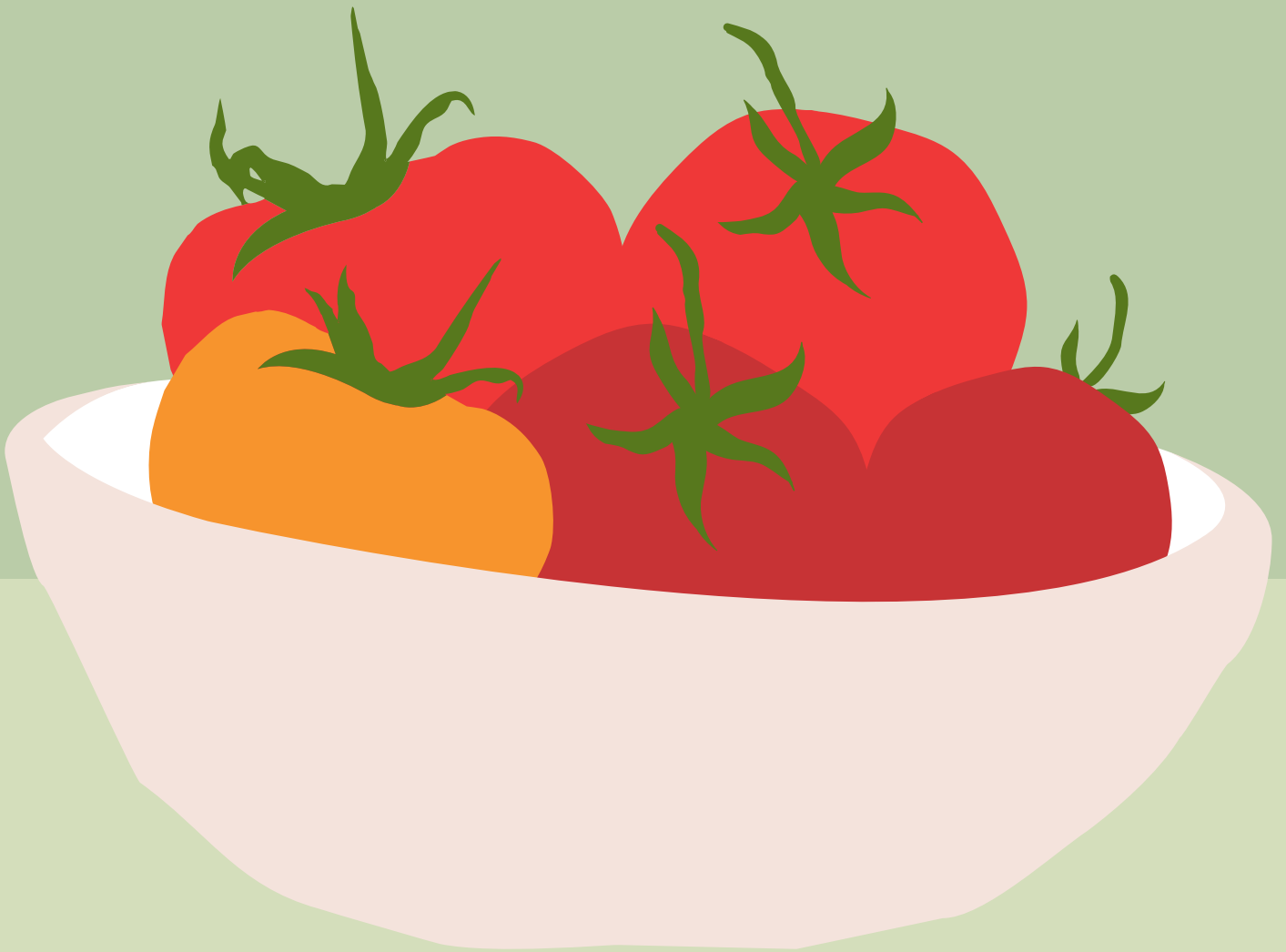


Supporting your community



How the Stephanie Alexander Kitchen Garden Foundation supports local councils, health and community organisations

“ Council is proud to fund the program, as we value the environmental and health outcomes that result from children being given the opportunity to experience growing, harvesting and preparing nutritious food. ”

LUCY MENZIES, FORMER SUSTAINABILITY OFFICER,
WHITEHORSE CITY COUNCIL



WORK with US

The Stephanie Alexander Kitchen Garden Foundation is a not-for-profit charity that provides guidance and support for schools and early childhood services to deliver pleasurable food education, through our flagship Kitchen Garden Program.

