. Transfer to plate and serve with bananas.



Watermelon Pizza by Dex

Steps.

1. Cut a piece of watermelon from the melon like a circle shape.
2. Spread the Greek yoghurt onto the watermelon.
3. Put some berries or any nuts seeds or any additional fruit onto the pizza.
4. Drizzle some honey onto the pizza then cut into 4 pieces and enjoy.

Ingredients and utensils

Watermelon, yogurt, fruit, berries, honey

Knife, spoon, chopping board, and bowl.



Tip. Make sure to not buy things that you don't need like you don't need more fruit if you already have heaps.

Vegan Vegetable Wraps

Preparation Time: 10 minutes

Serves: 1

Ingredients

125g can of black beans

2 tsps lemon juice

40g wholegrain wrap

20g baby spinach

1 tomato

1 avocado

2 tbsp basil leaves

Equipment

Knife

Fork

Cutting Board

Spoon



1. Grab ingredients



2. Squeeze lemon juice into bowl



3. Mash Black Beans coarsely and pour lemon juice.



4. Spread Bean mix on wrap.

By Bright



5. Cut tomatoes



6. Cut avocados



7. Put all ingredients on wrap and eat

Tip: Keep leftover ingredients for later.

Tasty Tzatziki dip

Ingredients

Dip:

- 1 cup Greek yoghurt
- 1 garlic clove
- 1 tsp lemons juice
- 1 tsp olive oil
- Pinch of salt
- Half cucumber

Veggies sticks

- 1 carrot
- Half cucumber

Waste tip

You can use any veggies
In the fridge



Step 1. Cut the carrot and half cucumber into sticks and every other veggie your using



Step 2. Dice the cucumber and crush the garlic before dicing it.

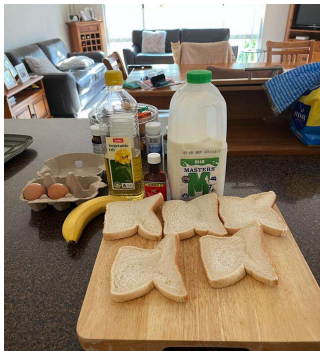


Step 3. Put cucumber, garlic, lemon juice, olive oil, salt and Greek yoghurt in a bowl and mix thoroughly.



Step 4. Serve!

By Winter



You need 5 slices of bread, 2 eggs, 1 banana, 1 teaspoon of vanilla essence, ½ cup fat reduced milk, 3 tablespoons of olive oil.



Utensils.

French Toast by Kieran

2-3 minutes to cook
Serves 4-5 people

Food waste tip: if you have any leftover banana you could use it in a fruit salad along with any other fruit you may have in your fridge.



Step 1: Put 2 eggs inside Of the bowl.



Step 2: Then add milk then vanilla essence.

Step 3: Then whisk the eggs milk and vanilla essence together.



Step 4: Then dip the bread after you have whisked all ingredients.



Step 5: Add 3 tables spoons of olive oil.



Step 6: Cook each side for 1 minute.



Step 7: Here is the finished result.



Amazing Fruitful Fruit Rockets

By Lily

Ingredients.

- 8 Strawberries
- ¼ Watermelon
- ¼ Rockmelon
- 8 Marshmallows

Equipment.

- Sharp knife
- Chopping board
- Bowl
- Spoon
- Skewers
- Plate to serve

Step 1.
Wash your hands.



Step 2.
Get all equipment and ingredients out and ready.



Step 3.
Cut the fruit into triangles and squares.



Food Wastage Fact

Did you know that worldwide 1.6 billion tonnes of food is wasted each year?

Step 4.
Thread the order of the fruit and marshmallows onto the skewers how you want it.



