

# Eat Up.



2019-2020

ANNUAL  
REPORT

FEEDING HUNGRY CHILDREN SO THEY CAN GROW,  
LEARN AND SUCCEED

“ Thanks to Eat Up’s donations of sandwiches to our school, students who have no lunch can now have a wholesome lunch provided. This enables our students to focus on their learning. ”

Lisa Humplik, St Albans Heights Primary School



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# From Our CEO

## Lyndon Galea

For all of us, this year has presented enormous challenges.

Challenges that we've not yet fully seen the end of, and challenges that make our ultimate goal to ensure that no child in Australia goes hungry, all the more difficult.

The sad outcome of the pandemic, among so many other harrowing realities, is that we are now seeing more children and their families pushed in to a position of needing food support.

The necessary move for schools to shift to remote learning, and for us all to social distance, made our hands-on volunteering model, that has grown and served so reliably up to this point – largely redundant. Like so many countries, states, businesses, schools, families and individuals we have had to adapt, and do it quickly.

While the way we support hungry children during 2020 has had to change – our core question to teachers and families has remained the same, that is to ask “how can we best help”? The answers to this question shaped our solution – we needed to be able to provide food support to last over a longer period, made up of key pantry staples and the items we saw flying off supermarket shelves earlier this year. This became our Eat Up Emergency Food Box, explained later in this report.

When students returned to school but we could not yet hold our volunteer sandwich making events, we delivered sandwich ingredients direct to schools (bread, cheese and margarine) for teachers to prepare on site. We thank school staff for being so flexible and accommodating of this approach. As ever, teachers are the heart of our service and we are so lucky to work alongside them.

We thank our generous funders for adapting with us and continuing to support us so generously and flexibly as conditions shifted.

To our incredible volunteers, we've missed you for much of this financial year and can't wait to see you all again soon – so many of you have donated to our efforts this year and we are very grateful for it.

To the Eat Up team, I'm enormously proud of each of you. Without your hard work, commitment and flexibility none of this would be possible.

We keep going, and in doing so we make our team, community and driving goal become closer. We can get there and we will!



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# From Our Chairman

## David Lurie

This has been the Covid-19 Pandemic Year. It's been a year of community and personal distress that has been devastating to children and their families. Lockdown has been destructive to the mental health and employment of individuals and families.

It has been a year contrary to our previously lived experiences.

It has also been a year of agility and qualified optimism for Eat Up. Eat Up has focused on carrying out its mission of feeding hungry children – and supporting their families – so that disadvantaged children can continue to learn, and their families have some reassurance that they are not forgotten.

Educational advances have little impact if children are hungry. A hungry child can not embrace educational advances. These educational advances are otherwise squandered. Dollars spent on food for students are proportionately more valuable and effective than new class rooms and school halls.

Eat Up asks; what can it best do to provide food assistance and support to the most needy children, so that the education available to them, benefits them.

By providing lunches, and Emergency Food Boxes to struggling families, Eat Up is as the Rolling Stones sang in “Gimme Shelter”, a type of “shelter” against a “storm... threatening”.

Eat Up endeavours to provide help, understanding and support to families that feel isolated.

Eat Up is itself a family. Members of the Eat Up Family are not only those who work with dedication to fulfil its mandate, with sensitivity, but also its volunteers, donors of money, time and food ingredients, student volunteers and fundraisers, community partners, and teachers, who often provide the link to students and their families.

Oscar Wilde once said “the smallest act of kindness is worth more than the grandest intention”. Each member of the Eat Up Family enables each of us individually to give back to our wider community and contribute to the welfare and education of its children and to extend the help and understanding to their stressed and forgotten families.

I would like to thank each person that makes up the Eat Up Family for their individual contributions and acts of kindness.

**WE HAVE DELIVERED**

**956,632**

**SANDWICHES**

**TO**

**555**

**SCHOOLS**

**SINCE 2015**

# 2019-2020

**324,176**

**SANDWICHES  
DELIVERED**

**419**

**SCHOOLS  
SUPPORTED**

**266**

**VOLUNTEER  
SESSIONS**

**6,734**

**EMERGENCY  
FOOD BOXES**



**From Eat Up to all our  
supporters**

**Individuals, organisations,  
community groups and  
philanthropists**

**THANK  
YOU**

**for giving your time to  
volunteer with us and for  
your generous donations**

# Our Mission

## To feed hungry students so they can learn, grow and succeed

Eat Up is an Australian not-for-profit that feeds hungry children. Eat Up partners with a range of organisations to create a service that provides healthy lunches for school children at no cost.

By providing nourishment to disadvantaged students at school, Eat Up aims to improve their engagement in the classroom so they can better take advantage of learning opportunities, succeed in education and ultimately, have a brighter future.

Eat Up engages volunteer groups to help make the thousands of sandwiches each week. This provides a valuable opportunity for community organisations, regional groups, workplaces, school students and individuals to contribute to society in a direct and meaningful way.

