



2019-2020

# Annual Report

STEPHANIE  ALEXANDER  
KITCHEN GARDEN  
FOUNDATION®

*Growing Harvesting Preparing Sharing*



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The Stephanie Alexander Kitchen Garden Foundation is a not-for-profit charity that provides the inspiration, information, professional development and support for educators to deliver pleasurable food education to children and young people in Australia.

The Kitchen Garden Foundation was established by Stephanie Alexander AO in 2004. The motivation for this work came from Stephanie's awareness of the growing childhood obesity problem in Australia.

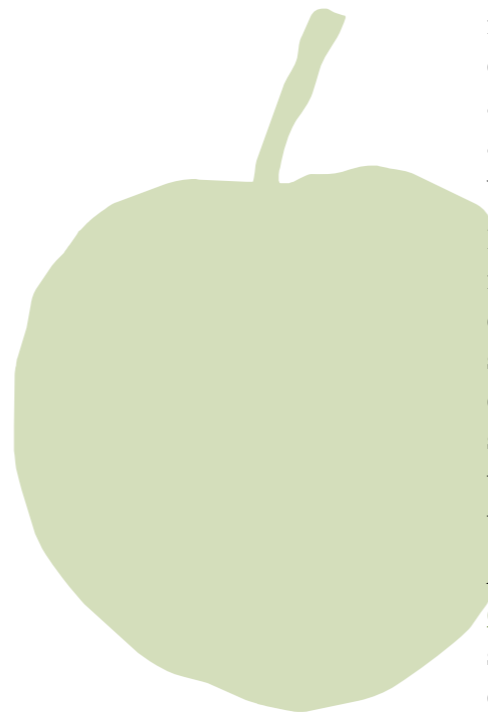
As of 30 June 2020, the Kitchen Garden Foundation supports more than 1500 Australian early childhood services, primary and secondary schools all over Australia to deliver pleasurable food education – and this community is growing.

The Kitchen Garden Foundation partners with philanthropic organisations, government, business and individuals so we can continue to make positive change in the food habits of children and young people in Australia.

References in this report to 'FY20' and 'the year' relate to the financial year ended 30 June 2020.

“The best thing about the Kitchen Garden Program is that when you grow up, you can make your own garden and then you can eat the things you grow.”

STUDENT, OLD GUILDFORD PUBLIC SCHOOL, NSW



## STEPHANIE ALEXANDER AO

### MESSAGE FROM THE FOUNDER

This has been the year of living, if not dangerously, certainly differently. It started with positive planning for a busy year of extensive school visiting and professional development.

In November activities were interrupted due to the massive bushfires across Australia. Our schools and communities were directly influenced by bushfires and evacuations, and tragically one of our smallest and most vibrant schools at Clifton Creek in Victoria was destroyed.

In February 2020 our positivity returned with the new school year. I was delighted to attend the launch of our [Early Childhood Program](#), an important step towards my vision of seeing pleasurable food education available to all children, thanks to the support of The Ian Potter Foundation. It was exciting to see how naturally these very young children took to the investigations and activities in their gardens.

Also in February we signed a partnership with [Coles](#), which offered not only much-needed financial support but also support for our work in the way of connections – between families and local producers, and local stores and local schools.

Photo credit: Mirvac

And then in March the Covid pandemic was declared. The Foundation team had to rapidly redirect its skills and energies to maintaining enthusiasm and creating resources that fitted with the new normal – working from home. They have done an amazing job. The results have been impressive and creative, and I am so proud of them all. CEO Josephene Duffy has risen to these new challenges with determination and calm, and has motivated and inspired the entire team.

Josephene has ensured that the Foundation is represented on the many bodies and organisations who share some part of our vision for better health for all, especially our young people.

As we move into the latter part of the year we are all eager for some sort of return to as it was. The bonuses are that the months of working from home have shone a spotlight on the importance of home gardens, on local produce generally, on learning how best to work with what we have, of home cooking and of spending time with our families.

I hope for renewed interest in food security, and on the importance of educating all children about how to eat well as we slowly emerge into the Covid normal.



## HELEN MURRAY

### MESSAGE FROM THE CHAIR OF THE BOARD

On behalf of the Board of the Stephanie Alexander Kitchen Garden Foundation, I am pleased to present this Annual Report for FY20.

In July 2019 the Foundation restructured its workforce as a consequence of a number of unavoidable redundancies made in May 2019, when ongoing funding of the Foundation seemed uncertain. Thanks to the efforts of the Board and the CEO, we have been able to generate the funds needed to continue operations, and I want to thank all our supporters, particularly [AstraZeneca](#), [Saputo Dairy Australia](#) and [Mirvac](#), and to welcome our new Community Partner, [Coles](#). With its wide reach across Australia, the Coles supermarket chain is ideally placed to promote the Foundation's belief in the importance of fresh, seasonal food. We look forward to individual Coles stores working with their local schools and communities to encourage pleasurable food education, thus contributing to the wellbeing of Australian families.

The advent of Covid-19 in Australia meant that in March 2020 we had to close our office and ask team members to work from their homes. I would like to congratulate everyone on the cooperative spirit with which they have adjusted to this change. Our prior

experience with online communications has enabled the Foundation to continue to offer assistance and support to schools and teachers as they adjust to this strange new world. Programs such as 'KGP (Kitchen Garden Program) at Home' have given teachers ideas and resources to use in their remote classrooms, and I want to thank CEO Josephene Duffy and our team managers for the leadership they have offered, and team members for the enthusiasm with which they have embraced necessary changes. The Foundation's successes to date indicate that we will be well-placed to build on these achievements in a post-pandemic future.

All Boards have to accept departures and arrivals, and in November 2019 we farewelled Kerrie Simpson; we will miss the insights she brought as Principal of a Kitchen Garden School. In February 2020 we welcomed the observation of Amanda Coombs, an experienced business leader; we are already benefiting from her experience.

Finally, I want to thank all Board members for their contributions of time, energy and wisdom. I believe that with its current Board and staff, the Kitchen Garden Foundation is well-placed to continue its successful promotion of pleasurable food education.



## JOSEPHENE DUFFY

### MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

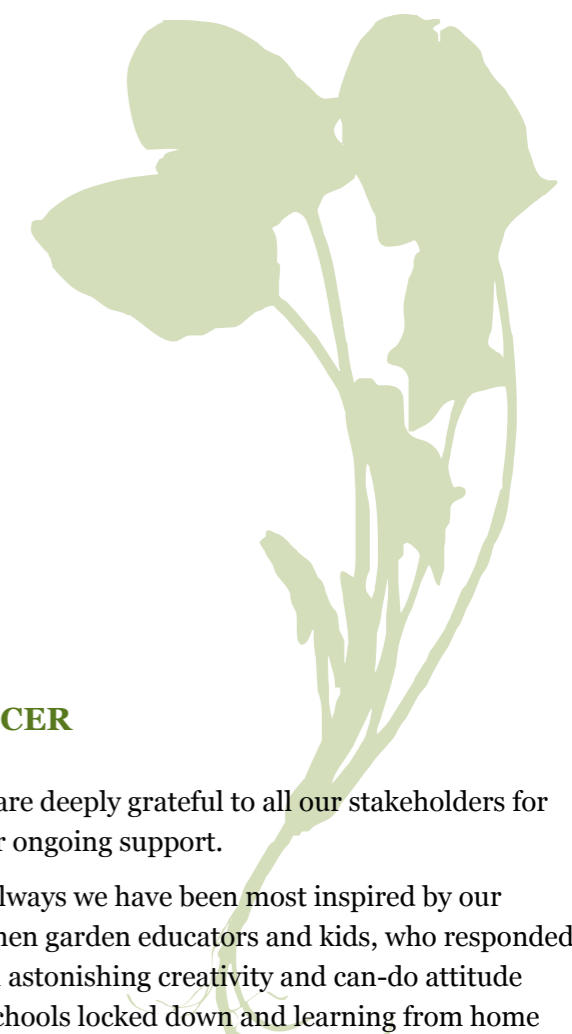
We began FY20 focused on refining and deepening our support approach for our community, and securing further investment in our work.

