



MEDIA RELEASE

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**Stephanie Alexander, Dr Rosemary Stanton and Kylie Kwong
launch the Kitchen Garden Program in NSW**

The movement for pleasurable food education arrives in NSW this month, as Stephanie Alexander, Dr Rosemary Stanton and Kylie Kwong join forces to host an information evening on grants available for the Stephanie Alexander Kitchen Garden National Program. They will be speaking to principals, teachers, parents and community members about the benefits of introducing the Kitchen Garden Program into NSW primary schools.

The Australian Government has committed \$12.8 million to fund infrastructure for the Stephanie Alexander Kitchen Garden National Program in up to 190 primary schools across Australia. The grants provide funding for the development of a productive vegetable garden and the construction of a home-style kitchen on the school grounds.

Within four years, around 20,000 Australian primary school children in Years 3 to 6 will experience the joys of growing, harvesting, preparing and sharing delicious fresh food each week, laying the foundations for a life time of positive food choices.

Stephanie Alexander said today:

I believe that by encouraging children to become enjoyably involved in all aspects of their food supply, these children are much more likely to develop sensible eating habits for the rest of their lives. Teachers and parents in our existing kitchen garden schools report how positive the children are about their sessions in the garden and in the kitchen, how they absolutely love their time at a shared table eating what they have made, and how their openness to new flavours and textures develops very rapidly.

This program needs to be well supported. It has the potential to change the habits of an entire generation.

Dr Rosemary Stanton said:

The much awaited survey on Australia's children's nutrition and physical activity has just been released. Sadly, it reports that almost 80% of 4-8 year olds and 95% of 14-16 year-olds failed to eat enough vegetables, although their junk food intake was predictably high. More encouraging is the evidence that children who have been

exposed to kitchen gardens in schools become enthusiastic about eating vegetables. The message and desire for vegetables then has the potential to infiltrate the whole family's eating habits.

Kylie Kwong added:

I am delighted to support the introduction of the Kitchen Garden Program in NSW. Enjoying and sharing fresh food should be a part of every child's life. What better way to achieve this than by encouraging children to grow, harvest, cook and eat their own food – all at their primary school!

Stephanie Alexander, Dr Rosemary Stanton and Kylie Kwong will be speaking at the Stephanie Alexander Kitchen Garden National Program Information Session at the Leichhardt Town Hall on Thursday 23 October, from 5.30 pm–7.30 pm.

Grants of up to \$60,000 are open to all NSW government schools with primary enrolments. The first round of grants is open from 13 October and will close on 7 November. Background, selection criteria and application forms are available at:
www.kitchengardenfoundation.org.au/grants-national.shtml

For more information on the Stephanie Alexander Kitchen Garden National Program or to arrange interviews with Stephanie Alexander, please contact:

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