Typically Eat Up delivers ready-made lunches to schools, in the form of cheese sandwiches, and healthy snacks such as nut free muesli bars. More recently during Covid-19, Eat Up pivoted to deliver food packages for schools to distribute to families experiencing food insecurity.

“

**We are lucky and thankful to Eat Up in supporting our students with a toastie when they need a snack or lunch. Our students enjoy eating them, and they help with students feeling full so they can continue to learn.**

”

Julia Western, Northern Bay College, Victoria



Photo created by flashpoint Labs

# Our Strategy

## Where We Operate

- Students: Metropolitan and regional NSW, Qld and VIC with expansion across Australia
- Supporters: Impactful and high energy volunteer sessions
- Donors: Private, Foundation Funders and Grants, Individuals, In Kind and others

## How We Succeed

- Students: by providing a free meal that's discrete, reliable and with no strings attached
- Supporters: providing an experiential, fun and meaningful event
- Donors: Active, strategic building of relationships and communication of Social Return on Investment

## What We Need

- Communications and Data: ensuring we can measure the problem, our success in addressing it, and the SROI
- Logistics and Agility: the ability to scale and adapt quickly
- Unique Culture and Experience

## How we measure it

- Eat Up has partnered with Deakin University to measure the impact of its program
- Pilot study results are included in this report

# Our Reason

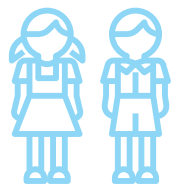


**1 IN 5 CHILDREN  
EXPERIENCE FOOD  
INSECURITY**

Source: Foodbank Rubbly Tummies Report, 2020

*"We've had some students say there's no food in the cupboard at home, I need to eat a sandwich before I leave or I won't eat anything until the next day"*

*"There's a huge difference in kids who are hungry and kids who aren't hungry in terms of being able to focus and learn"*



**Kids  
who  
miss  
meals**



- Have poorer physical health
- Experience more illness
- Feel fatigued



- Have poorer nutrition
- Miss out on important vitamins minerals & fibre



More likely to have

- Poorer social/emotional wellbeing
- Behavioural and learning problems

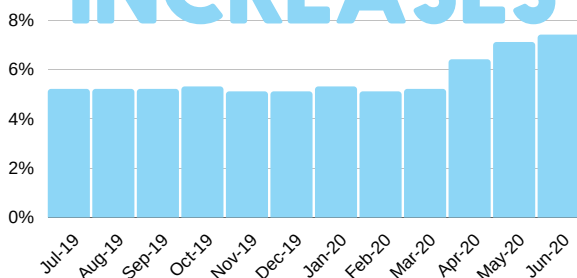


Struggle to

- Learn
- Concentrate
- Succeed in school

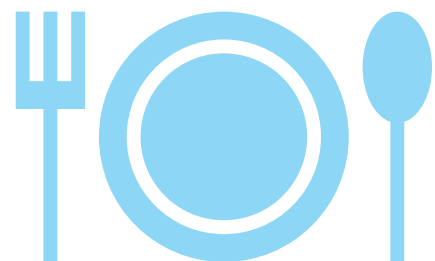
AS UNEMPLOYMENT INCREASES

**FOOD INSECURITY  
INCREASES**



**AUSTRALIAN UNEMPLOYMENT 19 - 20**

Source: Australian Bureau of Statistics, September 2020



**In 2020, the need for food relief for Australian homes has increased by 47%**

Source: Foodbank Hunger Report, 2020

# Our Model

Eat Up operates using a simple model which keeps costs low and allows thousands of volunteers to be engaged. At a high level the Eat Up model works as outlined below.

During the Covid-19 period, Eat Up's model shifted, as outlined later in this Annual Report. Eat Up's model will continue to adapt to the challenges of Covid-19 and evolve to achieve the mission of feeding hungry children.



## MATERIALS SOURCED

Eat Up sources the items needed to make and deliver sandwiches - where possible at low or no cost.



## VOLUNTEER SESSIONS HELD

Eat Up holds engaging and interactive volunteer sessions with a range of groups. These are typically run at their own location, making them accessible and convenient for participants.



## LUNCHES DELIVERED TO STUDENTS

Sandwiches are delivered to schools together with recess items where available. Lunches are discreetly distributed by teachers to children in need. They are free of branding to avoid embarrassment.