I'm pleased to report that despite facing many challenges, our hard work and nimbleness is paying off. We have welcomed a range of influential new partners who are invested in bringing the joy of fresh, delicious food to more Australian children and families. We extended our community and developed an impressive and continuously evolving set of tools to make it as easy as possible for schools and services to deliver pleasurable food education.

We have done this under the auspices of a generous, supportive Board who I thank warmly for their expertise, experience, input and advice.

The SAKGF staff are of course the backbone of the organisation, and I am grateful every day for their resilience, commitment, professionalism and spirit.

Our office volunteers have contributed greatly to our work, and also to our outlook, and I thank them for that while looking forward to seeing them back in the office, hopefully soon. We have also benefited greatly from an array of advisors who have put themselves forward to help during some very challenging times (you know who you are!) – thank you.



We are deeply grateful to all our stakeholders for their ongoing support.

As always we have been most inspired by our kitchen garden educators and kids, who responded with astonishing creativity and can-do attitude as schools locked down and learning from home became the norm. We were proud to hear about parents and families participating more deeply in pleasurable food education as a result.

We have been brave, bold and fortunate. This allowed us to respond to the communities impacted by bushfires, quickly change fundraising plans, and adapt rapidly to the Covid environment.

It's clear that Covid has shone a new light on what is most important, and renewed focus on the need for basic life skills including cooking, gardening, connection and resilience. The studies emerging showing the greater risk and impact from Covid on those with obesity are telling. As we emerge from this 'fast' pandemic we will demonstrate how we are best-placed to address the 'slow' and equally critical childhood obesity pandemic, alongside food security issues that contribute to poor health and opportunity. Our public health program can and is responding.

## PLEASURABLE FOOD EDUCATION

Pleasurable food education is a fun, hands-on approach to teaching children about fresh, seasonal, *delicious* food so they can form positive food habits for life.

The approach engages children and their families, connects communities and positively influences local food cultures.

Delivered through a kitchen garden program, pleasurable food education has an array of health, wellbeing, education and community benefits, and aims for longstanding change in the food habits of children in Australia.

## VISION

That children form positive food habits for life.

## MISSION

We provide the inspiration, information, professional development and support for educational institutions to deliver pleasurable food education in conjunction with educators, partners and the wider community.





## CURRICULUM INTEGRATION

There are infinite opportunities to reinforce literacy, numeracy, science, the cross-curriculum priorities, environmental sustainability, and much more in a kitchen garden program.

A kitchen garden program can also be used to deliver learning and development approaches such as STEM, wellbeing programs and project-based learning.

## WHOLE-SERVICE APPROACH

In a kitchen garden program, parents and families, teachers and students work together, and involve the broader community, to support, reinforce and participate in pleasurable food education.

## BROADER COMMUNITY

As well as including educators, students and their families, a kitchen garden program reaches out to local businesses, groups, organisations and councils who will also participate in, and benefit from, pleasurable food education.

The Foundation itself collaborates with like-minded bodies as a member of the childhood obesity prevention community (page 22).



# The kitchen garden program

## GROWING, HARVESTING

The cycle of growing, harvesting, preparing and sharing begins in the garden. Children and young people aim to grow as much seasonal produce as possible and carry the fresh harvest into the kitchen.

Garden classes give students the opportunity to develop a practical understanding of the seasons, the weather and the environment. Students discover how to build and maintain an organic garden, learn about healthy soil and find out how to make and use compost.

Junior gardeners unearth the joys and rewards of working in groups and achieving shared goals. They especially respond positively to being given responsibility. Students learn how to use tools safely, and even get the opportunity to earn their own tool and wheelbarrow licences!

## PREPARING, SHARING

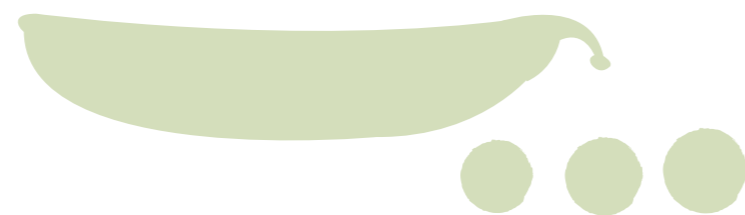
The cycle of planting, growing and harvesting culminates in the kitchen. Here, students make delicious dishes from the fresh vegetables, herbs and fruit they have grown.

To be part of a kitchen class is to develop a heightened awareness of food – where it comes from, how it's grown, the sensory nuances of taste, smell and texture, and the adventure and fun involved in experimenting.

Kitchen classes are also practical – students measure, chop, time the various preparation stages, set the table and clean up their workstations.

Several recipes are prepared, enabling variety in the menu, with learners working in small groups supported by adults. As with garden tool licences, students also get the opportunity to earn their knife licence once they've mastered safe handling and some basic chopping techniques.

At the end of each kitchen class, students, educators and volunteers come together to share and taste their dishes at the table – and then they clean up!



**2017–2020  
THREE-YEAR  
EARLY CHILDHOOD  
PILOT PROGRAM  
SUMMARY**

**WHO**

**15** early childhood services

**292** early childhood staff

**1500** children

**20** SAKGF staff

**1** Project Officer

**12** committee members

Stephanie Alexander AO

Consulting Group

The Ian Potter Foundation

**WHAT**

**9** committee meetings

**55** site visits

**4** event presentations

**2** PD sessions

**2** focus groups

**6** workbooks developed

**WHEN**

**February 2020:**

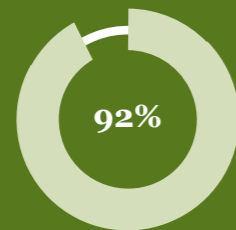
Kitchen Garden Program for Early Childhood launched

*More information on the three-year pilot and the Foundation's work in the early childhood sector can be found in [this infographic](#).*

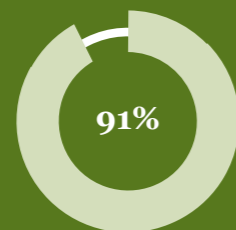
# The KITCHEN GARDEN PROGRAM for EARLY CHILDHOOD

In February 2020 the Foundation launched the new Kitchen Garden Program for Early Childhood. This program is the first of its kind for pre-school aged children in Australia.

In 2017, with support from The Ian Potter Foundation's Alec Prentice Sewell Gift, the Foundation began a three-year pilot project to adapt its successful kitchen garden program for primary schools to the early childhood sector. The successfully-adapted program is being implemented all around Australia.



92% of pilot centre staff reported that the new workbooks increased their understanding of how the Pleasurable Food Education Philosophy could inform their practice.



91% of pilot centre staff reported feeling more confident in involving children in cooking experiences after the trial early childhood professional development session.



