



Kitchen Assistants Conference

MONDAY 24 NOVEMBER 2025

Angliss Conference Centre
Level 5/555 La Trobe St, Melbourne VIC 3000



Invitation

We are thrilled to invite you to join us at our 2025 Home Economics Victoria Kitchen Assistants Conference.

Held once again at the Angliss Conference Centre, this year's event features engaging sessions tailored to school kitchen assistants.

As one of our premier professional learning events of the year, sessions are designed to inspire, inform, and connect school kitchen assistants.

Spaces are limited, so be sure to register now to secure your spot and be part of this inspiring professional learning experience!



REGISTER NOW

Keynote

Our keynote presenter to start the day, is **Dr Merryn Netting**.

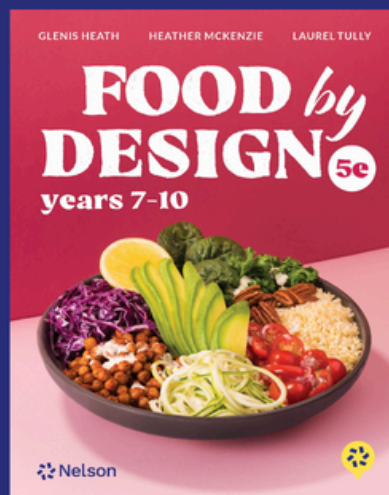
Merryn is Senior Project Officer with the National Allergy Council coordinating translational projects aiming to improve the lives of Australians with allergic disease. She is an experienced paediatric dietitian and Fellow of the Dietitians Association. She will share her expertise on allergy prevention in schools, drawing on her extensive work and research in allergy management, with the aim of helping school kitchens become safer and more allergy-aware.



Foster Students' Lifelong Skills and Passion with **Food by Design**

Food by Design for Years 7 - 10 empowers teachers to inspire a lifelong love of food, nutrition, and cooking in their students.

More than just a textbook, the fifth edition is a contemporary resource filled with recipes, modern examples and practical activities designed to save you time and cost.



Explore this exciting
new edition by
scanning the QR code

SESSION 1: 10:30AM-11:20AM



1A

Think, pair, share

Rachael Andrews
Kitchen Assistant, Wellington Secondary College

Rachael Andrews, Kitchen Assistant at Wellington Secondary College will lead this collaborative session where you will use collective knowledge to help each other source products, equipment, indigenous foods, dietary requests or anything you'd like help with. There will be time for networking and sharing of tips and tricks for the role. Have your questions ready to go!

SESSION 2: 11:25AM - 12:15PM



2A

Australian native superfoods

Julie Merlet
Australian Native Superfoods

Immerse yourself in a unique incursion-style sensory journey with Julie Merlet from NATIF - Australian Native Superfoods. An expert in native foods and native food nutritionist, Julie will guide you through an exploration of Australia's native ingredients. Julie will share insights on the nutritional benefits, cultural significance, and sustainable sourcing of native foods.

Risk assessments

Phillip and Eva Crisp
Risk Assess



1B

School kitchens may look safe, but behind the chopping boards and stovetops lie serious hazards. Burns, deep cuts, fume inhalation and allergic reactions are just some of the common injuries faced in Food Technology. This applies to both the preparation and clean up, and the classes with the students. In this session, Phillip and Eva, Risk Assess, will explore common injuries, explain the logic and process of risk assessment, both the theoretical and the practical aspects, cover identification, assessment and control of risks, showing how this process can protect students and staff alike.

Knife sharpening essentials

Aidan Mackinnon
Cut Throat Knives



2B

Join Aidan from Cut Throat Knives as he shares expert insights into choosing the right knives, caring for and maintaining your tools, and understanding how quality knives are made. Watch live demonstrations of sharpening techniques using different methods and gain practical tips to keep your knives performing at their best.