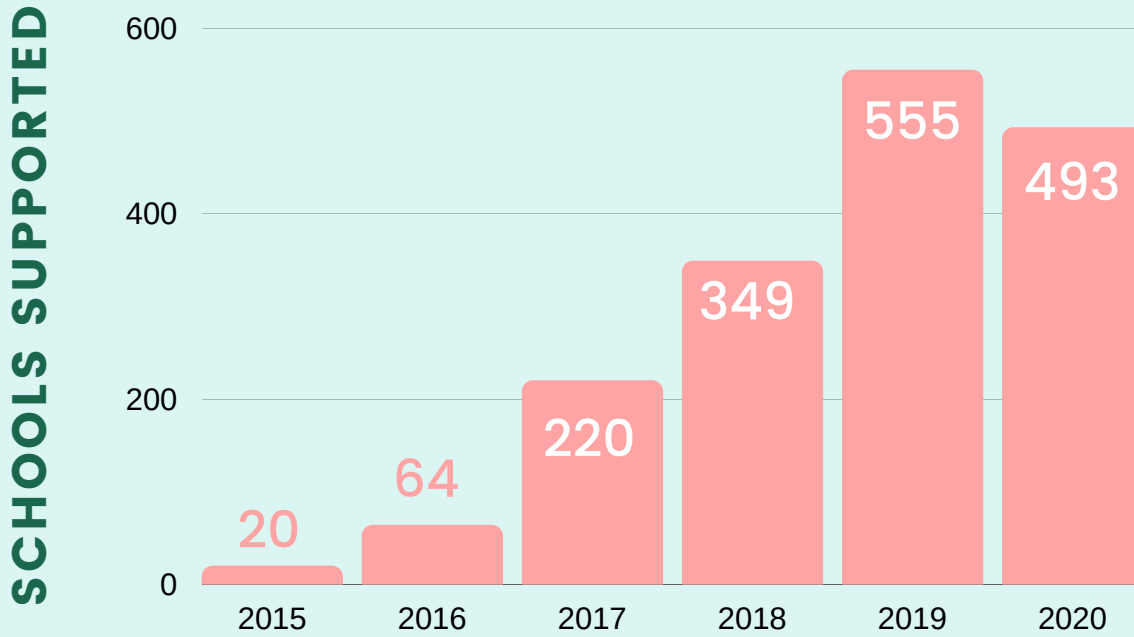


## MEETING THE NEED

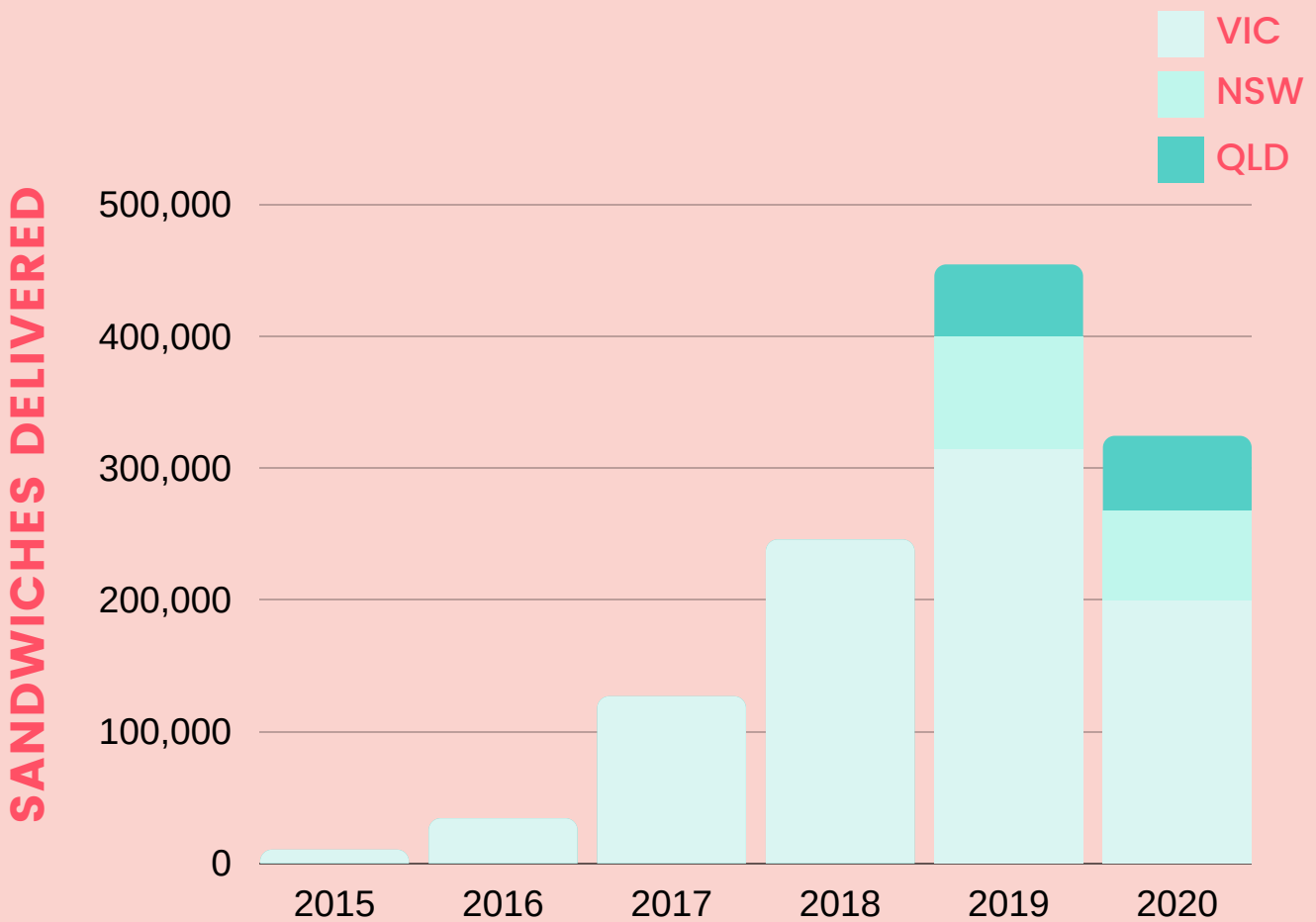
New schools are identified using range of data sources including socioeconomic data and ICSEA scores.

