

THEORY OF CHANGE

WHY?

Increasing incidence of obesity in Australian children and young people, with 1 in 4 experiencing overweight or obesity.

Schools and early childhood services are a logical setting for building the food literacy and behavioural change required to turn this health crisis around, yet state-wide curriculums are falling short on delivering effective food education.

Food security and climate change continue unabated, impacting the health and wellbeing of current and future generations.

Evidence suggests that providing hands-on, contextual learning opportunities, delivered through kitchen and garden settings, improves educational outcomes across diverse curriculum areas, while also supporting student retention, school enjoyment and parent engagement.

IMPACT SETTINGS

WHAT HAPPENS

OUTCOMES

IMPACT

VISION



Early Childhood Services

Primary and Secondary Schools



Home environments



Broader community*

Pleasurable food education is a fun, hands-on approach to teaching children and young people about fresh, seasonal, *delicious* food, delivered through the KGP.



Children and young people learn how to grow, harvest, prepare and share fresh, seasonal and environmentally sustainable food in their school or early childhood service.



Pleasurable food education influences the home food environment and engages local communities.



The kitchen garden program is used as a contextual learning environment for curriculum integration.



*Communities experiencing social and economic disadvantage where the health and wellbeing needs are greatest require additional support.

HEALTH & WELLBEING

Children and young people have the confidence, knowledge, skills and inspiration to grow and cook fresh, seasonal food. Willingness to try new fruits, vegetables and herbs is increased.

Children and young people have increased access to fresh, seasonal, affordable and nourishing food at school and at home with their family, friends and community.

Fewer children and young people experience the long-term impacts of overweight and obesity.

Food cultures are positively influenced, community awareness of the role that fresh, seasonal food plays in health and wellbeing increases. Opportunities are created to build cultural and social understanding through sharing cooking and gardening knowledge.

Children, young people and their communities have increased access to the sensory and therapeutic benefits of green spaces. More time is spent being physically active outdoors.

Volunteering and pleasurable food events create opportunities for local community engagement. Social cohesion, community pride and connections are built.

LEARNING

Learning and development outcomes including STEM, literacy, cultural studies, health, physical education and the arts are enhanced through hands-on, contextual learning in the kitchen and garden. Vocational skills and pathways are created.

Children and young people from a range of socio-cultural groups and with differing levels of ability can participate equally, build resilience and achieve. Those at risk of disengaging from school are more inspired to participate.

Soft skills such as communication, leadership, critical thinking, planning, teamwork, inclusivity, giving back and reciprocity are enhanced.

ENVIRONMENTAL SUSTAINABILITY

Children and young people understand where their food comes from and the environmental impacts of food choices. They learn to grow their food locally, seasonally and sustainably, while reducing food waste.

Children and young people are more connected to the natural environment, and through knowledge and skills attainment feel empowered to make positive and sustainable choices for the environment.

Green space is increased, improving air quality, biodiversity, helping to cool the local environment, and reducing CO² emissions.

Children and young people and their communities have improved health and wellbeing for life.



Children and young people form positive food habits for life.

Learning outcomes for children and young people are improved.



Environmental impacts of food choices are improved. Environmental awareness and behaviour change is nurtured.



STEPHANIE ALEXANDER KITCHEN GARDEN FOUNDATION ACTIVITIES:

We provide the inspiration, information, professional development and support for any interested educational setting or health body to access and deliver pleasurable food education.

- Support schools and services to implement a sustainable KGP, taking a whole-school or whole-service approach
- Provide kitchen garden program expertise, guidance and support

- Deliver professional development
- Develop educational and curriculum-aligned resources
- Offer a staged program framework to achieve best practice over time

- Evaluate, research and share knowledge
- Advocate for pleasurable food education in the Australian Curriculum