“ I have witnessed three- and four-year-old children skilfully rolling dough for dumplings and confidently sorting food scraps for the worm farm or the compost bin. I have been pleasantly surprised as they cut vegetables with care and control, and watched as they served themselves colourful plates of sliced fruit and salad vegetables – prepared with produce harvested from their gardens. ”

STEPHANIE ALEXANDER AO

Throughout the three-year pilot project the Foundation collaborated with early childhood services and an advisory committee of leaders and advocates in early childhood education to demonstrate how regular, hands-on cooking and gardening experiences could be integrated into early childhood settings.

Armed with insights from the three-year pilot project, the Foundation developed a package of sector-specific knowledge, professional development, educational resources, downloadable workbooks and support. This package makes links to early childhood frameworks and helps support national standards in early childhood education.



## The SECONDARY YEARS KITCHEN GARDEN PROJECT

In 2018, the Foundation and AstraZeneca Australia's Young Health Programme partnered on a three-year project to bring the Kitchen Garden Program into Australian secondary schools. The pilot program launched into three Victorian secondary schools, and by October 2019 had expanded into ten additional metropolitan and regional secondary schools in Victoria and New South Wales.

The additional 10 secondary schools are helping us collaborate and test further, so that the resulting program model fits the needs of a range of secondary school environments.

The Kitchen Garden Program for the Secondary Years is due to launch at the end of 2020, so that any Australian secondary school can take it up, integrate it with their curriculum, and use the program to achieve an array of health, wellbeing, learning and community engagement objectives.

The Kitchen Garden Program for the Secondary Years will build on the learning of students who have experienced the program in primary school as they transition into their secondary years. It also expands the benefits of pleasurable food education to students who haven't previously been part of a kitchen garden program.

  
AstraZeneca  
Young Health Programme  
A global community investment initiative

“With nearly a quarter of Australian children and teens aged 5-17 years either overweight or obese, programs like the Kitchen Garden Program for the Secondary Years are important in helping young people understand the value of making healthy eating choices and providing them with the skills and support to translate what they learn in the classroom, into real life.”

LIZ CHATWIN, ASTRAZENECA AUSTRALIA  
AND NEW ZEALAND COUNTRY PRESIDENT







## COLES partnership

In February 2020 the Foundation was proud to commence a three-year partnership with Coles as our Community Partner. Our partnership will help the Foundation continue to support schools and services already running a kitchen garden program, and make the program accessible to more schools and services around the country. It will also allow us to extend our fresh food philosophy to thousands of Australian families and communities.

During March 2020, Coles donated 10c from the sale of every \$5 bag of baby spinach to the Foundation, a total of \$100,000.

As part of an ongoing initiative, Coles stores will connect with schools or services in their area to provide funds for purchasing or upgrading equipment and to establish productive ongoing relationships. In June 2020, Margaret River Independent School in Western Australia (pictured) received a \$5,000 grant and a three-year Kitchen Garden membership from this initiative. The funds will go towards continuing to establish the school's garden; and kitchen essentials including cookware and pantry items.

## Creating with COLES

Together with Coles, the Foundation is developing KGP at home (page 17) videos of our recipes that support educators to enhance their kitchen garden classes, and also inspire families to cook along.

The videos are presented by MasterChef favourites, Michael Weldon and Courtney Roulston, who deliver a step-by-step journey through the recipes, getting viewers excited about fresh food.

In March 2020, a competition developed by Coles awarded three winners a one-year Kitchen Garden membership and \$10,000 to put towards their kitchen garden program.

In May 2020, Stephanie Alexander featured on the Coles 'What's for Dinner' segments during the Channel 7 evening news, promoting the partnership and sharing recipes.

As well, children and young people around Australia have contributed questions for a Farmer Q & A series on the Foundation's website, where Coles growers share fruit and vegetable facts.



“The Stephanie Alexander Kitchen Garden Program teaches children to prepare, enjoy and love fresh healthy food, which is something we too are passionate about at Coles. We want to inspire our customers and bring them on the fabulous food journey by helping expand the program and ensure it reaches more families across Australia.”

LISA RONSON, COLES CHIEF MARKETING OFFICER



**July 2019–  
March 2020  
FACE-TO-FACE  
PROFESSIONAL  
DEVELOPMENT**

**WHAT**

**16** face-to-face PD sessions

**430** attendees

**WHERE**

**9** Australian cities visited

## Face-to-face PROFESSIONAL DEVELOPMENT (PD)

Our small, expert training team delivered face-to-face professional development all across Australia in FY20, up until the onset of Covid-19. This included workshops for new kitchen garden educators to experience all the fun and learning of kitchen and garden classes, and networking sessions for more experienced educators. Those looking for extra support and inspiration to help their kitchen garden program flourish accessed customised PD, where our team took the time to design a training session specific to their needs and available resources.

## SAPUTO DAIRY AUSTRALIA partnership

In October 2019 we commenced a two-year partnership with Saputo Dairy Australia as our Professional Development Partner.

Saputo Dairy Australia is assisting the Foundation to deliver professional development to kitchen and garden educators in schools and services across Australia.

## Covid-19 RESPONSE

We acknowledge and thank Saputo Dairy Australia, whose support enabled us to continue delivering PD to kitchen garden educators during the Covid-19 pandemic.

In mid-March 2020, with the Foundation's physical office closed and all scheduled face-to-face PD sessions postponed, the team set to work (from their homes) developing a PD package to support educators.

By 25 March a suite of six resources had been developed and shared with the kitchen garden community, with suggestions for how kitchen and garden classes could still be run, keeping physical distancing and hygiene practices in mind.

## POST-COVID

**March 2020  
– July 2020  
ONLINE  
PROFESSIONAL  
DEVELOPMENT**

**WHAT**

**8** KGP at home collections

**14,926** views/downloads

More information on the Foundation's professional development can be found [on our website](#).



## KGP at home

Through April, May and June the Foundation's virtual office continued to support the kitchen garden community through school lockdowns and online learning, with the release of eight new 'KGP (Kitchen Garden Program) at home' resource collections.

Structured around growing, harvesting, preparing and sharing, these collections set the tone for home-based pleasurable food education. The resources were enthusiastically received, and feedback from the community was swift and heartfelt.

Foundation team members created supporting videos from their homes, to further explain and demonstrate the recipes and garden activities.

In April 2020 Saputo Dairy Australia hosted a diorama-making competition for children to do at home or at school using recycled milk cartons, with hampers of Saputo Dairy Australia products up for grabs for the winner's school or service.





## Sustainable living at **THE FABRIC**

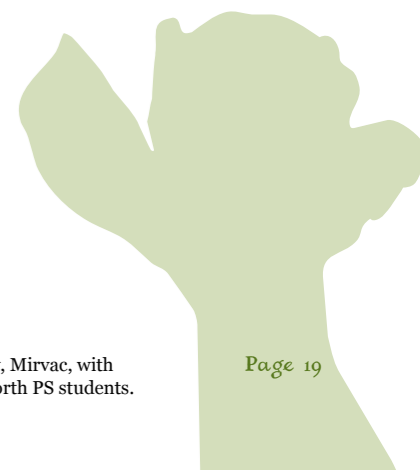
In March 2020 the Foundation launched a three-year partnership with Mirvac which will see us create a community garden and kitchen program ('Cook's Patch') for future residents of The Fabric, Mirvac's new townhome community in Altona North, Victoria.