Once schools are enrolled, Eat Up is in constant contact with them to ensure that deliveries made meet the needs of the families Eat Up supports.

# Our Growth



The decrease from 2019 to 2020 reflects a change in our operation in Victoria. An active decision was made to decrease the number of schools supported in Victoria due to the introduction of a government funded lunch program in select schools





On behalf of Yugumbir State School and their families, we just wanted to send a quick note to say a MASSIVE thank you for the support you provided for our school community, especially during COVID-19.

Such uncertain times, leads to so much stress and anxiety in so many families, it was such a relief to be able to continue to support them, through your generosity.

Our families were astounded by the variety and thoughtfulness that went into the packages. They all said how practical and useful all the contents were and all were extremely grateful. Thank you again for your generous support. ”

Kristi Field, Community Liaison Officer, Yugumbir State School



Photo created by flashpoint Labs



# Our Response to COVID-19

The COVID-19 health crisis continues to have a devastating impact on Australian families, with widespread job losses leading to more families going without food.

From the onset, schools were desperately seeking critical food relief for students and their families. Eat Up quickly adapted to meet this need, and created **Eat Up Emergency Food Boxes**. These boxes were delivered direct to schools, who distributed the boxes to families experiencing financial distress. These boxes included over 10kg of essential food items, including fresh vegetables, fruit, bread, pasta and pantry items.

Eat Up implemented additional measures in response to the challenges of COVID-19. These adaptations included the support of other Not For Profits needing assistance, working with catering companies to have sandwiches prepared when volunteers capacity was initially reduced, or delivering sandwich ingredients to schools for staff to prepare when catering companies were unable to meet the need of sandwich volumes.



# Our Actions During COVID-19

01

## EAT UP EMERGENCY FOOD BOXES

Eat Up has been delivering boxes of food which provide families with the basics they need at home; vegetables, fruit, cereal, long life milk, bread and pasta. These are distributed to schools who then give them to families in need. In the same way Eat Up works with schools when delivering lunches, Eat Up is in constant communication with schools to determine the level of support needed for their community.

02

## SUPPORT OF OTHER NOT FOR PROFITS

In the period where schools were closed due to COVID-19 or school holidays, Eat Up has worked with other NFP's to support the overall need within Australia. These have include Moving Feast, Fareshare and OzHarvest.

03

## WORKING WITH CATERING COMPANIES

In some states when students returned to school, Eat Up was unable to work with its usual volunteers to make sandwiches due to them Working from Home and/or other restrictions. To quickly solve this problem, Eat Up identified that catering companies were likely to be without work due to cancelled events, so processes were put in place to work with them to make sandwiches.

04

## DELIVERY OF SANDWICH INGREDIENTS

In states where it has not been possible to hold any group volunteer sessions, Eat Up delivered the ingredients for sandwiches direct to schools. This enabled teachers to make the sandwiches for students in need. Schools embraced this change, and have seamlessly adapted to the continuous challenges that have come with COVID-19.

# Emergency Food Boxes

'Eat Up Emergency Food Boxes' were our key response to COVID-19. These contain 10kg of food including fruit, vegetables, pantry staples and snacks.



These boxes were made possible thanks to a number of companies, individuals, grants and philanthropic donors who supported Eat Up through generous donations. Donations of \$5,000 or more are featured on stickers which were put on every box and can be seen below.

## Items donated to Eat Up for the boxes included:

- Carmans: Snack items
- Goodman Fielder: Wonder White bread
- Nudie: Juices
- Sanitarium: Weet-Bix, UP&GO and So Good
- Scalzo Foods: Sultanas
- The Fruit Box: Boxes of fruit, vegetables, pasta purchased at low cost





Thank you thank you thank you!!!

We received our Eat Up food boxes this week and are extremely grateful for your support and the team of volunteers who compile the boxes.

We have been able to support many more of our families to which we, and they have been very grateful. The initiative that you have established is providing an invaluable resource of support to our school in past years and currently.

It is difficult to attribute the full weight of our gratitude of your support in words. However we wanted to let you know the role you are playing in contributing to put smiles on the faces and food in the bellies of many of our students. ”

Angela Tonner - Head of Curriculum, Silkstone State School



Photo created by flashpoint Labs

# Our Impact Measured

## Partnership with IPAN at Deakin University



**IPAN**  
INSTITUTE FOR PHYSICAL  
ACTIVITY AND NUTRITION



To ensure Eat Up is maximising resources available, Eat Up has partnered with the Institute for Physical Activity and Nutrition (IPAN) at Deakin University to evaluate its program and impact.

