



**The Kitchen Garden Classroom: Educating Children for a Healthy Future
13 October 2008 Abbotsford Convent
Session C3: Taking the Program Home**

Notes from the discussion:

- Think always of the school's cultural context
- Use stand out recipes in the newsletter once or twice a term to save paper and to have more of an impact. Cook that recipe and invite parents in to eat it at the end of term.
- Kitchen Garden Week – make it an annual event! (You will get more volunteers!)
- Kitchen Garden Coordinator attend a curriculum meeting at least once a term so you can work in with themes that are already going home in other ways.
- Develop simple recipes that kids can remember when in the supermarket with their parents / carers.
- Enter produce, preserves etc. into local agricultural shows.
- Have grandparents' day in the kitchen / garden.
- Produce a calendar with seasonal recipes and pictures of every child in the school involved in the Program and sell it!
- Have a function like the longest (table) morning tea that involves the wider school community.
- Sell the book of recipes devised in the kitchen / garden.
- Best way to get it home is to inspire the children in any way you can so they are so enthusiastic it is infectious.
- Encourage children to keep diaries on any aspect of the Program. Let them take them home every now and then.
- Set up kitchen / garden websites with recipes, photos, garden ideas etc. that can be accessed within the school as well as home.
- Run bread and pasta making lessons for parents (at a price).
- Ask children to bring in two plastic containers each term so they can take extra serves of their favourite dishes home.

- Set task of getting children to write down what foods are in their cupboards and fridge at home. Devise recipes they can try around these ingredients.
- Make up window boxes of herbs to send home.
- Incorporate family variations on recipes (e.g. from grandparents or other family favourites).
- Develop a folder for children (in platter years) of recipes I can cook when I leave home.
- Send home packs of ingredients for children to make at home e.g. Anzac biscuits.
- Sell produce from school office.
- Invite parents for meal (BYO) at night.