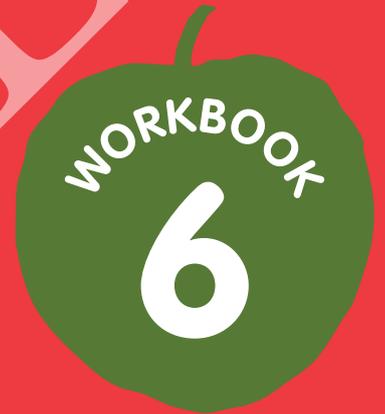


# KITCHEN GARDEN PROGRAM for EARLY CHILDHOOD



Grow and sustain  
your kitchen  
garden program



# Sustain your kitchen garden program

In order to have the best impact, a kitchen garden program should become an integral part of service life.

How the program is led, how it's staffed and how the broader community rallies around to support it are all key to making your kitchen garden program a permanent fixture in your community. Other important factors for setting your program up to be sustainable include raising funds to ensure its continuity and promoting its benefits to keep families, staff, the community, and other supporters invested in its future.

## Embed your program

As discussed in Workbook 4, embedding your program into the life and ethos of your service will give your program a solid grounding, and ensure its reach and influence spreads into the community. This way your kitchen garden program can be sustained for years to come.

Use the workbooks to reflect on your program and to continue to inspire you to embed the program into service life and give you the strategies to assist you to do this.

The workbooks are based on the 10 kitchen garden program fundamentals that help you deliver a best-practice Stephanie Alexander Kitchen Garden Program, one that is sustainable and well supported. If you ever need any assistance, advice or just a friendly ear, please contact our support team (details on the back page). The Foundation is here to support you as you grow, harvest, prepare and share, and create positive food habits that will last a lifetime.





## CALIFORNIAN GULLY KINDERGARTEN

In 2017, Californian Gully Kindergarten, in Maryborough, Victoria, started establishing a kitchen garden program. Over the years, their outdoor play space has grown to include productive fruit trees, herb and vegetable beds, chickens, a compost system and edible flowers. Each week, the children enthusiastically tend to their veggie patches and fruit trees, and care for their chickens and worm farms. They are actively involved in every aspect of the kitchen garden program – from planting and caring for the kinder’s herb and vegetable gardens, to harvesting produce for cooking experiences and to share at mealtimes, to collecting food scraps for the worm farm and chickens. Children regularly make a variety of dishes based on what is available in the garden, such as herb bread, vegetable slices, soups, and seasonal savoury or sweet muffins. They then sit as a group and share what they have made. Families at the centre have wholeheartedly embraced their kitchen garden program and look forward to hearing stories about the cooking and gardening experiences from their children. The benefits of the program have extended into the home environment, with many families inspired to start veggie patches and share recipes within the local community.

Visit the [Kitchen Garden Foundation website](#) to read more about how the educators at Californian Gully Kindergarten have embedded their kitchen garden program across the service.





The purpose of this task is to help you align high-quality practices with the 'exceeding NQS' theme 'Practice is embedded in service operations', and to demonstrate the benefits of the program for children and families.

1. Once you have completed the reflection on page 9, choose the practices from your brainstorm that align with the theme of 'Practice is embedded in service operations' for Standard 2.1 – Health: Each child's health and physical activity is supported and promoted.
2. Next, identify the outcomes for children and families in relation to each practice.
3. Record these in the table below (an example has been provided for you).

Note that the Australian Children's Education & Care Quality Authority's (ACECQA's) [Guide to the National Quality Framework](https://www.acecqa.gov.au/guide-to-the-national-quality-framework) ([bit.ly/ACECQAguideToNQF](https://bit.ly/ACECQAguideToNQF)) offers guidance on demonstrating evidence for the 'exceeding NQS' themes.

### Standard 2.1 – Health: Each child's health and physical activity is supported and promoted

Exceeding theme	Evidence from our kitchen garden program	Outcomes for children and/or families
<p>Practice is embedded in service operations.</p> <ul style="list-style-type: none"> <li>• Quality practice is demonstrated consistently across the service.</li> <li>• Sense of continuity and predictability for every child.</li> <li>• Usual practice for all educators.</li> <li>• Practices reflect the service philosophy.</li> </ul>	<p>e.g.</p> <ul style="list-style-type: none"> <li>• All staff promote a positive food culture by role modelling positive food behaviours at mealtimes, as encouraged by our food and beverage policy.</li> </ul>	<p>e.g.</p> <ul style="list-style-type: none"> <li>• Children develop positive food habits, such as trying new foods and flavours, when they observe and practise the behaviours that educators role model.</li> </ul>



#### COMMITMENT TO CONTINUOUS IMPROVEMENT

Consider adding this table to your [Quality Improvement Plan \(QIP; bit.ly/ACECQAqualityimprovement\)](https://www.acecqa.gov.au/qualityimprovement) and seeking input from your service community. Keep in mind that you can perform this exercise for any of the standards in the NQS.

## Promote your program

A logo is available to you as a member of the Kitchen Garden Program. Your Kitchen Garden Classroom or Kitchen Garden Program logo can be used in documents, online, signage, and more, to help promote pleasurable food education in your organisation. Use the logo to help your community recognise that you are part of a well-established kitchen garden community helping children to learn positive food habits for life.



Your service may want to use the logo when:

- writing letters seeking support
- thanking sponsors through letters or certificates of appreciation
- creating signage for a market stall, the front of your service, or your garden and kitchen spaces
- writing documents within your service, e.g. in policy documents, the service philosophy, emails, newsletters, invitations, flyers, and/or your website
- sharing and displaying recipes and menus.



[Visit the Shared Table for the Logo collection.](#)