The evaluation will provide invaluable data regarding the number of children who access free lunches and how often children come to school without food from home.

Teachers and school staff will provide feedback about the impact of Eat Up's lunches on teaching, learning and wellbeing in their school. Staff are also invited to give their own views about how the program can be improved. All of this data will help Eat Up measure and report on its impact, and assist Eat Up with future program planning and fundraising.

Data will be collected in Term 1, 2021. An evaluation report will be produced by Deakin University and is expected in April 2021.

Accenture has also provided in-kind consulting support to maximise the outcomes of the evaluation. and assist in determining a Social Return on Investment.

# Evaluation Pilot Findings

The IPAN team at Deakin University designed a pilot of its evaluation tools, conducted with 8 schools in 2019. Below provides a summary of the feedback provided by these schools.



80% of schools surveyed said students who are hungry and miss lunch are:

- Unable to concentrate
- More likely to miss school
- Distract others in the classroom



The main reported reasons for students accessing Eat Up lunches included:

- Student's family experiencing hardship
- Attending school with non nutritious or not enough lunch



Up to an estimated 75% of students at schools surveyed access Eat Up lunches annually



Most teachers agree that the benefits and impacts on students who access Eat Up are:

- Improved nutrition
- Improved concentration
- Reduced distraction
- Improved school performance
- Provides an opportunity for welfare staff to 'check in' with students

## Select comments from schools surveyed:

"I keep a list so if there are students popping up on a regular basis, we can call home and provide extra support... there's a relationship between not having food and maybe other issues as well"

---

"We've had some students say there's no food in the cupboard at home, I need to eat a sandwich before I leave [school to go home] or I won't eat anything until the next day."

---

"...there's that anxiety around I'm starving. I've got nothing in my lunch box, I've got no food, how am I going to survive the day... we can see an instant turn around in the kids engagement and learning..."

---

# Our Volunteer Model



## Over 6,500 volunteers engaged across 266 volunteer sessions!!

A fundamental part of Eat Up's approach is Volunteer Sessions. The use of volunteer sessions for preparing sandwiches, combined with our mobile approach that does not require our own premises for sandwich making, our costs can remain low and sustainable. This helps us achieve a greater impact, feeding more hungry students around Australia.

Our volunteer sessions also increase awareness of Eat Up and its cause. Our sessions raise awareness of food insecurity in the community while giving everyone an opportunity to be part of a positive solution.

Eat Up engages with community groups, schools, businesses and the general public to prepare over 10,000 sandwiches every week. The sessions are engaging, interactive, high impact, and volunteers feel great having a direct hand in feeding kids in school.

All of Eat Up's sessions include an introduction which provides context for Eat Up and the issue faced by Australian children, and end with a wrap up and opportunity for feedback, questions and a photo.



School  
Volunteering



Community  
Partnerships



Public volunteer  
Sessions



Workplace  
Volunteering

# School Volunteering

A big source of help for Eat Up is kids who help out other kids. Involving school groups is a great way for students to learn about food insecurity and help reduce the stigma of hunger in our community, all while having fun. Students make the sandwiches in their school, and parent groups or local Rotary clubs complete the deliveries.

Students have also run initiatives to raise money for Eat Up. Some of these include out of uniform days and gold coin donations. Eat Up has a Student Fundraising Kit which provides an opportunity for kids to try out being a social entrepreneur!

## From Kilvington Grammar

"It has been our pleasure to be involved with Eat Up over the past 3 years. Our greatest enjoyment has been having all of our secondary students involved in the sandwich making sessions. There is something very satisfying about 40 students making 1000 sandwiches in an hour. The sessions have always been well organised and full of energy and good music.

In 2019, we created the "your small change can make a big change" campaign and through collecting silver coins, managed to raise \$800. This year we are planning a 12 hour continuous bike ride ... we can't wait for this event to eventuate and see us fulfil our goal of raising \$5000."

Jacqui Goldenberg, Community Service Program Director



# Participating Schools

The following schools have generously donated their time to partner with Eat Up through sandwich making sessions, and in some cases through Student Fundraising Programs.

All Hallows' School  
Ballarat Grammar  
Brighton Grammar School  
Carey Baptist Grammar School  
Caulfield Grammar School  
Gardenvale Primary School  
Haileybury  
Ipswich Grammar School  
Kilvington Grammar School  
Korowa Anglican Girls' School  
Lauriston Girls' School  
Lilydale High School  
Melbourne Grammar School  
Methodist Ladies' College  
Peninsula Grammar  
Penleigh and Essendon Grammar School  
Ruyton Girls' School  
Scotch College  
Shore School  
St Catherine's School  
St Margaret Mary's College  
Strathcona Girls Grammar School  
The Geelong College  
Woodleigh School

# Regional Community Volunteering

Community groups around Australia generously give their time to make and deliver sandwiches to local schools in need. Eat Up supplies the ingredients and equipment required and local champions take care of the rest!

In some areas, schools are responsible for the production and delivery of sandwiches to other local schools in need.

