



## **MEDIA RELEASE**                      **Oct 13, 2008**

### **Stephanie Alexander, Sue Dyson and Roger McShane launch the Kitchen Garden Program in Tasmania**

The movement for pleasurable food education arrives in Tasmania this month, as Stephanie Alexander, Sue Dyson and Roger McShane 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 Tasmanian 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.

Sue Dyson and Roger McShane said:

In our heart of hearts and without any proof, we can't help believing that teaching people the pleasure to be had by sharing the growing and cooking of good food and then eating it together around a table has to be one of the best ways to make the world better – in every sense. It's exciting to see substantial government funding for

a project that may provide some hard evidence of that.

We're very proud to have a chance to support The Kitchen Garden Program. We've enjoyed Stephanie Alexander's food and writing for nearly 25 years and are truly inspired by what she's achieved already with The Kitchen Garden Program. Most of all, we love the fact that its heart and soul is all about the pleasure of growing, cooking and sharing good food and not about nutritional guidelines and rules. This expansion to the project is an exciting development.

Stephanie Alexander, Sue Dyson and Roger McShane will be speaking at the Stephanie Alexander Kitchen Garden National Program Information Session on Monday 27 October, 5 pm–7 pm at Geilston Bay High School, Hobart.

Grants of up to \$60,000 are open to all Tasmanian 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](http://www.kitchengardenfoundation.org.au/grants-national.shtml)

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

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