Creating vibrant, connected and sustainable places to live is fundamental to Mirvac's residential business, and it's a principle that has been embraced at The Fabric, which will target a minimum 7 star NATHERS (Nationwide House Energy Rating Scheme) energy rating across all residences.

The Foundation is excited to partner with Mirvac for this innovative, socially sustainable initiative. Together we are fostering healthy food choices and community spirit by providing opportunities for The Fabric residents to grow, harvest, prepare and share.

An intimate opening night at The Fabric Display Suite with Stephanie Alexander saw almost all of the Fabric purchasers coming along to indulge in a menu of canapes curated by Stephanie, while mingling with their future neighbours and learning more about the partnership.

In addition to The Fabric project, Mirvac is supporting the local community by planning to provide the nearby Altona North Primary School with upgraded garden and cooking facilities.





## MEDIBANK Healthy Kids

The Foundation and Principal Partner Medibank have together provided opportunities for more children in Australia to experience pleasurable food education in schools and early childhood services.

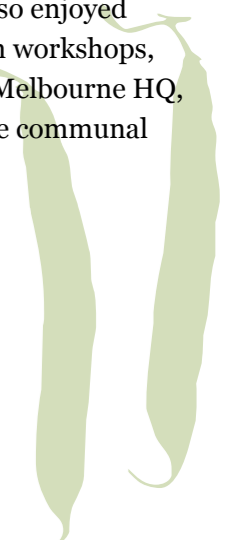
The partnership launched in 2012 when Medibank supported the Foundation to expand the Kitchen Garden Program into more Australian primary schools.

Medibank's investment contributed to the rapid expansion of the Kitchen Garden Program, with more than 10% of all Australian schools with a primary curriculum participating by 2015.

The Healthy Kids online community was one initiative of this partnership. This engaging online environment brought the philosophy of pleasurable food education to families and the general public. The Foundation developed recipes and gardening resources, supported by video content created by Medibank; disseminated across both Medibank and the Foundation's social media, with enormous public engagement.

The Foundation provided cooking and gardening workshops for International students at RMIT and The University of Tasmania, sponsored by Medibank. Medibank staff also enjoyed the Foundation's kitchen garden workshops, delivered onsite at Medibank's Melbourne HQ, with produce harvested from the communal edible garden onsite.

**medibank**





# Community engagement

The Foundation collaborates with like-minded bodies as a productive and supportive member of the childhood obesity prevention community. This includes formal collaborations, sharing knowledge and expertise, and supporting complementary work, especially where programs and initiatives can combine to support pleasurable food education in schools and services, and extend the philosophy into communities.

## AGROBIODIVERSITY, SCHOOL GARDENS AND HEALTHY DIETS

The Foundation was invited to submit a program history and case study for a book on the growing movement of school gardens worldwide, *Agrobiodiversity, School Gardens and Healthy Diets*, published in March 2020. The book reveals the depth and extent of the worldwide school garden network, with examples from remote Indigenous Australian communities to Morocco, Kenya, Brazil and beyond.

## The ARC CENTRE OF EXCELLENCE FOR PLANT SUCCESS IN NATURE AND AGRICULTURE

The Foundation is part of a unique multidisciplinary team delivering new strategies to address the problems of food security and climate change, establishing Australia as a global leader in these areas. This seven-year initiative is funded by the Australian Research Council and administered by The University of Queensland.

## 24 CARROT GARDENS

The 24 Carrot Gardens Project is an initiative of the Museum of Old and New Art (MONA) designed to educate children in health, wellbeing, and the importance of lifelong learning. 24C supports 15 Tasmanian schools running the Stephanie Alexander Kitchen Garden Program with specialist staff, and garden and kitchen infrastructure. 24C also supports these schools with customised professional development delivered by the Foundation. In September 2019 we delivered a PD day in Hobart, attended by 21 educators.



## CARDINIA FOOD MOVEMENT

The Cardinia Food Movement is led by Cardinia Shire and Sustain: The Australian Food Network. The project works with the Cardinia community to foster a vibrant and flourishing local food movement, with a focus on healthy, delicious, sustainable and fair local food. The Foundation has been a member of the project steering committee and contributed knowledge and expertise on food education in schools.

## CENTRE OF EXCELLENCE IN FOOD RETAIL (CRE)

In FY20 we were invited to sit on the expert advisory panel of the NHMRC Centre of Research Excellence (CRE) in Food Retail Environments for Health (RE-FRESH), alongside world-leading researchers in food systems, food policy and healthy food retailing.

Run by Deakin University, RE-FRESH aims to transform the retail environments in which we buy food and beverages, by demonstrating how these environments can shift to healthier food and drink provision.

## FEDERATION OF CANTEENS IN SCHOOLS (FOCiS)

The Foundation is a member of FOCiS, a not-for-profit charity representing school canteens and food services across Australia. FOCiS aims to support, promote, facilitate and empower school communities, canteen associations, the food industry and government to enable stakeholders to make decisions that result in healthy food services.

## FRUIT & VEGETABLE CONSORTIUM

In FY20 we continued participating in the Fruit & Vegetable Consortium along with a range of government, health and agriculture bodies.

The Consortium was formed to promote the benefits of eating more fruit and vegetables, and work together to respond to the alarmingly low rates of fruit and vegetable consumption in Australia. With only 7% of adults and 5% of kids eating enough vegetables, the consolidated national approach of the Fruit & Vegetable Consortium is vital.



## GREATER BENDIGO FOOD SYSTEM STRATEGY

Greater Bendigo's Food System Strategy supports a healthy, local food system, improving the wellbeing of the community. The Foundation is included in the strategy as a project partner. We have supported 35 schools and early learning services in the Bendigo area to implement the Kitchen Garden Program, helping children to form lifelong healthy habits and a love of fresh produce.

## HEALTHY AND HOME, SANDRO DEMAIO FOUNDATION

The Foundation contributed gardening resources and recipes to the Healthy and Home hub. Developed by the team at the Sandro Demaio Foundation during the coronavirus pandemic, Healthy and Home is a wealth of kid-friendly content to inspire and empower Australians to make positive changes to their health, their environment and their community through food.

“ Students are never forced to try but are encouraged to step out of their comfort zone and try new tastes. Most students will happily try new things. After they see their peers give it a go they do too. Parents have come to me saying “it is amazing they’ve never eaten ... but now they will happily eat it.” Peers make the best role models! ”

TEACHER, NEWBOROUGH PRIMARY SCHOOL, VIC

## FOODBANK food literacy program

In August 2019 the Victorian Government announced an expansion to the School Breakfast Clubs Program, allowing food relief organisation FoodBank to provide more food, to more schools.

In addition, selected schools took part in a new meal preparation and nutrition program. This food literacy program, developed in partnership with the Foundation, will enable families to come together in the school environment to learn important life skills around cooking, food safety and food budgeting. The Foundation developed the program modules and supporting recipes, and delivered professional development sessions to Foodbank staff.



## URBAN AGRICULTURE FORUM

The Foundation has been invited to be on the steering committee of the Urban Agriculture Forum. This bi-annual event, led by Sustain: The Australian Food Network, explores the growing urban agriculture movement in Australia and beyond, and the positive impacts it has on our community's health and wellbeing.

The Foundation participates to promote school gardens as urban agriculture sites, and engage schools in building local food culture. The forum attracts over 200 policy makers, practitioners, innovators and institutions in the urban agriculture sector.

