



Canungra State School Food Garden and Cooking Club Projects

The Canungra State School Food Garden Project was established after receiving a \$1000 Coles Landcare grant in early 2010.

Project Aims / Objectives

Starting with two freestanding garden beds, the project aims to educate the students in regards to producing and utilising fresh, organic, healthy produce.

The objectives of the Gardening project are;

- Engage staff and students in growing, harvesting and preparing seasonal produce.
- To increase the capacity of the students and other school community members to establish and manage their own edible gardens.
- To compliment and utilise resources produced by other sustainability activities currently undertaken at Canungra State School including worm farm composting, rain water harvesting and reduction of packaging in school lunches.
- To increase environmental awareness/activities and reduce schools' dependency on non renewable resources.



Project Outcomes

The Canungra State School Food Garden Program is a positive environmental initiative. Students will be involved from seedling species selection through garden set up, planting, maintenance, harvesting and use of produce. The Food Garden Program is a Green Team initiative celebrating the 2010 Year of Sustainability promoted by Education QLD, and aligning with Education Qld's "Earth Smart Science." The food garden links with curriculum across all levels of primary schooling.

Program activities will promote aspects of subjects like maths, science and social science.

Produce from the Food Garden is being used in Cooking Club demonstrations and supplying the School Tuckshop.

The project is highlighting the impact of 'food miles' on the environment and promotes the positive aspects of growing produce locally.



Progression

Canungra is a small township in a rural area with opportunity for increased local production of food. The Food Garden Program is a progressive initiative in regards locally grown produce.

Produce from the Food Garden has also been entered into the Canungra Show in 2011 and 2012 with the school winning "Champion Exhibit" in the agricultural section both years. Selections of produce included spinach, pumpkins, herbs, eggplants, beetroot, broad beans, snow peas, strawberries, corn and tomatoes.

The project will increase participants awareness in regards the production of vegetables and herbs. As the project develops, the potential is that excess produce can be used to:

- Supply the school tuckshop
- Be used in cooking demonstrations for students
- Taken home by students
- Sold at the school markets.

The Food Garden Project will teach children about the natural world—it's beauty, how to care for it and how to best use the resources we have.





Canungra State School Cooking Club

Since its establishment in 2010 Cooking Club has focused on incorporating as many foods as we can from our school garden into recipes and creating nutritious and easy lunchbox recipes from healthy ingredients.

Project Aims / Objectives

Cooking Club aims to use fresh, seasonal produce grown by the students to:

- Teach the children about healthy nutritious food that is easy and economical to make.
- Educate the children in healthy food choices.
- Encourage the children to take home fresh ideas and recipes.
- Educate children in regards the benefits of using locally sourced produce



Project Outcomes

Throughout the 2 years the children have cooked many recipes using all the crops grown in the school garden and some of these include pumpkin risotto, spinach & feta pies, Mexican corn salsa cups, eggplant dip, strawberry mousse, bush tucker muffins, chocolate beetroot cakes, pesto dip, mixed berry sorbet and much more. It's been rewarding to see the children getting involved in cooking and especially tasting lots of things they may never have had the chance to eat before. Cooking club is very 'hands on' with a lot of the recipes made by the children themselves to encourage their involvement. They all are able to get involved in the eating as well!

We have also been trying to focus on using natural sugars (i.e. Honey, coconut palm sugar, rice syrup etc.) in our sweet dishes rather than refined sugars. In addition we are incorporating as many raw foods as possible into the recipes.



Progression

Creations from our Cooking Club have been used in the provision of afternoon tea for official events of school like the opening of our school hall and library.

The Green Team Cooking Club will host smoothie and baked goods stalls at school events to promote healthy options to the greater community whilst providing an avenue for fund-raising.

Partnerships

Partnerships are an important part of the continuation of the Food Garden and Cooking Club Projects. Thanks to:

- **Beechmont Landcare Group-** A strong supporter of the environmental initiatives currently in place at Canungra State School and sponsor for school Landcare grant applications.
- **Scenic Rim Regional Council-** Ever supportive of all environmental initiatives at Canungra State School.
- **Coles Landcare-** Provided funding to establish gardens.
- **Local Businesses-** Materials and equipment have been provided by local businesses generously supporting this project.
- **Parental interest-** Parents have volunteered to assist in the management of this project and provision of cooking demonstrations with the fresh produce.