Pleasurable food education is a fun, hands-on approach to teaching children about fresh, seasonal, *delicious* food so they can form positive food habits for life.

The approach engages children and their families, connects communities and positively influences local food cultures.

Delivered through a kitchen garden program, pleasurable food education sees children developing self-confidence, life skills and a healthy relationship with food.

Pleasurable food education has an array of health, wellbeing, education, environment and community benefits, and is designed to achieve longstanding change in the food habits of people in Australia.

Our **Theory of Change** outlines how:

- children and young people and their communities gain improved health and wellbeing for life
- learning outcomes are enhanced
- environmental impacts of food choices are improved; environmental awareness and behaviour change is nurtured.

The model also supports the **UN's Sustainable Development Goals** of Zero Hunger, Good Health and Wellbeing, Quality Education, Sustainable Cities and Communities, Responsible Consumption and Production, and Climate Action.

The program thrives when it is led by community, for community.

The Stephanie Alexander Kitchen Garden Foundation acknowledges the Aboriginal and Torres Strait Islander peoples as traditional owners of the land on which we live and work, and we pay our respects to their Elders, past, present and emerging.

We have created membership bundles to make it easy and simple for any community body to support their local schools and early childhood services to take up the program.

Photo: Armelle Habib





AREAS we COVER

The Kitchen Garden Program gets to the heart of health, wellbeing, sustainability and community development, and links clearly to curriculum and learning imperatives. It's a way for councils and community health organisations to meet food, wellbeing and sustainability targets, while supporting schools and services in their area to meet the social and academic needs of children, young people and their families.

HEALTH AND WELLBEING

Growing, harvesting, preparing and sharing fresh, seasonal, *delicious* food together improves food literacy and behaviours, and supports social connections and mental wellbeing for children, families and communities – now and into the future.

SUSTAINABLE FOOD SYSTEMS

Kitchen gardens inspire communities to become active participants in their local food production systems. Children learn how to evaluate the environmental impact of the food on their plates and make sustainable choices centred around regenerative production and consumption practices.

COMMUNITY DEVELOPMENT

A kitchen garden program is a hub for community engagement, creating social connectedness – a well-known predictor of mental health. The program provides opportunities for volunteering and community collaboration, facilitating social cohesion and community pride.

ENGAGING EDUCATION

Taken out of a traditional classroom setting, students who are 'non-academic learners' or exhibit challenging behaviours become engaged with hands-on learning. The curriculum comes alive in practical, real-life ways and children and young people play to their strengths, build resilience, flex their creativity and work collectively.

SUPPORT your COMMUNITY

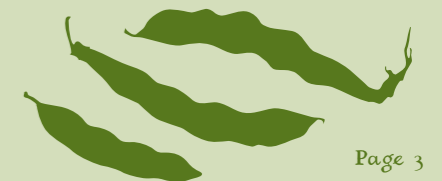
The Kitchen Garden Program supports the implementation of community health and wellbeing, sustainability, and local food plans, by supporting positive health outcomes for children and young people. LGAs and community organisations can access customisable bundles for schools and services in their local area.

PROGRAM MEMBERSHIP BUNDLE OPTIONS

| BUNDLE 1 | BUNDLE 2 | BUNDLE 3 |
|---|---|---|
| 3 x SCHOOL/SERVICE MEMBERSHIPS | 6 x SCHOOL/SERVICE MEMBERSHIPS | 12 x SCHOOL/SERVICE MEMBERSHIPS |
| <i>PURCHASING LGA/ORGANISATION RECEIVES</i> | | |
| Complimentary 2-year subscriber membership | Complimentary 2-year subscriber membership | Complimentary 2-year subscriber membership |
| Access to Shared Table – resource, inspiration, sharing hub | Access to Shared Table – resource, inspiration, sharing hub | Access to Shared Table – resource, inspiration, sharing hub |
| Copy of Stephanie Alexander's <i>Kitchen Garden Cooking with Kids</i> | Copy of Stephanie Alexander's <i>Kitchen Garden Cooking with Kids</i> | Copy of Stephanie Alexander's <i>Kitchen Garden Cooking with Kids</i> |
| 2 x places in Getting Started webinar series | 2 x places in Getting Started webinar series | 2 x places in Getting Started webinar series |
| | 2 x places in online program enrichment workshop of choice | 2 x places in online program enrichment workshop of choice |
| | | Team mentoring, once a semester |
| Bundles start at \$2925 | Bundles start at \$5950 | Bundles start at \$11,900 |

Want to know more?

Contact our dedicated Support Team on: 13000 SAKGF (13000 72543)
membership@kitchengardenfoundation.org.au





IMPACT

Supporting schools and early childhood services to deliver the Kitchen Garden Program has far-reaching effects. The impact on children and young people's life choices, on curriculum integration and early years learning outcomes, and on community engagement can be immense.

It's not only children directly participating in the Program who reap the rewards. The entire school and surrounding community also benefit.

There are chances for volunteering, sharing excess produce, interesting on-site activities using the kitchen and garden spaces, as well as enhanced canteen and fundraising opportunities – all creating greater social cohesion and developing conscious citizens who carry these positive habits beyond the school or service gate.

WHAT IMPACT COULD YOU HAVE?

Every kitchen garden program can be uniquely tailored to the school or service – and community. Over time, the effect is huge. If you support 12 schools or services to run the Kitchen Garden Program, that's around 108,000 experiences of growing, harvesting, preparing and sharing per year.

Your IMPACT over a year

WHETHER PURCHASING A BUNDLE FOR **3, 6, or 12** SCHOOLS/SERVICES, the impact in your local community is far-reaching.

3 SCHOOLS/
SERVICES

1080 kitchen garden sessions
27,000 student experiences
2160 volunteering opportunities

12 SCHOOLS/
SERVICES

4320 kitchen garden sessions
108,000 student experiences
8640 volunteering opportunities



CITY of GREATER BENDIGO

Seeking a new approach to health and wellbeing promotion in the community, and a shared set of priorities, a group of community organisations turned to the Stephanie Alexander Kitchen Garden Foundation.

Working together, City of Greater Bendigo, Bendigo Health, Bendigo Community Health Services, and Healthy Greater Bendigo prioritised school kitchen gardens in the development of the Greater Bendigo Public Health and Wellbeing Plan (2021–2025) and the Greater Bendigo Food Systems Strategy 2020.

Nine schools and services in the area were funded to implement sustainable kitchen garden programs for improved food literacy and behaviour, STEAM (science, technology, engineering, arts and mathematics) learning, and cultural and environmental studies.

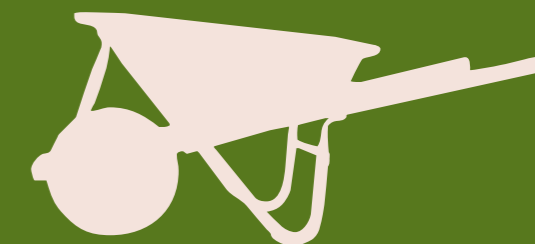
“ We see schools as a pivotal part of helping young people become conscious food citizens. The skills they learn through the Kitchen Garden Program really help them to do that. They are able to look at fresh produce and say, ‘I know how to make that into a meal,’ as well as growing their own food. It also makes them much more conscious of how food gets from a seed to their plate. For us that’s a big part of how school kitchen gardens fit into the broader food system in our community. ”

CHANEL RELF, FOOD SYSTEMS OFFICER,
CITY OF GREATER BENDIGO



“ We work hard not to just deliver a project into the community and then walk away. Having the partnership with the Kitchen Garden Foundation was essential for us, and certainly for the schools that we work with, to ensure ongoing support. ”

CARA SMITH, HEALTH BROKER,
HEALTHY HEART OF VICTORIA, CITY OF GREATER BENDIGO



WHITEHORSE CITY COUNCIL

Since 2017, Whitehorse City Council has been supporting schools in their catchment to join the kitchen garden community. An initial 10 schools and early childhood services were funded with one year of membership, two professional development places, and access to the support and guidance of the Foundation team.

The Council went on to fund a further six schools and services the following year and has supported even more since. This support didn't stop with establishing the program in schools and services; the Council also financed on-site, hands-on training from the Foundation, enabling schools and services to workshop ideas tailored to their unique programs.

And the results have been clear, with schools and services thriving from the Council's helping hand. After the two-year membership period ended, all 16 of the schools and services elected to renew and continue with the program, with further funding from Whitehorse City Council.

GIPPSLAND LAKES COMPLETE HEALTH

Over six years, the Kitchen Garden Foundation has worked with community health organisation Gippsland Lakes Complete Health (GLCH) to deliver professional development and training for a cluster of 16 local schools and early learning services, as well as their own and partner organisation staff.

As GLCH Wellbeing Officer Kerrilee Kimber reports: “Exhausted staff, strung-out parents, uncertain children and a town that lurched from drought to bushfires and without pause entered into pandemic lockdowns. Children – already suffering loss of home and animals, or even just a sense of safety – were disengaged from their learning.”

The Kitchen Garden Program has been a tool for healing and building resilience in this environmentally besieged region.



DELIVER to your COMMUNITY

A kitchen garden program is a catalyst for community change. Whether LGA, health centre or community organisation, the Stephanie Alexander Kitchen Garden Program offers a practical way of implementing health and wellbeing plans, and local food strategies.

Work with us to help educate and support positive health outcomes for children and young people in your local area. A small seed investment can have long-term effects.

Delivered in early childhood services and primary and secondary schools, the Kitchen Garden Program is a way to bring people together – building social cohesion and resilience, while educating about sustainability, food literacy, health and wellbeing.

A membership offers the structure, framework, support and inspiration for educators, children and young people to run their own unique kitchen garden program.

Councils or community organisations facilitate schools and early childhood services to take up membership and support their engagement in this life-changing program.

“ Projects and funding like this really affect change at the school level, with students, so they can see how important it is to have a healthy lifestyle. ”

KIM SADLIER, PRINCIPAL,
KANGAROO FLAT PRIMARY SCHOOL



“ We need to look at the next generation of leaders. I want to see the leaders in 25 years’ time who know about sustainability, who know about food security, who understand actually how to grow a plant, how to harvest it, what to do with it, how to cook it – that creates healthy people. ”

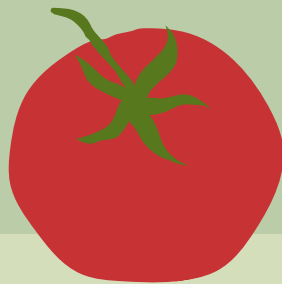
CYNDI POWER, COMMUNITY HEALTH AND WELLBEING OFFICER,
MILDURA RURAL CITY COUNCIL



Learn about our Theory of Change: bit.ly/SAKGFtoc
Find out about our Sustainable Development Goal links: bit.ly/SAKGFabout
Read our latest Annual Report: bit.ly/SAKGFAnnualReports
Visit our website: www.kitchengardenfoundation.org.au

“ I believe that if our program was part of the educational experience of every child from early learning to adolescence, we would achieve meaningful change in health, education, co-operation and community spirit, cultural tolerance and understanding, and environmental awareness. ”

STEPHANIE ALEXANDER AO



To sign up, or for more information,
contact our dedicated Support Team on:

13000 SAKGF (13000 72543)

membership@kitchengardenfoundation.org.au