## Community Partners

Alfredton Rotary Club

Bairnsdale VIEW Club

Country Women's Association Townsville

Kids in Philanthropy

Lakes Entrance Lions Club assisted by the Lakes Entrance Lioness members

Lions Club of Melbourne Next Gen

Longwarry and District Lions Club

Mt Eliza Rotary Club

Otway Rotaract

Riverside Golf Club



# From Otway Rotaract Club

"The Otway Rotaract Club's volunteers have been making sandwiches since October 2017 [and] this club of young professionals has made more than 4,500 healthy lunches for disadvantaged school children in the Colac region in south-west Victoria.

The workshops are a great way to bring community-minded people together, and they've become like a family over the years.

With COVID-19 impacting, sandwich-making workshops were paused, but thanks to the ingenuity of the Eat Up Australia team, working together with the Rotaract volunteers, 55 Eat Up Emergency Food Boxes were sent out to the families that were struggling the most."



# Workplace Volunteering

Workplace volunteering allows teams to help reduce food insecurity in schools without needing to leave their office.

Eat Up attends workplaces with everything that is needed to make 1,000–2,000 sandwiches in less than an hour. Sessions are energetic, fun and impactful and feedback is always positive with most companies asking for more sessions!

Workplace volunteering often starts with a session, and then grows in to a bigger relationship. A great example of this is RACV as evidenced by the information below.

## From RACV



"Since 2016, RACV has supported Eat Up Australia with their mission to make sure Australia's hungry school kids are fed. RACV has done this through grants and volunteering by RACV employees where we have made more than 10,000 sandwiches for school students.

During Covid-19, we are pleased to have extended a helping hand to deliver Emergency Food Boxes throughout Victoria using a fleet of decommissioned emergency roadside patrol vans and supported by RACV employee volunteers.

The impact the Emergency Food Boxes have on families across Victoria shows how important it is for us all to continue to support communities during this difficult time."

Louise Steinfort, Chief of Staff

# Participating Workplaces

Eat Up has partnered with the following businesses and organisations for volunteer sessions. Thanks to their donation of time, thousands of lunches have been made and delivered. Many workplaces have also contributed financially to the costs of ingredients which has allowed Eat Up to grow and expand.

Accenture  
Advisian  
AIG  
Alffie  
Amazon  
ANZ  
Ashurst  
Atlassian  
AusNet  
Australia Post  
Baker McKenzie  
Bega Cheese  
Blackbaud  
Bloomberg  
Bonds/Hanes Brands  
BRM  
Canaan Lawyers  
Carman's  
Cheeky Bites Catering  
Citrix  
Colin Biggers & Paisley  
Corrs Chambers Westgarth  
COS  
Cuisine on Cue Catering  
Cunningham Real Estate  
Dashing Group  
Deakin University  
Debit Success  
Diamond Energy  
Elizabeth Andrews Corporate Catering  
Energy Australia  
Energy Queensland  
Financial Foundations  
Food and Desire  
FTI Consulting  
Growthpoint  
Hall and Wilcox  
HLB Mann  
Hugo Boss  
IMC  
Incitec Pivot  
KCL Law  
King & Wood Mallesons  
Kmart  
KPMG  
Link Financial Services  
Macquarie Bank  
Mayday Recruitment  
Medibank  
Mirvac  
Mondo  
Office of the Governor  
OzHarvest  
Poly Development  
PWC  
RACV  
Rexel  
Rider Levett Bucknall  
Scott Winton Insurance Broker  
Sparke Helmore Lawyers  
Sports Dieticians Australia  
Stockland Care Foundation  
Swisse  
The Drive Group  
The Royal National Agricultural and Industrial Association of Queensland  
The University of New South Wales  
Tisher Liner  
UFC  
Unico  
Urban Utilities  
Vertel  
Vincent Fairfax Family Foundation  
Workwear Group  
Worley  
Xero  
Yarra Capital Management  
Zurich Financial Services



"Eat Up is one of the most flexible and impactful volunteering programs that we've run at Atlassian. Anybody can jump in and be involved."

**Alex Yakovlev, Foundation Advocate Atlassian**

"We have partnered with Eat Up for the last three years and always find the experience to be hugely valuable. Our Xero team is passionate about coming together to make a difference to the community, and we believe Eat Up does brilliant work to achieve this through its mission to ensure school kids never go hungry. Their volunteering sessions build a great energy and buzz in the office [and] acts as a great team building exercise, helping different groups come together to work towards a common goal."

**Julia Sweeny, People Experience, Xero**



"Through the physical act of something as simple as sandwich making, the Eat Up team have a fantastic way to draw in everyone away from their desks, bring them to the table and create a real understanding and passion for the cause, leaving a buzz and enthusiasm lingering for the remainder of the week."

**Steve Schmidt, BRM**



# Public Volunteer Sessions

Public sessions are run on weekends and school holidays to involve the power of the community. Public volunteer sessions have been held in Brisbane, Melbourne, Sydney and Townsville.