## The VEGETABLE INTAKE STRATEGIC ALLIANCE (VISA)

In FY20 the Foundation was invited to become a member of the Vegetable Intake Strategic Alliance (VISA). VISA is a Hort Innovation funded venture that aims to be a national cross-sector alliance working collaboratively to increase children's vegetable intake. VISA is one of six activities being undertaken by a collaboration between CSIRO, Flinders University and Nutrition Australia.

## VICTORIAN HEALTHY EATING ENTERPRISE (VHEE)

VHEE is an initiative of the Victorian Government. It is a network of hundreds of agencies and individuals invested in fostering a vibrant healthy eating culture across Victoria. The network meets regularly to share news, information and resources.

The Foundation contributes to the VHEE and to two offshoots of the VHEE – the Fruit and Vegetable Consortium (aiming to increase fruit and vegetable consumption) and the Victorian Healthy Eating Education Group (an umbrella group of agencies invested in healthy eating and drinking in education spaces).

## Gippsland SEED DRIVE

Rain brought some relief in early 2020 to the fire-ravaged landscape of Gippsland Victoria, after it had endured a three-year drought. As green shoots reappeared and rainfall changed the community's landscape, Covid-19 hit.

Andrea and the team at Gippsland Lakes Complete Health (GLCH) had been working in kitchen garden schools while delivering health services in the local area. Noticing the profound impact gardening and cooking had on their community, the team didn't want to let the school's kitchen garden programs slip through the cracks. GLCH set up a program of volunteers to help out in the gardens.

The Foundation put out a call to the kitchen garden community to donate their saved seeds. The response was heart-warming, with seeds arriving from all around the country. The community was touched by the extra care the children took, with beautiful decorated seed packets and hand-written notes. The seeds were distributed by the GLCH volunteer teams, and revitalised, flourishing school gardens are now dotted around Gippsland.





## FRESH TASTES, ACT

Fresh Tastes is an initiative of the Australian Capital Territory Department of Health and aims to make healthy food and drinks a part of everyday life at school.

Since 2015, under the Foundation–Fresh Tastes collaboration, schools engaged with Fresh Tastes are provided with Kitchen Garden Classroom membership, printed resources and professional development to support the initiative’s Growing Food and Cooking Food action areas.

97 schools have participated in the Fresh Tastes initiative, and the Foundation has delivered 12 Fresh Tastes professional development sessions in the ACT. In FY20 we delivered two customised online PD workshops, a face-to-face PD session, and a webinar for new members.

## WA SCHOOL CANTEEN ASSOCIATION Inc.

Canteens play an important role in promoting positive food habits to the school community. The WA School Canteen Association Inc. (WASCA) and the Foundation work together to encourage a whole-school approach to good food.

The Foundation delivers kitchen-based training at WASCA workshops for canteen managers and staff. We regularly cross-promote, advocate and share collateral at conferences and forums.

WASCA supports schools to implement the Department of Education’s Healthy Food and Drink policy (HFD policy). While both the HFD policy and kitchen garden programs work well in schools, the most encouraging health outcomes come from schools where there is a strong collaborative approach between the kitchen garden, classroom and canteen.

In June 2020 WASCA and the Foundation collaborated on a story about Vasse Primary School. The school has connected its kitchen garden and canteen, the Hungry Magpie. The set menu uses fresh fruit, vegetables and herbs from the garden, and includes specials based on surplus produce.



## Western Sydney DIABETES NETWORK

The Western Sydney Diabetes Network (WSDN) addresses the hotspot of higher-than-average risk of disease in western Sydney via a multi-sector and multi-disciplinary approach consisting of over 120 agencies across health promotion and treatment; local, state and federal government; corporations, associations and NGOs.

Through the WSDN, the Foundation has been supported to help four western Sydney schools establish kitchen garden programs, galvanising the community around pleasurable food education and transforming local food cultures and social cohesion.

In FY20 a dedicated support officer joined the WSDN, and an online Alliance Hub was launched to facilitate collaboration and information sharing among members. In June 2020 the Foundation delivered a professional development workshop to 22 teachers from Blacktown West, Walters Road, Lalor Park, Shalvey and Rooty Hill public schools, all members of the new online WSDN Alliance Hub.

“Students will engage in paddock-to-plate activities which will provide them with the knowledge and skills to prepare a range of healthy snacks and meals for themselves and their families using seasonal produce. It is our aim to reduce the reliance on prepared snacks, which have high salt and sugar content, for recess and lunch each day and to see an increase in fresh food being consumed by the students.”

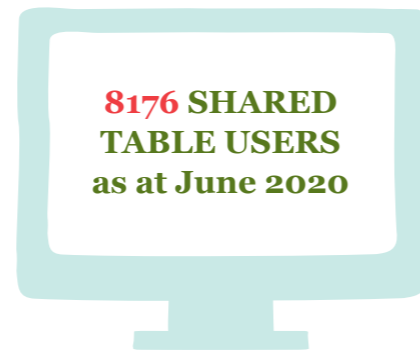
MARGARET PEEL, PRINCIPAL, BLACKTOWN WEST PUBLIC SCHOOL, describing the initial goals of the WSDN/Foundation collaboration

## FY20 in NUMBERS

The Foundation's key activities to support kitchen garden educators in schools and early childhood services around Australia include:

- professional development (page 16)
- educational books and downloadable resources
- email, phone and social messaging support.

Here's a snapshot.



**1064 RESOURCES UPLOADED TO the SHARED TABLE as at June 2020**

45,949



7,955



6,420



1,800



**62,124 SOCIAL MEDIA FOLLOWERS as at June 2020**

41,863



43,650



45,949



3,623



5,214



6,420



2017-18

2018-19

2019-20

## 3307 QUESTIONS ANSWERED

Our support team provides ongoing email and phone support and advice to almost 1500 schools and early childhood services all over Australia.

**2976 SUPPORT EMAILS** answered in FY20

**331 SUPPORT CALLS** responded to in FY20

WHAT CAN I DO TO HELP ENCOURAGE FUSSY EATERS?

WHAT ARE THE FASTEST-GROWING VEGGIES?

WHAT CLIMATE ZONE AM I IN?

WHAT KIND OF KNIVES SHOULD WE BUY?

HOW DO I INCLUDE STUDENTS WITH ALLERGIES?

HOW MUCH DOES IT COST TO RUN THE PROGRAM?

HOW CAN I CONNECT TO THE CURRICULUM?



**1495 SCHOOLS AND SERVICES AROUND AUSTRALIA as at June 2020**

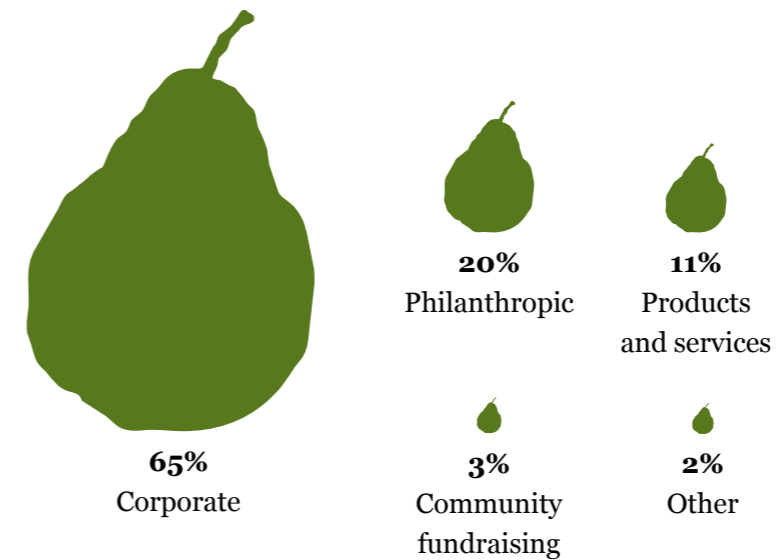




## FINANCIAL REPORT 2019–2020

FY20 saw major funding from our corporate and philanthropic partners, and the continued growth of our self-generated income streams (membership, sale of educational resources, and professional development). The Stephanie Alexander Kitchen Garden Foundation is grateful to our partners and supporters, acknowledged on pages 32–35.

