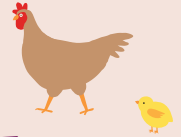


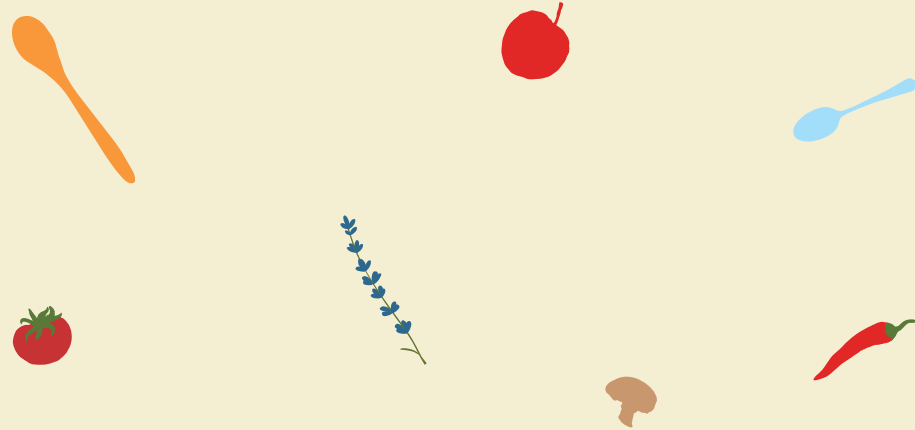
Kitchen Garden Program for Early Childhood



A play-based program for little hands and curious minds, guiding children through the seasons of fresh and delicious food.

“Pleasurable food education is easy, simple and joyful: it’s picking an apple fresh from the tree, it’s gathering together the ingredients for a simple tomato sandwich, it’s constructing a risotto. It’s having children involved in age-appropriate growing, harvesting, preparing and sharing delicious food together. It’s preparing a child for a happier and healthier life.”

STEPHANIE ALEXANDER AO



The Stephanie Alexander Kitchen Garden Foundation acknowledges the traditional owners of the lands and waterways on which we work, live and play. We pay our respects to all Aboriginal and Torres Strait Islander people and Elders past, present and future.

Aboriginal and Torres Strait Islander people across Australia have cared for Country for millennia and Australian children and young people have so much to learn from their ways of knowing, being and doing, with respect to growing, harvesting, preparing and sharing. We commit to a continued cultural learning journey and partnering with Aboriginal and Torres Strait Islander organisations where it supports self-determined outcomes.



About us

The Stephanie Alexander Kitchen Garden Foundation is a not-for-profit organisation 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 inspires children and young people to understand and connect with fresh, seasonal, delicious food through fun, hands-on learning. It empowers children with practical skills, an appreciation of seasonal produce, and a positive, confident and healthy relationship with food – for life.

A Kitchen Garden Program membership supports and encourages educators and early childhood services with a step-by-step framework. It meets you where you’re at in your kitchen garden journey, with personal guidance and professional development to establish and grow your own unique program.

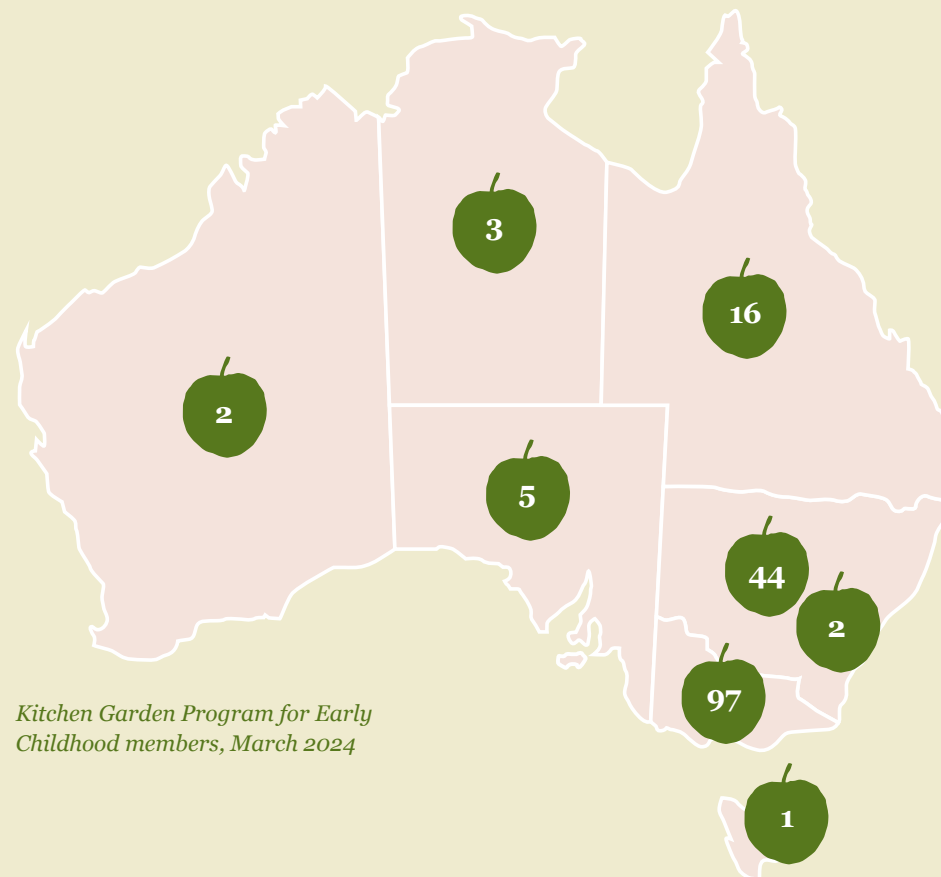


The PROGRAM in EARLY CHILDHOOD

The Kitchen Garden Program for Early Childhood has been designed to support educators to develop their kitchen and garden experiences, in line with the outcomes of the Early Years Learning Framework, and to meet elements of the National Quality Standard.