Step 5.
Finished product and enjoy. 😊



Healthy Blueberry Muffins

Ingredients

2 ¼ cups wholemeal self-raising flour
90g butter, chopped
¾ cup firmly packed brown sugar
125g fresh blueberries
1 cup milk
2 eggs, lightly beaten

Equipment

Mixing bowl
1 measuring cup
1 sift

Wooden spoon

Muffin tray

Cook time 25 minutes

Serves makes 12 muffins

Prep time 15 minutes



First get all of your ingredients and equipment. Once done get your flour and sift it into a big bowl.



Then you will have to get your butter and mix it all up with hands or spoon.



Then add your blueberries and crack 2 eggs and whisk lightly and add brown sugar.



Add all of your mixture and put into oven for 20 minutes.



Once done let it cool for 5 minutes then enjoy your meal.

How does the recipe address food waste and healthy eating?
We have used wholemeal flour and fresh blueberries instead of white flour and choc chips. All ingredients were used in my recipe with no waste of food products.

Created by: Taj. Merrylees

Pita Pizza

^^ By Charli Williams ^^



Prep Time: 5 mins
Cook time: 6-15 mins
Serves: 2

Equipment

- Oven/ Airfryer
- Knife
- Spoon

Ingredients

- Wholemeal Pita Bread
- Pizza Sauce
- Shredded Cheese
- Toppings of your choice (pineapple cubes & ham)

1. Gather your ingredients

2. Preheat oven to 180° and spread pizza sauce on pita bread

3. Sprinkle enough cheese so you can barely see sauce

4. Scatter some ham & pineapple on top

5. Sprinkle some more cheese on

6. Put in the oven for 15 min (or in airfryer for 6½ min)

7. Take out, cut into 4 pieces and enjoy!



How does the recipe address food waste and healthy eating?

- This recipe addresses food waste by encouraging the use of leftovers as well as standard ingredients that most people already have.
- This recipe includes protein (ham), dairy (cheese), fruit (pineapple & tomato) and grains (wholemeal pita bread) to create a balanced meal.

Veggie Rice Paper Rolls

Ingredients

- . Rice paper rolls
- . Carrot
- . celery
- . noodles
- . almond
- . coriander
- . water
- . soy sauce



Food tip: This recipe is great for healthy eating this also provides food for pets such as carrot and almonds these recipes also good for compost

By Jace Joison



Step 1
Washing my hands
Washing and slicing
veggies



Step 2 Take the noodles and put it inside a bowl then pour boiling water in the bowl and leave for 5 Mins. Then drain . Boil water and spread it on the rice paper rolls to make it smooth.



Step 3 Add sliced ingredients such as celery carrot coriander noodles almond on to the rice paper roll.



Step 4 Roll it up and then we EAT IT

Homemade Curry



Equipment

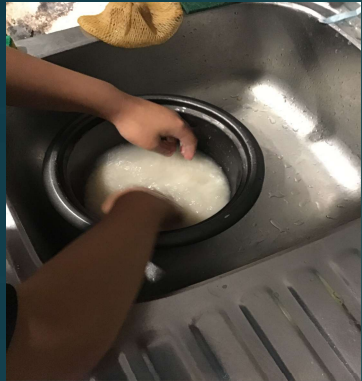
Large Cooking Pot
Rice cooker
Large Pot Lid
Cutting Board
3 bowls
Cleaver
Knife
Spoon
Fork
Water Filter
Medium Cooking Pot
Medium Pot Lid
Rice pot
Large plate

Ingredients

Japanese Curry mix
3 - 5 carrots
1 potato
3 160ml Cups Of Rice
Filtered Water
A Squirt Of Honey
1 Spoon Grated Apple
3 Cloves Garlic
1 - 2 Spoon Store bought Minced Garlic
Butter
Squirt Of Worcestershire Sauce
Squirt Of Ketchup

BY ALEXANDER TAN

Homemade Curry



Pour the rice grains into the rice pot and wash them 3 times.



The rice cooker has an automatic light to know when it's ready, it's about 20 mins.



This is what the rice should look like.



