

PROGRAMS – ENVIRONMENT

Program Stephanie Alexander Kitchen Garden Program

Organisation stephanie alexander kitchen garden foundation

Location nationwide

Description this program aims to provide pleasurable food education for young children, which involves learning how to grow, harvest, prepare and share fresh, seasonal food.

the underlying belief is that by introducing a holistic approach to the cultivation and consumption of food, teachers have a chance to beneficially influence children's food choices and help to encourage healthy eating habits.

the evaluation of the program has demonstrated that the children who participate have positively changed attitudes, a greater willingness to try new food, and increased knowledge, skills and confidence in relation to cooking and gardening.

Target group general public (aged eight to 12 years)

Evaluation and effectiveness a sizeable mixed-methods, longitudinal, matched-comparison trial was used to determine that the program was effective in achieving most of its outcomes.

Replicability the program is an initiative that was designed to be implemented in various locations and tailored to suit the needs of individual schools/communities.

Other relevant domains education; health and safety

Resources and contact

information

<http://www.kitchengardenfoundation.org.au/>

References Block k & Johnson p 2009, Evaluation of the Stephanie Alexander Kitchen

Garden Program, stephanie alexander kitchen garden foundation.