



East Bentleigh
Primary School

BECOMING A KITCHEN GARDEN VOLUNTEER



You Are Important to Us

The Kitchen Garden Program at East Bentleigh P.S. relies on many people to work to its full potential, and the volunteer body will be one of the most important facets of the project - we could not do it without you!

The Kitchen Garden Program

The aim of the Stephanie Alexander Kitchen Garden Foundation is to establish and support projects in primary schools that introduce young children to the wonderful world of good food through developing a productive food garden and an exciting kitchen that included a nurturing place to share food as an integral part of the school curriculum.

We hope to engage the curiosity of young students and to help them learn how to grow the very best food in the very best way, how to care for it in the garden, how to recognise when it is ripe and at its best, how to prepare it easily and enjoyably and how to develop an expanding palate and be excited by all of these experiences.

We want to convince children to modify their eating habits because the food they are experiencing tastes so good rather than because they are being told to eat some foods and not to eat others.

To find out more about the Stephanie Alexander Kitchen Garden Foundation, visit: www.kitchengardenfoundation.org.au

You can volunteer in the kitchen, in the garden or in both. Each garden class is 45 minutes long and kitchen class up to 1.5 hours long.





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Volunteering in the Garden

Produce that is grown in the garden is harvested, then prepared and shared by the students in their kitchen class. **Each garden class is 45 minutes long.** At both the beginning and the end of class the students gather together, to learn about the days tasks and discuss what they have learnt. **For the rest of the class they go about their garden activities; divided into small groups of 4-5 students. Each group works under the supervision of a volunteer.**

Examples of garden activities include preparing beds, sowing and sorting seeds, harvesting, mulching, composting, investigating and art projects.

Volunteering in the Kitchen

Each kitchen class is one and a half hours long. Each class is divided into permanent groups comprising of 4-5 students and is allocated a permanent 'station' to provide continuity (with volunteers) and engender a sense of ownership and responsibility for the space and equipment.

Each week the menu will comprise of vegetables and salad dishes, a main component and accompaniments. Each station is given a different part of the meal to prepare and they are given one copy of the recipe to follow and the necessary ingredients. Ideally, **there is one volunteer per station** to help them read through the recipe, measure ingredients, prepare the dish and distribute it amongst the platters for the shared meal time.

When all parts of the menu are ready, we sit as a group and share the meal together; children, teacher and volunteers. At the end of the meal each table is responsible for clearing and cleaning the table, and washing their dishes.





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Your Commitment to Us

In order to achieve our vision we need people who are not only enthusiastic about making a difference but are also able to make a genuine commitment.

It is highly desirable that volunteers commit to the same class each week, and consider volunteering with us for at least six months. It allows your relationship with the children to develop and is also easier for you to be familiar with your environment. It also helps with planning! Volunteers are welcome to stay for the whole day, or just for one class.

It is a legal requirement that you obtain a Working With Children (WWC) Check. To find out how to apply as a volunteer, visit www.justice.vic.gov.au/working-with-children.

Class Times

**Garden Classes - Wednesday: 10:15am to 2:45pm and Thursday: 11:30 to 2:45pm
(45 mins each class)**

**Kitchen Classes - Wednesday: 11:30am - 3:30pm, Thursday: 9:00am - 3:30pm,
Friday: 9:00am - 1:30pm (1.5 hours each class)**

What you can expect from us

Recognition - we know that the success of the program lies in the continual support from our volunteers, as much as the work of everyone else in the team.

Support - from the Kitchen and Garden teachers - at the beginning of every session an outline of the lesson is given to the volunteer and then again to the class when it begins. The Kitchen or Garden Teacher and the Class Room Teacher are present for each lesson, as well as other fabulous volunteers.

A thoroughly rewarding experience - in a healthy, safe and friendly working environment, full of people wanting to participate in the joy of growing, harvesting, preparing and sharing food.

Adequate insurance - coverage for the usual activities in the Kitchen Garden Program.

To find out more: To register your interest in becoming a volunteer, or to find out more, contact the school, on 9570 3525.

