

# YOU CAN PLANT THE FIRST SEED OF A KITCHEN GARDEN PROGRAM

Want your child or community to discover the benefits of growing, harvesting, preparing and sharing fresh, seasonal, *delicious* food? Want your local school or learning centre to start a kitchen garden program? Passionate families and community members can help plant the first seed. It's easy to get involved – start a conversation today.



*Most important is what the Kitchen Garden Program has done for the kids ... They have become adventurous eaters, keen cooks and expert gardeners. They know how to work in groups to get something done. Some are sitting down at a table to eat for the first time in their lives.*

– parent of a student,  
Vaucluse Public School





*I didn't ever imagine that my daughter would be asking to have silverbeet for dinner.*

– parent of a student,  
 Wentworth Primary School

### 1. Start a conversation

Plant the first seed of a kitchen garden program by starting a conversation with teachers, educators, principals, centre managers, school council and parent committee members. You'll be amazed at the support you can generate once you get the ball rolling.

### 2. Understand the benefits

There are loads of resources that will help you understand the benefits of a kitchen garden program and how your school or centre can get started. Here are just a few:

- 🍎 Pleasurable Food Education webpage (scroll down for proof it works)  
[www.kitchengardenfoundation.org.au/content/pleasurable-food-education](http://www.kitchengardenfoundation.org.au/content/pleasurable-food-education)
- 🍎 Pleasurable Food Education Starter Pack  
[www.kitchengardenfoundation.org.au/content/pleasurable-food-education-starter-pack](http://www.kitchengardenfoundation.org.au/content/pleasurable-food-education-starter-pack)
- 🍎 A kitchen garden community – search the map for a kitchen garden school or centre, and call or visit  
[www.kitchengardenfoundation.org.au/content/kitchen-garden-community](http://www.kitchengardenfoundation.org.au/content/kitchen-garden-community)

### 3. Approach your school or centre

Gather your information and the people who have expressed an interest, and approach the leadership team at your school or centre to present what you've found out. This may be as simple as a couple of passionate parents stopping by the principal or centre manager's office, or it may involve a formal presentation to the school council or parent committee.

### 4. We're here to help!

The Stephanie Alexander Kitchen Garden Foundation is here to help – simply contact us via the details below.

We have a huge array of products and services to help your school or centre run a kitchen garden program. Here are a few ideas for getting started:

- 🍎 The Kitchen Garden Classroom – a membership package that provides access to resources, discounts, an online community and ongoing support (\$275 to join)
- 🍎 Delivering Kitchen Garden Classes – a hands-on professional development workshop that provides the ideal introduction to running a kitchen garden program
- 🍎 The *Getting Started* printed guide and *Getting Started* online course are great ways to learn the basics of pleasurable food education – purchase or register via the Foundation's website.

Remember – each school and centre designs a kitchen garden program to suit their own needs. Questions about how the program will be staffed, what infrastructure is required, which year levels will participate, and how often classes will be run are for the school or centre to decide, but you can plant the first seed!

## Contact us

[support@kitchengardenfoundation.org.au](mailto:support@kitchengardenfoundation.org.au)

13000 SAKGF (13000 72543)