



Newsletter

From our Kitchens – March 2021

CHILDRENS SERVICES FOOD FOR THOUGHT NEWSLETTER Autumn Edition

Welcome to the first edition of 'Food for Thought' a Penrith City Council Children's Service newsletter. In these newsletters we will share what's happening in our kitchens, provide families with healthy meal ideas, ways to involve children in the kitchen at home and showcase our service cooks and healthy eating ideas.

During April our services will transition to the winter menu which has some fresh new ideas and has been developed in consultation with NSW Health and the Munch and Move team. Please enjoy our first edition and share any feedback with your Service's cook or centre staff team.

Regards,
PCC Cooks

Photo: Leanne, Centre Cook at Tamara Children's Centre



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Newsletter

What's fresh this season...

Autumn Fruits

Apple, banana, cumquat, custard, apple, fig, grapes, guava, honeydew, kiwifruit, lemon, lime, mandarin, mango, papaya, passionfruit, peach, pear, plum, pomegranate, quince, rhubarb, rockmelon, orange

Autumn Vegetables

Asian greens, avocado, beetroot, borlotti beans, broccoli, brussel sprouts, bean, cabbage, capsicum, carrot, cauliflower, celery, cucumber, eggplant, fennel, leek, lettuce, onion, parsnip, peas, potato, pumpkin, silver beet, spinach, squash, swede, sweet potato, sweetcorn, tomato

“Healthy does NOT mean starving yourself EVER. Healthy means eating the right food in the right amount” Karen Salmansohn

Allergy Information

Please inform your service of any **Allergies** or **Intolerances** your child may have. We will require you, along with your doctor to fill in a Medical Management form. This then allows us to have the information we need to meet your child's dietary needs. If your child has a reaction to a food at any time, please seek medical advice and keep your Service informed.

Sweet Alternative – healthy treats

Air popped popcorn, fruit and vegetable sticks, pita bread and wraps with salads, yogurt, homemade dip, boiled egg, cheese slices, fruit smoothies, frozen fruit popsicles are all healthy and quick snack ideas for the whole family. A great way to encourage healthy snacks is to get the children involved in the preparation. Children love to peel vegetables and learn to cut soft fruits, collecting things from the fridge and cupboard, putting things in the blender and they are great at helping to clean up.



Fun Food Facts

1. The vegetables that grow underground like potatoes, beets and carrots should be put in **normal** water for cooking. The vegetables that grow above the ground like cabbage, corn and peas should be added to **boiling** water for cooking.
2. The most stolen food in the world is cheese. 4% of the cheese produced in the world is stolen! Cheese is so famous, there is a black market for cheese.
3. Water can never expire. Then why does bottled water have an expiry date? It is the expiry date of the plastic bottle, not the water!

Feature Recipe

As the days are getting cooler, now is the perfect time to take advantage of the great Autumn produce that is available.

Roasted Sweet Potato and Carrot Soup

Ingredients

- 500g sweet potatoes, peeled and cut into chunks
- 300g carrots, peeled and cut into chunks
- 3 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 1L vegetable stock
- 100ml crème fraiche, extra to serve

Method

- Heat oven to 220C/200C fan/gas and put 500g chunked sweet potatoes and 300g chunked carrots into a large roasting tin, drizzled with 2 tbsp olive oil and plenty of seasoning
- Roast the vegetables in the oven for 25-30 mins or until caramelised and tender.
- Meanwhile, put the remaining 1 tbsp olive oil in a large deep saucepan and fry 2 finely chopped onions over a medium-low heat for about 10 mins until softened
- Add 2 crushed garlic cloves and stir for 1 min before adding 1L vegetable stock. Simmer for 5-10 mins until the onions are very soft, then set aside
- Once the roasted vegetables are done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth. Stir in 100ml crème fraiche, a little more seasoning and reheat until hot
- Serve in bowls topped with a swirl of crème fraiche and a good grinding of black pepper.

There are many great online recipes sites, but we thought we would share a few favourites with you.

www.taste.com.au

www.bestrecipes.com.au

Feel free to also speak with your Services's cook for new recipes ideas.

Spotlight on Cooks



Ritika Sabharwal is our cook from Cook Parade Children's Centre. She has been working with Penrith City Council for the last 5 years. Ritika enjoys working with the children at the Service by involving them and loves to use spices in her cooking.

Joanne is a Penrith local and has worked as a Chef for the past 25 years in various industries. Joanne works at Emu Plains Kids Place. Her passions are educating the community on how to cook and passing her life skills onto others.

Joanne enjoys encouraging the children at the service to try new foods and broaden their knowledge of healthy eating. Her favourite cuisine is Thai.



Tracy is the cook at Wattle Glenn Children's Centre, she has been the cook at several Penrith Council centres over the past 24 years. Tracy really enjoys assisting the children to develop an interest in trying new flavours and textures. Tracy loves seeing the children grow up and being part of their early years.