### FY20 INCOME



#### Corporate

Coles, Medibank, Mirvac, Saputo Dairy Australia

#### Philanthropic

AstraZeneca, Alec Prentice Sewell Gift (Ian Potter Foundation)

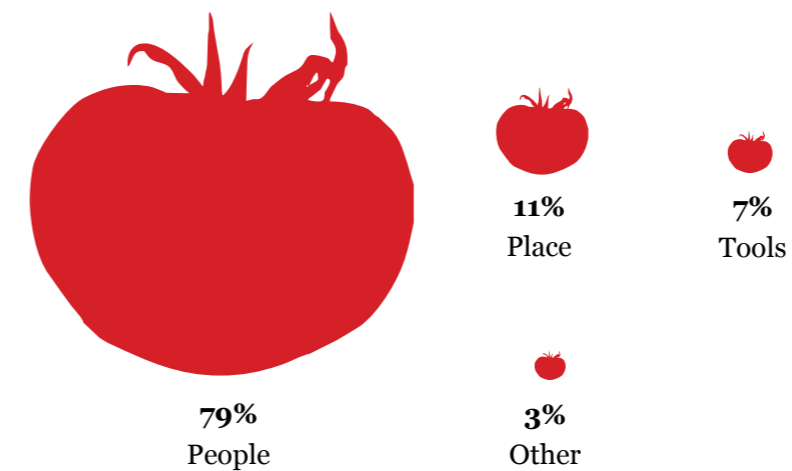
#### Products & Services

Educational resources, professional development, fee-for-service, memberships

#### Community Fundraising

General donations, merchandise sales, Winter Appeal, Christmas Appeal

### FY20 EXPENSES



#### People

Wages, on-costs (superannuation, Workcover) and employment costs

#### Place

Office costs (rent, electricity, insurance, cleaning, etc.)

#### Tools

Costs relating to the tools we use to conduct our business (dues and subscriptions, equipment and venue hire, ICT, advertising and marketing, collateral, stationery, stakeholder engagement, travel and accommodation, evaluation costs)

## PARTNERS

We are passionate about finding innovative ways of working with partners who share our values. Together we develop projects that deliver productive opportunities for the kitchen garden community. The Foundation's work is only made possible with the continued support of our partners, and we sincerely thank them for their commitment and generosity.

### **ASTRAZENECA AUSTRALIA**

Project information: [page 12](#)

AstraZeneca Australia partnered with the Stephanie Alexander Kitchen Garden Foundation in 2018 on a three-year project supporting the development of the Stephanie Alexander Kitchen Garden Program for the Secondary Years, due to launch at the end of 2020.

The partnership is part of AstraZeneca's Young Health Programme, a global community investment initiative and disease prevention program that works with expert organisations around the world to combine research, advocacy and on-the-ground programs to improve the health and life chances of young people.

### **COLES, Community Partner**

Project information: [page 14](#)

Coles and the Stephanie Alexander Kitchen Garden Foundation partnered in 2020 and are working together to make the Kitchen Garden Program accessible to more schools and services around the country.

Coles and the Foundation working together means we can extend our fresh food philosophy beyond the school gate, engaging families and communities. Our collaboration will actively influence Australian families to support children and young people to create positive food habits for life.

### **THE IAN POTTER FOUNDATION (ALEC PRENTICE SEWELL GIFT)**

Project information: [page 10](#)

The Ian Potter Foundation was one of the earliest supporters of the Stephanie Alexander Kitchen Garden Foundation, providing funding assistance for both an Early Learning Centre feasibility study and for implementing the program at Nunawading Primary School in 2006.

Through the Alec Prentice Sewell Gift, The Ian Potter Foundation is helping the Stephanie Alexander Kitchen Garden Foundation respond to demand from early childhood educators for customised professional development, resources and support through the Early Childhood Kitchen Garden Project. The Kitchen Garden Program for Early Childhood launched in February 2020.

### **MEDIBANK, Principal Partner**

Project information: [page 20](#)

Leading Australian private health insurance provider Medibank has been the Principal Partner of the Stephanie Alexander Kitchen Garden Foundation since 2012. Medibank's continued support makes kitchen garden programs more accessible, affordable and flexible for Australian schools and early childhood services.

Under the partnership, Medibank is contributing to the future health of the next generation and helping to combat the growth of childhood obesity; enabling more Australian children to experience, learn and adopt lifelong healthy eating and living habits.

### **THE FABRIC, MIRVAC**

Project information: [page 18](#)

Mirvac partnered with the Stephanie Alexander Kitchen Garden Foundation in 2020 to deliver the Cook's Patch program for The Fabric townhome project, as well as the broader inner west community.

Environmental and social sustainability is a core value Mirvac is implementing at The Fabric, with great importance placed on leaving a positive legacy. Mirvac's partnership with the Foundation came naturally, through a strong alignment of values.

Mirvac is a leading, diversified Australian property group, founded in 1972.

### **SAPUTO DAIRY AUSTRALIA, Professional Development Partner**

Project information: [page 17](#)

Saputo Dairy Australia (SDA) and the Foundation commenced a partnership in 2019 to support professional development delivered by the kitchen garden team Australia-wide.

SDA, part of Saputo Inc., one of the top ten dairy processors in the world, is the largest dairy processor in Australia. They produce, market and distribute a wide range of high quality dairy products for the Australian and international markets. Saputo Dairy Australia's support of the Foundation reflects their promise to never stop building a future we can be proud of, including the promotion of healthy lifestyle habits, through responsible food and nutrition choices.

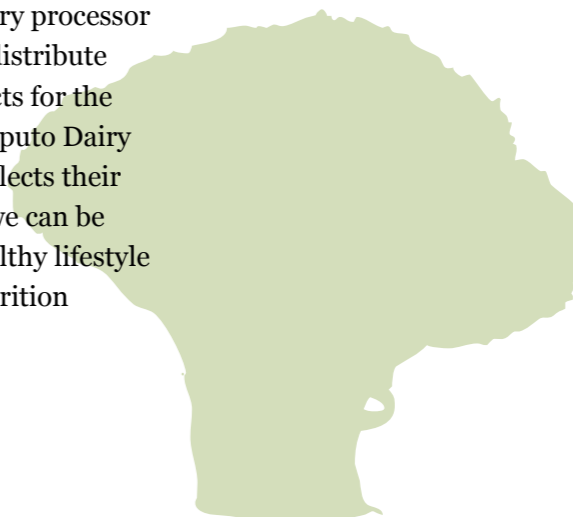
### **ARNOLD BLOCH LEIBLER**

Arnold Bloch Leibler helped establish the Stephanie Alexander Kitchen Garden Foundation in 2004. Arnold Bloch Leibler's assistance in achieving our charity and deductible gift recipient (DGR) status was significant and trailblazing, and paved the way for the Foundation to be recognised as promoting the prevention of disease through pleasurable food education. Arnold Bloch Leibler continues to provide legal advice to the Foundation on a pro bono basis.

