



St Thomas the Apostle Primary School Kambah

Boddington Crescent
Kambah ACT 2902

Phone: 02 6231 4144

Fax: 02 6296 2621

Email: office.sttapkambah@cg.catholic.edu.au

Web: www.sttap.act.edu.au

Dear parents and carers,

Family Care Meals / FoodBank

There are many times throughout the course of a school year that families experience an illness or crisis (and of course even joyful events such as the birth of a new baby). When these things do occur they can often impact on the preparation of an evening meal for the family. In continuing to assist in the general wellbeing and pastoral care of our school community we have established a 'FoodBank' of care meals that we can use for families when such occasions as these arise.

The 'FoodBank' operates through families of St Thomas the Apostle preparing and donating a family meal which is held in frozen storage at the school. When the school is made aware that a family has had an occasion out of the ordinary to deal with (a night in hospital with a sick child, a parent in hospital etc.) we can deliver a meal from our freezers to the family in need via the class parent network or through someone from the school directly.

Through the generosity of our parent community we were able to distribute a number of meals to families last year and now need to 'top up' our bank of food again and seek your assistance in this. If you are able to provide a family meal that would be suitable for freezing we ask that you do this, then deliver this meal to the school in an ice cream or similar container. Could we also ask that you attached a list of ingredients with this (in case of food allergies) and clearly mark a date when the meal was prepared. Meals such as spaghetti bolognese, lasagne, casseroles, stews, pastas, and rice dishes are ideal as they freeze and reheat well.

If you are not in a position to be able to prepare a meal for our FoodBank we are also able to take donations of other forms of frozen meals (as can be found in supermarket freezers) and can place these as part of the FoodBank as well.

Thank you in advance for your assistance and generosity with this program. If you require further information please don't hesitate to contact myself or Mr Thiele at the school.

Kind regards,

Veronica Ellis
Student Welfare Officer