William
Angliss
Institute

1C

Espresso demonstration

William Angliss Institute

Head down to the Angliss kitchens to see a demonstration of espresso coffee making. You will gain a broad overview of the foundation skills and knowledge needed to produce coffee menus and be shown how the espresso coffee menu is constructed, how to extract espresso and how to texture milk. If time allows there will be a chance to make a coffee and tastings will be available throughout the session.

William
Angliss
Institute

2C

William Angliss tour

William Angliss Institute

A guided tour with the Angliss team will showcase the facilities and services that William Angliss Institute offers both students, as well as industry. See where it all begins for aspiring chefs, as you enjoy the aromas of the baking and patisserie kitchens. Marvel at the elaborate food art of the patisserie and confectionery students. Careers in hospitality start at the training restaurants (including the flagship Angliss Restaurant) and in the accommodation suites.

REGISTER NOW

SESSION 3: 1:00PM - 1:50PM



3A

Practical ways to support neurodiverse students

Renee Dela Cruz
Mindspot

Discover inclusive strategies for the classroom in this engaging session with Renee Dela Cruz, Principal Psychologist at Mindspot. Renee will share practical, evidence-based approaches to help you better understand and support neurodiverse students in secondary school kitchens - fostering confidence, participation, and success for all learners.

SESSION 4: 1:55PM - 2:45PM



4A

Making the most of ingredients and time

Shane Millar
Kitchen Assistant, Huntingtower School

Discover practical strategies to reduce food waste by using up ingredients and creating dishes from leftovers, while also learning tips to streamline classroom practicals for smoother, more efficient sessions. Shane Millar, Huntingtower School, will share her expertise and ideas used to create a more sustainable kitchen.

Safe, compliant and inspection-ready

Environmental Health Officer
City of Melbourne

Learn how to keep your school kitchens safe, compliant, and inspection-ready. An experienced food safety expert will share practical strategies for managing food safety, using Safety Data Sheets (SDS), storing and removing chemicals and harmful waste, and meeting key regulations. Discover common mistakes often seen in schools - and how to avoid them - to ensure your kitchen runs smoothly and safely.



3B

Navigating responses to difficult people

Sue Cosgrove
Zest Again

Difficult people aren't the problem - how we respond is the game-changer. In this energising session with Sue Cosgrove, Health and Wellness Coach at Zest Again, we'll explore practical tools for courageous conversations, decode tricky behaviours, and build confidence to stay calm, clear, and kind under pressure. Whether you're facing passive resistance, emotional outbursts, or simply awkwardness, you'll leave with strategies to transform tension into trust and conflict into connection.



4B



3C

From deliveries to dishwashing

Mayan Rowling
VET Hospitality Trainer

Spend the session with VET Hospitality Trainer, Mayan Rowling as she chats while she cooks - covering everything related to the role of a kitchen assistant from OHS, to cleaning, cross contamination, receiving deliveries, and knowing your job description.



4C

Using the Thermomix in food preparation

Emily Harris
Thermomix consultant

Discover how a Thermomix can streamline food preparation and support efficiency in busy school kitchens with Emily Harris, Thermomix consultant. This session will showcase practical ways to use the Thermomix for everyday tasks to reduce preparation time. Gain tips, tricks, and inspiration to make food prep easier and more effective.

REGISTER NOW

SESSION 5: WRAP UP

2:50PM - 3:00PM

Come back together for a quick wrap-up and a few surprises! Exchange contact details with new friends you've met throughout the day, and help us plan your professional learning needs for 2026.



Getting to the Angliss Conference Centre

We recommend public transport as car parking is extremely limited around the campus. There are no onsite parking facilities. Limited metered parking is available on surrounding streets however carefully check parking rules and rates.