Eat Up sets up its trademark tables, gets bread and other ingredients ready and creates a buzz through music. Passionate volunteers arrive and power through an hour of sandwich making, laughing and chatting. At the end of the session, around 5,000+ sandwiches are ready to distribute to kids in need.



# Our Expansion to Townsville

Thanks to generous funding provided by the Newman's Own Foundation, Eat Up was able to launch in Townsville, Queensland, in February 2020. Eat Up is currently supporting 34 schools across Townsville, Burdekin and Charters Towers thanks to the generous support of volunteer sandwich makers in Townsville and the RSL who provide access to cool room storage.

Life Education has also assisted by delivering donated items from Sanitarium to Townsville schools, for distribution to families in need.

**From Donna,  
Life Education Qld**



“I’m well aware that there are children in my classes whose families are doing it tough and at times they’re coming to school with nothing or very little to eat...It’s reassuring to know there are organisations like Eat Up that can provide quality food so kids can come to school without having to worry about being hungry and tired.”

Thanks to the support of Sanitarium and Life Education Queensland, Eat Up has successfully adapted to ensure hungry school kids and families in Townsville have access to critical food supplies.



# Foundation and Philanthropic Donors

Eat Up wishes to thank all the foundations and philanthropic donors who have contributed this year including Anonymous donors.

Australian Horizons Foundation Limited

Be Kind Sydney

Bennelong Foundation

dOTERRA Healing Hands Foundation Australia

Dyson Bequest

EL&C Baillieu Ltd

Erdi Foundation

Ergon-Energex Annual Community Fund

Feed VIC – Feed Appeal

Foundation for Rural and Regional Renewal

Grace and Emilio Foundation

Le Mans Toyota Deer Park

Lyone Foundation

Moose Happy Kids Foundation

Newman's Own Foundation

Rachel Emma Ferguson Foundation

Rotary Club of Pascoe Vale

Stockland Care Foundation

Sunshine Foundation

Vincent Fairfax Family Foundation

Westpac Foundation

"Australian Horizons Foundation Board were impressed by the professional and innovative approach utilised by Eat Up to provide school children with fresh and nutritional food packages and as a result we decided to fund Eat Up to deliver their program to schools in rural Australia during 2020.

Australian Horizons Foundation has been impressed by how Eat Up have continued to be able to deliver its program despite the enormous challenges from the COVID-19 virus and look forward to a long association with Eat Up as it expands its programs throughout regional Australia."

**Neill Newton, CEO, Australian Horizons Foundation**

# In Kind Support

Eat Up is thankful to the following companies and organisations for their generosity in donating their time, expertise or resources.

Accenture

Australian Toy Association

B2B Law

Bega Cheese

Breathe Fresh Australia

Carman's

Coles

Deakin University Institute for Physical Activity and Nutrition (IPAN)

Goodman Fielder

Goulburn Valley Signmakers

Headstart Toys

Jetstar

Moose Toys

Nudie

Peerless Foods

RACV

Sanitarium

Scalzo Foods

The Fruitbox Group

Townsville RSL

## Flying Up!

Thanks to the generosity of Qantas and Charlies Cookies, Eat Up was featured on inflight snack boxes on some domestic Qantas flights in 2019.



# National & State Partners

Eat Up partnered with the following companies who have supported our programs both financially and through workplace volunteering, and in some cases through pro bono work.

## National

Accenture  
Ashurst  
Swisse  
Xero

## State

KCL Law



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KCL  
Law



Swisse



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# Venue Support

Eat Up is grateful to the following venues for hosting Volunteer Sessions.

Ave Maria College

CQUniversity Townsville

Fareshare QLD

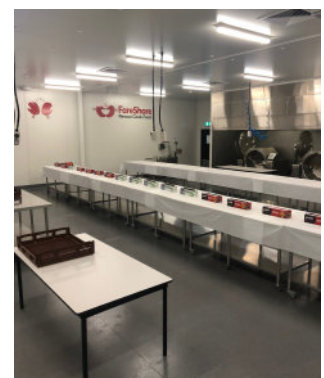
Fareshare VIC

Knox Grammar School

LCI Melbourne

Medibank

Riverside Golf Club



“

The delivery of sandwiches and Food Boxes has proven extremely beneficial to the families and students of Toukley Primary School. It has relieved the pressure on families during this very difficult and challenging time.

The Food Boxes provided by Eat Up NSW during this period of COVID has allowed us to offer our vulnerable families a supply of staple, perishable and long life foods to prepare meals. Each individual family upon receipt of these goods were so very grateful and appreciative indeed.