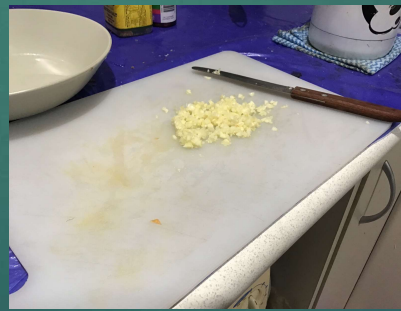
Get your carrots, peel them carefully until done.



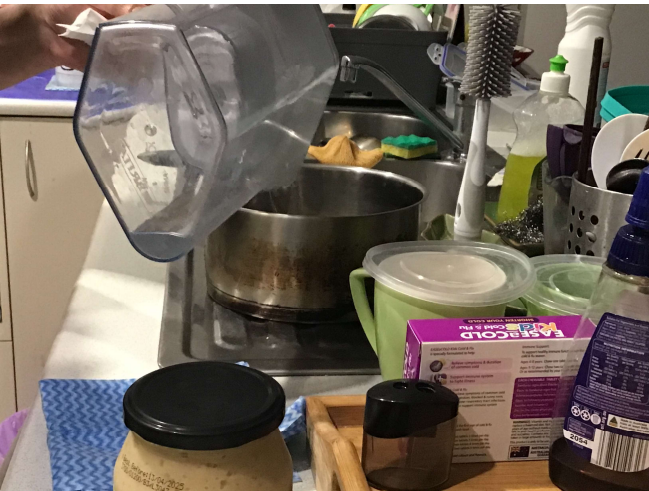
Cut the carrots and put them in the plate.



Slice the potato and put in plate.



Mince the garlic cloves.



Pour the water in the medium sized pot.



Heat the water at medium heat.



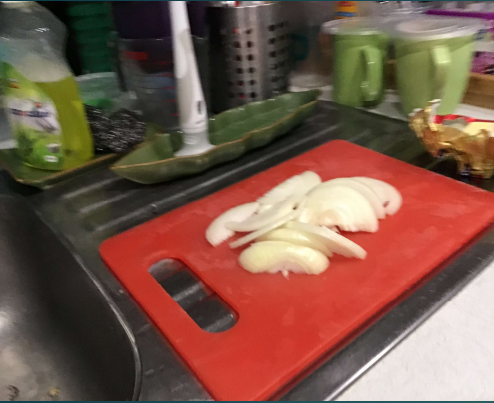
Put in the carrots and potato.



Add the store - bought garlic in also with your onions and your homemade garlic with some butter in a separate large pot.

Homemade Curry

Homemade Curry



Grab the onion and slice it.



Add onion in the large pot and turn on stove to med heat.



Mix well (the stove should be still on med heat.)



Add in the combination of the medium and the large pot.



Crumble the curry blocks, add and stir well.



Once done add in all the sauces and honey as well.



Cover the lid and wait for 15 mins.



Done! Serve and enjoy!

Ingredients:

- 1/4 watermelon
- 100g Shredded Coconut
- 1 cup Coconut Yoghurt
- 8 strawberries
- 24 blueberries

Watermelon Pizza

Prep time: 5 mins

Serves: 8

Equipment:

- Chopping board
- Plate
- Knife
- Spoon

3. Garnish each slice with a little bit of shredded coconut.

4. Serve and enjoy!

1. Chop the watermelon into 8 slices and place on a plate.

2. Spread a tablespoon of yoghurt into each slice of watermelon.

Food waste tip: You can freeze this recipe in a freezer-safe container and eat another day as a cool treat.



By Kiana



Thanks



We would also like to thank the Oz Harvest FEAST Program for giving us this amazing opportunity. In addition to learning how to cook sustainably and produce less food waste, we learnt how to budget & shop for food online, use Excel to tally up our expenses, learn about food safety & hygiene and developed our collaboration & co-operation skills.



Thanks



Room 15 would like to thank our awesome helpers who came along and helped with cooking each week.

LET'S EAT!



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