Arnold Bloch Leibler is a premier Australian commercial law firm that has earned a reputation for its passion, results and its innovative and commercially focused advice.

**Arnold Bloch Leibler**  
Lawyers and Advisers

For more information, please contact [partnership@kitchengardenfoundation.org.au](mailto:partnership@kitchengardenfoundation.org.au)



## SUPPORTERS

Our heartfelt thanks go to those who have joined us in supporting our efforts to deliver pleasurable food education. We could not accomplish this goal without their involvement and dedication.

### DE BORTOLI WINES

The Foundation has received generous support from De Bortoli Wines since 2014, extending to the Foundation's public workshops, among other activities.

De Bortoli Wines is a fourth-generation family company established in 1928, maintaining a reputation for premium wines.

### FLEMING'S NURSERIES

Fleming's Group of Companies has formally supported the Foundation since 2011, with the donation of quality fruit trees to Kitchen Garden Schools.

Established almost 100 years ago, Fleming's is today one of the most respected names in horticulture.

### PHILLIPPA'S

Phillippa's has been a supporter of the Foundation since 2011, providing quality baking products and ingredients to support the Foundation and Kitchen Garden Schools.

Phillippa Grogan established Phillippa's in 1994, and is passionate about traditional, natural breads and provisions made with local and organic ingredients.

### RYSET AUSTRALIA

Ryset Australia has been a supporter of the Foundation since 2008, equipping Kitchen Garden Schools with quality garden products and equipment.

Ryset Australia is an Australian-owned company with over 75 years experience in the manufacture and wholesale distribution of tools and equipment for the Australian horticultural industry.

### DONORS

We would like to express our sincere gratitude to all the individuals who donated to the Foundation during FY20. We could not accomplish our goals without your generosity and support.

“ Today we made bread rolls, baba ghanoush and dukkah. My favourite part was baking the bread rolls because of the smell when they came out of the oven. The taste was like what it feels like when it is your birthday. I felt like my group did a great job and got everything done. They helped each other with what they needed to do and got it done well. I wouldn't change anything! ”

STUDENT, MARGARET RIVER PRIMARY SCHOOL, WA

## The FOUNDATION

The Foundation is powered by a small, dedicated team of passionate staff, our wonderful Board and a treasured community of volunteers, who come together to achieve our shared mission.

### THE BOARD FY20

Stephanie Alexander AO, Founder  
Simon Bell  
Robert Csoti  
Kate Doyle  
Simone Falvey-Behr  
Helen Murray, Chair  
Ian Sanders, Treasurer

### PATRON

Janet Whiting AM

### FOUNDATION STAFF FY20

Jessica Brien, Support & Delivery Officer  
Josie Charles, Support & Delivery Manager  
Marcelle Coakley, Membership Coordinator  
Josephene Duffy, CEO  
Saskia Ericson, Visual Communications Coordinator  
Sam George, Support & Delivery Officer  
Sharee Grunow, Finance & Operations Manager  
Thomas Hunt, Development & Engagement Manager  
Ethan Jenkins, Communications Coordinator  
Cassandra Liu, Operations & Finance Officer  
Steph McLeod, Support & Delivery Officer  
Maryanne Netto, Editor  
Maria Pokorny, Secondary Years Project Officer  
Melanie Ralescu, Early Childhood Project Officer  
Rick Stocker, ICT Systems Specialist  
Evan Toma, ICT Systems Support Officer  
Suzie Wilton, Support & Delivery Officer

### VOLUNTEERS

The Foundation would like to recognise the many hands that help to make light work of the delivery of pleasurable food education across the country. Thank you to the dedicated volunteers who help with kitchen and garden classes at schools and services. Thank you to the regular volunteers, including the wonderful Karen and Susan, who take on various administrative tasks around the Foundation's Melbourne office. The Foundation is also fortunate to have a team of volunteers from Aesop who occasionally, and happily, help maintain the garden at our Learning Centre at Collingwood College. THANK YOU everyone.

“ We learnt so much that will help us in implementing our own kitchen garden with the children over the coming months! A huge thank you to everyone involved. Why explain miracles to your kids when you can just have them plant a garden. ”

PARTICIPANT, PROFESSIONAL DEVELOPMENT WORKSHOP, STANMORE PUBLIC SCHOOL, NSW

## OUR PRIORITIES

Provide exceptional **SUPPORT** to enable all schools and early childhood services to deliver embedded, robust pleasurable food education



**REINFORCE** and leverage the Foundation as the leader in pleasurable food education



**BUILD** the long-term sustainability of the Foundation



This is an extract from our Strategic Plan. The full plan is available on request.

## 1

**Provide exceptional support to enable all schools and early childhood services to deliver embedded, robust pleasurable food education.**

Offer a tailored program approach and package for early childhood services, primary schools and secondary schools.

Encourage and support kitchen garden community clusters, which connect schools and services and galvanise communities.

Continue to support schools and services by focusing on program depth, and encouraging natural growth.

Increase support for communities at most risk.

Develop a program approach for Aboriginal and Torres Strait Islander communities.

Develop pre-service teacher and early childhood training in pleasurable food education (PFE).

Develop a SWAN (Students With Additional Needs) program approach.

Develop a kitchen garden canteen model.

## 2

**Reinforce and leverage the Foundation as the leader in pleasurable food education (PFE).**

Continuously advocate the power, strength and impact of our work.

Evaluate, to demonstrate the multiple simultaneous impacts of the program and to monitor and continuously improve the approach.

Contribute to forums that discuss and influence our environment.

Actively identify and engage sector stakeholders to form, maintain, build, grow and promote collaborative partnerships with other stakeholders.

Leverage our success, reach, brand, experience, expertise and content to reinforce the Foundation as the PFE knowledge centre and leader.

