



# media release

Corner Hawkesbury Road & Hainsworth Street, Westmead NSW 2145

the  
children's  
hospital at Westmead



The Sydney children's  
Hospitals Network

19 February, 2020

## **PIZZA CLASSES FOR CHILDREN IN HOSPITAL**

Friday 21<sup>st</sup> February - 11am– 12noon

A very special cooking class is being held for patients at The Children's Hospital at Westmead on **Friday 21 February 11am – 12noon.**

Our patients will learn to create their own pizzas from scratch, topping with fresh ingredients and watching them cook in the mobile pizza oven that will be brought on site - and lastly enjoying their very own gourmet pizza! To ensure they feel the part, our patients will of course be provided with chef's aprons and hats.

The young soon-to-be pizza chefs requested more cooking classes as they were very keen to learn to cook. RDM Pizza Australia kindly offered to run a pizza cooking class free of charge. Our Hospital school also got involved by running "paddock to plate" learning sessions with the patients this week.

Riccardo Moretti, Managing Director at RDM Pizza Australia is an award winning pizza chef, who is proud of his Italian heritage and also cooking the "authentic way" his mother taught him.

"I can't wait to see the pleasure I hope these children get from stretching their very own dough to adding fresh ingredients to create something unique, even as simple as a pizza", said Riccardo Moretti.

To align with the Healthy Food & Drink Framework, they will be mini single serve pizzas, use fresh ingredients – fruit and vegetables as toppings, use low-fat cheese and not use processed meats. RDM Pizza Australia also uses additive and preservative free dough and is 100% Australian Made.

"We expect pizza bases to be twirled and flour to be everywhere, but we hope the kids have lots of fun while learning about food and the love of cooking" said Riccardo.

"Entertainment and activities provided for patients at The Children's Hospital at Westmead form part of the total healing environment and can help children cope better with hospital and escape from their illness for a few moments. Being so focussed on a fun activity can also have a positive effect on pain and stress, as well as helping to promote a positive outlook and that's certainly very important when children are in hospital for a prolonged period." said Dr Joanne Ging, Director of Clinical Operations.

**Media Opportunity:** 11am-12noon Friday 21 February  
The Children's Hospital at Westmead  
Cnr Hawkesbury Rd & Hainsworth Street, Westmead

**Who:** Patients and families, award winning pizza chef Riccardo Moretti  
Post event photos are available on request.

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