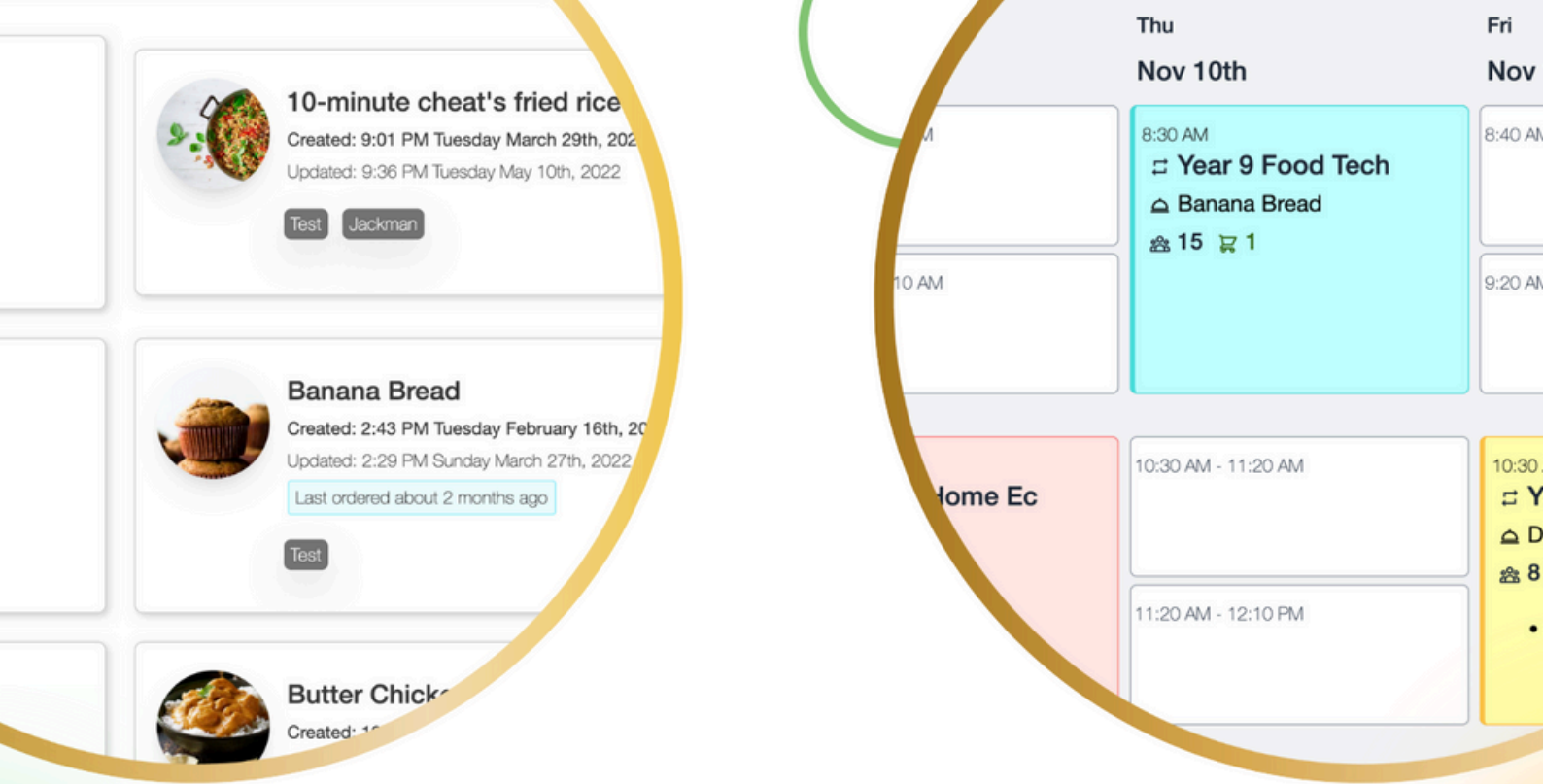
- [Care Park](#) – Southern Cross Corner Spencer and Lonsdale Streets.
- [Flagstaff Carpark](#) – 535 Little Lonsdale Street.
- [First Parking](#) – 558 Little Bourke Street.
- [Wilson Parking](#) – 380 La Trobe Street.

Catering

Morning tea and lunch will be provided. Please advise of any dietary restrictions on registration.