## 3

**Build the long-term sustainability of the Foundation.**

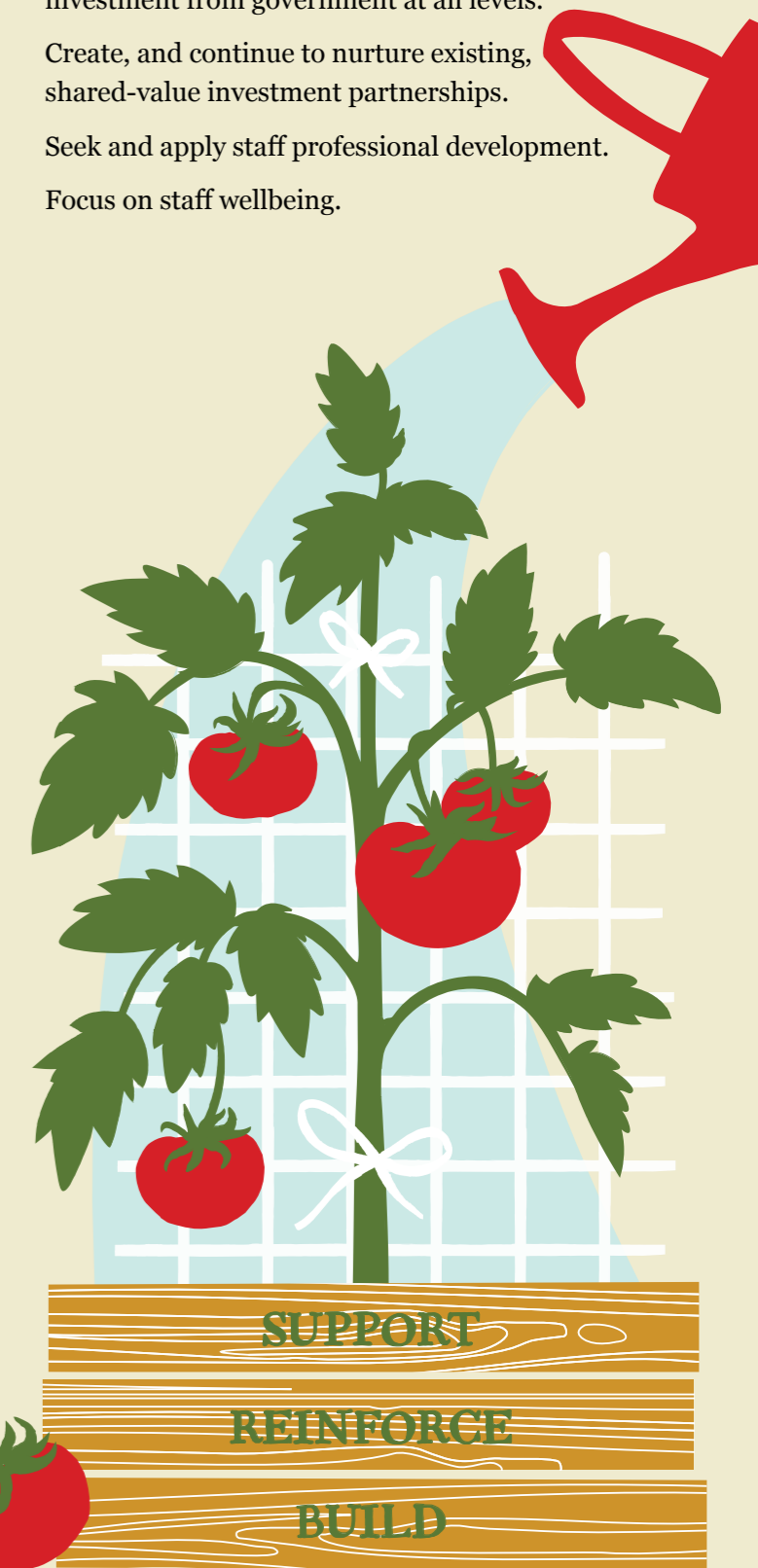
Advocate for PFE in the Australian Curriculum.

Advocate for, and build, ongoing, embedded investment from government at all levels.

Create, and continue to nurture existing, shared-value investment partnerships.

Seek and apply staff professional development.

Focus on staff wellbeing.



## IMPACT

Every day the Kitchen Garden Foundation hears from our community about the impact of teaching children and young people how to grow and prepare their own food. In 2020, more than ever, we see that the fundamental life skills taught in our program, and connected, resilient communities are at the heart of a happy, healthy society.

We know that the Kitchen Garden Program is changing lives, and has the capacity to improve many more. We also know that teachers and educators need ongoing support to continue delivering this program. The Stephanie Alexander Kitchen Garden Foundation provides this support.

In Melbourne's western suburbs, Altona Meadows Primary School (AMPS) has been running their Kitchen Garden Program since 2008. The school's Kitchen Specialist, Marilena Joannides, credits the strength of the program to the participation of a diverse group of volunteers from across the community, the support and encouragement from the principal, Bill Reid, and the strong participation and enjoyment from the broader teaching cohort at the school.

The Kitchen Garden Program is fully integrated into the day-to-day life of the school. As well as the weekly classes, Diwali festival is celebrated annually with Indian food and dancing, and AMPS joins forces with schools from across Melbourne to press their annual olive harvests into tasty olive oil to be used on salads and pastas throughout the year. Marilena loves coming to work to continue to learn from the community every day.

With the assistance of their wonderful volunteers, the school has built over 40 raised garden beds, abundant with seasonal produce which flows into the adjacent purpose-built kitchen year-round. "It is very satisfying for the children when they see something grow from a seed and end up on the table," explains Marilena. "They learn cooking and gardening skills and about healthy eating at an early age. There is a great sense of pride when they can grow and cook things for their families."

Like schools across the country, AMPS had to respond quickly to Covid-19, and support students and parents while learning from home.

Every week Marilena produced a series of recipe videos named 'Marilenghi', to ensure children continued to have their much-loved kitchen garden experience. Yummy dishes such as Spanakorizo (spinach rice) and cauliflower soup, baked spinach & silverbeet gnocchi and of course Salad of the Imagination were consumed in households across Altona Meadows by some very lucky families!

Adjusting to Covid-19 brought challenges, but also resilience and confidence to the school community. Marilena explains:

“ We have seen a change in the attitudes of our families. Cooking at home for many families has become a family activity, not just a parent activity. There is increased confidence and ability shown by students who do not necessarily do well in the normal classroom. ”

The Foundation team recognises that the world is currently facing huge challenges. In times of crisis, we all turn to what's most important. We have seen a renewed focus on growing your own food, and cooking with fresh, seasonal produce. This combines with an acknowledgment that healthy bodies are more likely to cope with health crises, and an affirmation that promoting wellbeing and fostering a community mindset are vital in times of upheaval.

At its core, the Kitchen Garden Program enables the fundamental life skills of growing, cooking and sharing beautiful fresh food. It generates wellbeing and builds community through basic, universal needs: a delicious meal and growing happy, healthy kids.



## DIG DEEP and HELP US GROW

Did you know that one in four Australian children are overweight or obese, and that obese children tend to become obese adults? The Stephanie Alexander Kitchen Garden Foundation is working to address this crisis by changing the food habits of children in Australia.

### BE PART OF THE SOLUTION

We want to see pleasurable food education in the Australian Curriculum. To do this we need the financial help to:

- Support educators with the resources, professional development and guidance to run successful kitchen garden programs.
- Visit kitchen garden schools and services across Australia to document and share their stories of how this program is making positive change in the way children and young people experience food.
- Share the impact of this program with government and other influencers in health and education, so that decision makers can enable the expansion of this program to even more schools and early childhood services.
- Actively collaborate and share knowledge with like-minded champions of public health and food education so together we can make a long-term change in childhood obesity rates in Australia.

### WE NEED YOUR HELP

Your contribution will support the Foundation's vision to help children form positive food habits for life.

Interested in collaborating with us? Contact [partnership@kitchengardenfoundation.org.au](mailto:partnership@kitchengardenfoundation.org.au)

To donate please call 13000 SAKGF (13000 72543) or visit [kitchengardenfoundation.org.au/donate](http://kitchengardenfoundation.org.au/donate)

As the Foundation is a registered charity, all donations are tax deductible.

**Stephanie Alexander  
Kitchen Garden Foundation**

PO Box 104, Abbotsford VIC 3067

**Phone** (03) 8415 1993

**Email** [info@kitchengardenfoundation.org.au](mailto:info@kitchengardenfoundation.org.au)

**Connect** @sakgf

[www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)



Growing  
Harvesting  
Preparing  
Sharing