The Stephanie Alexander Kitchen Garden Foundation Philosophy

The aim of the Stephanie Alexander Kitchen Garden Foundation is to introduce pleasurable food education into as many Australian primary schools as possible.

Our Program emphasises the flavours as well as the health benefits of fresh, seasonal food.

Dishes cooked reflect the vegetables, herbs and fruits grown, season-by-season, by the children in their organic gardens.

Our specialist instructors emphasise balance and moderation, and endorse the concept of preparing fruit-based desserts ‘sometimes’ only.

The Program is designed to be fully integrated into the primary school curriculum as it offers infinite possibilities to reinforce literacy, numeracy, science, cultural studies and all aspects of environmental sustainability.

In addition, the Program delivers observable social benefits to all students, including those with special needs.

The published results of the Victorian Program evaluation by Deakin University in concert with the McCaughey Centre at the University of Melbourne showed that this Program positively influences the behaviour of children. Those children in the Program were more willing to try new foods than those in the control group, and while transfer of Program benefits to the home environment was not one of the goals of the Program, it is emerging as a flow-on benefit.

A national evaluation is being planned at the moment to be undertaken by the University of Wollongong. Its results are expected in June 2012.