Recognising that each child and each service is unique, the Kitchen Garden Program supports services to start small and dream big. Through hands-on cooking and gardening experiences, children of all abilities can participate in growing, harvesting, preparing and sharing fresh, seasonal produce.

A Kitchen Garden Program membership provides online and printed resources, individualised support, and a community of practice that guides educators in age-appropriate experiences in both the kitchen and garden. The program provides opportunities to expand skills and knowledge, and supports the view that a child's life is characterised by belonging, being and becoming.



Kitchen Garden Program for Early Childhood members, March 2024

Across AUSTRALIA

Every week across Australia, thousands of children in over 150 early childhood services discover the magic of the Kitchen Garden Program. Through meaningful and holistic learning, children form positive food habits, and engage and connect with their wider community.



In the GARDEN Grow & harvest

Gardens come in all shapes and sizes, and there's magic to be found in all of them.

Time spent in the garden is enriching: simply experiencing the joy of planting and observing seasonal produce being grown is inspirational.

Garden experiences of sowing seeds, watering, mulching and weeding can suit any space and the tools you have at hand – whether that's a row of herbs in tubs, or one or two raised garden beds.



In the KITCHEN Prepare & share

All early childhood services across Australia are unique and so are their kitchens.

We value all kitchen and dining spaces. The important ingredient is that children experience sharing food that they have had a hand in preparing.

Any area can be easily transformed into a kitchen space to learn basic skills and enjoy food together.

Whether you use a kitchen trolley, a dining tub, a picnic blanket, or an outdoor table with a tablecloth, children can experience the joy of preparing and sharing seasonal food together.

Kitchen Garden PROGRAM

Membership SUPPORT

The Stephanie Alexander Kitchen Garden Foundation has a dedicated and passionate team who work year-round to ensure that educators are equipped and supported to engage children to form positive food habits for life. We love what we do, and we are here to help you succeed in your kitchen garden journey.



WORKBOOKS AND VIDEOS

Our seven-book workbook series steps educators through everything there is to know about setting up, maintaining and embedding the Kitchen Garden Program in any early childhood setting. Online videos offer training, as well as recipes and activities – providing you with entertaining visuals to share with your children.



SUPPORT TEAM

Our experienced support team encourage educators and staff to talk through any aspects of their program via email, phone and one-on-one online catch-ups. We love to hear about the challenges, the successes, and all your questions, to help you to build a thriving program.



PROFESSIONAL DEVELOPMENT

Presented by our experienced staff, as well as guest speakers, professional development sessions and webinars bring the Kitchen Garden Program to life, giving you added inspiration for your own program. From sessions that get you started with the basics, to workshops that allow you to dig a little deeper, we offer both face-to-face and online experiences.



THE SHARED TABLE

You'll find 1000+ recipes and play-based activities on the Shared Table – our online resource library and community hub. Connect with other educators running the program across Australia, to share ideas and inspiration.

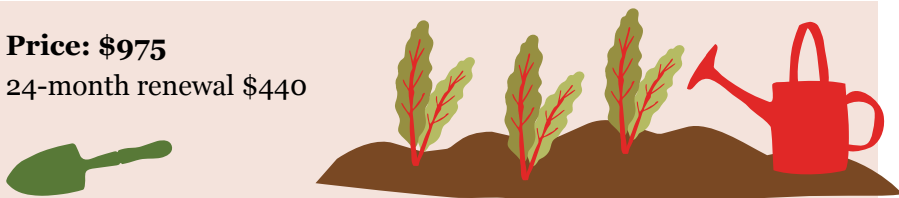


Stephanie Alexander Kitchen Garden PROGRAM MEMBERSHIP

OUR 24-MONTH MEMBERSHIP INCLUDES:

- **Printed resource package:** our seven-book series guides educators through everything there is to know about setting up, maintaining, and embedding the program in any early childhood setting
- **Professional development** sessions, including:
 - ‘Getting Started’ online workshop
 - Program enrichment webinars
 - ‘Make the most of your membership’ online sessions
 - Virtual tours
- Individual **online catch-ups** with our support team
- Access to **the Shared Table**, our online resource library and community hub, with 1000+ recipes, activities and info sheets, plus connection to other program members
- Outcomes table for **program integration**
- An educator **apron**
- **Discounts** on additional printed resources and partner offerings

Price: \$975
24-month renewal \$440



“The Stephanie Alexander Kitchen Garden Program provides us with an inclusive framework to implement, reflect, develop and embed positive experiences for our children and community through a hands-on, play-based program.”

EMILIA BOUSSIOUTAS, EDUCATOR,
VISTA VALLEY KINDERGARTEN





Want to know more?

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