”

Lisa Corbett, Toukley Primary School, NSW



# Financial Information

## Profit & Loss

### Eat Up Australia Ltd For the 12 months ended 30 June 2020

	Jun-20	Jun-19
<b>Income</b>		
Corporate Partnerships	63,409	-
Donations - Corporates	93,907	54,381
Donations - High Net Worth	75,000	244,237
Donations - Individuals	131,856	58,127
Foundation Income	190,148	-
Grant Income	157,505	125,639
In Kind Donations	12,500	45,336
Sales	-	118
<b>Total Income</b>	<b>724,324</b>	<b>527,838</b>
<b>Gross Profit</b>	<b>724,324</b>	<b>527,838</b>
<b>Less Operating Expenses</b>		
Advertising, Branding & Marketing	6,472	23,002
Advisory Expenses	1,550	18,502
Business Expenses	54,010	41,336
Insurance Expenses	8,798	2,296
Office Expenses	8,932	4,995
Salary & Wages	412,796	321,383
Sandwich Making & Emergency Boxes	124,757	69,474
Stock Purchases	-	3,750
Travel Expenses	27,410	15,231
Van Expenses	37,835	35,411
<b>Total Operating Expenses</b>	<b>682,561</b>	<b>535,380</b>
<b>Operating Profit</b>	<b>41,763</b>	<b>(7,541)</b>
<b>Non-operating Income</b>		
Covid Relief	106,422	-
Interest Income	259	631
<b>Total Non-operating Income</b>	<b>106,681</b>	<b>631</b>
<b>Net Profit</b>	<b>148,444</b>	<b>(6,910)</b>

# Financial Information

## Balance Sheet

### Eat Up Australia Ltd As at 30 June 2020

	30 Jun 2020	30 Jun 2019
<b>Assets</b>		
<b>Bank</b>		
Everyday Account	30,551	4,087
PayPal Online	434	434
Savings Account	370,602	229,012
Stripe Accounts Payable	5,379	5,628
<b>Total Bank</b>	<b>406,965</b>	<b>239,160</b>
<b>Current Assets</b>		
Accounts Receivable	17,500	-
Rental Bond - Creative Cubes Co	440	-
<b>Total Current Assets</b>	<b>17,940</b>	<b>-</b>
<b>Fixed Assets</b>		
Motor Vehicles	197,487	197,487
Less Accumulated Depreciation on Motor Vehicles	(102,520)	(60,127)
<b>Total Fixed Assets</b>	<b>94,967</b>	<b>137,360</b>
<b>Total Assets</b>	<b>519,872</b>	<b>376,520</b>
<b>Liabilities</b>		
<b>Current Liabilities</b>		
Accounts Payable	732	409
ATO Liabilities	(25,475)	8,091
Prepaid Income	95,000	57,438
Staff Liabilities	10,121	19,533
<b>Total Current Liabilities</b>	<b>80,378</b>	<b>85,470</b>
<b>Total Liabilities</b>	<b>80,378</b>	<b>85,470</b>
<b>Net Assets</b>	<b>439,494</b>	<b>291,050</b>
<b>Equity</b>		
Current Year Earnings	148,444	(6,910)
Member Subscriptions	75	75
Retained Earnings	290,975	297,885
<b>Total Equity</b>	<b>439,494</b>	<b>291,050</b>

# Our Board

## LYNDON GALEA CEO

Lyndon is the Founder and CEO of Eat Up. After reading that kids were going hungry at school in his home town of Shepparton, Lyndon pinched what he could from his mum's cupboards and started making sandwiches to drop to the schools mentioned in the article.

That was in 2013; today Lyndon leads a passionate and capable team and army of volunteers who aspire to feed hungry kids across the country.

## DAVID LURIE Chairman

David is a Partner in the Commercial Law Firm, B2B Lawyers.

He has worked closely with and within the merchant banking, public company, education and charity sectors for more than 30 years.

## ELISE COOK

Elise has a background in Dietetics and is passionate about nutrition and creating solutions to food insecurity. She has worked with Eat Up since 2016 and is proud of its success and outcomes achieved. She currently works as Eat Up's Head of Growth and Strategic Development.

## GEMMA COOPER

Gemma is an experienced Business and Strategic Advisor, having spent over 10 years working with Australia's Small to Medium Sized (SME) sector. She has assisted businesses at all stages, from concept through to growth.



# Our Team



**Lyndon Galea**

CEO



**Elise Cook**

Head of Growth and  
Strategic Development



**Lindy Susskind**

Head of Partnerships



**Laura Mcmillan**

Funding and  
Evaluation Manger



**Emily D'aprano**

Administration  
Manager



**Michelle Caspar**

Regional Volunteer  
Manager



**Paul Robataccio**

Finance Manager



**Belinda Waller\***

Marketing Manager



**Alia Elbayah**

Session Leader and  
Driver



**Sam Vinson**

Session Leader and  
Driver



**Terry Dehghani**

Session Leader and  
Driver



**Tim Williamson**

Session Leader and  
Driver

# Ways to Get Involved



**Volunteer with us**



**Join one of our Volunteer Sessions to contribute to our community**



**Make a tax deductible donation to support our activities and growth**



**Partner with us by making an In Kind donation or providing pro bono assistance**



**Request donations in lieu of gifts for a special event**

# Our Contact Information



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[eatup.org.au](http://eatup.org.au)



[@eatupaus](https://www.facebook.com/eatupaus)



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[@eat-up-australia](https://www.linkedin.com/company/eat-up-australia)