

**Submission  
No 16**

## **FOOD PRODUCTION AND SUPPLY IN NSW**

**Name:** Ms Anne Kelly

**Date Received:** 23 February 2022

Partially  
Confidential

Addressing the issue of Food Waste needs education about what to do with fresh food. I am a kitchen garden specialist at a public school in an area of high disadvantage in the Lower Hunter. Our program delivers the Stephanie Alexander Kitchen Garden Program to 180 each fortnight for all children from year 3 to year 5 at our school. The students spend time working and learning about growing food and then move into the kitchen to cook and share 5 dishes. They have 16 x 2 hour lessons each year and are on the program for three years.

Our community (before Covid) is very highly engaged with the program and they constantly tell us how much they learn. A survey of 30 families where the school office staff cold called homes in late 2018 was unanimously in favour of the program, with the result being that we extended the program to include all of our year 5 students.

Families in Australia are throwing away the equivalent of one bag of groceries in every five, mostly fresh food that they don't know how to use to make quick and nutritious meals. Our students lunch boxes are filled with high salt, high fat, highly packaged rubbish. Many of our parents and grandparents have no idea how to cook fresh food.

The Stephanie Alexander program has been proven to change attitudes and behaviour about cooking fresh food. Funding of a kitchen garden program like this in all state schools across NSW would provide families with skills and knowledge to waste less food and eat more healthily. The program also educates about composting, growing plants for pollinators, growing food organically, cooking meals based on vegetables, understanding the science of soil and water saving practices amongst other things.

Attachments:





