

STEPHANIE ALEXANDER
KITCHEN GARDEN
FOUNDATION



Growing Harvesting Preparing Sharing

What we do



- Stephanie Alexander piloted the first Kitchen Garden Program at Collingwood College in 2001.
- The Foundation was established in 2004 to engage more schools and support them to deliver the program.
- In 2015, due to popular demand, the Foundation opened its range of products and services, including the Kitchen Garden Classroom membership, to all interested educational bodies, **including Early Years Learning centres.**
- The Foundation now supports over 1300 schools and centres across Australia, and is customising products and services for the Early Years Learning sector.



Why we do it



- One in four children are overweight or obese.
- The prevalence of obesity is moving to younger and younger ages.
- Children who are overweight or obese are at higher risk of asthma, cognitive impairment, diabetes, heart disease, some cancers, respiratory diseases, mental diseases and reproductive disorders.
- Overweight and obese children become overweight and obese adults.
- Overweight and obesity is overwhelmingly caused by preventable issues such as poor food habits and sedentary lifestyles.
- Research shows creating habits at a young age is imperative.
- The answer? Intervention at a young age, structured in education.



The Stephanie Alexander Kitchen Garden Foundation philosophy



- 🍅 Fresh, seasonal ingredients
- 🍅 Emphasising flavour and fun
- 🍅 Dishes reflect the seasonal garden harvest
- 🍅 Fruit-based desserts sometimes-only
- 🍅 Infinite learning possibilities
- 🍅 Social benefits



How it works



What does pleasurable food education look like?



- 🍅 **It's simple.**
- 🍅 You don't need pre-prepared garden and kitchen facilities.
- 🍅 Use inexpensive equipment and appliances with your current infrastructure.



A simple, child-friendly garden ...



- 🍅 Start with a few pots of herbs.
- 🍅 Use recycled materials for edgings, beds, paths etc.
- 🍅 Get community support.
- 🍅 Start small, grow big.
- 🍅 The aim is to familiarise children with where real food comes from, and that growing food is fun.



Simple, child-friendly cooking spaces ...



- 🍅 Adapt what you have.
- 🍅 Surface space for preparing: tearing herbs and salad leaves, rolling dough, mixing ...
- 🍅 Educators can show cooking using portable appliances – electric frying pans, blenders ...
- 🍅 A ‘flexible’ kitchen space or a dedicated space with homely, pre-loved kitchen equipment and artwork.



A harvest table ...



To display fresh garden produce and show links between

Growing Harvesting Preparing Sharing



All the ingredients you need to deliver pleasurable food education



- 🍅 Face-to-Face Training
- 🍅 Online Professional Development
- 🍅 Educational Resources
- 🍅 Kitchen Garden Classroom
- Membership
- 🍅 Information Sessions
- 🍅 Customised Consultancy Services
- 🍅 Ongoing Support via phone and email direct from the Foundation team



What do Kitchen Garden Classroom members get?



- Hundreds of teaching resources, including classroom activities aligned to the learning frameworks
- Hundreds of recipes using fresh, seasonal produce children can grow in their own kitchen gardens
- Hundreds of information sheets, stories, videos and templates to help you run a successful kitchen garden program
- A vibrant online community of more than 3600 kitchen garden educators
- Discounted professional development
- Ongoing and direct email and phone support from our friendly and professional team



Face-to-face training and online professional development



- 🍅 Face-to-face: practical training sessions give participants a chance to experience all the fun and learning of kitchen and garden classes for themselves.
- 🍅 Online: dig into pleasurable food education through a convenient and flexible range of online courses that allow you to schedule your professional development to suit your timetable.



The Shared Table online kitchen garden community





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My Kitchen & Garden Resources Professional Learning Schools Search

Latest News

National Bird Week 19-25 October

Looking for a fun activity to do with children in your school, kindergarten, childcare centre, preschool...

[Read More](#)



Add a new activity:

-  Kitchen
-  Garden
-  Learning
-  News

Latest on the Shared Table

All Activities Resources News

 Garden  Kitchen  Learning  News Most recent 

 <p>14 mins ago  </p> <p>Harvesting Time Cesnock East Public School</p>	 <p>25 mins ago  </p> <p>Garden maintenance Cesnock East Public School</p>	 <p>2 hours ago  </p> <p>New Zealand Yam, Sweet Potato and Pumpkin Curry Windermere Primary School</p>	 <p>2 hours ago  </p> <p>Silverbeet and Ricotta filled Crepes Windermere Primary School</p>	 <p>2 hours ago  </p> <p>Spaghetti Carbonara with Cabbage Windermere Primary School</p>
 <p>2 hours ago  </p> <p>Caesar Salad Windermere Primary School</p>	 <p>2 hours ago  </p> <p>Clicks in the classroom Geneva Christian College</p>	 <p>17 hours ago  </p> <p>Beetroot Risotto Warrane Primary School</p>	 <p>17 hours ago  </p> <p>Made Pastries Warrane Primary School</p>	 <p>18 hours ago  </p> <p>Investigating mini beasts John Warby Public School</p>

The Shared Table Resource Library



Search

Clear all filters

Category

- All
- Program Philosophy
- Getting Started
- Kitchen
- Garden
- Classroom
- Community/Home
- Ongoing Planning

Resource Type

- All
- Information Sheets & Packs
- Recipes
- Garden Class Activities
- Stories & Examples
- Teaching & Learning Resources
- Templates & Proformas
- Video & Digital Media

Cross-Curriculum Priorities

- All
- Aboriginal & Torres Strait Islander Histories & Cultures
- Asia and Australia's Engagement with Asia
- Sustainability

Year Level

- All
- Lower Primary (Years 1-2)

Resource Library

From recipes to writing prompts, rainy day activities and real-life examples, the Resource Library contains a wealth of information and advice for Kitchen Garden Schools. Use the search options to the left, or browse by resource type below.

Browse by resource type [See my saved resources](#)

- **Information Sheets & Packs** 2 saved

Fast facts for staff in your school: fact sheets, planning material, induction information for new staff, plus special offers for Kitchen Garden Schools.

[Browse](#)
- **Recipes** 0 saved

Here you'll find recipes ready for kitchen class use, recipes from fellow Kitchen Garden Schools and step-by-step photo recipes for literacy exercises.

[Browse](#)
- **Garden Class Activities** 0 saved

Our series of accessible and engaging garden activities ready for both indoor and outdoor garden classes, along with garden-related activities submitted by fellow Kitchen Garden Schools.

[Browse](#)
- **Stories & Examples** 0 saved

Find inspiration and ideas in these learning stories, case studies and archive of the Kitchen Garden Schools newsletter.

[Browse](#)
- **Teaching & Learning Resources** 3 saved

Engage students and activate learning with kitchen and garden activities for students, curriculum-linked lesson plans and units of work, and training resources for staff and volunteers.

[Browse](#)
- **Templates & Proformas** 0 saved

Time-saving text, sample letters and other documents you can edit and use for your Kitchen Garden Program.

Resource book: Seasonal Food & Gardening for the Early Years



- Direct links to the Early Years Learning Framework, and guidelines for educators to bring the framework to life with hands-on, happy activity.
- Getting started advice that you can use immediately in any environment, with or without a garden site or kitchen space.
- Garden activities that get children smelling, touching, looking, listening and thinking about their natural world.
- Recipes written and tested especially for small hands and developing minds.



Links to the Early Years Learning Framework



- 🍅 Specially developed learning activities that draw on the joy and wonder of gardening and cooking and make the most of educational opportunities.
- 🍅 Kitchen and garden tips invaluable for all educators starting a food education program.
- 🍅 Links to dozens of kitchen and garden themed picture books that open young minds and springboard imaginations.

	Outcome 1	Outcome 2	Outcome 3	Outcome 4	Outcome 5
Harvest Leaves and Shoots, p 83		X	X		
Introduction to the Garden Space, p 28		X		X	
Introduction to the Kitchen Space, p 24	X	X		X	
Kitchen and Garden 'Feely Bags', p 57	X			X	
Leaf Rubbing, p 53		X		X	X
Local Plants, p 82	X				X
Make a Bug Catcher, p 61	X	X		X	
Make a Ladybird House, p 60	X	X		X	
Make A Sensory Book, p 49	X			X	
Mulch Seedlings, p 76		X		X	
Plant a Picking Patch, p 52		X		X	
Plant Tomatoes, p 96	X	X			
Salad Spinner Art, p 71				X	X
Seasonal Celebrations, p 101	X	X			
Setting the Table, p 27		X	X		
Sow Seeds in the Garden, p 29		X		X	
Spice Explorers, p 54	X			X	
Sprouting Heads, p 30	X			X	
Sunflower Grove, p 100		X	X		
The Moon, p 94		X		X	
Transplant Seedlings, p 41		X			
Washing Your Hands, p 25			X	X	
Water Plants Effectively, p 70		X			
Welcome the Sun, p 92		X			
What Floats and What Sinks?, p 72				X	X
Wiggly Worms, p 62		X			X

Get in touch – we can guide you through everything you need to know.



Grow young minds
in the Kitchen Garden
Classroom!



Find out how your
kindergarten, preschool or
childcare centre can join.

Call 13000 SAKGF (13000 72543) or visit:
www.kitchengardenfoundation.org.au