



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

### **Stephanie Alexander and Ian Parmenter bring the Kitchen Garden Program to WA**

The movement for pleasurable food education arrives in WA this month, as Stephanie Alexander and Ian Parmenter 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 WA 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.

Ian Parmenter said:

It is vital that children learn where their food comes from - not from the supermarket, but from the ground - and of the value of soil, water, air, and sunlight. It is also essential that young people develop skills in growing, harvesting, preparing

and eating food in simple ways, while enjoying it as part of a rounded life experience."

Stephanie Alexander and Ian Parmenter will be speaking at the Stephanie Alexander Kitchen Garden National Program Information Session on Tuesday 28 October, 5.30 pm–7.30 pm at the Fox Theatre, Arts Building, University of Western Australia, Perth

Grants of up to \$60,000 are available to all Western Australian 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 to arrange an interview with Stephanie Alexander, please contact:

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