

Chef Matt Golinski serves up healthy eating tips for families



In August 2022, parents and carers in Bundaberg and Hervey Bay were treated to top tips from Celebrity Chef Matt Golinski, on how to prepare nutritious and delicious school lunchboxes and family dinners using local produce, as part of the Pick of the Crop program.

As the host partner supporting the delivery of Pick of the Crop in the region, Bundaberg Fruit and Vegetable Growers Regional Coordinator, Jenna McCormick, organised workshops for parents and students from local schools who were participating in the program.

What was the aim of the workshops?

The workshops focused on supporting healthy habits at home and increasing opportunities for students to learn about, see and taste vegetables and fruit to support their learning at school.

What happened?

Workshops were held in Hervey Bay (9 August) and Bundaberg (10 August).



Matt Golinski, Sunshine Coast Chef, served up ideas, tips and tricks to:

- boost parents' knowledge, confidence, and cooking skills to get kids in the kitchen; and
- include more local and seasonal produce in lunchboxes and meals.

Morning sessions involved parents and local families attending a demonstration and tasting of Matt Golinski's [Five-minute Fried Rice](#) and [Fully Loaded Spaghetti Bolognese](#) before making healthy lunchboxes themselves.



Also see the links to videos from the workshops – [Fried Rice](#) and [Spaghetti Bolognese](#).

In the afternoon, students from local schools participating in Pick of the Crop (Torquay State School, Bargara State School, and Thabeban State School) got a taste of the fun at workshops that followed the same format.

Bundaberg Fruit and Vegetable Growers Chief Executive Officer, Bree Watson, said she was delighted to host the workshops.

“We love connecting parents and the community with where their food comes from. These workshops utilised produce that is grown locally and readily available to showcase how easy it can be to create healthy meals and nutritious lunchbox options for kids”.



For more information on Pick of the Crop, see www.hw.qld.gov.au/pick-of-the-crop.

Promoting a positive food culture in schools

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Photos from the workshops



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