[**REGISTER NOW**](#)

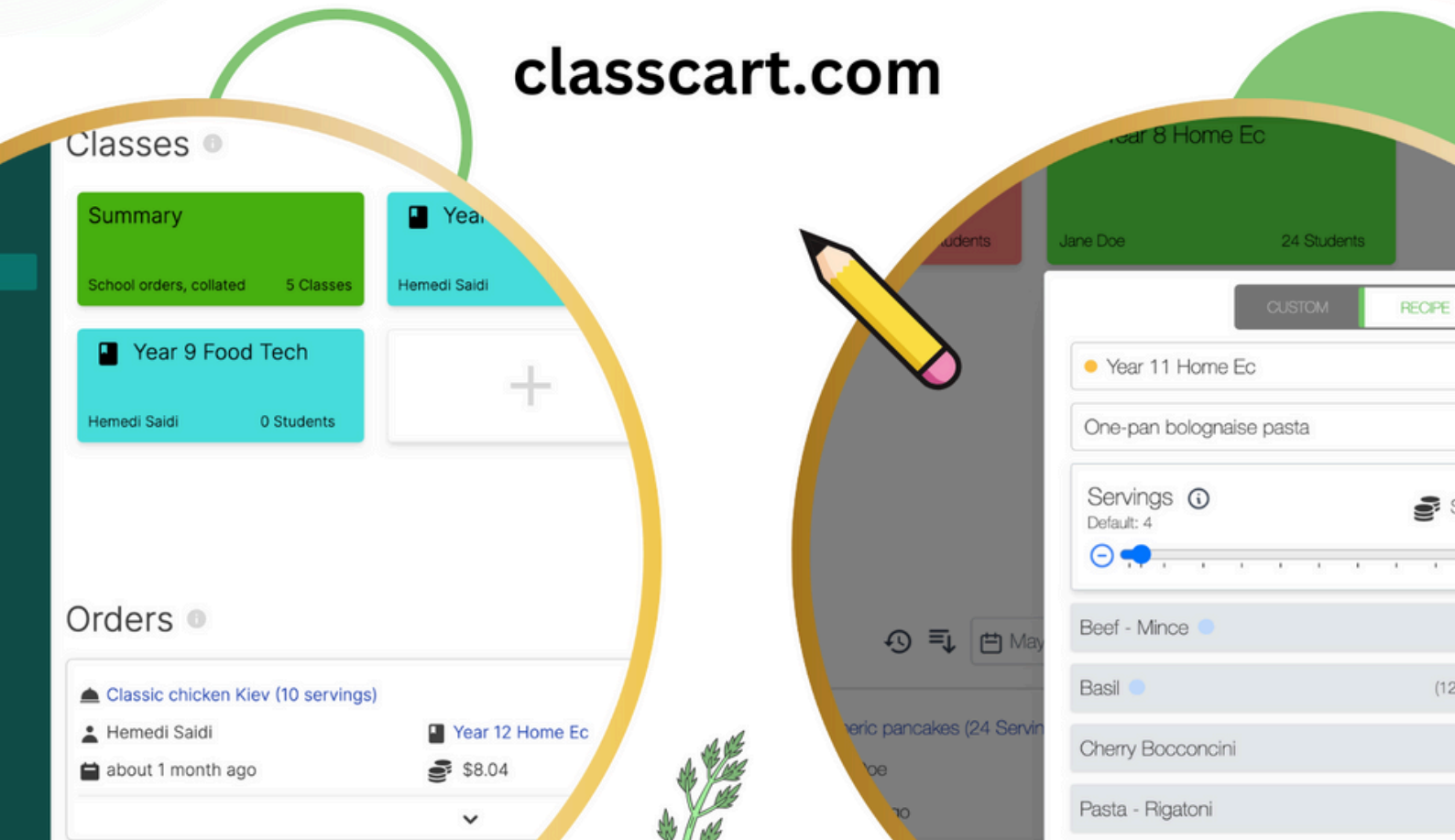
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Foodie



RACHEL GIVNEY

RiskAssess

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