

# BECOME A KITCHEN GARDEN COUNCIL

The Stephanie Alexander Kitchen Garden Foundation wants to work with your local government to bring pleasurable food education to your community.

## What is pleasurable food education?

Pleasurable food education is about students experiencing the joy of digging in the garden, picking fresh veggies, smelling and tasting the food they prepare, and sharing the dishes they've made with their peers and helpers.

Teaching children to grow, harvest, prepare and share their own fresh, seasonal, *delicious* food is proven to have a positive impact on the food choices they make.

This learning extends well beyond the classroom and into the community.

## Benefits to children

Children learn:

- positive food habits that last a lifetime
- about their natural environment, the seasons, and how to care for gardens
- practical skills, from recycling, composting and preserving to budgeting and fundraising
- life skills, such as cooperating, sharing, critical thinking and leadership
- by doing and having fun (they don't even realise they're learning)
- to be engaged, especially those who face barriers learning in the traditional classroom environment.



## Benefits to communities

Kitchen garden programs give communities:

- a hub of community engagement – educators, parents, students, members of the community and businesses come together to share food, learn and have fun
- practical skills for growing and preparing fresh, seasonal, *delicious* food
- an understanding of the importance of food systems, food security and sustainability
- volunteering opportunities
- the opportunity to implement and embed your health and wellbeing Plan.

## How we can work together

Here's how the Foundation is supporting councils, shires and local governments:

- delivering hands-on kitchen and garden school holiday programs
- delivering customised professional development, including workshops and information sessions, for staff
- developing tailored community education resources
- partnering with the Foundation to develop community programs and interventions.



## Contact us today!

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[www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)